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

Always clean the flat table after cooling down with a mild detergent and wipe to dry.

Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or sprayon cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning touch Stop/Reset key to clear display window.

If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.

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.

Notes:
1. When using the Grill, Convection or cooking in the Combination mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.

2. After Grill, Convection or Combination cooking the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by Grill, Convection or Combination. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.

DO NOT SPRAY DIRECTLY INSIDE THE OVEN.

A steam cleaner is not to be used for cleaning.

3. The back and top of oven cavity has a self-clean catalytic lining. It is therefore not necessary to clean this area.

4. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

5. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.
GREEK LAMB STEW
Serves: 4

Ingredients:
- 700 g (1 lb 5 oz) lamb fillet, cut into chunks
- 2 onions, chopped
- 1 red chilli
- 2 cloves garlic, crushed
- 1 sprig rosemary
- 275 ml (½ pt) white wine
- 400 g (14 oz) can chopped tomatoes
- 45 ml (3 tbsp) sliced black olives
- 100 g (4 oz) linguine, broken into small pieces
- 150 g (5 oz) feta cheese cubed
- 15 g (½ oz) fresh mint chopped

Method:
Place the lamb and onion in casserole dish and cover. Place on base of the oven and cook on 600 W for 10 mins. 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, with the lid on. Cook on 270 W for 40 mins stirring halfway. Stir in the black olives and linguine and continue to cook on 270 W for a further 15 mins or until the linguine is cooked. Remove the chilli and rosemary, and discard. Stir in feta cheese and mint before serving.

ROSEMARY AND LAMB KEBABS
Serves: 4

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

Method:
Trim and cut lamb into 3 cm cubes. Combine all remaining ingredients in a medium sized bowl. Add lamb, cover and marinate for 2 hours. Thread lamb cubes onto bamboo skewers. Place skewers onto the wire shelf in middle position and the glass shelf in lower shelf position to catch drups and cook on Combination 2 for 8 minutes and Grill 1 for 3 minutes, turning halfway through cooking.

PORK WITH LENTILS
Serves: 4

Ingredients:
- 250 g (9 oz) brown lentils
- 1 large onion, chopped
- 4 slices smoked bacon,
- diced thyme, pinch
- 1 stock cube
- 4 smoked sausages
- salt
- freshly ground black pepper

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

LAMB ROGAN JOSH
Serves: 4

Ingredients:
- large onion, diced
- 2 cloves garlic, crushed
- 120 g rogan josh curry paste
- 600 g diced lamb
- 400 ml coconut milk
- 250 ml beef stock
- 200 g cherry tomatoes

Method:
Place onion and garlic into a 2-litre microwave-safe casserole dish. Cook on 1000 W for 2 minutes. Stir in curry paste and cook for a further 2 minutes. Add lamb and stir until coated with curry paste. Cook on 1000 W for 4 minutes, stirring halfway through cooking. Pour in coconut milk and stock, stir well and cook on 600 W for 40 minutes, stirring every 10 minutes on 600 W. Serve with basmati rice, pappadums and mango chutney.
GOULASH
Serves: 4
Ingredients:
- 750 g diced lamb
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 tablespoon butter
- 1 tablespoon Flour
- 2 tablespoons tomato paste
- 1 teaspoon paprika
- 1 small red capsicum cut into 2.5 cm cubes
- 1 cup beef stock
- 2 tablespoons sour cream

Method:
Place onion, garlic and butter in a 3-litre casserole dish. Cook on 1000 W for 2 to 3 minutes. Add Flour, tomato paste and paprika and cook on 1000 W for a further 1 minute. Add lamb, capsicum, stock.

To Cook by Microwave:
Cover and cook on 600 W for 24 to 26 minutes. Stir in sour cream and serve with vegetables.

LAMB CHOPS WITH SPICY SAUCE
Serves: 4
Ingredients:
Marinade:
- ¼ cup medium or dry sherry
- 3 tablespoons tomato paste
- 2 tablespoons lemon juice
- 2 cloves garlic, crushed
- 1 teaspoon chilli powder
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1 tablespoon finely chopped fresh parsley

8 (approx. 800 g) lamb loin chops

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

ROAST BEEF MC
Serves: 6
Ingredients:
- 2 kg roast beef
- seasoned flour

Method:
Place beef on wire rack with a dish underneath, to catch drips. Sprinkle beef with seasoned Flour.

To Cook by Combination:
Place beef on glass shelf, cook on Combination 1 in lower shelf position for 50 to 60 minutes for medium result. Stand covered for 10 minutes before serving.

YORKSHIRE PUDDING C
Serves: 6 to 8
Ingredients:
- 1 cup plain flour
- pinch of salt
- 1 egg
- 1½ cups milk
- oil for greasing muffin tins

Method:
Sift flour and salt into a bowl. Break egg into flour and gradually add milk, stirring constantly until smooth. Set aside covered for 1 hour.

To Cook by Convection:
Preheat oven to 220 °C. Brush twelve 7 × 3 cm muffin tins with oil, and place into oven for 2 to 3 minutes to heat oil. Remove tins and pour in batter until tins are half full. Place on enamel shelf on lower position and cook on 220 °C for 15 to 20 minutes or until golden. Serve with roast beef.

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

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

Note:
Depending on the shape of the silverside, it may require a further 10 to 15 minutes on 440 W.
BARBECUE GLAZED MEATLOAF

Serves: 4

Ingredients:

Barbecue Glaze:
- ¼ cup water
- 1 tablespoon tomato paste
- 1 tablespoon red wine vinegar
- 1 tablespoon brown sugar

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

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

CHINESE BEEF AND VEGETABLES

Serves: 4 to 6

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

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

MINI MEATBALLS

Serves: 4

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

Sauce:
- ½ cup pineapple pieces, reserve juice
- ½ cup brown sugar
- 1 tablespoon corn flour
- ½ cup beef stock
- ¼ cup vinegar
- 2 teaspoons soy sauce

Method:
Place mince, onion, garlic, breadcrumbs, tomato sauce and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls. Place half of balls onto a paper towel lined glass shelf evenly spread. Put in middle shelf position. Cook on Combination 2 for 10 to 12 minutes, turning halfway through cooking. Set aside. Repeat with remaining mixture.

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

Serves: 4

**Ingredients:**
- 30 ml (2 tbsp) cornflour
- 15 ml (1 tbsp) caster sugar
- 15 ml (1 tbsp) white wine vinegar
- 15 ml (1 tbsp) orange juice
- 15 ml (1 tbsp) tomato puree
- 15 ml (1 tbsp) sherry
- Juice from can of pineapple below
- Seasoning to taste
- 450 g pork fillet, diced
- ½ green pepper, chopped
- 225 g can pineapple chunks

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

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**Beef Stroganoff**

Serves: 4

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

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

**To Cook by Sensor Menu:**
Place all ingredients except sour cream and parsley into a 3-litre casserole dish. Select Casserole, then touch Start. Stir through sour cream and parsley before serving.

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**Chilli Beef**

Serves: 4 to 6

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

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

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**Mini Boeuf en Croute**

Serves: 4

**Ingredients:**
- 15 g (0.5 oz) dried porcini mushrooms
- 15 g (0.5 oz) butter
- 225 g (8 oz) mushrooms
- 1 large onion, peeled and finely chopped
- 150 ml (¼ pt) red wine
- 4 fillet steaks, roughly 150 g (5 oz)
- 375 g (13 oz) puff pastry
- 1 large egg, beaten
- Salt and pepper

**Method:**
Soak porcini mushrooms in boiling water for 20 mins. 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 for 3 mins. Add wine to the mushroom mixture and cook on 1000 W for 7-8 mins. Preheat on CONVECTION 200 °C. Place the fillets on the enamel shelf in the middle shelf position and cook on CONVECTION 200 °C for 10-15 mins. Allow to cool. Cut the pastry into 4 pieces and roll each piece out of 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 the lower shelf position CONVECTION 220 °C for 15-20 mins for medium and 25-30 mins for well done.
BEEF ROLL WITH SPINACH AND SPRING ONION STUFFING

Serves: 4 to 6

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

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

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

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

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

SAVOURY MINCE

Serves: 4

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

Method:
Place onion, garlic and oil in casserole. Place on base of oven and cook on 600 W for 3 mins. Place all other ingredients in casserole. Stir well. Cover, cook on 1000 W for 10 mins. Then 600 W for 15-20 mins or until cooked. Variation: Chilli Con Carne add 400 g (14 oz) can red kidney beans drained, 5-10 ml (1-2 tsp) chilli powder and 1 diced green pepper with the onion, garlic and oil.
HERBED BEEF AND MOZZARELLA ROLL-UP

Serves: 4

Ingredients:

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

Tomato Sauce:

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

Method:

Preheat oven to 190 °C. Mix all ingredients (except cheese) until well combined. Lay a large sheet of greaseproof paper onto a work surface. Place meat on paper and press out firmly to measure 35 × 25 cm. Sprinkle cheese over meat mixture leaving a 2 cm border around all sides. Tightly roll up meat mixture. Place in a 23 × 13 cm loaf tin. Place on enamel shelf. Cook on 1000 W for 50 to 55 minutes. Drain well after cooking. Stand for 5 minutes before slicing.

