SPINACH AND FILO PIE

Serves: 4 to 6

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

Method:
Wash spinach and remove leaves from stalks. Cut leaves finely and place into a 3-litre casserole dish. Cover and cook on 1000 W for 3 to 5 minutes. Drain well. Crumble in Fetta cheese.

To Cook by Convection:
Preheat oven to 200 °C. In a small bowl, beat eggs lightly and combine with cream, flour, nutmeg, pepper and garlic. Place 4 buttered sheets of filo pastry in base of pie dish. Place spinach and cheese into pie dish, and pour over egg mixture. Fold one sheet of filo in half widthwise and lay over top of spinach mixture. Brush with melted butter and repeat method with remaining sheets of filo, brushing with butter between each layer of filo. Trim off excess filo around edges and press down at the sides of the dish. Brush with butter and sprinkle with sesame seeds. With a sharp knife cut a diamond pattern in top of filo pastry. Place on enamel shelf in lower shelf position and cook on 200 °C for 20 to 25 minutes.

VEGETABLE BAKE

Serves: 4 to 6

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

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

CRUSTLESS CHEESE AND SPINACH PIE

Serves: 4

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

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

SOY & HONEY SALMON

Serves: 4

Ingredients:
4 salmon fillets, each 100-150 g (4-6 oz)

Marinade
15 ml (1 tbsp) honey
30 ml (2 tbsp) dark soy sauce
15 ml (1 tbsp) sherry
1 garlic clove, crushed
5 ml (1 tsp) fresh root ginger, grated

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

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

Directions for Cooking Fish and Shellfish by Micro Power

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

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

Directions for Cooking Fish by Sensor Menu:
Clean and prepare fish. Place in a single layer in a shallow dish. Follow the instructions of sensor menu “Steam Fish” or “Steam Frozen Fish” on page 27. There is no need to select power level or time as this is a fully automatic programme.

Cooking Fish and Shellfish by Micro Power

<table>
<thead>
<tr>
<th>FISH OR SHELLFISH</th>
<th>AMOUNT</th>
<th>POWER</th>
<th>APPROX. COOKING TIME (in minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Fillets</td>
<td>500 g</td>
<td>600 W</td>
<td>6 to 8</td>
</tr>
<tr>
<td>Scallops (sea)</td>
<td>500 g</td>
<td>600 W</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Green Prawns medium size</td>
<td>500 g</td>
<td>600 W</td>
<td>5 to 6</td>
</tr>
<tr>
<td>(shelled and cleaned)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Fish (stuffed or unstuffed)</td>
<td>500 g to 600 g</td>
<td>600 W</td>
<td>6 to 8</td>
</tr>
</tbody>
</table>

GARLIC & CHILI PRAWNS

Serves: 4

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

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

Serves: 4

**Ingredients:**
- 4 salmon fillets or steaks each
- 100-150 g (4-6 oz)
- 30 ml (2 tbsp) white wine

**Sauce**
- 3 egg yolks
- 30 ml (2 tbsp) white wine vinegar
- 150 g (5 oz) chilled, unsalted butter, cut into cubes

**Method:**
Place salmon in dish with wine. Place on base of oven, cover and cook on 600 W for 8 mins. Leave to stand and make sauce. Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Place jug on base of oven and cook on 1000 W for 30 secs. Whisk. Cook on 1000 W for 10 secs. Whisk again and cook on 1000 W for 10 secs. Repeat 10 secs stages until sauce is thick and creamy. Season and serve immediately with the salmon.

**NOTE:** This sauce must not boil or the eggs will curdle.

---

**Lemon Pepper Fish**

Serves: 2

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

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

**To Cook by Sensor Menu:**
Prepare as above. Select Steam Fish, then touch Start.

---

**Thai Fish Cakes**

Serves: 9

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

**Method:**
Place all ingredients except oil in a food processor and blend until smooth. Shape two tablespoons of mixture into 6 cm round shapes oiled tin and place onto the wire shelf. Preheat the oven on 180 °C. Put the wire shelf in higher shelf position and cook for 20 minutes. Cook on Grill 1 for 3 to 4 minutes. Then serve with sweet chilli sauce.

