

# Panasonic®

## Operating Instructions / Installation instructions and Cookbook

Combination Microwave Oven

Model No. HL-MX465S  
HL-MX465B



HL-MX465S

**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. 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 gives protection against exposure to microwave energy.
- Repairs should only be made by a qualified service person.



## Safety Instructions

- Warning! Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- 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 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.

## Safety Instructions

- 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.**
- When using the **grill, convection** 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** 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** and **combination** modes, take care when opening or closing the door and when inserting or removing food and accessories.

## Safety Instructions

- 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.
- 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** 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

- 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**, **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

### 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 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.

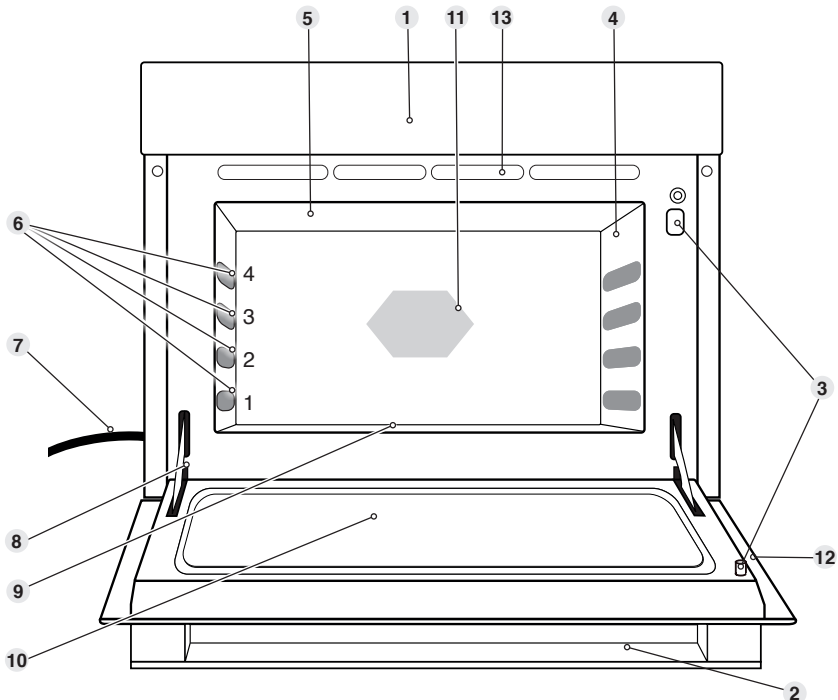
After heating the contents of feeding bottles and baby food jars are to be stirred or shaken.

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



## Parts of Your Oven

- 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. Rating plate**
- 13. Air exhaust vent**



### Note

This illustration is for reference only.

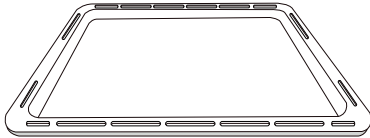
## Oven Accessories

### Accessories

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

### Enamel Shelf

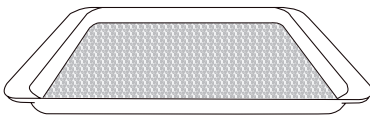
1. The enamel shelf is for cooking on **convection** or **grill** mode only. Do not use on **microwave** or **combination** modes. Do not use the enamel shelf in shelf position 4 on grill only mode.
2. For 2 level **convection** cooking, the enamel shelf can be used in shelf position 1 and the wire shelf 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

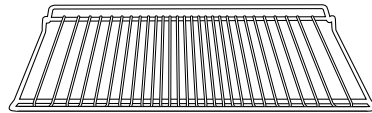
1. The glass shelf can be used in any of the shelf positions to cook using **microwave, grill, convection** or **combination** modes.
2. If the glass shelf is hot, allow to cool before cleaning or placing in cold water, as this could crack or shatter the glass.
3. The maximum weight that can be placed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



Glass shelf

### Wire Shelf

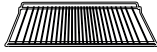
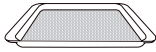

1. The wire shelf can be used in shelf position 3 or 4 for **grilling** foods. It can be used in any of the shelf positions for **convection** or **combination** cooking.
2. Do not use any metal container directly on the wire shelf in **combination** with **microwave**.
3. Do not use the wire shelf in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

## Oven Accessories

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

	Wire shelf	Glass shelf	Enamel shelf
			
Microwave	✗	✓	✗
Grill	✓	✓**	✓**
Fan Grill	✓	✓**	✓**
Convection	✓	✓	✓
Grill + Convection	✓	✓**	✓**
Grill + Microwave	✓*	✓**	✗
Convection + Microwave	✓*	✓	✗
Fan Grill + Microwave	✓*	✓**	✗
Convection + Microwave + Grill	✓*	✓**	✗
Turbo Cook	✓*	✓	✗

\*: 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.

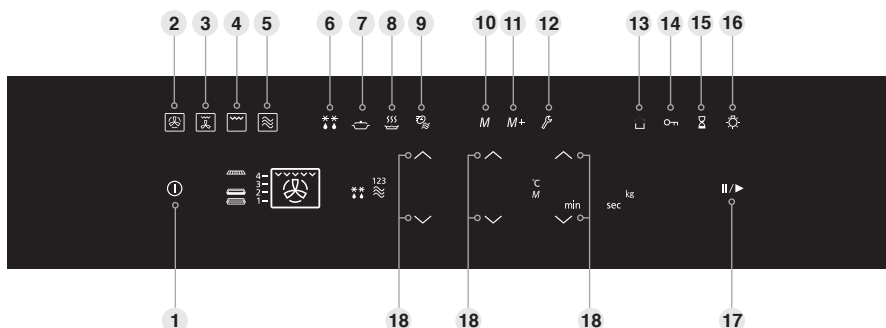
\*\* : Do not use the enamel shelf or glass shelf in shelf position 4.



### Note

- For Turbo Cook refer to pages 29-30.

## Control Panel



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

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.

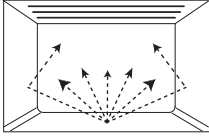
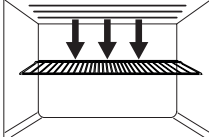
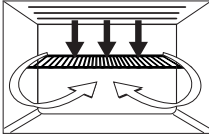
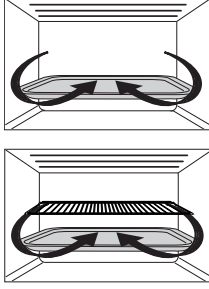


### Beep sound

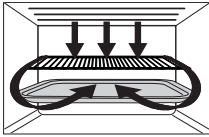
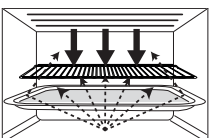
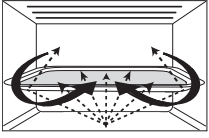
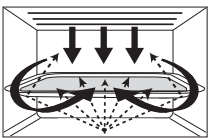
A beep sounds when a key is touched. To adjust volume of beep sounds refer to page 18. After the completion of the preheating on **grill**, **convection**, or **combination** mode, three beeps sound. On some auto programs 3 beeps sound during cooking to stir or turn the food (refer to pages 35-45). After 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><b>Microwave</b></p> 	<ul style="list-style-type: none"> <li>▪ Defrosting</li> <li>▪ Reheating</li> <li>▪ Melting: butter, chocolate, cheese.</li> <li>▪ Cooking fish, vegetables, fruits, eggs (except for eggs in their shell, and whole hard-boiled eggs).</li> <li>▪ Preparing : stewed fruits, jam, sauces, custards, pastry, caramel, meat, fish or vegetarian loaves.</li> <li>▪ Baking cakes with eggs and baking powder, without colour. (Victoria sandwich, clafoutis etc.)</li> </ul>	<p>Use your own Pyrex® dishes, plates or bowls, directly on the base of the oven.</p>	<p>Microwaveable, no metal.</p>
<p><b>Grill</b></p> 	<ul style="list-style-type: none"> <li>▪ Grilling of meat or fish.</li> <li>▪ Toast grilling.</li> <li>▪ Browning of gratin dishes or meringue pies.</li> </ul>	<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><b>Fan grill</b></p> 	<ul style="list-style-type: none"> <li>▪ Grilling small items of meat: sausages, chicken pieces.</li> <li>▪ Grilling whole fish.</li> <li>▪ Browning of gratin dishes.</li> </ul>	<p>Wire shelf and enamel shelf. Do not use the enamel shelf in shelf position 4 on fan grill.</p>	<p>Heatproof, metal tin/tray can be used.</p>
<p><b>Convection</b></p> 	<ul style="list-style-type: none"> <li>▪ Baking of small pastry items with short cooking times: puff pastry, cookies, choux, short pastry, roll cakes.</li> <li>▪ Special baking: souffles, meringues, vol-au-vent, small loaves of bread or brioches, sponge cake, meat pie, etc.</li> <li>▪ Baking of quiches, pizzas and tarts.</li> </ul>	<p>Enamel shelf, glass shelf and wire shelf.</p>	<p>Heatproof, metal tin / tray can be used.</p>

## Combination Cooking Modes

Cooking modes	Uses	Accessories to use	Containers
<p><b>Grill + convection</b></p> 	<ul style="list-style-type: none"> <li>Roasting red meats, thick steak (rib of beef, T bone steaks)</li> <li>Cooking fish.</li> </ul>	Enamel shelf, glass shelf and wire shelf.	Heatproof, metal tin / tray can be used.
<p><b>Grill + microwave</b></p> 	<ul style="list-style-type: none"> <li>Roasting meat and poultry.</li> <li>Defrosting and reheating crunchy foods (quiche, pizza, bread, viennoiserie, lasagne, gratin.)</li> <li>Cooking lasagne, meat, potatoes or vegetable gratins.</li> <li>Baking cakes and puddings with eggs or baking powder ingredients with browning, baking of quiches, pies and tarts.</li> </ul>	Wire shelf and / or glass shelf.	Microwaveable and heatproof. Metal tin to be used on glass shelf only. <b>Do not use</b> spring form tins.
<p><b>Convection + microwave</b></p> 			
<p><b>Grill + convection + microwave</b></p> 			

# User Settings

Access the user settings menu to change the following settings.



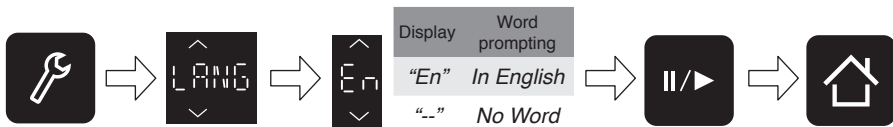
Touch user settings key to access the user settings menu.



- 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.



Touch user settings key to access the user settings menu.

Select "TIME" using the up and down keys.

Set the time by tapping up and down keys.

Touch Stop/Start to store this setting.