Method for Sauce:

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

VEAL PAPRIKA

Serves: 4

Ingredients:

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

Method:

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

To Cook by Sensor Menu:

Prepare as above. Select Casserole, then touch Start. Blend flour with remaining stock. Stir into veal with tomato paste and cook on 1000 W for 2 to 3 minutes. Blend in sour cream. Serve.

ITALIAN SAUSAGE AND PEPPER CASSEROLE

Serves: 4

Ingredients:

- 4 cups boiling water
- 250 g pasta shapes
- 500 g Italian sausages or chipolatas
- 2 large onions, diced
- 2 green capsicums, diced
- 410 g tomato purée
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 clove garlic, crushed
- 1 teaspoon Italian herbs
- ⅓ cup Parmesan cheese

Method:

Place water in a 4-litre casserole dish. Add pasta and cook on 1000 W for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Place sausages in a 3-litre casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Drain, slice into 3 cm pieces. Set aside. Place onion and capsicum in a large casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Stir in pasta, sliced sausages, tomato purée, salt and pepper, herbs and half the Parmesan cheese. Cover and cook on Combination 3, put casserole on wire shelf in lower position for 20 minutes. Remove lid, stir, sprinkle over remaining Parmesan cheese. Cook as above for a further 15 minutes.
FRENCH ONION BEEF CASSEROLE

Serves: 4

Ingredients:
1 onion, chopped
1 teaspoon minced garlic
200 g diced potatoes
600 g beef, diced
2 carrots, diced
½ cup tomato paste
1½ cups beef stock
100 g whole button mushroom
¼ cup frozen peas

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

To Cook by Sensor Menu:
Place all ingredients into a 3-litre Casserole dish. Select Casserole, then touch Start.

BARBECUED SPARE RIBS

Serves: 4

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

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

MUSSAMAN BEEF CURRY

Serves: 4

Ingredients:
500 g round steak diced
⅓ cup mussaman curry paste
400 g potato diced
250 ml coconut milk
250 ml beef stock
1 tablespoon brown sugar

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

To Cook by Sensor Menu:
Place all ingredients into a 3-litre Casserole dish. Select Casserole, then touch Start.

SOUR PLUM PORK RIB

Ingredients:
250 g pork rib (cut into pieces, Pierce meat with fork)

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

Method:
Seasoned pork rib with sauce for 1 hour. Cook pork rib with sauce on 1000 W for 4-5 minutes in a microwave safe casserole, covered with lid. (Stir at ½ time)
**Directions for Cooking Vegetables by Microwave**

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

Cook on 1000 W according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange, if required. Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate. Allow to stand covered according to the time indicated in the charts.

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

### Cooking Frozen Vegetables by Micro Power

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

### Cooking Dried Beans and Peas by Micro Power

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

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

**To Cook by Time:**
Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir.

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

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

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

**Serves:** 4  
**Ingredients:**  
1 bunch spinach, roughly chopped  
4 green onions, finely chopped  
1 clove garlic, crushed  
2 tablespoons sour cream  
salt and pepper  

**Method:**  
Wash and drain spinach leaves. Place spinach green onions and garlic in a covered 3-litre casserole dish.  
**To Cook by Microwave:**  
Cook on 1000 W for 7 to 8 minutes.  
**To Cook by Sensor Menu:**  
Select Vegetables, then touch Start.  
**To Complete:**  
Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on 1000 W for 1 minute. Serve.

### Broccoli and Cheese Sauce

**Serves:** 2 to 3  
**Ingredients:**  
250 g broccoli, washed, trimmed and cut into pieces  
2 tablespoons water  

**Cheese Sauce:**  
2 tablespoons butter  
2 tablespoons flour  
1 cup milk  
¼ cup grated cheese  
¼ teaspoon mustard  
salt and pepper  

**Method:**  
Place broccoli and water in a covered 2-litre casserole dish.  
**To Cook by Microwave:**  
Cook on 1000 W for 6 to 8 minutes. Drain and set aside.  
**To Cook by Sensor Menu:**  
Select Vegetables then touch Start. Drain and set aside.  
**To Complete:**  
Place butter in a 2-cup jug and cook on 1000 W for 20 seconds. Add flour and mix well. Cook on 1000 W for 20 to 30 seconds. Add milk gradually and stir well. Cook on 1000 W for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on Combination 2 for a further 6-7 minutes on wire shelf in lower shelf position.

### Quinoa Tabbouleh with Mint

**Serves:** 6-8  
**Ingredients:**  
300 g (11 oz) quinoa  
2 courgettes  
300 g (11 oz) frozen peas  
1 bunch of mint  
100 ml (4 fl oz) olive oil  
juice of 2 lemons  
salt and pepper  

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

### Herbbed Vegetables

**Serves:** 6 to 8  
**Ingredients:**  
200 g sliced snow peas  
200 g sliced carrots  
200 g sliced zucchini  
2 tablespoons chopped parsley  

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

### Ratatouille

**Serves:** 4  
**Ingredients:**  
1 aubergine, sliced  
1 courgette, sliced  
1 onion, sliced  
1 green pepper, cut into chunks  
1 red pepper, cut into chunks  
1 clove of garlic, peeled and crushed  
400 g (14 oz) can of tomatoes  
salt and pepper to taste  

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

Serves: 2

Ingredients:
- 2 large tomatoes
- ¼ cup fresh breadcrumbs
- ¼ cup grated cheese
- 4 green onions, finely sliced
- 1 tablespoon finely chopped parsley
- salt and pepper
- ¼ cup extra grated cheese

Method:
Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix with remaining ingredients, except extra cheese. Place tomatoes in a 1-litre dish. Cook on 1000 W for 2 minute. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes into a 2-litre casserole dish put on wire shelf in middle shelf position and cook on Combination 1 for 4 to 5 minutes.

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

VEGETARIAN CHILLI

Serves: 4

Ingredients:
- 15 ml (1 tbsp) oil
- 1 onion, finely chopped
- 1 green pepper, chopped
- 1 chilli, chopped
- 2 carrots, diced
- 5 ml (1 tsp) chilli powder
- 3 ml (½ tsp) cumin
- 175 g (6 oz) bulgar wheat
- 400 g (14 oz) can chopped tomatoes
- 30 ml (2 tbsp) tomato puree
- 450 ml (¾ pt) water
- 400 g (14 oz) can red kidney beans, drained

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

CHEESE AND HAM FILLED POTATOES

Serves: 4

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

Method:
Place potatoes on a dinner plate. Cook on 1000 W for 3 to 5 minutes. Allow to stand for 4 minutes. Cut off tops of potatoes and scoop out filling. Mash filling with remaining ingredients. Spoon filling into potatoes. Put on wire shelf in lower shelf position. Cook on Combination 1 for 10 to 12 minutes.

Vegetable Varieties

TOMATO AND ONION

Serves: 4

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

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

VEGETABLE CURRY

Serves: 4 to 6

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

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

Serves: 4  
**Ingredients:**  
- 500 g potatoes, peeled and quartered  
- ¼ cup water  
- ¼ cup milk  
- 1 tablespoon butter  
- ¼ cup grated cheese  
- pinch of nutmeg  

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

**SPICY POTATOES**

Serves: 4  
**Ingredients:**  
- 350 g (12 oz) potatoes, cubed  
- 45 ml (3 tbsp) natural yoghurt  
- 10 ml (2 tsp) mango chutney  
- 3 ml (½ tsp) cumin, tumeric, coriander and garam masala  
- 10 ml (2 tsp) fresh coriander  
- pinch chilli powder  
- 15 g (½ oz) sultanas  
- salt and pepper  

**Method:**  
Place potatoes in dish with 45 ml (3 tbsp) water. Cover, place on base of the oven and cook on 1000 W for 8 mins or until cooked. Drain. Mix the remaining ingredients together. Add the potatoes, mix well and cook on 600 W for 2-3 minutes.

**SAUTE MUSHROOMS**

Serves: 4 to 6  
**Ingredients:**  
- 1 tablespoon butter  
- 400 g mushrooms  
- 1 clove garlic, crushed  
- salt and pepper  
- 1 tablespoon chopped parsley  

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

**HONEY GLAZED CARROTS**

Serves: 4 to 6  
**Ingredients:**  
- 500 g (approx. 4) carrots  
- 2 tablespoons brown sugar  
- 2 teaspoons butter  
- 2 tablespoons honey  

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

**TO Cook by Sensor Menu:**  
Prepare as above. Cover with a lid or plastic wrap. Select Vegetables, then touch Start. Serve.