---

**Seafood Marinara**

Serves: 4

**Ingredients:**
- 250 g scallops
- 250 g prawns, shelled and deveined
- 1 squid, (approx. 275 g) cleaned and sliced
- 2 tablespoons butter
- 1 clove garlic, crushed
- 2 tomatoes, peeled and chopped
- 1 tablespoon tomato paste
- ¾ cup white wine
- 1 tablespoon basil, chopped
- pepper
- chopped parsley

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

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Seafood Marinara
GOLDEN SEAFOOD PIE
Serves: 4
Ingredients:
- 400 g white fish fillets
- 200 g peeled green prawns
- 100 g calamari rings
- 1 cup water
- 1 tablespoon lemon juice
- 30 g butter
- 1 onion, sliced
- 1 clove garlic, crushed
- 2 tablespoons flour
- 1 teaspoon French mustard
- 125 ml cream
- 8 sheets filo pastry
- 30 g butter melted, extra

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

COCONUT FISH CURRY
Serves: 4 - 5
Ingredients:
- 1 onion
- 1 red pepper
- 200 ml (7 fl oz) coconut milk
- 1 tomato
- 1 tbsp curry paste
- 600 g (1 lb 3 oz) coley or pollock
- salt and pepper

Method:
Sweat the chopped onion with the cubed pepper in the dish, covered, for 4-5 mins on 1000 W. Add the coconut milk, the peeled and chopped tomato, the curry paste and lemon juice; Cook on 1000 W for 3 mins before adding the fish cut into cubes. Cover and cook on 1000 W for 6-7 mins, stirring halfway through cooking time. Season to taste before serving. If you use 4 frozen fish fillets, cook approx. 13 mins on 1000 W, turning halfway through cooking time.

SMOKED FISH
Serves: 2 to 4
Ingredients:
- 2 medium sized smoked fish fillets (approx. 500 g)
- 1 tablespoon butter, melted
- freshly ground black pepper

Method:
Place all ingredients in a 3-litre casserole dish. Cover and cook on 600 W for 5 to 6 minutes or until cooked and fish flakes when tested with a fork. Stir at half time

To Cook by Sensor Menu:
Prepare as above. Leave uncovered. Select Steam Fish, then touch Start.

STEAMED MUSSELS WITH GARLIC
Serves: 2
Ingredients:
- 900 g mussels (weight in shells)
- 15 ml olive oil
- 1 onion finely chopped
- 2 garlic cloves, crushed
- 150 ml dry white wine
- 1 bunch flat-leaf parsley, finely chopped

Method:
Scrub mussels and pull off any beards discarding any broken or open shells. Place oil, onion and garlic in a dish, cover with pierced cling film. Place on base of oven and cook on 1000 W for 2 mins. Add wine and cook on 1000 W for 3 mins. Add the mussels, cover dish with pierced cling film and cook on 600 W for 5-6 mins. Discard any unopened shells. Add the parsley and stir before serving.

GARLIC PRAWNS
Serves: 2
Ingredients:
- 60 g butter
- 1 teaspoon minced garlic
- 1 tablespoon lemon juice
- 1 tablespoon parsley, chopped
- 500 g green prawns, shelled and deveined

Method:
Place butter and garlic in a 20 cm round dish and cook on 1000 W for 1 minute. Add lemon juice, parsley, and prawns. Cover and cook on 600 W for 3 minutes, stir. Cook on 600 W for 3 minutes. Serve in individual ramekins.

GARLIC PRawns
Serves: 2
Ingredients:
- 60 g butter
- 1 teaspoon minced garlic
- 1 tablespoon lemon juice
- 1 tablespoon parsley, chopped
- 500 g green prawns, shelled and deveined

Method:
Place butter and garlic in a 20 cm round dish and cook on 1000 W for 1 minute. Add lemon juice, parsley, and prawns. Cover and cook on 600 W for 3 minutes, stir. Cook on 600 W for 3 minutes. Serve in individual ramekins.
CREAMY COD & LEEK CHOWDER
Serves: 4
Ingredients:
- 500 g (1 lb 2 oz) potatoes, peeled, cut into 1 cm (½") cubes
- 25 g (1 oz) butter
- 2 large leeks, thickly sliced
- 15 ml (1 tbsp) plain flour
- 568 ml (1 pt) hot fish stock
- bay leaf
- 275 ml (½ pt) milk
- 250 g (9 oz) cod fillet, cubed
- 10 tiger prawns, peeled

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

THAI STEAMED TROUT
Serves: 2
Ingredients:
- 2 trout fillets, approx 140 g (5 oz) each
- 2 cloves of garlic, finely chopped
- 1-2 small red chilli, finely chopped
- 1 lime, zest and juice
- 4 spring onions, finely chopped
- 30 ml (2 tbsp) light soy sauce