Touch Home key to exit 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



To turn the clock display on and off touch the user settings key to access the user settings menu.

Select "CLOCK" by tapping the up and down keys.

Select "OFF" to turn the clock display off.

Touch Stop/Start to store this setting.

Touch Home key to exit user settings.

### Volume

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



Touch user settings key to access the user settings menu.

Select "VOLUME" by tapping the up and down keys.

Select desired volume settings from 0-3.

Touch Stop/Start to store this setting.

Touch Home key to exit user settings.



#### Note

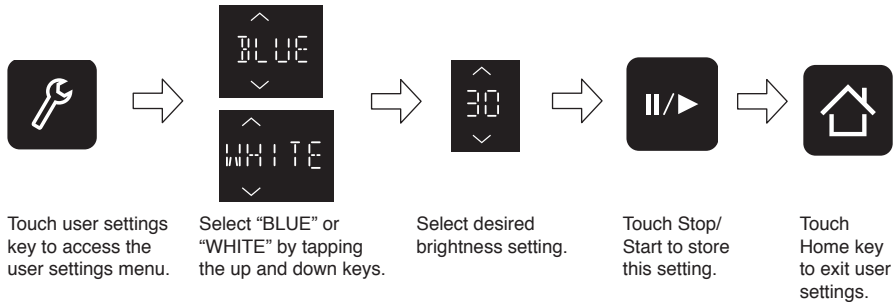
In silent mode the oven will still beep when cooking has ended for turn / stir prompts, for error codes and if the On/Off key is touched.



## User Settings

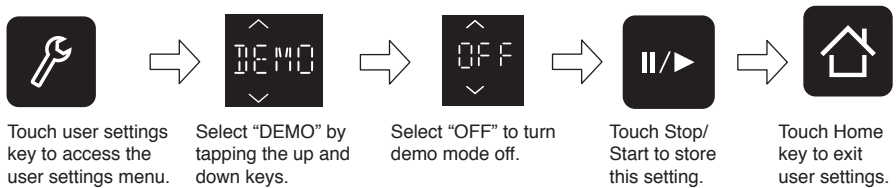
### Brightness

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



### Demo mode

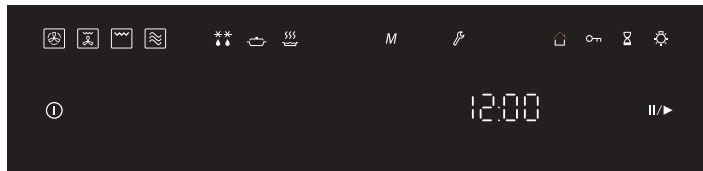
This mode is designed for retail store display.



## 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

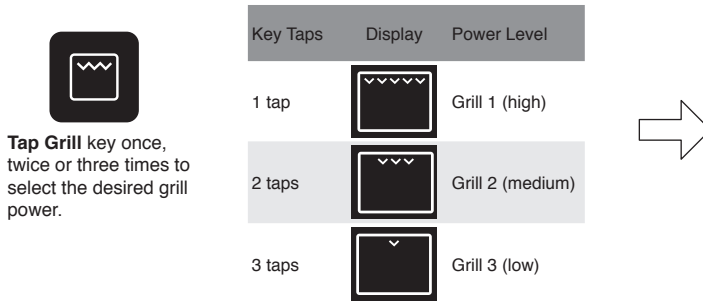
- Stand time can be programmed after microwave power and time setting. Refer to using the timer page 32.
- For multi-stage cooking refer to page 33.
- You can change the cooking time during cooking if required by a maximum of 10 minutes. Tap up and down keys to increase or decrease the cooking time. 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.

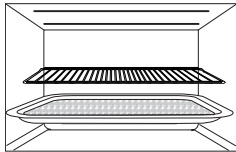


**Touch Start** to preheat. A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside. \* When preheat is not required skip this step by setting the grilling time.

**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.

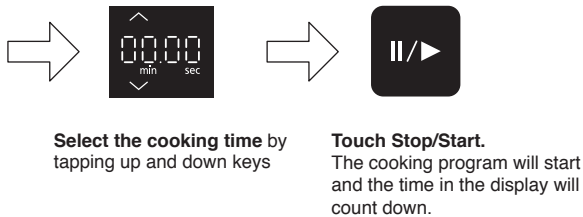
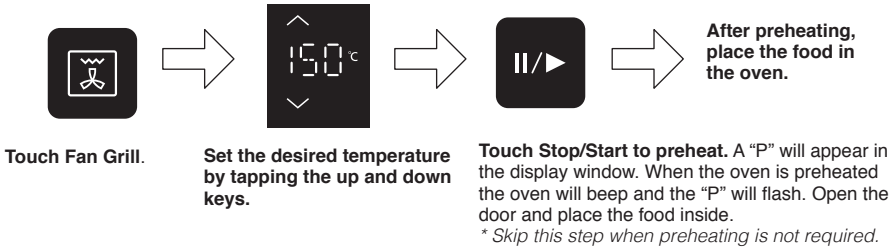


### Caution!

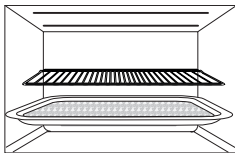
Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved.

## Fan Grill Cooking

This key offers a choice of fan grill temperatures, 100 - 180 °C. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C and count up to 180 °C in 5 °C increments.



Use of accessory:



Place wire shelf with food in shelf position 3 or 4. Place glass shelf underneath to catch fat and drips. Do not use the enamel shelf in shelf position 4 on fan grill.



### 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.

## Fan Grill Cooking



### 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.
- Depending on the recipe, you can preheat with or without the shelves in position.



### Caution!

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

## Cooking guidelines

Food	Weight	Fan Grill Temperature	Approx. Time	Instructions
Thick sausages	350 g (6)	180 °C	14 mins	Preheat. Place on wire shelf in shelf position 3, use glass shelf underneath as drip tray in shelf position 2. Turn at 8 minutes.
Thin sausages	170 g (6)	180 °C	11 mins	Preheat. Place on wire shelf in shelf position 3, use glass shelf underneath as drip tray in shelf position 2. Turn at 7 minutes.
Whole fish	375 g (1)	170 °C	12 mins	Preheat. Brush fish with oil. Place on wire shelf in shelf position 3, use glass shelf underneath as drip tray in shelf position 2. Turn at 6 minutes.
Chicken drumsticks	760 g (6)	180 °C	20 mins	Preheat. Place on wire shelf in shelf position 3, use glass shelf underneath as drip tray in shelf position 2. Turn at 10 minutes.

## 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.**



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

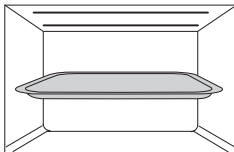


**Touch Stop/Start to preheat.** A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Open the door and place the food inside.

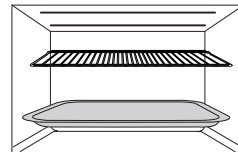
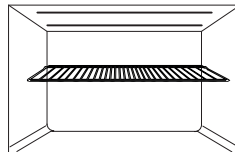
*\* Skip this step when preheating is not required.*

**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.













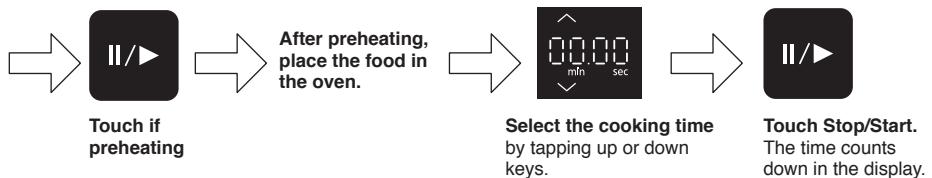
# Combination Cooking

There are 5 combination settings;

1. Grill + Microwave
2. Grill + Convection
3. Convection + Microwave
4. Grill + Convection + Microwave
5. Fan Grill + 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
 <p>Grill + Microwave (Maximum cooking time is 1 hour 30 minutes)</p>	
<p>or</p>  <p>Convection + Grill</p>	
<p>or</p>  <p>Convection + Microwave</p>	
<p>or</p>  <p>Convection + Grill + Microwave</p>	
<p>or</p>  <p>Fan Grill + Microwave</p>	



## 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 26.
- **No microwaves are emitted during combination preheating.**



### Note

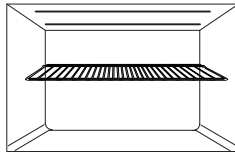
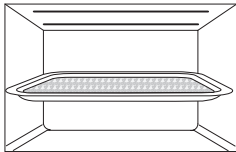
- Combination modes are not available with convection 40 °C.
- Preheating is not available for Grill + Microwave mode.
- When the selected cooking time is less than one hour, the time counts down second by second.
- When the selected cooking time is over one hour, the time counts down minute by minute 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.*

## 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.



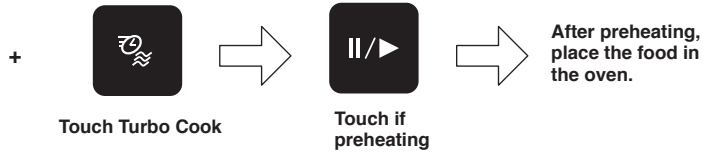
or



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 3. 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.

Preheat if using convection and turbo cook.