**POTATO CASSEROLE**

Serves: 4 to 6  
**Ingredients:**  
- 750 g sliced potatoes  
- 1 cup sour cream  
- ¼ cup milk  
- 3 green onions, sliced  
- 2 bacon rashers, chopped  
- ½ cup grated cheese  

**Method:**  
In a 2-litre dish place potatoes, sour cream and milk. Place on wire shelf in lower shelf position and cook on Combination 1 for 30 to 35 minutes. Top with green onions, bacon and cheese. Cook on Grill 1 for 10 minutes.

**TO Cook by Microwave:**  
Cover and cook on 1000 W for 18 to 20 minutes. Stand covered for 5 to 10 minutes before serving.

**ORIENTAL VEGETABLES**

Serves: 4 to 6  
**Ingredients:**  
- 1 tablespoon oil  
- 1 cup diagonally sliced celery  
- 1 large onion, cut into eights  
- 1 green capsicum, diced  
- 1 red capsicum, diced  
- 1 cup sliced mushrooms  
- 1 tablespoon Hoi Sin sauce  
- 2 teaspoons soy sauce  

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

**CABBAGE HAM AND ONION**

Serves: 6

**Ingredients:**
- 500 g cabbage, shredded
- 2 tablespoons water
- 1 onion, finely chopped
- 125 g ham, finely chopped
- 1 tablespoon butter

**Method:**
Place cabbage and water in a 3-litre casserole dish. Cover and cook on 1000 W for 7 to 9 minutes. Drain and set aside.

**To Cook by Sensor Menu:**
Prepare cabbage as above. Select Vegetables, then touch Start. Drain and set aside.

**To Complete:**
Place onion and butter in a 1-litre casserole dish and cook on 1000 W for 3 to 4 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on 1000 W for 2 to 3 minutes. Season with salt and pepper and serve.

**POTATO WEDGES**

Serves: 4

**Ingredients:**
- 500 g potatoes
- oil, for brushing

**Method:**
Cut potatoes into wedges. Place on glass shelf in lower shelf position, cook Combination 3 for 15 minutes and cook Convection 230 °C for 14-16 minutes.

**GOATS CHEESE & ONION TART**

Serves: 4

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

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

**CORN ON THE COB**

Serves: 4

**Ingredients:**
- 4 cobs corn
- 2 tablespoons butter
- salt and pepper

**Method:**
Place corn cobs in a 3-litre casserole dish with butter. Cook covered on 1000 W for 12 to 14 minutes. Stand covered for 5 minutes. Season with salt and pepper.
CURRIED CREAMY BEANS
Serves: 4
Ingredients:
- 2 cups frozen green beans
- 2 tablespoons cream cheese
- 2 tablespoons sour cream
- 2 green onions, finely sliced
- ½ teaspoon curry powder
- ¼ teaspoon salt
Method:
Place beans in a 2-litre casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Drain and allow to stand, covered. Mix remaining ingredients in a jug or a small bowl. Pour over beans and mix well. Cook on 1000 W for 30 to 60 seconds. Serve hot.

CAULIFLOWER AU GRATIN
Serves: 2 to 4
Ingredients:
- 500 g cauliflower, trimmed and cut into pieces
- 2 tablespoons water
- 2 tablespoons butter
- 1 small onion, finely chopped
- 2 tablespoons flour
- 1 cup milk
- ½ cup grated tasty cheese
- 2 tablespoons fresh bread crumbs
Method:
Place cauliflower and water in a covered shallow casserole dish. Cook on 1000 W for 7 to 9 minutes. Stand covered while making sauce.

To Cook by Sensor Menu:
Prepare cauliflower as above. Select Vegetables, then touch Start. Stand covered for 2 to 3 minutes.

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

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

MINTED PEAS
Serves: 4
Ingredients:
- 1 kg fresh peas, shelled
- 1 teaspoon water
- 1 teaspoon butter
- 1 tablespoon chopped mint
- salt and pepper
Method:
Combine all ingredients in a 3 litre casserole dish. Cover and cook on 1000 W for 6 to 8 minutes. Stir and serve.

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

To Cook by Sensor Menu:
Prepare as above. Cover with a lid or plastic wrap. Select Vegetables, then touch Start. Stand covered for 2 to 3 minutes.

STUFFED COURGETTES
Serves: 4
Ingredients:
- 2 courgettes, halved lengthways
- 2 tsp extra virgin olive oil
- For the stuffing:
  - 30 g dried white breadcrumbs
  - 20 g pine nuts
  - 3 spring onions, trimmed and finely sliced
  - 1 garlic clove, crushed
  - 1 tsp dried thyme leaves
  - 20 g Parmesan, finely grated
Method:
Preheat on CONVECTION 200 °C. Place the courgettes in a single layer in the Pyrex® dish, close together, cut side up. Lightly brush with olive oil. Place on the wire shelf in the lower shelf position and bake for 20 minutes. For the stuffing mix all the ingredients together in a bowl. 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.
Directions for Cooking Rice and Other Grains by Microwave
Follow directions in chart on page 86 for recommended dish size, amounts of water and cooking time. Add grain to cold water. Add salt and butter according to package directions.

Cook on HIgh for time recommended in chart. Allow to stand covered before serving. For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

Directions for Cooking Pasta by Microwave
Follow directions in the chart on page 86 for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for times recommended in the chart. Cook on 1000 W. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered for 5 minutes.

Drain and rinse before serving.

Directions for Cooking Hot Cereal by Microwave
Combine ¼ cup of quick cooking oats, pinch salt and ⅔ cups hot tap water in a breakfast bowl.

Cook on 1000 W for 1 to 2 minutes, stirring halfway through cooking. Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.
FRAGRANT COCONUT RICE

Serves: 4 to 6

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

Method:
Combine all ingredients in a 4.5-litre dish. Cook on 1000 W for 10 minutes. Stir and cook on 600 W for a further 8 minutes. Allow to stand for 11 to 13 minutes.

To Cook by Sensor Menu:
Prepare as above. Select Rice, then touch Start.

MACARONI AND CHEESE

Serves: 4 to 6

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

Method:
Place butter and onions in a 2-litre casserole dish and cook on 1000 W for 5 minutes. Add flour, mix well and cook on 1000 W for 1 minute. Blend in milk and cook on 1000 W for 6 to 7 minutes, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish. Top with extra cheese and sprinkle with paprika. Combination 1 for 11 to 13 minutes on wire shelf in lower shelf position.
**SEASONED RICE**

Serves: 6 to 8  
**Ingredients:**  
1 onion chopped  
1 cup long grain rice  
1 teaspoon thyme  
2½ cups chicken stock  
¼ cup slivered almonds, toasted  
¼ cup sultanas  

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

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

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**SPICY TUNA PASTA BAKE**

Serves: 4  
**Ingredients:**  
250 g fusilli  
1 litre boiling water  
5 ml olive oil  
1 red and 1 yellow pepper, sliced  
2 cloves of garlic, crushed  
5 ml crushed dried chillies  
2 x 400 g tins chopped tomatoes  
2 x 200 g tins tuna, drained and flaked  
25 g fresh breadcrumbs  
30 ml grated parmesan  

**Method:**  
Place pasta in water. Cover, place on the base of oven and cook on 1000 W for 10 mins, or until soft. Leave to stand for 2-3 mins. Drain. Place the oil and peppers in the casserole dish and cook on 1000 W for 5 mins, until the peppers have slightly softened. Add the garlic and chili to the pepper mixture and cook on 1000 W for 1 min. Add the tomatoes and sugar, stir and cook on 1000 W for a further 5 mins. Stir tuna and pasta into the tomato and pepper mixture until coated. Top with breadcrumbs and parmesan. Place the dish on enamel shelf in lower shelf position and cook on Grill 1 for 5-7 mins, or until golden.

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**LEMON & ASPARAGUS RISOTTO**

Serves: 4  
**Ingredients:**  
1 bunch asparagus  
(approx. 250 g/9 oz)  
450 ml hot vegetable stock  
2 leeks, trimmed and finely sliced  
40 g butter  
200 g risotto rice  
100 g frozen peas  
finely shredded zest and juice lemon  
40 g fresh parmesan cheese  
5 g fresh basil  

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

**MIXED MUSHROOM CANNELLONI**

**Serves:** 4

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

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

**TIP:**
To prepare couscous: Place 300 ml vegetable stock in a bowl and 1.5 ml turmeric. Cook on 1000 W for 4 mins or until boiling. Add 175 g (6 oz) couscous and allow to stand for 5 mins. Fluff up with a fork before serving.