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

SALMON WITH MANGO SALSA
Serves: 4
Ingredients:
- 4 salmon fillets, each 100-150 g (4-6 oz)
- 50 g (2 oz) butter
- Marinade:
  - 45 ml (3 tbsp) white wine
  - 1 garlic clove, crushed
  - 2.5 cm (1") fresh root ginger, finely grated
- Mango Salsa:
  - 2 red chillies, seeds removed, thinly sliced
  - 100 g (4 oz) peeled, cooked prawns
  - 4 spring onions, thinly sliced
  - 1 small garlic clove, finely chopped
  - 1 ripe but firm avocado, peeled and chopped
  - ½ ripe mango, peeled and chopped
  - 1 lime, juice of

Method:
Mix the marinade ingredients together. Pour marinade over salmon in dish and leave to marinate for 2-3 hours in the fridge. Mix all the salsa ingredients together and chill in fridge. Place the salmon on the glass dish directly on base of oven. Cook salmon on 600 W for 7-8 mins. Serve salmon with the salsa.
NOTE: For 2 fillets the marinade and salsa quantities should be halved and total cooking time on 600 W should be reduced to 4-6 mins.

SALMON IN TERIYAKI
Ingredients:
- 300 g salmon fillets (cut slit or pierce fillets with fork)
- 80 g fresh mushroom (sliced)
- 2 tablespoons teriyaki sauce
- ½ tablespoon oyster sauce
- 40 g garlic (minced)
- 10 g ginger (shredded)
- ½ teaspoon black pepper
- 3 tablespoons oil
- 1 stalk chinese parsley (for garnishing)

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

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

Poultry may be stuffed or unstuffed. Tie legs together with cotton string. Place on microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.

If the poultry is not cooked enough return it to the oven and cook a few more minutes at the recommended power level. DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.

If a large amount of juice accumulates in the bottom of the baking dish occasionally drain it. If desired, reserve for making gravy. Less-tender birds should be cooked in liquid such as soup or broth. Use ¼ cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that bird does not touch the lid.

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

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

If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag. Multiply the weight of the poultry by the minimum recommended minutes per 500 g. Programme Power and Time.
Directions for Cooking Poultry by Combination

Wash poultry and pat dry. Season poultry as desired. Whole poultry may be roasted stuffed or unstuffed.

**Whole Roasting Chickens** (1.0 kg to 2.8 kg): Place chicken on wire rack set on glass tray. Shield drumsticks with a strip of foil for the first 30 minutes of cooking. (Foil should not touch rack or oven walls, as arcing may occur.)

**Duck** (1.5 kg to 2.5 kg): Pierce skin at 2 cm intervals with a fork to allow fat to drain from duck. Place duck on wire rack set on glass tray. Drain juices from dish once during cooking.

**Whole Turkey** (2 kg to 6 kg): Place turkey on wire rack set on glass tray. Halfway through cooking, shield tops of drumsticks with a strip of foil. (Foil should not touch oven walls, as arcing may occur.) Drain juice from dish once during cooking.

---

**To Cook by Manual Combination:**

Multiply the ready to cook weight of the poultry by the minimum recommended minutes per 500 grams. Programme the Combination Setting and Time. Touch Start.

**To Cook by One Touch Cooking:**

To programme: Select Roast Chicken, select the weight, then touch Start. After cooking allow to stand, covered, for 10 minutes. This stand time allows for easier carving and finishes cooking. During stand time test for desired cooking. Small poultry is cooked when juices run clear and the drumsticks readily move up and down. Large poultry should be checked with a meat thermometer inserted in both thigh joints. If thermometer touches bone, the reading may be inaccurate.

DO NOT USE A CONVENTIONAL OR MICROWAVE THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION. If poultry is undercooked, cook a few more minutes at the recommended Combination Setting.