## Turbo Cook



### Note

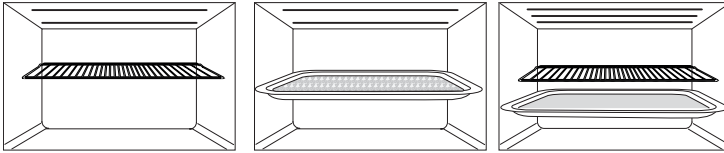
- Turbo Cook is not available with Convection 40 °C
- Preheat is only available with Turbo Cook and convection or with Turbo Cook, grill and convection.
- You can change the cooking time during cooking if required by a maximum of 10 minutes. Tap up and down keys to increase or decrease the cooking time.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



### Caution!

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

Use of accessories:



**Grill + Turbo cook / Convection + Turbo cook**

*Wire shelf and/or glass shelf.*

## Turbo Cook

### Cooking guidelines

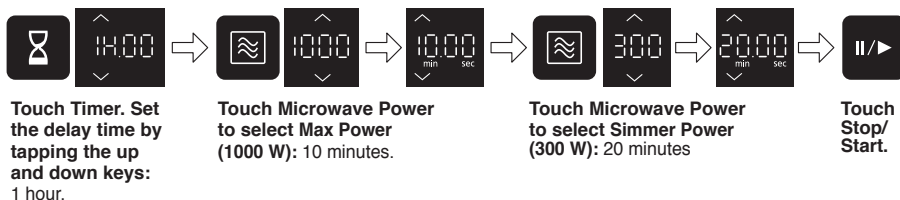
Food	Weight	Fan Grill Temp °C	Turbo microwave power	Approx. Time	Instructions
Breaded Southern fried chicken drumsticks and thighs	400 g (3 pcs)	180 °C	300 W	8 mins 30 secs	Preheat fan grill. Place on wire shelf in shelf position 3, use glass shelf underneath as drip tray in shelf position 2. Turn at 5 minutes 30 seconds.
Baked potato skins filled with cheese and onion (frozen)	350 g (4 pcs)	180 °C	300 W	10 mins	Preheat fan grill. Place on wire shelf in shelf position 1. Stand for a few minutes after cooking.
Parmentier potato	500 g	180 °C	300 W	20 mins	Preheat fan grill. Place potato in an ovenproof dish on wire shelf in shelf position 3. Turn at 9 minutes and 14 minutes.
Breaded chicken	250 g (2 pcs)	180 °C	300 W	8 mins	Preheat fan grill. Place on wire shelf in shelf position 3, use glass shelf underneath as drip tray in shelf position 2. Turn at 4 minutes.
Breaded hake	350 g (2 pcs)	180 °C	300 W	8 mins	Preheat fan grill. Place on wire shelf in shelf position 3, use glass shelf underneath as drip tray in shelf position 2. Turn at 4 minutes.
Breaded hake	750 g (4 pcs)	180 °C	300 W	10 mins	Preheat fan grill. Place on wire shelf in shelf position 3, use glass shelf underneath as drip tray in shelf position 2. Turn at 6 minutes.
Scampi (frozen)	200 g	180 °C	300 W	5 mins	Preheat fan grill. Place on glass shelf in shelf position 3. Turn at 3 minutes.
Whole sea bass	300 g (1 pce)	170 °C	300 W	5 mins 40 secs	Preheat fan grill. Brush fish with oil. Place on wire shelf in shelf position 3, use glass shelf underneath as drip tray in shelf position 2. Turn at 4 minutes.

## Using the Timer

### Delay start cooking

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

example



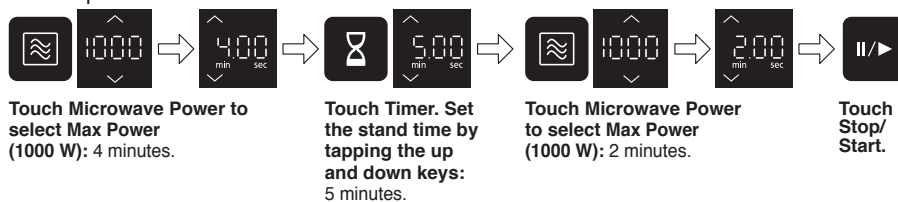
#### Note

- 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

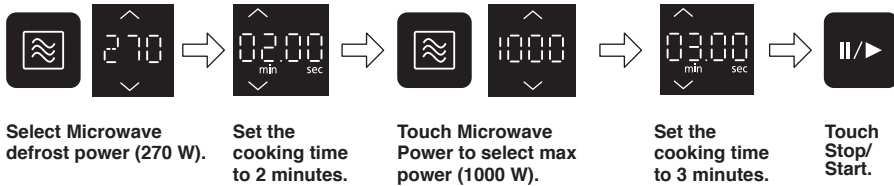
- Multi-Stage cooking can be programmed including stand time.
- This feature may also be used as a kitchen timer. In this case touch the Timer, set time and touch Stop/Start.
- If the oven door is opened during the stand time or kitchen timer, the time in the display window will continue to count down.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

## Multi-Stage Cooking

### 2 or 3 stage cooking

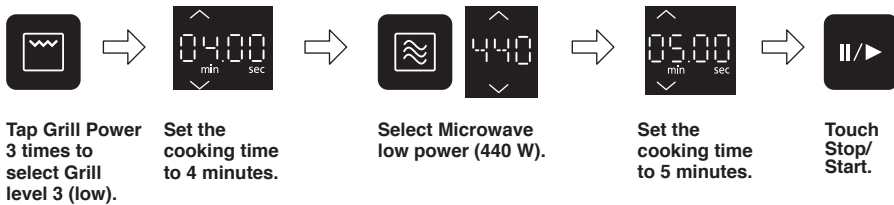
#### example

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



#### example

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



#### 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 76 for defrosting guidelines

 Program	Min./Max. Weight	Suitable Food
<b>1. MINCED MEAT</b>	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.
<b>2. CHOPS</b>	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
<b>3. FISH FILLETS</b>	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.
<b>4. CHICKEN WHOLE</b>	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

 <b>Program</b>	<b>Min./Max. Weight</b>	<b>Suitable Food</b>
<b>5. CHICKEN WITH BONES</b>	0.10 kg - 1.20 kg	To defrost chicken pieces with bones (each 100 g - 400 g). Select turbo defrost program 5. Enter the weight. Turn and shield at beeps. Allow to stand 20-30 minutes. Larger quantities may require longer standing.
<b>6. CHICKEN WITHOUT BONES</b>	0.10 kg - 1.20 kg	To defrost chicken pieces without bones (each 100 g - 400 g). Select turbo defrost program 6. Enter the weight. Turn and shield at beeps. Allow to stand 30-40 minutes. Larger quantities may require longer standing.
<b>7. BEEF</b>	0.50 kg - 2.00 kg	To defrost beef joints. Select turbo defrost 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.
<b>8. PORK</b>	0.50 kg - 2.00 kg	To defrost pork joints. Select turbo defrost 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.
<b>9. LAMB</b>	0.50 kg - 2.00 kg	To defrost lamb joints. Select turbo defrost 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.
<b>10. BREAD ROLLS</b>	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 defrost 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).
<b>11. BREAD SLICES</b>	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 defrost program 11. Enter the weight. Turn and separate at beeps. Allow bread to stand for 10-30 minutes.

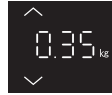
## Auto Combi Programs

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

example



Select the desired Auto Combi Program.



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



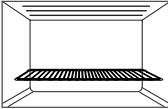
**Touch Stop/Start.**

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

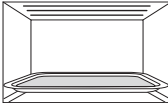

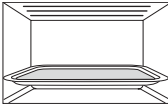

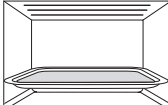
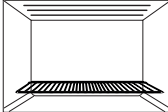

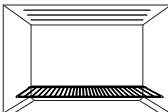


### Note

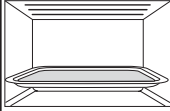
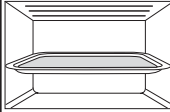
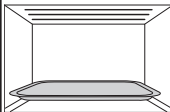
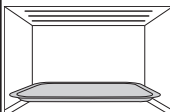
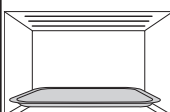
- The auto combi programs must **only** be used for foods described.
- Only cook foods within the weight ranges described.
- Always weigh the food rather than relying on the package weight information.
- The temperature for frozen food is assumed to be -18 °C to -20 °C. The temperature of chilled food is assumed to be +5 °C to +8 °C (refrigerator temperature).
- Only use the accessories as indicated on pages 37-40.
- 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
<b>12. PASTA BAKE</b>	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 pasta bake and touch Stop/Start.
<b>13. POTATO BAKE</b>	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.
<b>14. JACKET POTATOES</b>	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 combi program 14. Enter the weight of the potatoes. Touch Stop/Start.

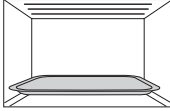
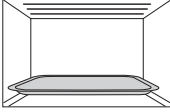
## Auto Combi Programs

Program	Weight	Accessories	Instructions
<b>15. ROAST POTATOES</b>	0.20 kg - 0.80 kg		Peel and cut potatoes into even sized pieces. Place on glass shelf. Add 1-3tbsp (15-45 ml) olive oil. Place glass shelf in shelf position 1. Select auto combi program 15. Enter the weight of the potatoes. Touch Stop/Start. Turn twice during cooking at beeps.
<b>16. FRIES (FROZEN)</b> 	0.20 kg - 0.80 kg		To cook <b>frozen</b> fries/oven chips. Spread frozen fries/oven chips out on glass shelf and place in shelf position 2. Select auto combi 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. <b>Note:</b> Fries/oven chips vary considerably. We suggest checking a few minutes before the end of cooking to assess level of browning.
<b>17. CROQUETTES (FROZEN)</b> 	0.25 kg - 0.80 kg		To cook <b>frozen</b> potato croquettes. Spread frozen potato croquettes out on glass shelf and place in shelf position 2. Select auto combi 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. <b>Note:</b> Potato croquettes vary considerably. We suggest checking a few minutes before the end of cooking to assess level of browning.
<b>18. PIZZA (CHILLED)</b>	0.10 kg - 0.60 kg		For reheating and browning <b>chilled</b> , purchased pizza. Remove all packaging and place on wire shelf in shelf position 1. Select auto combi 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.
<b>19. PIZZA (FROZEN)</b> 	0.10 kg - 0.55 kg		For reheating and browning <b>frozen</b> , purchased pizza and cheese baguette. Remove all packaging and place on wire shelf in shelf position 1. Select auto combi 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 Combi Programs

Program	Weight	Accessories	Instructions
<b>20. BREADED FISH</b>	0.10 kg - 0.80 kg		To cook pre-purchased <b>frozen</b> breaded fish. Place frozen breaded fish on glass shelf in shelf position 2. Select auto combi 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.
<b>21. ROASTED VEGETABLES</b>	0.40 kg - 1.00 kg		To <b>roast</b> 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 combi program 21. Enter the weight of the roasted vegetables. Touch Stop/Start. Turn twice during cooking at beeps.
<b>22. BEEF RARE</b>	0.50 kg - 2.00 kg		For cooking rare <b>fresh</b> roast beef (topside, rump or silverside). Place on enamel shelf in shelf position 1. Select auto combi program 22. Enter the weight of beef and touch Stop/Start. Stand for 10-15 minutes.
<b>23. BEEF MEDIUM</b>	0.50 kg - 2.00 kg		For cooking medium <b>fresh</b> roast beef (topside, rump or silverside). Place on enamel shelf in shelf position 1. Select auto combi program 23. Enter the weight of beef and touch Stop/Start. Stand for 10-15 minutes.
<b>24. BEEF WELL DONE</b>	0.50 kg - 2.00 kg		For cooking well done <b>fresh</b> roast beef (topside, rump or silverside). Place on enamel shelf in shelf position 1. Select auto combi program 24. Enter the weight of beef and touch start. Stand for 10-15 minutes.

