

Panasonic®

Operating Instructions and Cookbook
Steam / Convection / Grill / Microwave Oven
RECIPE BOOK ONLY
Model No. NN-CS89LB
Household Use Only



INVERTER

Important safety instructions
Please read carefully and keep for future reference

Increasing and Decreasing Recipes

Increasing Recipes

- To increase a recipe from 4 to 6 servings, increase each ingredient listed by half. To double the quantity, simply double every ingredient listed.
- Do not forget that large quantities will require a larger dish. Make sure that it is deep enough to prevent the recipe from boiling over during cooking.
- Cover as directed in the recipe. Stir or rearrange foods as recommended.
- Increase the stand times by 5 minutes per lb (450 g).
- Always check the recipe during cooking.
- When increasing the ingredients to 6 servings, add an extra one third of the original cooking time, i.e. 30 minutes on **medium** power for 4 servings will become 40 minutes on **medium** power for 6 servings.

- **When doubling a recipe from 4 to 8**, add on half the original cooking time, i.e. 30 minutes on **Medium Microwave** for 4 servings will become 45 minutes on **Medium Microwave** for 8 servings.

Decreasing Recipes

- To decrease a recipe from 4 servings to 2 servings, halve the ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe, however make sure it is deep enough to stop food boiling over.
- Allow half to two-thirds of the original cooking time, i.e. 30 minutes on **Medium Microwave** for 4 servings will become 15-20 minutes on **Medium Microwave** for 2 servings.

Using Recipes from Other Books

The best way to convert a family favourite dish is to find a similar recipe in a cookery book to give you a guide to the correct method and timings to use.

Oven microwave output powers are set by an IEC standard. When using other cookbooks, the 1000 W output power of

your oven must be allowed for. Use the same power level suggested e.g. **High Microwave** or **Medium Microwave** and select the same cooking time suggested, however **check** the progress of the food during cooking and adjust the time if necessary.

Cooking for One

- For one serving quarter all ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe.
- Use the same cooking power recommended in the original recipe.
- Start by cooking for one quarter of the recommended cooking time, although extra time in most cases will be required.
- Always check the food during cooking.
- There is not a great saving for reduced quantities of soups, casseroles, stews and rice, as a minimum time is required to tenderise meats and blend flavours.
- When cooking for one it often makes sense to cook for two and plate up both meals. Freeze one meal for a later date.

Sweet Potato Soup

ingredients

Serves 4

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

Dish: 1 x large casserole dish
with lid

Fill water tank

1. Place the onion, oil and garlic into a large casserole dish. Place on the base of the oven and cook on **Combi 1** for 4 minutes.
2. Add the sweet potato and pepper. Cook on **Combi 1** for 10 minutes. Add stock, cover and cook on **Medium Microwave** for 20 minutes, or until the potatoes are soft, stirring halfway. Allow to cool slightly. Place in liquidiser and puree until smooth.
3. Stir in the coconut milk and season to taste. Heat on **Medium Microwave** for 3 minutes, or until piping hot.

Pea & Watercress Soup

ingredients

Serves 4

1 tbsp olive oil
1 onion, roughly chopped
1 garlic clove, crushed
1 medium potato,
cut into small chunks
1 litre vegetable stock
300 g frozen peas
100 g watercress
Leaves from 2 mint springs,
plus extra to garnish
100 ml double cream

Dish: 1 x large casserole dish
with lid

1. Place oil in a large casserole dish, add onion and garlic. Cover, place on the base of the oven and cook on **Medium Microwave** for 4 minutes.
2. Add the potato, stock and 250 ml of water, cook on **Medium Microwave** for 8 minutes.
3. Scatter in the peas and watercress, stir, cover then cook on **High Microwave** for 4 minutes. Add the mint leaves and blitz with a hand blender until smooth. Stir in the cream and season to taste.