**PRAWN RISOTTO**

**Serves:** 4

**Ingredients:**
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 25 g butter
- 225 g brown cap mushrooms, quartered
- 225 g Arborio (risotto) rice
- 3 ml saffron strands, crushed
- 300 ml hot vegetable stock
- 300 ml white wine
- 100 g frozen peas
- 300 g cooked pealed prawns
- 30 ml finely chopped chives

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

**VEGETABLE & CHICK PEA CASSEROLE**

**Serves:** 4

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

chopped parsley to garnish
CREAMY SUN-DRIED TOMATO PENNE

Serves: 4

Ingredients:
- 250 g penne
- 5 cups boiling water
- ½ cup sun-dried tomatoes in oil, drained
- 1 cup basil leaves
- ¼ cup toasted pine nuts
- ½ cup grated parmesan cheese
- 300 ml cream
- ½ cup sliced ham
- ¼ cup grated parmesan cheese, extra

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

To Cook by Sensor Menu:
Prepare as above. Select Dried Pasta, then touch Start.

LENTIL BIRYANI

Serves: 4-6

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

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

HUMMUS

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

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

PESTO AND EGG NOODLES

Serves: 4 to 6

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

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

Serves: 6

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

**Method:**

**To Cook by Convection:**
Place butter in bowl on the base of the oven and melt on 1000 W for 40-50 secs. Stir in biscuits and press into base of flan. Melt chocolate with milk on 600 W for 1-2 mins. Leave to cool slightly. Preheat oven on Convection 150 °C. Mix all the remaining ingredients and stir in chocolate. Pour over biscuit base. Place flan on enamel shelf in lower shelf position and cook on Convection 150 °C for 30-35 mins. Chill before serving.

**SMALL CAKES**

Makes: 12 little cakes

**Ingredients:**
- 100 g butter
- 100 g sugar
- 2 eggs, beaten
- 100 g self-raising flour

**Method:**

Preheat on Convection 170 °C with the enamel shelf in the lower shelf position. Beat the butter, which has been kept at room temperature, and the sugar until a mousse-like consistency is achieved. Add the eggs one at a time, beating well after each addition. Mix in the flour. 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.

**CELEBRATION CAKE**

Serves: 8

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

**Method:**

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

Makes: 23 cm ring pan

Ingredients:
- 1 cup self-raising flour
- ½ teaspoon bicarbonate of soda
- ½ cup caster sugar
- ½ cup crushed pineapple
- 1 cup grated carrot
- ¾ cup chopped pecans
- 60 g chocolate
- 2 eggs
- ½ cup oil

Icing:
- 60 g cream cheese
- 20 g butter
- 1½ cups icing sugar
- 1 tablespoon lemon juice
- ¼ cup chopped pecans

Method:
1. Grease a 23 cm ring pan. In a large bowl place flour, bicarbonate of soda, sugar, pineapple, carrot and pecan nuts. Place chocolate into a small bowl and cook on 800 W for 1 to 1½ minutes, stir halfway through cooking.
2. Add chocolate, eggs, and oil to flour mixture and mix until well combined. Pour into prepared pan.
3. Preheat oven to CONVECTION 180 °C. After preheated, put enamel shelf in lower shelf position, cook for 40 minutes.

SWISS ROLL

Serves: 8

Ingredients:
- 3 medium eggs, beaten
- 125 g caster sugar
- 125 g plain flour

Filling:
- jam or cream
- icing sugar to dredge

Method:
1. Whisk eggs and sugar together in a heatproof bowl until pale and creamy, and mixture leaves a trail on the surface when the whisk is lifted. Carefully fold in half of the sifted flour, and then fold in the other half. Fold in 15 ml of hot water. Tip the tin to allow mixture to run into corners. Preheat oven on Convection 200 °C with wire shelf in lower shelf position. Place tin on wire shelf and cook on Convection 200 °C for 10 mins. Place sheet of greaseproof paper on a damp tea towel and dredge paper with caster sugar.
2. Quickly turn the Swiss roll out onto the greaseproof paper 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.

CHOCOLATE AND COFFEE TRUFFLES

Makes: Approximately 24

Ingredients:
- 1 cup icing sugar
- 4 tablespoons cocoa
- 1 tablespoon instant coffee powder
- 60 g plain sweet biscuits, crushed
- 60 g copha
- 1 teaspoon vanilla essence
- ½ cup condensed milk
- chocolate sprinkles

Method:
1. Sift icing sugar, cocoa and coffee into a bowl. Add biscuits and mix until well combined. Place copha in a small bowl and cook on 1000 W for 1½ to 2 minutes. Cool copha slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk, combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to form balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

CHOCOLATE FUDGE PUDDING

Serves: 4

Ingredients:
- 100 g self-raising flour
- 100 g caster sugar
- pinch of salt
- 25 g cocoa or drinking chocolate
- 50 g margarine
- 1 egg, beaten
- 60 ml milk

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

Method:
1. Place flour, sugar, salt and cocoa into a mixing bowl. Melt margarine in a small dish on 600 W for 40 secs - 1 minute or until melted. Add melted margarine to flour, along with egg, vanilla essence and milk. Beat well. Pour mixture into souffle dish. Mix together brown sugar and cocoa and sprinkle over mixture. Pour over hot water and cook on 1000 W for 5 - 6 minutes or until set on top. The pudding will separate on cooking, giving a chocolate fudge sauce at the bottom.
**CHOCOLATE CAKE**

Serves: 8

**Ingredients:**
- 100 g plain chocolate
- 100 g butter
- 4 eggs
- 100 g icing sugar
- 50 g self raising flour
- 50 g ground almonds

**Topping:**
- 50 g butter
- 25 g cocoa powder
- 30 ml milk
- 225 g icing sugar

**Method:**
Place chocolate and butter in a bowl. Place on the base of the oven and melt on 1000 W for 1-2 minutes. Cool slightly. Whisk eggs and sugar until pale and fluffy and then fold in the chocolate mixture. Fold in the flour and almonds. Spoon the mixture into the tin. Preheat oven on Convection 180 °C. Place tin on enamel shelf in lower shelf position and cook on Convection 180 °C for 40 minutes or until cooked. Leave to cool. To make the topping, place butter in a bowl on the base of the oven and melt on 1000 W for 30-40 secs. Stir in the remaining ingredients and beat well until smooth. Spread the topping over the top of the cake.

**VICTORIA SANDWICH**

Serves: 8

**Ingredients:**
- 175 g butter or margarine
- 175 g caster sugar
- 3 eggs
- 175 g self-raising flour

**Method:**
Cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition. Fold in half the flour, using a metal spoon, then fold in the remaining flour. Spoon the mixture into the tins and level with a knife. Preheat oven on Convection 180 °C. Place one tin in the centre of the enamel shelf and one tin in the centre of the wire shelf. Cook on Convection 180 °C for 20-25 minutes or until cooked. Sandwich together with cream and jam and dust with icing sugar or with a filling of your choice.

**STREUSEL MUFFINS**

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

**Method:**
Make streusel topping by melting the butter on 1000 W for 10-20 secs. Add the remaining topping ingredients and combine to make a soft dough. Chill. Mix together the flour, bicarbonate, baking powder and salt. Stir in the sugar. Melt butter for the muffins on 1000 W for 30 secs - 1 min. Cool slightly then mix in the buttermilk and egg. Preheat on Convection 170 °C with the enamel shelf in the lower shelf position. Lightly stir the buttermilk mixture into the flour mixture. Fold fruit in gently. Divide mixture equally between 6 muffin cases. Crumble small amounts of streusel topping over each muffin. Place muffin tin on enamel shelf and cook on Convection 170 °C for 20-25 mins or until browned and well risen.
LACE BISCUITS

Makes: 18 to 20 biscuits

Ingredients:
- 2 tablespoons liquid glucose
- ¼ cup brown sugar
- 60 g butter, melted
- ⅓ cup plain flour
- 60 g almonds, finely chopped

Method:
Combine glucose and sugar in a 1-litre casserole dish. Cook on 600 W for 1 minute 30 seconds to 2 minutes. Add melted butter to glucose mixture. Stir in flour and almonds. Mix well.

To Cook by Convection:
Preheat oven to 180 °C. Place small teaspoonful of mixture 8 cm apart onto the greased enamel shelf. Place into shelf support and cook on 180 °C for 8 to 10 minutes. Stand for 1 minute before removing biscuits from enamel shelf, to allow edges to firm for easier removal.

Tip: To make brandy snaps wrap hot biscuits around the handle of a wooden spoon and allow to cool. Fill centers with whipped cream.

Note: Liquid glucose is available at most health food shops.

ANZAC BISCUITS

Makes: 24 biscuits

Ingredients:
- 125 g butter, melted
- 2 tablespoons golden syrup
- 1 teaspoon bicarbonate of soda
- 2 tablespoons hot water
- 1 cup rolled oats
- 1 cup coconut
- 1 cup plain flour
- 1 cup brown sugar

Method:
Preheat oven to 160 °C. Combine bicarbonate of soda and water in a small bowl. Add dry ingredients and water mixture to butter and syrup. Mix well. Place tablespoons of mixture on the greased enamel shelf in lower shelf position, allowing room for spreading. Cook on 160 °C for 14 to 16 minutes. Leave on the shelf for a few minutes, then transfer to wire cake rack until biscuits are cool. Repeat with remaining mixture.