## Auto Combi Programs

Program	Weight	Accessories	Instructions
<b>25. LAMB MEDIUM</b>	1.00 kg - 2.00 kg		For cooking medium <b>fresh</b> leg of lamb with bone. Place on enamel shelf in shelf position 1. Select auto combi program 25. Enter the weight of the lamb. Touch Stop/Start. Turn at beeps. Stand wrapped in aluminium foil for 10-15 minutes.
<b>26. LAMB WELL DONE</b>	1.00 kg - 2.00 kg		For cooking well done <b>fresh</b> leg of lamb with bone. Place on enamel shelf in shelf position 1. Select auto combi 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.
<b>27. CASSEROLE</b>	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 combi program 27. Enter the weight of the casserole. Touch Stop/Start. Stir during cooking at beeps.

## 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 41-45.
- 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
<b>28. MEAT SAUCE</b>	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.
<b>29. PASTA</b>	0.10 kg - 0.50 kg	–	To cook dried pasta. Use a large bowl. Add 15 ml (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 bowl on base of oven. Select auto cook 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
<b>30. MEAL (CHILLED)</b>	0.20 kg - 1.00 kg	–	<p>To reheat a <b>fresh</b> 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>
<b>31. MEAL (FROZEN)</b> 	0.20 kg - 0.80 kg	–	<p>To reheat a <b>frozen</b> 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 Cook Programs

Program	Weight	Accessories	Instructions
<b>32. CARROTS (FRESH)</b>	0.20 kg - 1.00 kg	–	To cook <b>fresh</b> carrots. Place prepared carrots into a suitable sized Pyrex® container. Sprinkle with 15 ml (1 tbsp) cold water per 100 g vegetables. Cover with pierced cling film or a lid. Place food in container on base of oven. Select auto cook program 32. Enter the weight of the fresh carrots. Touch Stop/Start. Stir at beeps.
<b>33. BROCCOLI / CAULIFLOWER (FRESH)</b>	0,20 kg - 1.00 kg	–	To cook <b>fresh</b> broccoli / cauliflower. Place prepared broccoli / cauliflower into a suitable sized Pyrex® container. Sprinkle with 15 ml (1tbsp) cold water per 100 g vegetables. Cover with pierced cling film or a lid. Place food in container on base of oven. Select auto cook program 33. Enter the weight of the fresh broccoli / cauliflower. Touch Stop/Start. Stir at beeps.
<b>34. POTATOES WITH SKIN</b>	0.20 kg - 1.00 kg	–	To cook potatoes with skin. Cut potatoes into even size pieces. Place in a Pyrex® dish. Add 15 ml (1 tbsp) water per 100 g of potatoes. Cover with pierced cling film or a lid. Place container on base of oven. Select auto cook program 34. Enter the weight of the potatoes with skin. Touch Stop/Start. Stir at beeps.
<b>35. POTATOES</b>	0.20 kg - 1.00 kg	–	To cook potatoes without skin. Peel potatoes and cut into even sized pieces. Place prepared potatoes in a Pyrex® dish. Add 15 ml (1 tbsp) water per 100 g of potatoes. Cover with pierced cling film or a lid. Place container on base of oven. Select auto cook program 35. Enter the weight of the potatoes without skin. Touch Stop/Start. Stir at beeps.

## Auto Cook Programs

Program	Weight	Accessories	Instructions
<b>36. CARROTS (FROZEN)</b> 	0.20 kg - 1.00 kg	–	To cook <b>frozen</b> carrots. Place frozen carrots in a suitable sized Pyrex® container. Sprinkle with 15 - 45 ml (1-3 tbsp) cold water. Cover with pierced cling film or a lid. Place container on base of oven. Select auto cook program 36. Enter the weight of the frozen carrots. Touch Stop/Start. Stir at beeps.
<b>37. BROCCOLI (FROZEN)</b> 	0.20 kg - 1.00 kg	–	To cook <b>frozen</b> broccoli. Place frozen broccoli in a suitable sized Pyrex® container. Sprinkle with 15 - 45 ml (1-3 tbsp) cold water. Cover with pierced cling film or lid. Place container on base of oven. Select auto cook program 37. Enter the weight of the frozen broccoli. Touch Stop/Start. Stir at beeps.
<b>38. PEAS / SWEETCORN (FROZEN)</b> 	0.20 kg - 1.00 kg	–	To cook <b>frozen</b> peas / sweetcorn. Place frozen peas / sweetcorn into a suitable sized Pyrex® container. Sprinkle with 15 - 45 ml (1-3 tbsp) cold water. Cover with pierced cling film or a lid. Place container on base of oven. Select auto cook program 38. Enter the weight of the frozen peas / sweetcorn. Touch Stop/Start. Stir at beeps.
<b>39. COD / HADDOCK (FRESH)</b>	0.20 kg - 1.00 kg	–	To cook <b>fresh</b> cod / haddock. Shield the thinner portions. Ensure fish is not overlapping. Place in a shallow container. Add 15 - 45 ml (1-3 tbsp) of cold water. Cover with pierced cling film or a lid. Place container on base of oven. Select auto cook program 39. Enter the weight of the fresh cod or haddock. Touch Stop/Start. Allow a few minutes standing time.

## Auto Cook Programs

Program	Weight	Accessories	Instructions
<b>40. SALMON (FRESH)</b>	0.25 kg - 1.00 kg	–	To cook <b>fresh</b> salmon fillets. Shield the thinner portions. Ensure the fish is not overlapping. Place skin side up in a shallow Pyrex® container. Add 15-45 ml (1-3 tbsp) of cold water. Cover with pierced cling film or a lid. Place container on base of oven. Select auto cook program 40. Enter the weight of the fresh salmon. Touch Stop/Start. Turn fish at beeps. Allow a few minutes standing time.
<b>41. PLAICE (FRESH)</b>	0.20 kg - 0.60 kg	–	To cook <b>fresh</b> plaice fillets. Shield the thinner portions. Ensure the fish is not overlapping. Turn under the thin tail edges. Place in a shallow Pyrex® container. Add 15-45 ml (1-3 tbsp) of cold water. Cover with pierced cling film or a lid. Place container on base of oven. Select auto cook program 41. Enter the weight of the fresh plaice. Touch Stop/Start. Allow a few minutes standing time.
<b>42. COD / HADDOCK (FROZEN)</b> 	0.10 kg - 0.70 kg	–	To cook <b>frozen</b> cod or haddock fillets. Shield the thinner portions. Ensure the fish is not overlapping. Place in a shallow Pyrex® container. Add 15-45 ml (1-3 tbsp) of cold water. Cover with pierced cling film or a lid. Place container on base of oven. Select auto cook program 42. Enter the weight of the frozen cod or haddock. Touch Stop/Start. Allow a few minutes standing time.
<b>43. SALMON (FROZEN)</b> 	0.10 kg - 0.70 kg	–	To cook <b>frozen</b> salmon fillets. Shield the thinner portions. Ensure the fish is not overlapping. Place in a shallow Pyrex® container. Add 15-45 ml (1-3 tbsp) of cold water. Cover with pierced cling film or a lid. Place container on base of oven. Select auto cook program 43. Enter the weight of the frozen salmon. Touch Stop/Start. Allow a few minutes standing time.
<b>44. RICE</b>	0.10 kg - 0.30 kg	–	For cooking rice for savoury dishes not rice pudding (Thai, Basmati, Jasmine, long grain). Rinse the rice in cold water. Place rice in a large Pyrex® bowl. Add 2.5 parts water to 1 part rice. Cover with lid or pierced cling film. Place bowl on base of oven. Select auto cook program 44. Enter the weight of the rice only. Touch Stop/Start. Stir at beeps.

## 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 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.

## 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** 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.

# 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

- Electrical work must be performed by a legally qualified electrician. Improper wire connections may cause electrical leakages or fires.
- 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.

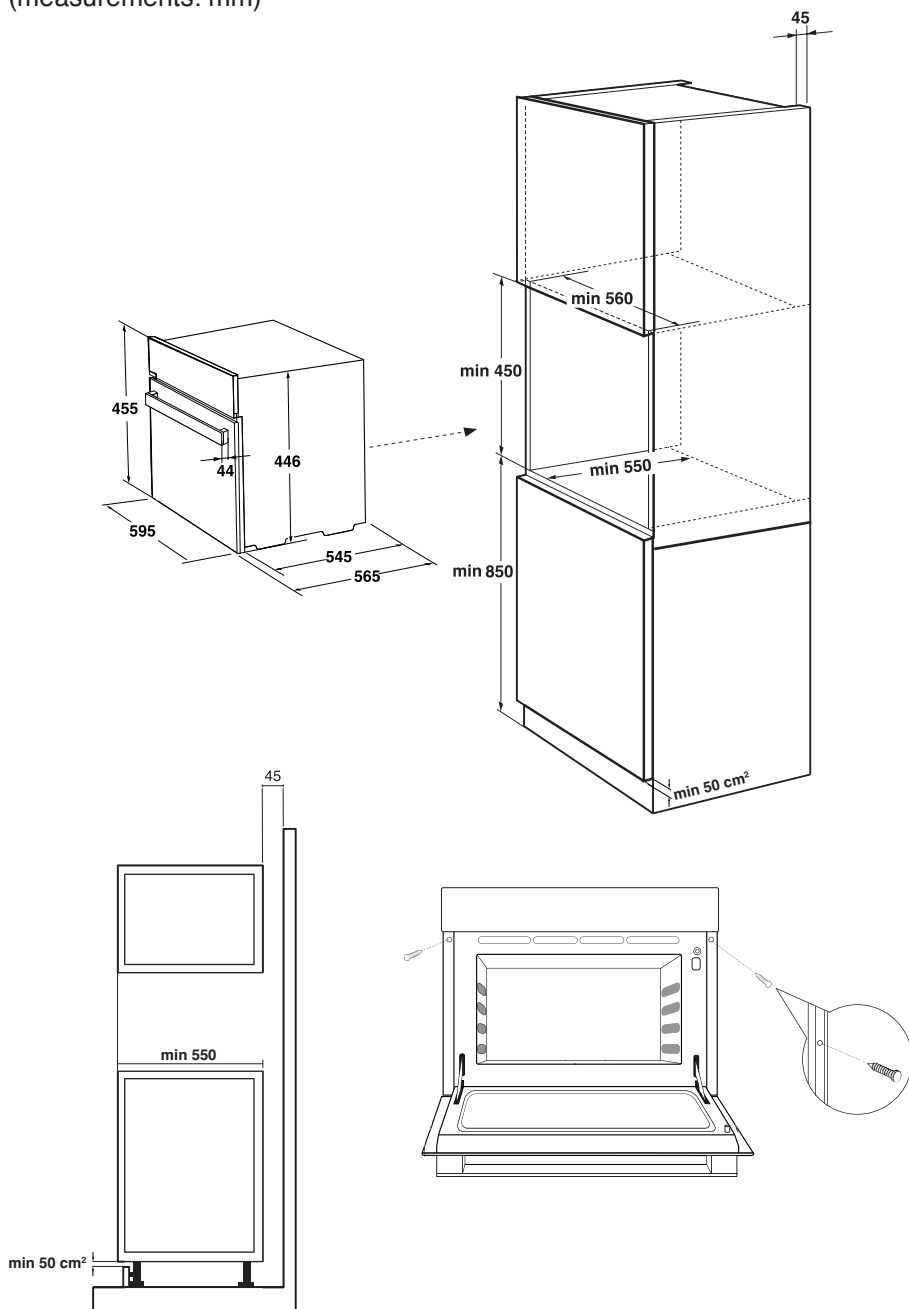
## Safety Instructions

- 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>The diagram shows a three-core electrical cable with three conductors. The top conductor is connected to a circular earth symbol (a circle with a vertical line and a horizontal line below it). The middle conductor is connected to the letter 'N'. The bottom conductor is connected to the letter 'L'.</p>	<p> : Yellow / Green (Connect to the earth terminal)</p> <p><b>N:</b> Blue</p> <p><b>L:</b> Brown (Connect to the live terminal)</p>