Stuffed Mushrooms

ingredients

Serves 4

2 streaky bacon rashers
25 g grated cheese
½ tsp French mustard
50 g fresh breadcrumbs
1 egg
4 tbsp (60 ml) milk
1 tbsp (15 ml) fresh parsley,
chopped
salt and pepper
250 g flat mushrooms,
approx 2.5 cm (1") in diameter,
stalks removed
2 thin slices of cheddar cheese

Dish: 1 x small bowl,
1 x large plate

Accessory: Glass tray, wire shelf
Fill water tank

1. Cook bacon rashers on a plate on **Combi 1** for 2 minutes. When cool, chop into small pieces.
2. In a small bowl, mix together grated cheese, bacon, mustard and breadcrumbs. Add beaten egg, milk, parsley and seasoning and mix until well combined.
3. Fill mushroom cavities with mixture. Cut cheese slices into 1 cm squares and place on top of filling.
4. Place mushrooms on the glass tray on wire shelf and cook in the middle shelf position on **Combi 1** for 6 minutes, then **Grill 1** for 3 minutes or until cheese starts to melt and mushrooms are just cooked.

Onion & Feta Tarts

ingredients

Serves 6

320 g ready rolled puff pastry
30 ml (2 tbsp) olive oil
150 g peeled and sliced onions
25 g pine nuts
75 g feta-type cheese in small pieces
25 g black olives, stoned and chopped
25 g sun-dried tomatoes (in oil or rehydrated), roughly chopped
10 g capers
salt and pepper
Fresh oregano to garnish

Dish: 1 x Pyrex® bowl

Accessory: Enamel shelf

Fill water tank

1. Roll out the puff pastry and cut out 6 circles, each about 10 cm diameter. Refrigerate the pastry for 30 minutes.
2. Put the oil and onion in a Pyrex® bowl. Cook on **Combi 1** for 8 minutes.
3. Preheat oven on **Convection 220 °C**.
4. Add the pine nuts, cheese, olives, sun-dried tomatoes and capers to the onions. Season. Place 6 pastry circles on the lined enamel shelf and prick them with a fork. Divide the mixture between the six pastry circles.
5. Cook the tartlets on lower shelf position **Convection 220 °C** for 10-12 minutes or until golden. Garnish with fresh oregano.

Red Pepper & Mushroom Bruschetta

ingredients

Serves 4

200 g or 3-4 large flat mushrooms
1 tbsp olive oil
8 slices ciabatta
25 g softened butter beaten with 1 chopped clove of garlic
150 g jar roasted red peppers, sliced if necessary
125 g firm goat's cheese

Dish: 1 x Pyrex® bowl

Accessory: Wire shelf

Fill water tank

1. Slice mushrooms, place in a bowl and drizzle with olive oil. Place on base of oven and cook on **Combi 1** for 5 minutes. Leave to cool slightly.
2. Spread one side of each slice of ciabatta with garlic butter. Place the ciabatta slices on the wire shelf in upper shelf position and toast on **Grill 1** for 4 minutes.
3. Layer mushrooms and pepper on top of ciabatta slices. Cut the goat's cheese into 8 slices and put one slice on top of each stack. Place wire shelf in upper shelf position and cook on **Combi 10** for 9 minutes.

Olive & Anchovy Bites

ingredients

Makes 40 - 45

115 g plain flour
115 g chilled butter, diced
115 g mature cheddar, finely grated
50 g can anchovy fillets in oil, drained and roughly chopped
50 g pitted black olives, roughly chopped
½ tsp cayenne pepper
sea salt

Accessory: Enamel shelf

1. Place the flour, butter, cheese, anchovies, olives and cayenne pepper in a food processor and pulse until mixture forms a firm dough. Cover the dough. Chill for 20 minutes.
2. Preheat oven on **Convection 200 °C**.
3. Roll out the dough thinly on a lightly floured surface. Divide the dough in two. Cut the dough into 5 cm wide strips, then cut across each strip in alternate directions to make triangles.
4. Transfer onto enamel shelf, cook in the lower shelf position on **Convection 200 °C** for 8-10 minutes until golden. Repeat with another portion of dough. Cool on a wire rack. Sprinkle with sea salt.