---

### Poultry Chart for Combination Cooking

<table>
<thead>
<tr>
<th>POULTRY</th>
<th>Combination Setting</th>
<th>Cooking Time</th>
<th>Cooking Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken (up to 2.8 kg)</td>
<td>Combination 3</td>
<td>20-21 min./500 g</td>
<td>Place on wire shelf with glass shelf in lower shelf position, baste halfway through cooking.</td>
</tr>
<tr>
<td>Chicken Pieces (1 to 1.5 kg)</td>
<td>Combination 3</td>
<td>10 to 12 min./500 g</td>
<td>Suitable for all pieces. Place on wire shelf in higher position with glass shelf in lower position.</td>
</tr>
<tr>
<td>Turkey (2 to 6 kg)</td>
<td>Combination 3</td>
<td>15 min./500 g</td>
<td>Place on wire shelf with glass shelf in lower shelf position, baste halfway through cooking.</td>
</tr>
<tr>
<td>Duck (1.5 to 2.5 kg)</td>
<td>Combination 3</td>
<td>17 to 18 min./500 g</td>
<td>Pierce skin at 2 cm intervals. Place on wire shelf with glass shelf in lower shelf position, baste halfway through cooking.</td>
</tr>
</tbody>
</table>
Directions for Cooking Poultry Pieces by Microwave

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

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

Cooking Poultry by Micro Power

<table>
<thead>
<tr>
<th>POULTRY</th>
<th>POWER</th>
<th>TEMPERATURE AFTER COOKING</th>
<th>APPROX. COOKING TIME (minutes per 500 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickens</td>
<td>800 W</td>
<td>87 °C</td>
<td>10 to 12</td>
</tr>
<tr>
<td>Chicken (pieces)</td>
<td>800 W</td>
<td>87 °C</td>
<td>8 to 9</td>
</tr>
<tr>
<td>Turkey</td>
<td>800 W</td>
<td>87 °C</td>
<td>10 to 15</td>
</tr>
<tr>
<td>Duck</td>
<td>800 W</td>
<td>87 °C</td>
<td>10 to 15</td>
</tr>
</tbody>
</table>

**GREEN PEPPER CHICKEN**

Serves: 4

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

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

**CHICKEN CACCIATORE MC**

Serves: 4

Ingredients:
- 1 kg chicken drumsticks
- 400 g can tomatoes, diced
- ¼ cup tomato paste
- 1 teaspoon minced garlic
- 1 onion, sliced
- 2 teaspoons dried oregano
- ¼ cup red capsicum, sliced
- 2.5 cm (1") fresh root ginger, grated
- 1 garlic clove, crushed
- 25 g (1 oz) ground almonds
- 45 ml (3 tbsp) natural yoghurt
- 600 g (1 lb 5 oz) skinless chicken breast, cut into chunks
- 15 ml (1 tsp) olive oil
- 2 onions, finely chopped
- 150 ml (½ pt) single cream
- 30 ml (2 tbsp) coriander, chopped

Method:
In a 3-litre dish mix all the ingredients. Cover and cook on Combination 1 for 20 minutes. Stir, uncover and cook for a further 20 minutes.

**CHICKEN PASANDA**

Serves: 4

Ingredients:
- 3 cardamom pods
- ½ cinnamon stick
- 3 ml (¼ tsp) cumin seeds
- 5 ml (1 tsp) garam masala
- 5 ml (1 tsp) chilli flakes
- 2.5 cm (1") fresh root ginger, grated
- 1 garlic clove, crushed
- 25 g (1 oz) ground almonds
- 45 ml (3 tbsp) natural yoghurt
- 600 g (1 lb 5 oz) skinless chicken breast, cut into chunks
- 15 ml (1 tsp) olive oil
- 2 onions, finely chopped
- 150 ml (½ pt) single cream
- 30 ml (2 tbsp) coriander, chopped

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

Serves: 4

**Ingredients:**
- 2 boneless and skinless chicken breasts
- 1 tbsp lemon juice
- 1 tsp fresh thyme
- ½ tbsp olive oil
- salt and pepper
- 400g (14 oz) ready made puff pastry
- 125g (5 oz) jar of red peppers, drained
- 100g (4 oz) ripe brie
- 1 egg, beaten to glaze
- 2 tbsp freshly grated parmesan

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

**Roast Herb Chicken**

Serves: 4

**Ingredients:**
- 1.5 kg chicken
- 60 g butter
- 1 tablespoon chopped rosemary
- 1 tablespoon parsley

**Method:**
Place butter in a 2 cup jug. Cook on 800 W for 40 seconds. Add rosemary and parsley. Tie legs of chicken together with string. Brush with butter mixture. Place breast side down on wire shelf in middle shelf position with glass shelf in lower shelf position. Set Combination 1 for 25 minutes. Turn over. Set Combination 1 for 20 minutes.