# Installing the Appliance

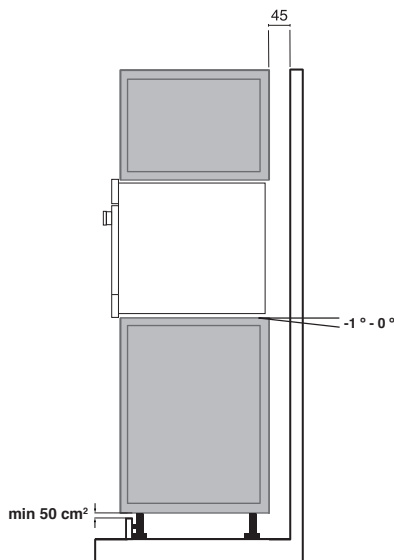
## Installation

- 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 cm<sup>2</sup> 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

<b>Manufacturer</b>		<b>Panasonic</b>
<b>Model</b>		<b>HL-MX465S HL-MX465B</b>
<b>Power Supply</b>		<b>220-240 V ~ 50 Hz</b>
<b>Maximum Power Consumption</b>	<b>Maximum</b>	<b>3000 W</b>
	<b>Microwave</b>	<b>1230 W</b>
	<b>Grill</b>	<b>2100 W</b>
	<b>Convection</b>	<b>2030 W</b>
<b>Output Power</b>		<b>1000 W (IEC-60705)</b>
<b>External Dimensions</b>		<b>595 mm (W) 565 mm (D) 455 mm (H)</b>
<b>Interior Dimensions W x D x H (mm)</b>		<b>445 mm (W) 347 mm (D) 242 mm (H)</b>
<b>Uncrated Weight (approx.)</b>		<b>33 kg</b>

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***

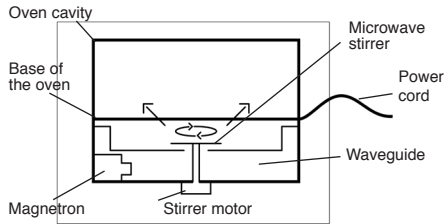
Your Panasonic oven is equipped with the latest technology, known as Inverter technology. This unique technology has long been used in Japan for microwave ovens, and offers a dramatic improvement in the cooking performance of your oven. The system also reduces the number of components, giving the oven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

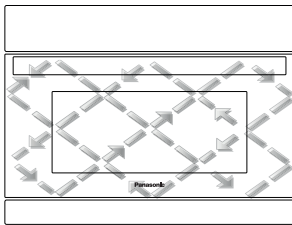


# Microwaving principles

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.

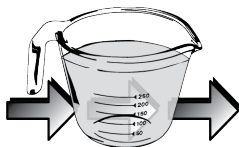


In a microwave oven, electricity is converted into microwaves by the **magnetron**.



## 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 57).



## 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 minutes 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.



### 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.

#### ■ 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

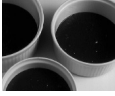
It is essential to allow standing time to complete the process. This can vary from 5 minutes e.g. raspberries, to up to 1 hour for a joint of meat. See pages 76-78.



### 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.



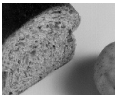
### Spacing

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.


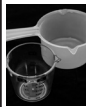
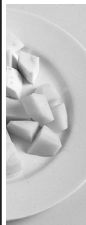



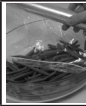
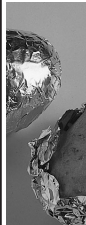


### Cleaning


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 Convection	For Combination (Microwave and / or grill and / or convection)
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.		✓	✓	✓	✓
Pottery, Earthenware, Stoneware		✗	✗	✓	✗
Foil / Metal containers		✗	✓	✓	✗
Wicker, Wood, Straw baskets		✗	✗	✗	✗
Cling film		✓	✗	✗	✗
Aluminium foil Small amounts of aluminium foil can be used to <b>Shield</b> 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 (see page 76).

## 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 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 only heating mode: **you can therefore use any metal dishes or heat-resistant containers.** NB: temperatures between 40 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

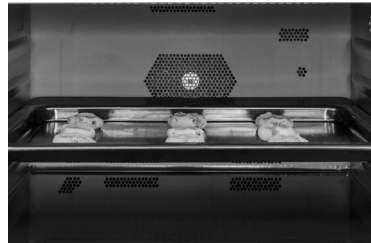
You can either use the wire shelf or the enamel shelf. To cook using 2 positions, place the enamel shelf in shelf position 1 and the wire shelf in shelf position 3.

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.

## Fan Grill

The oven can be programmed so the grill heater and the fan operate simultaneously. Suitable for grilling sausages, whole fish, chicken drumsticks etc.

### Accessories and containers

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. The food being grilled should normally be turned over after half the grilling time.

Never cover foods when grilling.

## Turbo-cook

The oven can be programmed to cook or reheat food more efficiently by using the turbo-cook function to support 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 29-31 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 27-31 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 Stop/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	Fan grill	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 min)	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
Fan Grill + Microwave	-	-	100 °C to 180 °C	600 W, 440 W, 300 W or 100 W	Breaded fish, breaded chicken, 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 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).

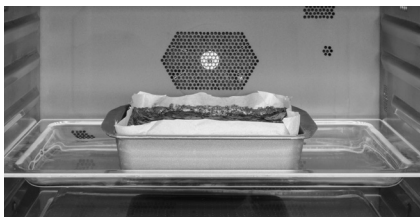
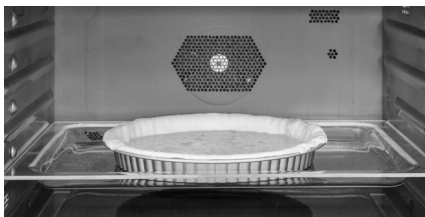
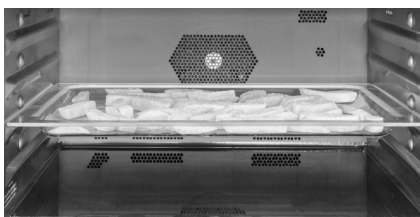
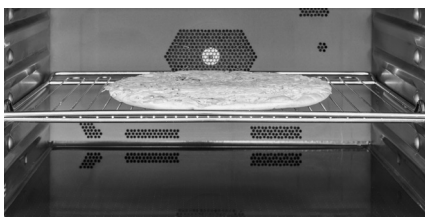
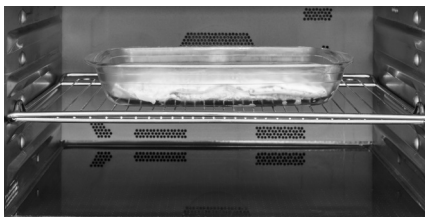
However, for cooking tarts and cakes, we recommend you use **smooth, non-springform metal tins** in order to ensure a better colour in the finished product. These tins are to be placed on the glass shelf in shelf position 1 or 2. Do not use springform tins or enamelled iron kitchenware. **Do not** place 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 on MICROWAVE 1000 W. 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 67-74 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

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
<b>Light dishes and snacks</b>				
Croque-monsieur	200 g (2 pcs)	G 1 + 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)	G 1 + 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 plate on base of oven.
Pasties/slices	220 g (2pcs)	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 bake)	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
<b>Light dishes and snacks</b>				
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 flambée (bacon, cream and onion flan)	240 g (2 pcs)	CH 230 °C + G1 + 300 W	5 mins	Preheat. Place on wire shelf in shelf position 2.
Tarte flambée (bacon, cream and onion flan) (frozen)	240 g (2 pcs)	CH 230 °C + G1 + 300 W	6-7 mins	Preheat. Place on wire shelf in shelf position 2.
<b>Pizza</b>				
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
<b>Ready meals</b>				
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 meal - 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.
<b>Vegetarian meals</b>				
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
<b>Side dishes</b>				
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.
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 glass dish on base of oven. Covered. 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	
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.
<b>Canned beans and pulses</b>				
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	

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## Reheating charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
<b>Meat and fish</b>				
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.
<b>Pieces of cooked meat and fish</b>				
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	2- 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	1000 W	1 min 30 secs- 2 mins	Place in a covered heatproof dish on base of oven.
<b>Canned meat in sauce</b>				
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.
<b>Soup</b>				
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	
<b>Drinks - water</b>				
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
<b>Milk</b>				
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	
<b>Eggs - Scrambled</b>				
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	
<b>Eggs - Poached</b>				
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	
<b>Porridge</b>				
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	
<b>Pastries</b>				
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
<b>Pastries</b>				
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.
<b>Bread</b>				
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 in 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.
<b>Desserts</b>				
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 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.

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## Reheating and cooking charts

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
<b>Desserts</b>				
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 cake with molten centre (frozen)	160 g (2 pcs)	440 W	40-50 secs	Place 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	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 (caramelise 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 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 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.

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## 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 and defrosting time	Minimum Standing Time
<b>Meat</b>			
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
<b>Cooked desserts</b>			
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
<b>Pastry / Dough</b>			
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 and defrosting time	Minimum Standing Time
<b>Fish</b>			
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
<b>Miscellaneous</b>			
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*	500 g	270 W 12 mins	10 mins
Soft Fruit*	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.