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

When is Fish Cooked?

Fish is cooked when it flakes easily and becomes opaque.

For fish with a strong odour, eliminate the smell after cooking by placing 600 ml (1 pt) of boiling water and 1 sliced lemon in a large bowl, cook on **Simmer Microwave** for 20 minutes. Wipe out oven with a dry cloth.

Whole Fish

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



Arranging

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail. Fish steaks should be arranged in a circle, thicker part to the outside. Cover with pierced cling film or lid.

Liquid

Fresh fish should always be sprinkled with 30 ml (2 tbsp) of lemon juice, white wine or water. When cooking frozen fish, add liquid as above for even cooking. Do not sprinkle salt onto fish before cooking as this may make the fish dry.



Noise

During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking if the skin and flesh is pierced several times with a cocktail stick.



Pesto Baked Cod

ingredients

Serves 4

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

Accessory: Enamel shelf

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

Thai Steamed Trout

ingredients

Serves 2

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

Dish: 1 x shallow Pyrex® dish

Accessory: Wire shelf

Fill water tank

1. Place fish fillets into a shallow dish, sprinkle the remaining ingredients on the top of the fish.
2. Place dish on wire shelf in the middle shelf position, and cook on **Combi 1** for 7 minutes, or until the fish is cooked through. Serve with rice.

Mediterranean Fish Bake

ingredients

Serves 4

juice of ½ lemon
100 g fresh pesto sauce
salt and pepper
4 x 175 g thick cut
haddock or cod fillets
700 g waxy new
potatoes (such as charlotte)
2 medium red onions
1 red pepper, seeded
1 yellow pepper, seeded
1 orange pepper, seeded
2 garlic cloves, crushed
1 tbsp (15 ml) extra virgin olive oil
100 g black olives,
chopped (optional)
lemon wedges and crisp
green salad, to serve

Dish: 1 x large Pyrex®
rectangular dish

Accessory: Wire shelf

Fill water tank

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

Steamed Mussels with Garlic

ingredients

Serves 2

900 g mussels (weight in shells)
1 tbsp (15 ml) olive oil
1 onion finely chopped
2 garlic cloves, crushed
150 ml (¼ pt) dry white wine
1 bunch flat-leaf parsley,
finely chopped

Dish: 1 x large rectangular
Pyrex® dish

Accessory: Wire shelf
Fill water tank

1. Scrub mussels and pull off any beards discarding any broken or open shells.
2. Place oil, onion and garlic in a large rectangular Pyrex® dish, cover with pierced cling film. Place on base of oven and cook on **High Microwave** for 2 minutes. Add wine and cook on **High Microwave** for 3 minutes.
3. Add the mussels and cook on **Steam 1** for 8-10 minutes on wire shelf in lower shelf position.
4. Discard any unopened shells. Add the parsley and stir before serving.

Coconut Fish Curry

ingredients

Serves 4-5

1 onion, chopped
1 red pepper,
deseeded and cubed
200 ml coconut milk
1 tomato, chopped
1 tbsp curry paste
juice of ½ lemon
600 g coley or pollock, cubed
salt and pepper

Dish: 1 x Pyrex® casserole dish
with lid

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

Salmon with Mango Salsa

ingredients

Serves 4

4 salmon fillets, each 100 g -150 g

Marinade

3 tbsp (45 ml) white wine
1 garlic clove, crushed
2.5 cm (1") fresh root ginger,
finely grated

Mango Salsa

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

Dish: 1 x shallow Pyrex® dish
Fill water tank

1. Mix the marinade ingredients together. Pour marinade over salmon in a shallow Pyrex® dish and leave to marinate for 2-3 hours in the fridge.
2. Mix all the salsa ingredients together and chill in fridge.
3. Place the salmon in the Pyrex® dish directly on base of oven. Cook on **Steam 1** for 30 minutes. Refill water tank. Cook on **Steam 1** for a further 10-15 minutes.. Serve salmon with the salsa.