**Italian Chicken Casserole**

Serves: 4 to 6

**Ingredients:**
- 1 tablespoon oil
- 1 clove garlic, crushed
- 1.2 kg chicken pieces
- 250g baby onions peeled and left whole
- 400g can tomatoes
- ⅛ cup tomato paste
- ⅛ teaspoon marjoram
- ⅛ teaspoon oregano
- 100g button mushrooms
- 20 black olives
- 2 tablespoons chopped parsley
- salt and pepper

**Method:**
Place all ingredients into a 3-litre casserole dish and mix well. Cover.

**To Cook by Combination:**
Cook on Combination 1 for 45 to 50 minutes. Stir halfway through cooking.

**To Cook by Sensor Menu:**
Prepare as above and cover with a lid. Select Casserole, then touch Start.

**Coq Au Vin**

Serves: 4 to 6

**Ingredients:**
- 12 pickling onions
- 4 slices streaky bacon, rinds removed, bacon chopped
- 1.2 kg chicken pieces
- 125g button mushrooms, washed and dried
- ¼ cup hot chicken stock
- ¼ cup red wine
- 1 teaspoon mixed herbs
- freshly ground black pepper

**Method:**
Place onion and bacon into a 3-litre casserole dish and cook on 1000 W for 2 to 3 minutes. Add remaining ingredients and combine well.

**To Cook by Combination:**
Cover and cook on Combination 1 for 30 to 35 minutes. Remove lid, stir and rearrange chicken pieces. Continue to cook on Combination 1 for 15 to 20 minutes. Stand 10 minutes before serving.

**To Cook by Sensor Menu:**
Prepare as above and cover. Select Casserole, then touch Start.
PARMESAN CRUSTED CHICKEN

Serves: 4

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

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

APRICOT NECTAR CHICKEN

Serves: 4 to 6

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

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

CHICKEN CURRY

Serves: 4 to 6

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

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

CHICKEN PIE

Serves: 4 to 6

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

Method:
Place chicken into a 3-litre casserole dish and cook on 800 W for 5 to 6 minutes, stirring halfway through cooking. Place butter and onion into a 2-litre dish and cook on 1000 W for 4 minutes. Stir in flour, cook on 1000 W for 1 minute and gradually add milk. Stirring constantly. Cook on 1000 W for 2 to 3 minutes stir every minute or until thick. Add herbs, mustard, pepper cheese and mushrooms, mix well. Stir through chicken and set aside.

To Cook by Convection:
Preheat oven to 200 °C. Grease a 25 cm pie dish, line with one sheet of pastry. Add chicken filling and cover with other sheet of pastry. Trim edges. Place on enamel shelf in lower position and cook on 200 °C for 32 to 35 minutes.

ROAST CHICKEN IN SPINACH

Ingredients:
- 1.2 kg chicken (cut open from breast, cut slit at the thigh area)
- 400 g spinach

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

Method:
To Make Sauce:
Mix garlic, oregano leaves, lemon juice, vegetable oil, oyster sauce, sesame oil, salt, dark soya sauce and coarse black pepper well. Seasoned chicken with sauce for about 2-3 hours. Leave aside. Place chicken on glass shelf in lower shelf position and cook on 600 W for 15 minutes. Cook on Combination 2 for 15 minutes. Remove chicken from glass shelf, next add spinach into the chicken sauce, cook on 800 W for 5 minutes. (stir at ½ time). Serve the chicken with the spinach.
**ROAST TURKEY**

Serves: 6 to 8

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

**Method:**
Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on 1000 W for 30 to 40 seconds. Add celery, onion and apples and cook on 1000 W for 5 minutes. Add breadcrumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey. Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt.

**To Cook by Combination:**
Prepare turkey with stuffing as above. Place turkey on wire shelf in middle shelf position with glass shelf in lower position. Cook on Combination 1 for 60 to 75 minutes turn over halfway. Stand 15 minutes before serving.

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**STUFFED ROAST CHICKEN**

Serves: 4 to 6

**Ingredients:**
- 1.5 kg chicken
- 2 tablespoons melted butter
- salt and pepper

**Stuffing:**
- 1 tablespoon butter
- 1 small onion, finely chopped
- 2 rashers bacon, rind removed and bacon finely chopped
- 1 tablespoon parsley, finely chopped
- 1 teaspoon mixed herbs
- 1½ cups cooked rice
- 1 egg

**Method:**
Clean and pat dry chicken with paper towel. Brush chicken with melted butter. Season chicken. Set aside. To prepare stuffing, melt butter in a 1-litre casserole dish on 1000 W for 30 seconds. Add onion and bacon and cook on 1000 W for 2 minutes. Add all remaining ingredients and mix well. Place stuffing into chicken. Secure opening with toothpicks. Tie legs together with string. Place chicken breast side down on wire shelf in middle position with glass shelf in lower position.