CHOCOLATE CHIP COOKIES

Makes: 30 large cookies

Ingredients:
- 250 g butter
- ½ cup brown sugar
- ½ cup caster sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 3 cups self-raising flour
- 250 g choc bits

Method:
To Cook by Convection:
Preheat oven to 180 °C. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and chocolate bits. Place tablespoons of mixture onto greased enamel shelf in lower shelf position. Cook on 180 °C for 12 to 14 minutes or until golden brown.

CINNAMON CRISPS

Makes: Approximately 25

Ingredients:
- 125 g butter
- 1 cup caster sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 2½ cups self-raising flour
- 2 teaspoons cinnamon

Method:
To Cook by Convection:
Preheat oven to 180 °C. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and cinnamon. Place tablespoons of mixture onto greased enamel shelf in lower shelf position. Cook on 180 °C for 10 to 12 minutes or until golden brown.

LEMON POPPY SEED COOKIES

Makes: Approximately 25

Ingredients:
- 125 g butter
- 1 cup caster sugar
- 2 tablespoons lemon zest
- 1 tablespoon poppy seeds
- 2 tablespoons lemon juice
- 1 egg
- 2 cups self-raising flour

Method:
To Cook by Convection:
Preheat oven to 180 °C. Cream butter and sugar together until light and fluffy. Beat in lemon zest, poppy seeds, lemon juice, and eggs until well combined. Fold in flour. Place tablespoons of mixture onto greased enamel shelf in lower shelf position. Cook on 180 °C for 13 to 16 minutes or until golden in color.
STANDARD BREAD/BREAD ROLLS

Serves: 1 loaf or 8 rolls

Ingredients:
- 450 g strong bread flour
- 1 sachet dried yeast
- 5 ml salt
- 15 g butter or margarine
- 275 ml warm water

For Wholemeal Bread:
Use 225 g each of wholemeal and strong white bread flour.

For Granary Bread:
Use 450 g granary flour instead of strong white bread flour.

Method:
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 mins. 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. Cover and prove until the dough has doubled in size in a warm place or place in the oven to prove on Convection 40 °C. Preheat on Convection 200 °C. Glaze bread with beaten egg and sprinkle with seeds, if desired. Place enamel shelf in oven in the lower shelf position and cook on Convection 200 °C for 25-30 mins for a loaf or 15-20 mins for rolls or until golden.

CHOCOLATE BROWNIES

Makes: 20 cm square pan

Ingredients:
- 125 g butter
- 200 g dark chocolate, chopped
- 1 cup caster sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 1 cup plain flour
- ¾ cup nuts, chopped

Method:
Preheat oven to 180 °C. Grease and paper line a 20 cm square pan. Melt butter and chocolate on 800 W power for 2 to 3 minutes, stirring once. Stir in sugar, vanilla, eggs, flour and nuts. Spread into prepared pan. Cook on enamel shelf for 25 to 30 minutes. Allow to cool, remove from pan and sprinkle with icing sugar. Cut into small squares.

APRICOT HONEY SLICE

Makes: 20 squares

Ingredients:
- 185 g butter
- 2 tablespoons honey
- 250 g ginger nut biscuits, crushed
- ½ cup chopped pecans
- ½ cup coconut
- 1 cup chopped dried apricots

Method:
Grease and line an 18 × 28 cm dish. In a 2-litre dish place butter and honey. Cook on 800 W for 2 minutes to 2 minutes 30 seconds. Stir in biscuits, pecans, coconut and dried apricots. Press into the prepared dish. Chill until firm cut into squares.

FRUIT SCONES

Serves: 10

Ingredients:
- 225 g self-raising flour
- pinch salt
- 5 ml baking powder
- 50 g butter
- 25 g caster sugar
- 50 g sultanas
- 75 ml milk
- beaten egg to glaze

Method:
Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas. Make a well in the centre and stir in enough milk to form a soft dough. Knead lightly. Pat out to 2 cm thick and cut into 10 rounds with a 5 cm cutter. Preheat oven on Convection 210 °C with wire shelf in upper position. Place the rounds on the baking sheet and enamel shelf and brush with beaten egg. Place enamel shelf in lower position and baking sheet on wire shelf. Cook on Convection 210 °C for 12-15 minutes or until cooked and golden brown.
CARAMEL COCONUT SLICE

Makes: 19 × 28 cm pan

Ingredients:
- 100 g butter
- ½ cup plain flour
- ½ cup self-raising flour
- ½ cup coconut
- ½ cup caster sugar

Filling:
- 400 g sweetened condensed milk
- 2 tablespoons golden syrup
- ⅓ cup brown sugar
- 40 g butter

Topping:
- 2 eggs
- ½ cup caster sugar
- 2 cups coconut

Method:
Grease and paper line a 19 × 28 cm lamington pan. Melt butter in a bowl on 600 W for 2 minutes to 2 minutes 30 seconds. Preheat oven to 180 °C. Sift flours into bowl, stir in coconut, sugar and butter. Press over base of prepared pan. Spread filling over base and sprinkle with topping. Place pan on enamel shelf in the lower shelf position. Cook on Convection 180 °C for 30 to 35 minutes.

To prepare filling, place all ingredients in a bowl and cook on 800 W for 3 to 5 minutes, stirring three times during cooking.

To prepare topping, combine all ingredients and mix well.

MUESLI SLICE

Makes: 20 squares

Ingredients:
- 125 g butter
- 1 cup brown sugar
- 3 tablespoons honey
- 2 cups natural muesli
- 1 cup coconut
- ½ cup sultanas
- 50 g dark cooking chocolate, melted

Method:
Combine butter, sugar and honey in a 2-litre dish and cook on 800 W for 1 to 2 minutes. Add muesli, coconut and sultanas, mix well. Press into an 18 cm × 28 cm flat dish. Cook on 1000 W for 4 to 5 minutes. Mark into squares and cool in dish. When cool drizzle with melted chocolate.

LEMON COCONUT MERINGUE SLICE

Makes: 19 × 28 cm pan

Ingredients:
- 90 g butter
- ¼ cup caster sugar
- ¾ cup plain flour
- ⅓ cup cornflour
- 400 g condensed milk
- 2 eggs, separated
- 2 teaspoons grated lemon rind
- ½ cup lemon juice
- ¼ cup caster sugar, extra
- ½ cup desiccated coconut
- ½ cup slivered almonds

Method:
Grease and paper line a 19 × 28 cm lamington pan. Cream together butter and sugar. Gradually add sifted flours and knead lightly until combined. Spread over base of prepared pan. Combine condensed milk, egg yolks, lemon rind and juice in a bowl, cook on 800 W for 3 to 4 minutes, stirring 3 times. Spread over base. Preheat oven to Convection 180 °C. Beat egg whites in a small bowl until soft peaks form, gradually add extra sugar. Add desiccated coconut, spread over filling and sprinkle with slivered almonds. Place pan on enamel shelf in the lower shelf position. Cook on Convection 180 °C for 35 to 40 minutes.

HONEY ALMOND BROWNIES

Makes: 6

Ingredients:
- 125 g butter
- 200 g white chocolate
- ¾ cup sugar
- ¼ cup honey
- 2 teaspoons vanilla essence
- 2 eggs
- 1 cup plain flour
- ¾ cup blanched almonds

Method:
Melt butter and chocolate in a bowl on 800 W for 1 to 2 minutes. Add sugar, honey, vanilla essence and eggs and mix well. Add flour and almonds. Pour into a greased and lined 20 cm square deep pan.

To Cook by Convection:
Preheat oven to 180 °C. Place on enamel shelf and cook on 180 °C for 30 to 35 minutes. Cool completely before removing from a pan.
APPLE JALOUSIE

Makes: 2 slices

Ingredients:
- 3 cooking apples, peeled and sliced thinly
- ¼ teaspoon cinnamon
- 2 sheets ready rolled puff pastry
- 1 egg, lightly beaten
- ½ cup caster sugar

Method:
Place apples, cinnamon and sugar into a 2-litre casserole dish. Cook covered on 1000 W for 3 to 5 minutes. Drain well.

Preheat Convection to 200 °C. Cut sheets of pastry in half. Place 2 halves of pastry side by side on greased enamel shelf. Place apple mixture on top leaving a 2 cm border around the edge. Brush edges with beaten egg and place remaining half of pastry on top of apple mixture. Press to secure edges together. Brush top with egg.
Cut slits across the top of pastry. Sprinkle with caster sugar. Place enamel shelf in lower shelf position and cook on 200 °C for 15 to 20 minutes.