## 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 microwave only or combined cooking with microwave, 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	Power Level	Cooking Time	Combination cooking (preheated oven)	Instructions	Cooking time (in minutes)
<b>Beef</b>					
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.	-
Stew	-	-	CH 170 °C + 100 W	Place ingredients in covered heatproof dish on base of oven. Stir twice during cooking.	1h-1h 20 mins
<b>Lamb</b>					
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	Power Level	Cooking Time	Combination cooking (preheated oven)	Instructions	Cooking time (in minutes)
<b>Lamb</b>					
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 covered heatproof dish on base of oven. Stir halfway.	50 mins - 1 h
<b>Veal</b>					
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 covered heatproof dish on base of oven. Stir halfway.	50 mins - 1 h
<b>Pork</b>					
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 covered heatproof dish on base of oven. Stir halfway.	1 h - 1 h 10 mins
<b>Chicken, guinea-fowl, turkey</b>					
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	Power Level	Cooking Time	Combination cooking (preheated oven)	Instructions	Cooking time (in minutes)
<b>Chicken, guinea-fowl, turkey</b>					
Pieces	-	-	G1 + 440 W	Preheat. Place on wire shelf in shelf position 3, use glass shelf underneath as drip tray. 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
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
<b>Duck</b>					
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
<b>Rabbit</b>					
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
<b>Game</b>					
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 15 mins -1 h 30 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	Power Level	Cooking Time	Combination cooking (preheated oven)	Instructions	Cooking time (in minutes)
<b>Sausages</b>					
Chipolatas, merguez fresh 350 g (6 pcs)	-	-	G1 + 100 W	Place on wire shelf in shelf position 3 with glass shelf underneath as drip tray. 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 underneath as drip tray. 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 underneath as drip tray. Turn halfway.	12-16 mins
Boudin blanc 200 g	-	-	G1 + 300 W	Place on wire shelf in shelf position 3 with glass shelf underneath as drip tray. 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 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

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

## Vegetables - Microwave only

### Added water

For 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.

## 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. Being broken, the yolk also explodes if the film covering is not pierced. So 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.

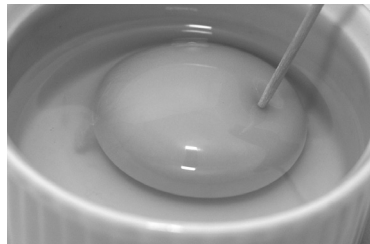
### Poached eggs

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.



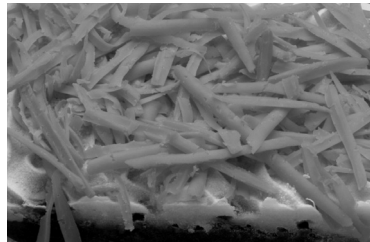
### Scrambled eggs

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	Min. on 1000 W	Min. 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 microwave 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

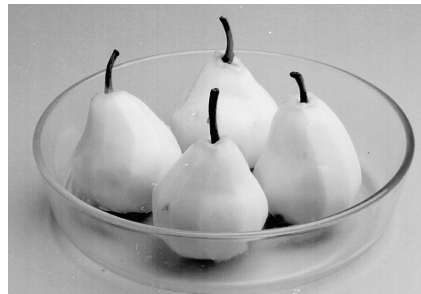
- Cakes: **do not** cover.
- Fruit: you can cover fruit compotes which do not contain much water and leave compotes which contain a lot of water uncovered.

### 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 1 or 2. **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 1 or 2. 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

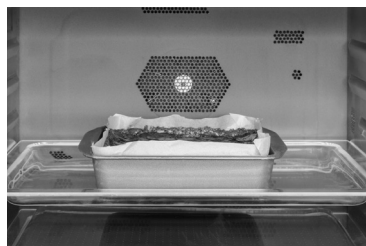
If you use a container which is very different to that advised by the recipe (e.g. several ramekins rather than a round cake tin), the end result will be different. The same quantity will cook more quickly in several small tins than in one single tin. Line the tins with greaseproof paper so you can remove 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 levels, 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 <b>microwaved</b> .	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 <b>microwave</b> .	Container too small.	For liquid foods, use container twice the volume of food.
Food cooks too slowly when cooked by <b>microwave</b> .	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 <b>microwave</b> 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 <b>microwave</b> .	Too short a cooking and/or standing time.	Add extra cooking time/standing time.
Scrambled or poached eggs tough and rubbery when cooked by <b>microwave</b> .	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 <b>microwave</b> .	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 <b>microwave</b> .	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 <b>microwave</b> .	Cooked uncovered.	Cover with a lid or cling film.
	Low moisture content, e.g. old root vegetables.	Add extra 30-60 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 than 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 <b>microwave</b> only is incorrect. If using a combination program check accessories for any damage.	Stop the oven <b>immediately</b> . Do not use metal utensils on <b>microwave</b> only.
The <b>grill</b> periodically turns off during <b>grilling</b> or combination.	During cooking the <b>grill</b> 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 Pyrex® bowl with lid,  
 3 litres

**Accessory:** none

1. Place the onion, oil and garlic into a large bowl and cover with the lid. Place on base of the oven and cook on MICROWAVE 1000 W for 2 minutes or until onion is soft.
2. Add the potato, pepper and 75 ml of the stock. Cover and cook on MICROWAVE 1000 W for 5 minutes.
3. Add remaining stock, cover with the lid and cook on base of oven, MICROWAVE 600 W for 20 minutes, or until the potatoes are soft, stirring halfway through cooking. Allow to cool slightly.
4. Place in liquidiser and puree until smooth.
5. Stir in the coconut milk and season to taste. 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 Pyrex® bowl, 3 litres

**Accessory:** none

1. Place the onion, garlic and oil in a large bowl. Cover with pierced cling film and place on the base of the oven. 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  
 15 ml cornflour  
 25ml cold water  
 30 ml lime juice  
 60 ml coconut milk  
 15 ml coriander roughly chopped  
 Shredded lettuce or salad leaves

**Dish:** 1 x Pyrex® bowl, 3 litres

**Accessory:** none

1. Place lemon grass, garlic, ginger, chillies, half of the onion, sesame oil, and olive oil in a small bowl and blend using a blender.
2. Transfer to a large bowl and add the remaining onion. Cover with pierced cling film, place on the base of the oven on MICROWAVE 1000 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.
4. Add the lime juice, coconut milk and coriander. Cover with pierced cling film, place on the base of the oven 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 Pyrex® plates, 20 cm

+ 1 x Pyrex® bowl

**Accessory:** none

1. Cook bacon rashers on a plate on the base of the oven, MICROWAVE 1000 W for 1-2 minutes or until crisping and brown. 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 MICROWAVE 1000 W for 4 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  
50 g onions, sliced  
30 ml olive oil  
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  
15 ml capers  
salt and pepper  
Fresh oregano to garnish

**Dish:** 1 x small Pyrex® bowl with lid

**Accessory:** enamel shelf in shelf position 2

1. Cut out 6 circles of puff pastry, each about 10 cm diameter. Refrigerate the pastry for 30 minutes.
2. Put the onion and oil in a Pyrex® bowl. Cover with the lid and cook on base of oven, MICROWAVE 1000 W for 3-4 minutes or until onion is soft. Add the pine nuts, cheese, olives, sun-dried tomatoes and capers to the onions. Season.
3. Preheat oven on CONVECTION 220 °C.
4. Place the 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 butter, softened  
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 with lid

**Accessory:** wire shelf in shelf position 3

1. Slice mushrooms, place in a bowl and drizzle with olive oil. Place on base of oven, cover with lid and cook on MICROWAVE 600 W for 5 minutes. Leave to cool slightly.
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 minutes 30 seconds.
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 the 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 on shelf position 2, 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

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 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.
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 small Pyrex®  
bowl

**Accessory:** none

1. Place the onion, garlic and 25 g butter in a small Pyrex® casserole dish.
2. Cover and cook on the base of the oven on MICROWAVE 1000 W for 3 minutes or until onion is soft.
3. 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.
4. Allow mixture to cool for 5 minutes then liquidise with the Vermouth and seasoning until smooth. Spoon into serving dish, smooth over top.
5. 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.
6. 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 finely chopped chives

**Dish:** 1 x large Pyrex® bowl

**Accessory:** none

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

## Prawn and haddock pie

### Ingredients

#### Serves 6

##### 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 chopped flat leaf parsley

##### 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 in shelf position 1

1. Put 15 g butter in large jug, place on base of oven and cook on MICROWAVE 1000 W for 1 minute. 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 MICROWAVE 600 W for 12-15 minutes.
3. Flake the fish into a shallow oval 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 Pyrex® dish

**Accessory:** none

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 the base of the oven and cook on MICROWAVE 1000 W for 5 minutes.
3. Put the mussels into a dish with the butter sauce and wine and cook, covered on MICROWAVE 1000 W for 15 minutes.
4. Discard any unopened shells. Remove the mussels from the dish. Add the parsley and cream to the sauce. Cook the sauce, covered, on MICROWAVE 1000 W for 5 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  
45 ml water  
25 g butter  
2 large leeks, thickly sliced  
15 ml plain flour  
568 ml hot fish stock  
bay leaf  
275 ml whole milk  
250 g cod fillet, cubed  
10 tiger prawns, peeled  
salt and pepper

**Dish:** 1 x large shallow Pyrex® dish

+ 1 x large Pyrex® bowl with lid

**Accessory:** none

1. Place potatoes in a large shallow dish with 45 ml water and cover. Place on base of oven and cook on MICROWAVE 600 W for 7 minutes. Place the butter and leeks in a large bowl.
2. Place on the base of oven and cook on MICROWAVE 1000 W for 2-3 minutes and then add the potatoes. Stir in the flour and gradually add the fish stock and bay leaf.
3. Cook on MICROWAVE 1000 W for 8-10 minutes or until the potatoes are tender. Stir halfway. Then stir in the milk, cod and prawns. Cook on MICROWAVE 600 W for 7-8 minutes or until the fish is cooked. Remove the bay leaf and season to taste. Serve immediately.

## 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 Pyrex® casserole with lid,  
 3 litre

**Accessory:** none

1. Place the oil and tomato puree in a large casserole dish, cover and heat on the base of the oven on MICROWAVE 1000 W for 1 minute and mix well.
2. Add the onions and leek, cover and 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. 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 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.