**To Cook by Combination:**
Prepare chicken with stuffing as above. Cook on Combination 1 for 25 minutes. Turn and cook for a further 20 minutes.

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**CHINESE CHICKEN WINGS**

Makes: 16

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

**Method:**
Place chicken wings in a 3-litre dish. Add all remaining ingredients. Stir well. Cover and leave to marinate over night. Remove marinade and cook on 800 W for 20 to 25 minutes. Stir halfway through cooking.
**Roast Honey Duck with Orange Sauce**

**Serves:** 4 to 6  
**Ingredients:**  
1.2 kg duck  
3 tablespoons honey  
1 tablespoon orange liqueur  
1 tablespoon vinegar  
**Sauce:**  
2 oranges, juiced  
1/4 cup grated rind of 1 orange  
1/4 cup water  
1 tablespoon brown sugar  
1 tablespoon vinegar  
1 tablespoon orange liqueur  
**Method:**  
Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork.  
Place duck on wire shelf in middle shelf position with glass shelf in lower position. Cook on Combination 1 for 15 to 20 minutes. Brush the combined honey, liqueur and vinegar over the duck and cook for a further 15 minutes or until duck is golden brown. Stand while preparing sauce.  
**To Cook Sauce:**  
Place all ingredients except rind, vinegar and liqueur in a 2-cup jug. Cook on 1000 W for 2 minutes. Add water and brown sugar and cook on 1000 W for a further 3 minutes. Pour sauce over duck, sprinkle with rind and serve.

**Soy Chicken and Vegetables**

**Serves:** 4  
**Ingredients:**  
1 tablespoon cornflour  
1/3 cup oyster sauce  
2 tablespoons soy sauce  
1/4 cup sherry  
2 teaspoons minced ginger  
500 g chicken fillets, sliced  
2 cups sliced stir fry vegetables  
1 tablespoon oil  
**Method:**  
In a 3-litre dish mix cornflour, sauces, sherry, oil and ginger. Cook on 1000 W for 2 minutes. Add chicken fillets and mix to coat with sauce. Cook on 800 W for 5 to 6 minutes stirring halfway through cooking. Mix in sliced vegetables. Cook on 1000 W for 2 minutes. Stir and cook for a further 3 minutes on 1000 W.

**Honey Sesame Drumsticks**

**Serves:** 4  
**Ingredients:**  
8 (1 kg) chicken drumsticks  
1 teaspoon chopped garlic  
1 teaspoon chopped ginger  
1/4 cup soy sauce  
15 g honey  
2 tablespoons sesame seeds  
40 g water  
**Method:**  
Marinate chicken in remaining ingredients for 2 hours. Drain from marinade. Place chicken on wire shelf in lower shelf position and set a dish beneath. Cook on Combination 3 for 20 minutes. Turn over. Convection 200 °C for 10 minutes.

**Plum Glazed Quails**

**Serves:** 2 to 4  
**Ingredients:**  
4 quails  
1/2 cup cooked long grain rice  
1 green onion, chopped  
1 tablespoon finely chopped basil  
2 tablespoons chopped shelled pistachio nuts  
pinch thyme  
pinch cayenne pepper  
1/4 teaspoon minced ginger  
1 teaspoon milk  
1 tablespoon plum jam  
1 tablespoon Hoisin sauce  
250 g can satsuma plums, drained and seeds removed  
1/4 cup red wine  
30 g butter  
**Method:**  
Wash, clean and pat dry quails. In a 1-litre dish, combine rice, spring onions, basil, pistachio nuts, thyme, cayenne, pepper, ginger and milk. Mix well and place a 1/4 of the mixture into the cavity of each quail. Tie the legs together and place quails into a shallow 2-litre dish. Set aside. In a 2-cup jug, combine plum jam, hoisin sauce and butter. Cook on 1000 W for 30 to 40 seconds. Brush jam mixture over quails and cook on 800 W for 20 to 25 minutes, brush with glaze halfway through cooking. Cover and allow to stand for 5 minutes whilst preparing the sauce. Puree plums with wine and heat in a 2-cup jug on 1000 W for 1 to 2 minutes. Pour sauce over quails and serve with vegetables or salad garnished with extra pistachio nuts.
**GRILLED SWEET CHILLI AND LIME CHICKEN**

Serves: 6

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

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

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

**To prepare guacamole:**
In a small bowl mash avocado and stir in garlic, lime juice, sour cream and cracked black pepper to taste.