HONEY OATY SLICE

Makes: 27 × 17 cm Swiss roll pan

Ingredients:
- 1 cup rolled oats
- 1 cup plain flour
- ¾ cup coconut
- ¾ cup sugar
- 125 g butter
- 3 tablespoons honey
- 2 tablespoons water
- ½ teaspoon bicarbonate of soda

Method:
Grease and paper line a 27 cm × 17 cm slice pan. Combine oats, flour, coconut and sugar in a large bowl. In a 2-litre pyrex bowl, place butter, honey and water and cook on 800 W for 1 to 2 minutes, stir in bicarbonate of soda. Pour over dry ingredients, stir until well combined. Press into pan. Preheat Convection to 180 °C. Cook on Convection 180 °C for 23 to 25 minutes, cool before cutting.

CHOCOLATE PEANUT BUTTER CHEESECAKE

Serves: 6 to 8

Ingredients:

Base:
- 250 g peanut cookies, finely crushed
- 125 g butter

Filling:
- 500 g cream cheese, softened
- ½ cup brown sugar
- 1 cup crunchy peanut butter
- 2 eggs
- 1 teaspoon vanilla essence
- ½ cup sour cream

Topping:
- 150 g chocolate
- ¼ cup sour cream

Method:
Melt butter in a 1 litre casserole dish on 1000 W for 30 to 40 seconds. Add crushed biscuits and combine. Press biscuit mixture evenly over base and sides of a greased 23 cm spring form tin. Refrigerate until firm. Preheat oven to Convection 170 °C. Place filling ingredients into a mixing bowl, beat until mixture is combined. Pour mixture into chilled biscuit base. Place in oven, on enamel shelf in lower position, cook on Convection 170 °C for 55 to 60 minutes. Allow to cool and spread with topping.

Topping:
Melt chocolate in a 2-cup jug on 800 W for 1 to 2 minutes. Stir in sour cream. Spread over cheesecake.
MANGO, PEAR & GINGER CRUMBLE

Serves: 6

Ingredients:
- 450 g ripe pears, peeled and thinly sliced
- 15 ml muscovado sugar
- 2 mangos, peeled, stoned and roughly chopped
- 1 piece stem ginger, finely chopped

Topping:
- 175 g plain flour
- 75 g butter
- 75 g muscovado sugar
- 75 g pecan nuts, roughly chopped

Method:
Put the pears in dish with the sugar and 45 ml water. Cover, place on the base of the oven and cook on 1000 W for 5 minutes. Preheat the oven on Convection 180 °C. Drain the pears, return to the dish and add the mango and stem ginger. Spoon the mixture into dish and leave to cool. Make the topping. Rub the butter into the flour, stir in the sugar and pecan nuts. Sprinkle the topping over the fruit. Place dish on enamel shelf in lower shelf position and cook on Convection 180 °C for 30-35 minutes.

STRAWBERRY PAVLOVA

Serves: 6

Ingredients:
- 4 medium egg whites
- 250 g caster sugar
- 5 ml cornflour
- 5 ml malt vinegar
- 5 ml vanilla extract

Topping:
- 300 ml double cream, softly whipped
- 250 g strawberries, sliced

Method:
Preheat the oven on Convection 150 °C. Mark a 25 cm circle on a sheet of parchment paper and line the enamel shelf. Whisk the egg whites until stiff but not dry. Slowly whisk in the sugar until the mixture is thick and glossy. Blend the cornflour, vinegar and vanilla extract to a smooth paste, in a separate bowl and then whisk into egg whites. Spread the mixture inside the circle on the parchment paper. Place enamel shelf in lower shelf position and cook Pavlova on Convection 150 °C for 1 hour. Turn the oven off and leave the pavlova inside for another hour to dry out. When cool spread cream all over the meringue and scatter the strawberries on top.

Flapjack

Serves: 8

Ingredients:
- 250 g butter
- 275 g golden syrup
- 75 g light muscovado sugar
- 425 g porridge oats

Method:
Place the butter, syrup and sugar into bowl. Place on the base of the oven and cook on 600 W for 4-5 minutes. Stir the oats into the butter and press the mixture into the tin. Preheat the oven on Convection 180 °C. Place tin on enamel shelf and cook on Convection 180 °C for 25 mins. Leave to cool in the tin for 5 minutes. Then mark into 18 pieces. Allow to cool completely before removing from the tin.

STICKY PUDDING WITH TOFFEE SAUCE

Serves: 4

Ingredients:
- 150 g fresh or ready to eat dates stoned and finely chopped
- 50 g butter
- 150 g caster sugar
- 2 eggs, lightly beaten
- 150 g self raising flour
- 3 ml grated nutmeg
- 3 ml ground ginger

Sauce:
- 150 g muscovado sugar
- 75 ml double cream
- 75 g butter

Method:
Pour 150 ml boiling water over the chopped dates and set aside to cool. Cream the butter and sugar until light and fluffy. Beat in the eggs a little at a time. Fold in the flour, spices and the dates with the liquid. Pour mixture into basin and cook on 600 W for 8-10 minutes or until cooked. To make the sauce, place all the ingredients in a large jug and cook on 1000 W for 1 minute or until the sugar has dissolved. Stir and continue to cook on 1000 W for 1-2 minutes or until smooth and hot. Drizzle the hot sauce over the sponge and serve with whipped cream.
**STEAMED SUET SPONGE PUDDING**

Serves: 4

**Ingredients:**
- 150 g self-raising flour
- pinch of salt
- 50 g caster sugar
- 50 g suet
- 1 egg
- 150 ml milk
- 30 ml jam or golden syrup

**Method:**
Mix the flour and salt and stir in sugar and suet. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency. Put the jam or syrup in the base of the greased pudding basin and pour pudding mixture over. Place on base of oven and cook on 600 W for 7-8 minutes.

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**RED FRUIT COMPOTE**

Serves: 4

**Ingredients:**
- 225 g plums, halved
- 225 g cherries, stoned
- 225 g blueberries
- 225 g strawberries
- 225 g raspberries
- 50 g golden caster sugar

**Method:**
Place the plums, cherries and blueberries in dish. Place on the base of the oven and cook on 270 W for 10 minutes. Stir in the strawberries and cook on 270 W for a further 3-4 minute. Stir the raspberries and sugar into the hot fruit and allow to cool before serving.

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**Christmas pudding**

Serves: 6 to 8

**Ingredients:**
- 1 cooking apple, peeled and grated
- 1 carrot, peeled and grated
- 1 orange, juice and grated rind
- 400 g mixed dried fruit
- 45 ml brandy
- 15 ml black treacle
- 50 g self-raising flour
- pinch of salt
- 15 ml cocoa
- 5 ml mixed spice
- 3 ml nutmeg
- 100 g shredded suet
- 150 g fresh breadcrumbs
- 50 g mixed peel
- 50 g flaked almonds
- 2 eggs, beaten

**Method:**
Place apple and carrot in a large bowl. Place on the base of the oven and cook on 1000 W for 5 minutes. Beat well to make a thick puree. Stir in juice, rind and mixed fruit. Cook on 1000 W for 2 minutes. Stir in brandy and treacle. Stand for 5 minutes. Beat in rest of ingredients. Press into the pudding basin. Cover and cook on 600 W for 5 minutes. Stand for 5 minutes. Cook on 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.

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**Pizza**

Serves: 2 to 4

**Ingredients:**
- 2 onions, finely sliced
- 3 garlic cloves, crushed
- 1 tbsp olive oil
- 1 roll of pizza dough
- 150 g tomato sauce
- 1 tbsp oregano
- 100 g grated mozzarella
- salt, pepper

**Method:**
Cook the finely sliced onions and garlic in a bowl, with the olive oil, for 3-4 minutes on 1000 W. Leave to cool. Using your hands, spread out the dough in the enamel shelf without making a raised edge. Spread on the sauce, onions, oregano and season, covering all the dough well. Cook on Convection 220 °C for 10-15 minutes. Then add other ingredients according to taste, cheese, anchovies, olives, bacon pieces etc. and continue cooking on Convection 220 °C for 8-10 minutes.
SUN DRIED TOMATO ROLLS

Serves: 6
Ingredients:
- 250 g strong bread flour
- 7 ml sachet dried yeast
- 5 ml salt
- 25 g sun-dried tomatoes, roughly chopped
- 45 ml olive oil
- 75 ml passata
- 75 ml warm water
- 5 ml olive oil

Method:
In a large bowl, combine the flour, yeast and salt, stir in the tomatoes. Gradually add the olive oil, passata and 3-5 tbsp of warm water until you have soft dough. Turn onto a floured surface and knead for 10 mins. Divide dough into 6 and place on enamel shelf. Prove until dough has doubled in size in a warm place or on Convection 40 °C. Preheat on Convection 220 °C. Drizzle with a little extra olive oil and sprinkle with course sea salt. Cook on Convection 220 °C for 15-20 mins or until golden.