## Garlic prawns

### ingredients

#### Serves 2

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

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

**Accessories:** none

1. Place the butter and garlic into the dish, cover with the lid. Place on base of oven and cook on MICROWAVE 1000 W for 1 minute.
2. Add the wine and vegetable stock to the garlic and cook covered for 5 minutes on MICROWAVE 1000 W, uncover and cook for a further 5 minutes on MICROWAVE 600 W. Season and set to one side.
3. Place the prawns in a shallow heatproof dish. Cover with pierced cling film and cook on MICROWAVE 600 W for 8-10 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, 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 Pyrex® bowl + 1 x large Pyrex® rectangular dish

**Accessory:** none

1. Put the ginger into a Pyrex® bowl with the garlic, soy sauce, orange zest, juice and chilli. Mix the marinade well, season with black pepper. Put the salmon fillets into the marinade and coat well with the marinade. Leave to marinate in the fridge for 1-2 hours.
2. Remove the salmon fillets from the marinade, place the fillets, skin side down, in a Pyrex® rectangular dish, cover and cook on MICROWAVE 600 W for 10 minutes.
3. Take the salmon out of the oven and cover loosely with foil whilst you reheat the marinade. Put the Pyrex® bowl 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 grated hard cheese eg. cheddar  
 150 ml cream (optional)  
 salt and pepper to taste  
 15 g butter  
 75 g fresh white breadcrumbs  
 15 ml chopped fresh parsley  
 pinch paprika

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

**Accessory:** wire shelf in shelf position 3

1. Place broccoli, cauliflower, red pepper and 30 ml water in a bowl. 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 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 in 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. 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

1 large (350 g) potato  
5 ml oil  
2 cloves of garlic, crushed  
1 medium onion, chopped  
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  
3 ml cinnamon  
salt and pepper

1 large aubergine, sliced

#### Topping:

2 eggs  
150 ml single cream  
100 g hard cheese, grated eg. cheddar  
25 g Parmesan cheese, grated

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

**Accessory:** glass shelf in shelf  
position 1

1. Pierce skin of potato, place in a shallow dish and cook on MICROWAVE 600 W for 10-12 minutes, leave to cool slightly then slice.
2. Place oil, garlic and onion in a bowl and cover with the lid. Place on base of oven and cook on MICROWAVE 600 W for 2 minutes.
3. Add lamb, tomatoes, puree, bay leaf, thyme, oregano, cinnamon and seasoning. Mix well. Cover and cook on MICROWAVE 1000 W for 10 minutes.
4. Place aubergine in a dish with 45 ml water. Cover, place on base of oven and cook on MICROWAVE 600 W for 4 minutes.
5. Whisk eggs, cream and hard cheese 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 300 W for 15-18 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  
10 ml olive oil  
salt and pepper  
400 g ready made puff pastry  
125 g jar of red peppers, drained  
100 g ripe brie cut into slices  
1 egg, beaten to glaze  
30 ml freshly grated Parmesan

**Dish:** 1 x medium sized shallow dish

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

1. Slice the chicken breasts into strips, place between plastic film and flatten using a rolling pin. Put chicken in a shallow dish with lemon juice, thyme, olive oil and seasoning. Allow to marinate for a couple of hours in the fridge.
2. Preheat oven on CONVECTION 200 °C with enamel shelf in shelf position 1. Carefully remove the enamel shelf from the oven using oven gloves. Spread the chicken out on the enamel shelf and return to the oven. Cook on CONVECTION 200 °C for 10-15 minutes or until cooked through, turning halfway.
3. Remove chicken from the shelf and allow to cool slightly. Wash enamel shelf.
4. Cut pastry into a 25 cm x 25 cm square and place on baking parchment. 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.
5. Preheat the oven empty on CONVECTION 200 °C. Transfer the pastry and baking parchment onto the enamel shelf and brush with beaten egg. Sprinkle with Parmesan cheese. Cook on CONVECTION 200 °C shelf position 2, for 25-30 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 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 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 116)  
 5 ml mustard  
 salt and pepper  
 100 g grated cheese  
 250 g fresh lasagne  
 50 g Parmesan cheese, grated

**Dish:** 1 x Pyrex® casserole dish with lid 1.5 litre + 1 x large rectangular dish

**Accessory:** wire shelf in shelf position 2

1. Place onion, garlic and oil in 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 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 meat 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 1 for 15 minutes. Then GRILL 1 for 3-5 minutes in shelf position 2 or until golden brown.

## 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 gratin dish, 22.5cm

**Accessory:** glass shelf in shelf position 1

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 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. Cut pastry for a lid and place on top of the chicken mixture.
5. Brush with beaten egg. Place dish on glass shelf in shelf position 1 and cook on CONVECTION 210 °C + MICROWAVE 300 W for 20-25 minutes or until cooked and browned.

## 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 Pyrex® bowl with lid

**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 oven 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.

## 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 eg. cheddar

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

**Accessory:** 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 approx. 20 minutes or until top is crisp 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 large Pyrex® casserole with lid

**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 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.

## Meat loaf

### ingredients

#### Serves 4

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

**Dish:** 1 x large 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 minced beef  
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. 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.

## Steak and mushroom pudding

### ingredients

#### Serves 4

##### Filling:

450 g braising steak, cubed  
25 g seasoned, plain flour  
150 g mushrooms, sliced  
1 onion, chopped  
1 clove garlic, crushed  
5 ml thyme  
275 ml hot beef stock  
275 ml cream stout

##### Pudding:

175 g plain flour  
10 ml baking powder  
pinch salt  
75 g suet  
135 ml cold water to mix  
15 ml cornflour

**Dish:** 1 x Pyrex® casserole with lid, 1.5 litre + 1 x pudding basin, 1.2 litre

**Accessory:** none

1. Coat the steak in seasoned flour and add to casserole with all the filling ingredients. Cover with the lid, place on base of oven and cook on CONVECTION 160 °C + MICROWAVE 100 W for 1 hour 30 minutes-2 hours until meat is tender.
2. Mix flour, baking powder, salt and suet together. Mix to a dough with the cold water. Roll out  $\frac{3}{4}$  of the pastry to line basin.
3. Remove meat with a slotted spoon and fill basin.
4. Mix cornflour with a little cold water and stir into the gravy. Place on base of oven and cook on MICROWAVE 1000 W for 2 minutes, until gravy has thickened, stirring once.
5. Pour 75 ml of gravy over the meat and reserve the rest for serving. Roll remaining pastry to form a lid, moisten the edges and seal over the top of the meat. Put a hole in the top to allow the steam to escape.
6. Place on base of oven and cook on MICROWAVE 600 W for 8-10 minutes or until pastry looks dry.

## 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.

## 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:** Glass shelf in shelf position 1

1. Rub halves of garlic around inside of dish and discard. Place potatoes in dish with 45 ml water. Cover, place on base of the oven and par-boil on MICROWAVE 1000 W for 5 minutes. Drain. Slice thinly.
2. Layer the potato slices in the dish, seasoning with salt, pepper and nutmeg between each layer.
3. Pour the cream evenly over the top of the potatoes and dot with butter.
4. Place dish on glass shelf in shelf position 1 and cook on CONVECTION 190 °C + MICROWAVE 300 W for 25 minutes or until potatoes are cooked.

## Cauliflower cheese

### ingredients

#### Serves 4

1 cauliflower, florets  
25 g butter  
2.5 ml French mustard  
25 g flour  
300 ml whole milk  
seasoning to taste

#### Topping:

100 g cheese, grated eg cheddar  
25 g breadcrumbs

**Dish:** 1 x shallow Pyrex® dish,

1.5 litre + 1 x Pyrex® jug

**Accessory:** glass shelf in shelf position 1

1. Place cauliflower florets in a shallow Pyrex® dish. Add 45 ml water, cover and place on base of the oven. Cook on MICROWAVE 600 W for 10 minutes. Drain.
2. Melt butter in a jug on MICROWAVE 1000 W for 20-30 seconds. Stir in mustard and flour. Cook for a further 15 seconds. Add milk gradually. Stir well and season.
3. Cook on MICROWAVE 1000 W for 3-4 minutes or until sauce is thick and bubbling, stirring halfway through. Add 90 g of grated cheese.
4. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs, combined. 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

**Accessory:** glass shelf and 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 4

2 red and 2 yellow medium / large 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  
130 g mozzarella, diced  
60 g Roquefort 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 1

1. Slice the tops off the peppers and put to one side. Remove the seeds and rinse out.
2. Place oil, garlic and onions into a large ovenproof dish and stir. Place on base of the oven and cook on MICROWAVE 300 W for 2 minutes.
3. Add rice and hot stock. Cover and cook on MICROWAVE 1000 W for 10-12 minutes until rice is soft.
4. Allow to cool slightly and then stir in pine nuts, cherry tomatoes, mozzarella, roquefort, parsley and basil. Season well.
5. Fill peppers with cheesy mixture and place in ovenproof dish. Place dish on glass shelf in shelf position 1 and cook on CONVECTION 200 °C + GRILL 2 + MICROWAVE 300 W for 10 minutes.
6. Place tops back on peppers and cook on CONVECTION 200 °C + GRILL 1 + MICROWAVE 300 W for a further 5 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 large 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, roughly cubed  
1 courgette, roughly cubed  
1 onion, sliced  
1 green pepper, roughly cubed  
1 red pepper, roughly cubed  
2 cloves of garlic, peeled and crushed  
400 g canned tomatoes, chopped  
40 ml tomato puree  
salt and pepper to taste

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

**Accessory:** none

1. Combine all ingredients in a casserole. Cover with the lid, place on base of the oven and cook on MICROWAVE 1000 W for 7 minutes. Stir and return to the oven on MICROWAVE 1000 W for a further 12 minutes or until vegetables are soft.

## 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 Pyrex® casserole. Place on base of the oven and cook on MICROWAVE 600 W for 3 minutes.
2. Add aubergine and all other ingredients to Pyrex® 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 chopped tomatoes,  
 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 eg. cheddar

**Dish:** 1 x Large Pyrex® casserole  
 dish + 1 x square Pyrex® dish,  
 22 x 22 cm

**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 tablespoons 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.

## 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), diced  
 300 g sweet potato, diced  
 2 small carrots, diced  
 180 g cauliflower, small florets  
 80 g green beans, cut into 3 cm lengths  
 120 ml water  
 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 large, 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 dish. 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. 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 dish with the cardamoms. Cover and cook on the base of the oven MICROWAVE 1000 W 4 minutes 30 seconds until partly cooked. Drain and 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.

## 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 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.

## 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® dishes with lids + 1 x large shallow dish, 1.5 litres + 1 x bowl

**Accessory:** none

1. Place the onions and garlic in a large Pyrex® dish 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 Pyrex® dish, 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 1 + MICROWAVE 440 W for 20 minutes then GRILL 1 for 3-5 minutes or until golden and piping hot.