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**WARM CHICKEN SALAD**

Serves: 4

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

**Dressing:**
- 1 tablespoon peanut butter
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 2 tablespoons sesame seeds

**Method:**
Combine sesame oil and soy sauce. Brush chicken fillets with this mixture and place on the enamel shelf. Cook on Grill 1 on higher position for 12 minutes turn over and brush with any remaining soy mixture and cook a further 8 to 10 minutes. Slice into strips and toss with remaining salad ingredients and dressing. Serve immediately.

**To prepare dressing:**
Place all ingredients in a screw top jar. Shake until combined.

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**MARINATED CHICKEN BREASTS**

Serves: 4

**Ingredients:**
- 4 x chicken breasts 600 g (1 lb 5 oz), boneless and skinless

**Suggested Marinades:**
- 10 ml (2 tsp) sesame oil
- 30 ml (2 tbsp) light soy sauce
- 15 ml (1 tbsp) white wine
- 1 garlic clove, crushed
- 5 ml (1 tsp) fresh root ginger, grated

**Lemon and Honey:**
- 2 lemons, juice and zest
- 30 ml (2 tbsp) honey
- 1 garlic clove, crushed

**Lemon and Thyme:**
- 1 lemon, juice and zest
- 45 ml (3 tbsp) white wine
- 4-5 sprigs thyme

**Sesame and Honey:**
- 30 ml (2 tbsp) honey
- 15 ml (1 tbsp) dark soy sauce
- 25 g (1 oz) toasted sesame seeds

**Method:**
Mix the selected marinade ingredients together. Pour marinade over chicken directly in dish and leave to marinate for 2-3 hours in the fridge. Place the chicken in an oven proof dish. Pour over half the marinade and cover. Place on base of oven. Cook chicken on 270 W for 7 mins. Pour the remaining marinade over the chicken and continue cooking on 270 W for 9-10 mins.
Directions for Cooking Tender Cuts of Meat by Microwave

For best results, select roasts that are uniform in shape.
Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts.

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

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

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

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

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

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use ½ to 1 cup of soup, broth, etc per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.

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

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

Cooking Meat by Microwave Power

<table>
<thead>
<tr>
<th>MEAT</th>
<th>POWER</th>
<th>APPROX. COOKING TIME (minutes per 500 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beef</strong></td>
<td></td>
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<tr>
<td>Roasts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>800 W</td>
<td>8 to 10</td>
</tr>
<tr>
<td>Medium</td>
<td>800 W</td>
<td>9 to 10</td>
</tr>
<tr>
<td>Well</td>
<td>800 W</td>
<td>10 to 12</td>
</tr>
<tr>
<td>Pot Roast</td>
<td>600 W</td>
<td>25 to 30</td>
</tr>
<tr>
<td><strong>Pork</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg of Pork</td>
<td>800 W</td>
<td>13 to 15</td>
</tr>
<tr>
<td>Loin of Pork</td>
<td>800 W</td>
<td>12 to 15</td>
</tr>
<tr>
<td>Ham Canned (fully cooked)</td>
<td>800 W</td>
<td>5 to 7</td>
</tr>
<tr>
<td><strong>Lamb</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>800 W</td>
<td>10 to 12</td>
</tr>
<tr>
<td>Well</td>
<td>800 W</td>
<td>12 to 14</td>
</tr>
</tbody>
</table>
Directions for Cooking Meats by Combination

Season roast as desired, but add salt after cooking. Salt can be used for cooking Pork crackling.

**Beef, Pork and Lamb Roasts:** Place fat-side down on wire shelf with the glass shelf underneath to catch drips. Place pork rib roasts, rib tips down on wire shelf. Shield thin ends, cut edges and bony areas to prevent overcooking. To shield, place a thin strip of foil over top cut edges of roast. Cover tapered thinner section of roast with a small square of foil. (Foil should not touch sides of the oven, as arcing may occur.) Remove foil halfway through cooking time. Always turn meats over halfway through cooking.

**Canned Ham** (1.5 kg to 2.5 kg): Place on wire shelf in middle position with glass shelf in lower position. Shield top cut edge with a 4 cm wide strip of foil. Fold foil over top cut edge and down the sides. (Foil should not touch oven sides, as arcing may occur.)