FOCACCIA

Makes: 1
Ingredients:
- 400 g strong bread flour
- 1 sachet dried yeast
- 10 ml salt
- 75 g olive oil
- 10 ml curse sea salt

Method:
In a large bowl, combine the flour, yeast and salt. Gradually add the olive oil and 3-5 tbsp of warm water until you have soft dough. Turn onto a floured surface and knead for 10 minutes. Place in a greased bowl, cover and prove until the dough has doubled in size in a warm place or on Convection 40 °C. Knock back the dough and knead again for a few minutes. Press the dough onto a greased 25 cm round tin, cover and prove in a warm place or on Convection 40 °C for approximately 30 minutes. Preheat on Convection 190 °C with the enamel shelf in the lower shelf position. Dimple the surface of the dough. Drizzle with a little extra olive oil and sprinkle with course sea salt. Cook on Convection 190 °C for 20-25 minutes or until golden. Carefully remove from the tin and leave to cool on a rack.

RHUBARB, APPLE & GINGER COMPOTE

Serves: 4
Ingredients:
- 300 g rhubarb, trimmed cut to 3 cm lengths
- 2 apples, peeled, cored and diced
- 30 g crystalized ginger, thinly sliced
- ½ cup caster sugar
- 1 orange, grated rind and juice

Method:
Place all ingredients into a 2-litre microwave-safe dish. Stir to dissolve sugar. Cook on 1000 W for 6 to 8 minutes or until fruit is softened.

To Cook by Auto Menu:
Select Auto Menu Fruit Poached, then select 500 g weight and then touch Start.

CINNAMON POACHED PEARS

Serves: 4
Ingredients:
- ½ cup water
- ¼ cup sugar
- ½ teaspoon ground cinnamon
- 4 pears, peeled and sliced

Method:
Combine water and sugar in a 2-litre dish. Stir to dissolve sugar. Add the pears covered cook on 800 W for 15 minutes, stir halfway. To cook by select Auto menu Fruit Poached, select weight 500 g and then touch Start.

PAVLOVA

Serves: 8 to 10
Ingredients:
- 4 egg whites
- pinch of salt
- 1¼ cups caster sugar
- 2 teaspoons vinegar
- 2 tablespoons cornflour

Method:
Preheat Convection to 140 °C. Grease and line the enamel shelf. Dust with 1 tablespoon cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture. Pile mixture 1000 W on the enamel shelf in lower shelf position and cook on 140 °C for 70 to 80 minutes. Allow to cool.

Filling:
Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.
**Baked Alaska Surprise**

*Ingredients:*
- 10 to 12 sponge finger biscuits or 1 round sponge cake
- 1 punnet strawberries, hulled and cut in half
- 1 tsp caster sugar
- 2 tablespoons fruit liqueur
- 1-litre vanilla ice cream
- 4 egg whites
- ¾ cup caster sugar, extra
- ¼ cup almonds, chopped (optional)

*Method:*
Line the base of a 23 cm round flat dish with biscuits or sponge (the biscuits will overlap.) Place strawberries over the biscuits and sprinkle with sugar and liqueur. Place scoops of ice cream evenly over strawberries. Place in freezer.

To Cook by Convection:
Preheat oven to 200 °C. Beat egg whites until stiff. Gradually add extra sugar beating all the time until sugar has dissolved and mixture is thick and glossy. Fold in almonds and spoon meringue mixture over ice cream. Cook on 200 °C on enamel shelf for 5 to 6 minutes. Serve immediately.

**Lemon Meringue Pie**

*Ingredients:*
- 125 g butter
- 250 g plain flour
- 25 g icing sugar
- 1 egg yolk
- 30 ml water
- 60 g cornflour
- 400 ml water
- 3 lemons, juice and grated rind of
- 125 g sugar
- 3 egg yolks
- 225 g caster sugar
- 4 egg whites

*Method:*
Rub butter into the flour until the mixture resembles fine breadcrumbs and stir in sugar. Add egg and enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed. Line the flan dish with the pastry, prick the base with a fork and chill for 15 minutes in the fridge. Line pastry with greaseproof paper and baking beans, place flan dish on enamel shelf in lower shelf position, bake blind of Convection 210 °C 10 minutes, remove the beans and bake for another 10 minutes, until golden. Leave to cool. Place cornflour, water and lemon juice and rind in a jug, stir. Place on the base of the oven and cook on 1000 W for 2 minutes. Stir and cook on 1000 W for 2 minutes or until smooth, glossy and thickened. Add sugar. Cool slightly. Add egg yolks. Mix well. Pour into pastry case. 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 lower shelf position and cook on Convection 150 °C for 40-45 minutes or until lightly browned.
**APPLE PIE**

Serves: 6 to 8

**Ingredients:**

**Pastry:**
- 185 g butter
- ½ cup caster sugar
- 1 tablespoon lemon juice
- 1 egg
- 1½ cups plain flour
- 1 cup self-raising flour

**Filling:**
- 800 g pie apples
- ¼ cup caster sugar
- 1 teaspoon arrowroot
- 1 teaspoon cinnamon

**Method:**

Preheat oven to Convection on 180 °C. Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press ⅔ of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of greaseproof paper to fit pie. Place on pie and press edges together. Place on enamel shelf in lower shelf position. Cook on 180 °C for 45 to 55 minutes.

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**RICE PUDDING**

Serves: 4

**Ingredients:**
- 100 g short grain rice
- 1 litre whole milk
- 80 g sugar
- small piece of cinnamon stick
- 1 vanilla pod

**Method:**

Pour the rice, milk and sugar in the bowl. Add the cinnamon and split vanilla pod. Do not cover. Bring to the boil by heating on 1000 W for 7-8 minutes, paying close attention to ensure that the milk doesn’t overflow, then cook on 300 W for 50-60 minutes. Leave to cool down, covered for at least 1 hour.
**WHITE SAUCE**

Serves: 500 ml

**Ingredients:**
- 35 g butter
- 35 g flour
- 500 ml milk
- salt
- pepper
- grated nutmeg

**Method:**
Melt the butter for 1 minute, covered, on 600 W on base of oven. Add the flour, stir, and cook for a further 1 minute on 600 W. Set aside; Heat the milk in a jug on 1000 W 2 minutes 30 secs - 3 minutes. Pour the milk over the butter and flour mixture, whisking all the time. Cook again for 2 - 3 minutes, whisking vigorously several times and paying close attention to ensure that the sauce doesn’t overflow. Check the seasoning and add a pinch of grated nutmeg. You can add 2 egg yolks and 80 g of grated cheese to make it into a Mornay sauce.

**PEPPER SAUCE**

Serves: 5 to 6

**Ingredients:**
- 1 onion
- 40 g butter
- 30 g flour
- 400 ml of hot stock made from 2 stock cubes
- tarragon vinegar
- 2 tsp white pepper
- 200 ml crème fraîche

**Method:**
Chop the onion and cook in the bowl with butter for 2-3 minutes on 1000 W. Add flour, mix, cook again for 1 minute on 1000 W and add stock, 1 tbsp vinegar and 2 tsp of white pepper. Cook uncovered at 1000 W for 3 minutes. Remove from the oven and add a dash of cognac, a knob of butter and crème fraîche. Mix well and add plenty of salt before serving.

**TOMATO SAUCE**

**Ingredients:**
- 1 medium onion, finely chopped
- 1 celery stick, finely chopped
- 1 carrot, finely chopped
- 25 g butter
- 2 cloves garlic, crushed
- 2 x 400 g cans of tomatoes
- 3 ml each of basil, oregano and ground bay leaves
- 150 ml red wine or vegetable stock
- salt and pepper

**Method:**
Place onion, celery, carrot, butter and garlic in casserole. Place on the base of the oven and cook on 1000 W for 4 minutes. Add the tomatoes, herbs and wine or stock. Cover and cook on 600 W for 15 minutes. Liquidise then press through a sieve for a smooth sauce. Season to taste.

**CUSTARD SAUCE**

**Ingredients:**
- 2 eggs
- 50 g caster sugar
- 300 ml milk
- 5 ml vanilla essence

**Method:**
Beat eggs with sugar and 45 ml milk. Place remaining milk with vanilla essence. Place on the base of the oven and cook on 1000 W for 1 minute. Add milk to eggs and stir well. Cook on 300 W for 1 minute. Stir well. Continue to cook on 300 W for 10-15 minutes stirring every 30 secs until the sauce coats the back of a spoon.