## Lemon and asparagus risotto

### ingredients

#### Serves 4

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

**Dish:** 1 x small Pyrex® bowl + 1 x large Pyrex® bowl

**Accessory:** none

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

## Cheese soufflé

### ingredients

#### Serves 4

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

**Dish:** 1 x Pyrex® jug +  
1 x soufflé dish

**Accessory:** enamel shelf in shelf  
position 1

1. Place butter in a Pyrex® jug, cover with pierced cling film and place on the base of the oven. Melt on MICROWAVE 1000 W for 30 seconds.
2. Stir in flour. Cook on MICROWAVE 1000 W for 30 seconds. Stir in milk gradually, whisk until smooth.
3. Cook the white sauce on MICROWAVE 1000 W for 2-3 minutes. Whisk briskly and add grated cheese, then egg yolks one at a time. Season.
4. Preheat oven to CONVECTION 210 °C with enamel shelf in shelf position 1. Meanwhile, butter and flour the soufflé dish.
5. Whisk the egg whites until stiff. Gently incorporate the cooled cheese sauce with the help of a spatula. Pour into the dish without pressing down.
6. Cook on CONVECTION 210 °C for about 20 minutes, then on CONVECTION 180 °C for a further 10 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  
15 g hard cheese, grated  
salt and pepper  
25 g fresh brown breadcrumbs

**Dish:** 2 x large Pyrex dishes with lids  
+ 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 bun tins, 32 cm x 24 cm + 1 x bowl

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

1. Roll out the shortcrust pastry to a thickness of approx. 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.

## Quiche lorraine

### ingredients

#### Serves 4

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

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

**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  
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:** shallow Pyrex® dish, 21 cm + 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 with parchment and baking beans and cook for 7 minutes 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 plain flour  
500 ml whole milk  
salt 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 plain 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 seconds 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 Pyrex® 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  
 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 Pyrex® 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 MICROWAVE 600 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 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  
1 litre whole milk  
80 g caster sugar  
small piece of cinnamon stick  
1 vanilla pod

**Dish:** 1 x Pyrex® bowl, 2.5 litres

**Accessory:** none

1. Pour the rice, milk and sugar in Pyrex® bowl. Add the cinnamon and split vanilla pod. Do not cover.
2. Bring to the boil by heating on MICROWAVE 600 W for 11-12 minutes, paying close attention to ensure that the milk doesn't overflow, stir then cook on MICROWAVE 300 W for 50-60 minutes. Remove cinnamon stick and vanilla pod, leave to cool before serving.

## Chocolate fudge pudding

### ingredients

#### Serves 4

100 g self raising flour  
100 g caster sugar  
pinch of salt  
25 g cocoa or drinking chocolate  
50 g margarine  
1 egg, beaten  
5 ml vanilla essence  
60 ml whole milk

#### Sauce:

100 g soft brown sugar  
25 g cocoa or drinking chocolate  
150 ml hot water

**Dish:** 1 x souffle dish, 20cm +  
1 x small Pyrex® bowl

**Accessory:** none

1. Place flour, sugar, salt and cocoa into a mixing bowl. Melt margarine in a small dish on MICROWAVE 600 W for 40 seconds-1 minute or until melted.
2. Add melted margarine to flour, along with egg, vanilla essence and milk.
3. Beat well. Pour mixture into souffle dish. Mix together brown sugar and cocoa and sprinkle over mixture. Pour over hot water and cook on MICROWAVE 1000 W for 6-7 minutes or until set on top. The pudding will separate on cooking, giving a chocolate fudge sauce at the bottom.

## 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.

## 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 4-6

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 Pyrex® heatproof dish,  
24 x 19 cm

**Accessory:** glass shelf in shelf position 1

1. Layer prepared fruit in the Pyrex® dish. Add sugar to taste, depending on the sharpness of the fruit.
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 15-20 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, halved  
 225 g raspberries  
 50 g golden caster sugar

**Dish:** 1 x large shallow ovenproof Pyrex® dish

**Accessory:** none

1. Place the plums, cherries and blueberries in large shallow ovenproof Pyrex® dish. Place on the base of the oven and cook on MICROWAVE 440 W for 10 minutes.
2. Stir in the strawberries and cook on MICROWAVE 400 W for a further 5-6 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 pudding basin, 1.3 litre lightly greased + 1 x large Pyrex® bowl

**Accessory:** none

1. Place apple and carrot in a large bowl. Place on the base of the oven and cook on MICROWAVE 1000 W for 5 minutes. Beat well to make a thick puree.
2. Stir in 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.
4. Press into the pudding basin. Cover with pierced cling film and cook on MICROWAVE 600 W for 5 minutes. Stand for 5 minutes. Cook on MICROWAVE 1000 W for another 2-3 minutes or until just firm.

**Note:** One of the advantages of using your **microwave** to make this traditional pudding is that it can be made the week before Christmas and stored in a cool dry place. Do not attempt to make the pudding earlier than this, since the flavour will not improve with keeping, unlike a traditionally steamed pudding.

## Chocolate 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 round deep tin, 21-23 cm 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 tin. 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 sugar  
3 egg yolks

#### Meringue:

4 egg whites  
225 g caster sugar

**Dish:** 1 x flan dish, 25 cm

**Accessory:** enamel shelf in 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 enamel shelf in shelf position 1 and cook on CONVECTION 150 °C for 40-45 minutes or until lightly browned.

## Baked 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:** 1 x Pyrex® loaf dish

**Accessory:** glass shelf in shelf position 1

1. Line the base of the loaf dish with baking parchment.
2. Mix flour, baking powder, salt, suet and sugar together. Mix to a dough with the milk
3. 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.
4. Brush top with milk and place in loaf dish. Place dish on glass shelf in shelf position 1 and cook on CONVECTION 200 °C + MICROWAVE 440 W for 15-20 minutes or until golden.

## 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 flan tin, 23 cm diameter + 1 x 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 spoon 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, juice of 1 lemon  
 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, brush with melted butter and place in shelf position 1. Bake the strudel for 30-35 minutes on CONVECTION 180 °C. Sprinkle with icing sugar before serving.

## Gateau pithiviers

### ingredients

#### Makes 6

75 g caster sugar  
 75 g ground almonds  
 40 g butter  
 1 small egg  
 20 ml dark rum or brandy  
 300 g ready rolled puff pastry  
 15 ml icing sugar

**Dish:** none

**Accessory:** glass shelf in shelf position 1

1. Beat the sugar, almonds, butter, egg and rum together.
2. Cut out two 20 cm circles of the pastry
3. Place 1 circle onto baking parchment and spread the filling in the centre to within 2 cm of the edge.
4. Mark 8 crescent shape slashes in the second round. Moisten the edges of the first round of pastry with water.
5. Place the 2nd round on top, sealing the edges well. Knock up the edges and score. Place Gateau and baking parchment on the glass shelf in shelf position 1 and cook on COMBINATION: 220°C + MICROWAVE 300 W for 17-19 minutes.
6. When cooked dredge the top with icing sugar.

## 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  
 salt  
 75 g caster sugar  
 75 g butter  
 200 ml buttermilk  
 1 medium egg, beaten  
 100 g fresh berries

**Dish:** 2 x small Pyrex® bowls + 1 x 6 hole muffin tin + 6 x 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.



## 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  
 Finely grated zest of 1 lemon  
 3 ml vanilla extract

**Dish:** 1 x round tin, 20 cm 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 or until a skewer inserted in the middle comes out clean. Leave cake to cool in tin. When completely cold, wrap well in greaseproof 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 (room temperature)  
 100 g sugar  
 2 eggs, medium, beaten  
 100 g self raising flour

**Dish:** 1 x baking tray,  
 32 cm x 24 cm each with  
 12 holes + 12 x individual paper cases

**Accessory:** wire shelf in shelf position 1

1. Preheat on CONVECTION 170 °C with the wire shelf in shelf position 1. Beat the butter and the sugar until pale and fluffy.
2. Add the eggs one at a time, beating well after each egg is added. Stir in the flour.
3. Fill individual paper cases two thirds full with the mixture. Place baking tray on enamel shelf. Cook on CONVECTION 170 °C for 20-25 minutes.

## 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 baking tray, 30 cm x 21.5 cm

**Accessory:** enamel shelf in shelf position 1 and 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 spoonfuls 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 shelf position 3 and the enamel shelf in 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

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 until well mixed, then fold in the remaining flour. Divide the mixture between the 2 tins and level with a knife.
2. Preheat oven on CONVECTION 180 °C. Place one tin on the enamel shelf in shelf position 1 and one tin on the wire rack in shelf position 3.
3. Cook on CONVECTION 180 °C for 20-25 minutes or until baked through.
4. 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 bowls + 1 x round tin, 23 cm greased and lined

**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 Swiss roll tin 33 x 23 cm, 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.

## Carrot cake

### ingredients

#### Serves 8

150 ml sunflower oil  
 250 g wholemeal self raising flour  
 10 ml baking powder  
 10 ml cinnamon  
 5 ml nutmeg  
 150 g light muscovado sugar  
 50 g walnuts, coarsely chopped  
 125 g carrots, grated  
 2 ripe bananas, mashed  
 2 eggs, beaten  
*Cream Cheese Topping:*  
 75 g butter (room temperature)  
 100 g cream cheese  
 225 g icing sugar  
 chopped walnuts to decorate

**Dish:** 1 x large bowl + 1 x square tin, 20 cm greased and base lined

**Accessory:** glass shelf in shelf position 1

1. Place all the cake ingredients in a large bowl and mix well. Spoon into tin.
2. Place tin on glass shelf in shelf position 1 and cook on CONVECTION 170 °C + MICROWAVE 300 W for 20-25 minutes or until cooked and well risen. Allow to cool in the tin.
3. To make the topping cream the butter and cream cheese until smooth. Stir in sieved icing sugar. Decorate the cooled cake with the cream cheese topping and walnuts

## 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 bicarbonate of soda

**Dish:** 1 x large bowl + 1 x Pyrex® loaf tin, 20 cm, lined with greaseproof paper

**Accessory:** wire 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 cake tin.
2. Preheat oven. Place tin on wire 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 round cake tin, 18 cm 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. 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  
75 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 canned 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 cake tin, 28 x 17 cm 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 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 diameter,  
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 in the shelf position 1 on CONVECTION 160 °C + MICROWAVE 100 W for 40-45 minutes.

## 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 bowls + 1 x cake tin, 20 cm  
diameter, 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 deep springform tin, 23 cm greased and lined + 2 x Pyrex® bowls

**Accessory:** enamel shelf in shelf position 1

1. 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.

## 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 tin, 20 x 20 x 4 cm 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.

## 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

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 on the base of oven on CONVECTION 40 °C.
4. Preheat on CONVECTION 200 °C. Glaze bread with beaten egg and sprinkle with seeds, if desired.
5. Place enamel shelf in shelf position 1 and cook on CONVECTION 200 °C for 25-30 minutes for a loaf or 15-20 minutes 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 g tomato sauce

15 ml oregano

100 g grated mozzarella

salt and pepper

*Variations:*

anchovies, olives, bacon pieces,

mushrooms etc.

**Dish:** 1 x large Pyrex® bowl

**Accessory:** enamel shelf in shelf position 2

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.
4. Then add other ingredients according to taste, cheese, anchovies, olives, bacon pieces etc. and continue cooking on CONVECTION 220 °C for 8-10 minutes, until the cheese is bubbling and the base is golden.

## 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 round tin, 25 cm

**Accessory:** enamel shelf in shelf  
position 1

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 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 approx. 30 minutes.
4. Preheat on CONVECTION 190 °C with the enamel shelf in shelf position 1. Dimple the surface of the dough.
5. Drizzle with a little extra olive oil and sprinkle with coarse sea salt.
6. Cook on CONVECTION 190 °C for 20-25 minutes or until golden. 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 Pyrex® 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 sterilized 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 large 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 large 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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<http://www.panasonic.com>

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E000344L1BP  
EC0716-0  
Printed in U.K.