**Pot Roast** (1.2 kg to 1.75 kg): Place meat, vegetables and seasonings in large oven proof casserole dish. Cover with a lid. If desired, the pot roast may be cooked in an oven cooking bag. Prepare the oven cooking bag according to package directions. Do not use wire or metal twist-ties. Use the nylon ties provided, or use a piece of cotton string or a strip cut from the oven bag. Place bag in oven proof casserole dish. Place dish on glass tray. Cook on Combination 3.

To **Cook by Manual Combination:** Multiply the weight of the meat by the minimum recommended minutes per 500 grams. Cook quality meat roasts on Combination 2 using the times in the following chart.

To **Cook by Auto Menu:** Programme the desired Automatic Combination Setting Roast Beef, Roast Lamb or Roast Pork, select the weight. Press Start. After cooking, allow the roast to stand covered, for 10 to 15 minutes to allow the roast to sit and finish cooking. Roasts are easier to carve after standing.

As with Microwave cooking, roasts cooked by Combination will continue to cook during the stand time. During stand time check the internal temperature of the roast using a Microwave or conventional thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. If the temperatures are lower than desired, return the roast to the oven and cook a few more minutes at the recommended Combination Setting.

**DO NOT USE A MICROWAVE OR CONVENTIONAL MEAT THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION.** Stand 10 to 15 minutes before carving.

### Cooking Meat by Combination

<table>
<thead>
<tr>
<th>MEAT</th>
<th>Combination Cooking</th>
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<tbody>
<tr>
<td></td>
<td>Combination Setting</td>
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<tr>
<td><strong>BEEF ROASTS</strong></td>
<td></td>
</tr>
<tr>
<td>Rib, Boneless Rib, Top Sirloin</td>
<td>Combination 2</td>
</tr>
<tr>
<td>Rare</td>
<td>Combination 2</td>
</tr>
<tr>
<td>Medium</td>
<td>Combination 2</td>
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<tr>
<td>Well</td>
<td>Combination 2</td>
</tr>
<tr>
<td>Rump, Eye of Round</td>
<td>Combination 2</td>
</tr>
<tr>
<td>Rare</td>
<td>Combination 2</td>
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<tr>
<td>Medium</td>
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</tr>
<tr>
<td>Well</td>
<td>Combination 2</td>
</tr>
<tr>
<td>Beef Tenderloin</td>
<td>Combination 2</td>
</tr>
<tr>
<td>Rare</td>
<td>Combination 2</td>
</tr>
<tr>
<td>Medium</td>
<td>Combination 3</td>
</tr>
<tr>
<td>Pot Roast (1½ to 2 kg)</td>
<td>Combination 3</td>
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<tr>
<td>Chuck</td>
<td>Combination 3</td>
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<tr>
<td>(Turn meat over after 1 hour of cooking)</td>
<td>Combination 3</td>
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<tr>
<td><strong>PORK ROASTS</strong></td>
<td>Combination 2</td>
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<tr>
<td><strong>LAMB ROASTS</strong></td>
<td>Combination 2</td>
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<tr>
<td><strong>MEATLOAVES</strong></td>
<td>Combination 3</td>
</tr>
<tr>
<td><strong>CASSEROLES</strong></td>
<td>Combination 3</td>
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</tbody>
</table>
LASAGNE
Serves: 4 to 6
Ingredients:
- 250 g precooked lasagne noodles
- 3 tablespoons Parmesan cheese, extra
- 3 tablespoons grated Mozzarella cheese, extra
Meat Sauce:
- 750 g topside mince
- 2 onions, finely chopped
- 410 g tomato puree
- 400 g diced tomatoes
- ¼ cup red wine
- 2 cloves garlic, crushed
- 1 tablespoon dried mixed herbs
- 3 beef stock cubes
- salt and pepper
Cheese Sauce:
- 60 g butter
- 3 tablespoons flour
- 500 ml milk
- ¼ cup Parmesan cheese
- ¼ cup grated Mozzarella Cheese
- ground black pepper

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

RACK OF LAMB
Serves: 4
Ingredients:
- 2 racks lamb (approx. 450 g each)
- 2 cloves garlic, cut into slices
- rosemary

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

SEASONED ROAST LAMB
Serves: 4 to 6
Ingredients:
- 1.6 kg lamb leg
- 1 tablespoon seeded mustard
- 1 tablespoon rosemary

Method:
Brush lamb with mustard and sprinkle with rosemary. Place lamb on enamel shelf in middle shelf position. Cook on 180 °C for 90 minutes.