**CHOCOLATE SAUCE**

Serves: 4

**Ingredients:**
- 25 g butter
- 75 g caster sugar
- 75 g brown sugar
- 50 g cocoa powder, sieved
- 3 ml vanilla essence
- 300 ml milk

**Method:**
Place butter in the jug on base of oven. and melt on 1000 W for 20-30 secs. Stir in sugars, cocoa powder and vanilla essence. Gradually add milk, stirring well. Cook on 1000 W for 2 minutes. Stir well. Cook on 1000 W for 1 minute. Stir and continue to cook in 30 secs stages until you achieve a smooth and glossy consistency that coats the back of the spoon.
GRAVY
Ingredients:
- meat or poultry dripping with sediment
- 25 g flour
- 300 ml stock
- salt and pepper

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

MINT SAUCE
Makes: Approximately ⅓ cup
Ingredients:
- 1 tablespoon water
- 1 tablespoon sugar
- 2 tablespoons brown vinegar
- 2 tablespoons mint, finely chopped

Method:
Combine all ingredients in a 1-cup jug. Cook on 1000 W for 30 to 40 seconds. Stir well and serve with Roast Lamb.

MUSHROOM SAUCE
Makes: 1½ cups
Ingredients:
- 3 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon soy sauce
- ¼ cup cream
- ½ teaspoon curry powder
- 190 g can champignon mushrooms, sliced

Method:
Place butter in a 4-cup glass jug. Cook on 1000 W for 30-40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on 1000 W for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on 1000 W for 30 to 60 seconds.

CHINESE SWEET & SOUR SAUCE
Makes: 4 cups
Ingredients:
- ¼ cucumber
- ½ cup cornflour
- ½ cup brown sugar
- 1 cup chicken stock
- ¼ cup dry sherry
- 2 tablespoons white vinegar
- 2 tablespoons soy sauce
- 2 tablespoons tomato paste
- 410 g pineapple pieces and juice
- ½ red capsicum, diagonally sliced

Method:
Cut cucumber in half lengthwise, scoop out seeds and slice diagonally into 1 cm pieces. Combine cornflour and sugar in a 2-litre casserole dish. Gradually stir in stock, sherry, vinegar, soy sauce, tomato paste, pineapple pieces and juice, capsicum, cucumber and celery. Cook on 1000 W for 9 to 11 minutes, stirring every 2 minutes. Serve with ham steaks, pork chops or chicken.

HOLLANDAISE SAUCE
Ingredients:
- 3 egg yolks
- 30 ml (2 tbsp) white wine vinegar
- 150 g (5 oz) chilled, unsalted butter, cut into cubes
- pepper

Method:
Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Place jug on the base of the oven and cook on 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 salmon steaks or asparagus spears.

BRANDY SAUCE
Makes: 1½ cups
Ingredients:
- 2 tablespoons butter
- 2 tablespoons cornflour
- 3 tablespoons sugar
- 2 tablespoons golden syrup
- 1 cup milk
- ¼ cup brandy

Method:
In a 1-litre pyrex jug melt butter on 1000 W for 20 to 30 seconds. Blend in cornflour, sugar and golden syrup and cook on 1000 W for 50 to 60 seconds. Add milk gradually and cook on 600 W 3 to 4 minutes. Stirring halfway through cooking. Stir in brandy. Serve hot with fruit or Christmas pudding.
STRAWBERRY JAM
Makes: Approximately 1700 ml
Ingredients:
1 kg strawberries, washed and cut
1 kg caster sugar
pectin if required
Method:
Place all ingredients in a 4-litre casserole dish. Cover and cook on 1000 W for 5 minutes. Stir halfway through cooking. Cook on 800 W for 30 to 32 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

SWEET APRICOT JAM
Makes: 3 cups
Ingredients:
800 g dried apricots, cut in quarters
1000 ml water
800 g sugar
2 tablespoons pectin
Method:
Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on 1000 W for 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on 1000 W for a further 28 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

RED ONION MARMALADE
Makes: 1½ lb
Ingredients:
45 ml (3 tbsp) olive oil
4 large red onions halved and thinly sliced
50 g (2 oz) Demerara sugar
100 g (4 oz) sultanas
300 ml (½ pint) red wine
125 ml (4 fl oz) red wine vinegar
Method:
Put oil in bowl with onions cover with a lid or pierced cling film. Place on the base of the oven and cook on 600 W for 10 mins stirring halfway. Add all other ingredients and mix well. Cover and cook on 600 W for 30-35 mins. Cool slightly, then pour into a clean, sterilized jar. Allow to cool thoroughly before chilling.

ORANGE MARMALADE
Makes: 3 cups
Ingredients:
700 g oranges
1 lemon
water
3 cups sugar, warmed
Method:
Wash fruit. Cut fruit in half, reserve seeds, squeeze juice from fruit and set aside. Remove rind from fruit being careful not to include white pith. Cut rind into fine strips. Set aside. Pour fruit juice into a 4-cup jug. Add enough water to make 3 cups of liquid. Add seeds. Cover and cook on 1000 W for 20 minutes. Strain. Add sugar to mixture with rind, mix well and cook on 1000 W for a further 30 minutes or until marmalade has set. Pour into clean sterilised jars. Seal.
Tip: To warm sugar - Place sugar in a 2-litre casserole dish and cook on 1000 W for 1 to 1½ minutes.
**Rhubarb and Apple Conserve**

Make: 2 cups  

**Ingredients:**  
- 350 g rhubarb, chopped  
- 3 medium sized apples, grated  
- 2 tablespoons water  
- 1 cup caster sugar  
- 2 tablespoons lemon juice

**Method:**  
Place rhubarb, apple and water in a 3-litre casserole dish, cover and cook on 1000 W for 6 to 8 minutes, stirring once during cooking. Stir in sugar and lemon juice and cook uncovered on 1000 W for 15 minutes stirring after every 5 minutes. Pour into hot sterilized jars, when cool, seal.

**Mango Chutney**

Makes: 3 cups  

**Ingredients:**  
- 450 g fresh mango, sliced  
- 250 g cooking apples, peeled, cored and sliced  
- 2 tablespoons water  
- 1 cup caster sugar  
- 2 tablespoons lemon juice

**Method:**  
Place mango and apple in a bowl and sprinkle with salt. Stand overnight. Rinse and drain fruit. Place fruit in a 4-litre casserole dish, add onion. Cover and cook on 1000 W for 6 minutes, stirring halfway through cooking. Add sugar, vinegar and spices, mix well. Cover and cook on 1000 W for 15 minutes. Pour into sterilised jars and seal.

**Lemon Curd**

Makes: 2 jars  

**Ingredients:**  
- 4 untreated lemons, the juice and zest of  
- 400 g crystalised sugar  
- 4 beaten eggs  
- 100 g butter

**Method:**  
Place all the ingredients in the bowl and mix together well. Cook on 1000 W for 5-6 minutes, stirring every minute to begin with then every 30 seconds once the mixture starts to thicken. When the mixture stays on the back of the spoon, stop cooking, before the eggs cook too much. The mixture will continue to thicken as it cools. Fill the jars while the curd is hot, close them and turn them over. Keep the lemon curd in the fridge.

**Passion Fruit Butter**

Makes: 1½ cups  

**Ingredients:**  
- 3 eggs  
- ½ cup caster sugar  
- 6 passionfruit, pulp removed  
- 90 g butter

**Method:**  
Beat eggs and sugar together in a 1 litre jug until combined. Stir in passionfruit pulp and butter. Cook on 800 W for 4 minutes, stirring after every minute. Pour into hot sterilised jars, when cool, seal.

**Tomato Chutney**

Makes: approx. 2 lb  

**Ingredients:**  
- 675 g (1½ lb) tomatoes  
- 225 g (8 oz) cooking apples, peeled and sliced  
- 1 medium onion, chopped  
- 100 g (4 oz) granulated sugar  
- 30 ml (2 tbsp) tomato puree  
- 5 ml (1 tsp) salt  
- 200 ml (7 fl oz) white wine vinegar  
- 10 ml (2 tsp) ground ginger  
- 2 ml (¼ tsp) cayenne pepper  
- 3 ml (½ tsp) mustard powder

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

- Convection ................... pg 20-21
- Grill ........................ pg 18-19
- Micro Power ............... pg 15
- Combination ................. pg 22
- Turbo Defrost ............... pg 16
- Timer/Clock .................. pg 13, 22

Sensor Menu
1. Sensor Reheat
2. Vegetables
3. Frozen vegetables
4. Rice
5. Dried pasta
6. Fresh pasta
7. Casserole
8. Steam Fish
9. Steam Frozen Fish
10. Jacket potato
11. Frozen potato products

Auto Cook
12. Grill chicken pieces
13. BBQ meat pieces
14. Roast Chicken
15. Roast Beef
16. Roast Lamb
17. Roast Pork
18. Fresh Pizza
19. Frozen Pizza
20. Fresh crispy top
21. Frozen crispy top
22. Fruit poached
23. Sponge pudding

Inverter Melt & Soften
24. Melt Butter
25. Melt Chocolate
26. Soften Cream Cheese
27. Soften Ice Cream

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