Defrosted Joints

If the meat has previously been frozen, ensure it is properly thawed before cooking by microwave.

Fat

Large amounts of fat absorb microwave energy and can cause the meat next to it to overcook. Always choose pieces of meat that aren't excessively fatty.

Arranging

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail. Fish steaks should be arranged in a circle, thicker part to the outside. Cover with pierced cling film or lid.

Tips

Braised and stewed meat cooked in a microwave has a slightly firm texture and therefore it is essential to purchase good quality meats.

When cooking a casserole, place a saucer or small upturned plate over the meat to keep it submerged in the juices.

Crispy Bacon - Cover with a plain piece of kitchen towel to minimise splatter. Cook on **High Microwave** for approx. 50 seconds per rasher, or until desired crispness is achieved.

How to cook small cuts of meat by microwave

Some cuts of meat can be cooked successfully by microwave although due to their short cooking times and no heat source, they will not crisp and brown.

They should always be cooked on a microwave rack or upturned saucer to lift them out of their juices.

Moussaka

ingredients

Serves 4

1 medium (250 g) potato
1 tsp (5 ml) oil
2 cloves of garlic, crushed
1 medium onion, chopped
350 g fresh lamb mince
400 g can of tomatoes
2 tbsp (30 ml) tomato puree
1 large aubergine, sliced
1 bay leaf
1 tsp fresh thyme
1 tsp dried oregano
½ tsp cinnamon
Salt and pepper

For the topping

2 eggs
150 ml (½ pt) single cream
100 g cheddar cheese, grated
25 g Parmesan cheese, grated

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

Accessory: Wire shelf

Fill water tank

1. Pierce skin of potato and cook on **Medium Microwave** for 7-9 minutes, leave to cool slightly then slice. Place oil, garlic and onion in a casserole dish.
2. Place on wire shelf in lower shelf position and cook on **Combi 1** for 3 minutes. Add lamb, tomatoes, purée, herbs, season and mix well. Remove wire shelf from oven. Cover and cook on **High Microwave** for 10 minutes on base of oven.
3. Place aubergine in a Pyrex® dish with 3 tbsp water. Place on the base and cook on **Steam 1** for 5 minutes.
4. For the topping, whisk eggs, cream and cheddar together. Arrange half the aubergine slices in the base of dish and spoon over half the lamb mixture and potato slices, repeat process again. Spread the cheese mixture over the top and sprinkle with Parmesan cheese.
5. Place on wire shelf in lower shelf position and cook on **Combi 10** for 15-18 minutes or until topping is puffed and golden.

Layered Chicken

ingredients

Serves 4

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

Dish: 1 x shallow dish

Accessory: Plastic trivet, glass tray, wire shelf, enamel shelf

Fill water tank

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

Toad in the Hole

ingredients

Serves 4

150 g plain flour
½ tsp salt
2 eggs
150 ml (¼ pt) milk
150 ml (¼ pt) water
1-2 tbsp (15-30 ml) oil
450 g sausages

Dish: 1 x Pyrex® bowl,
1 x oblong tin 27 cm x 22 cm

Accessory: Enamel shelf

1. Preheat oven on **Convection 220 °C**.
2. Sift flour and salt in a bowl. Add eggs and half the liquid. Beat until smooth and gradually stir in remaining liquid.
3. Put oil and sausages in the tin and place on enamel shelf in lower shelf position.
4. Cook on **Convection 220 °C** for 15 minutes on the enamel shelf in lower shelf position.
5. Pour in the batter and cook on **Convection 220 °C** for a further 20 minutes or until the batter is well risen and golden brown.

Lasagne

ingredients

Serves 4

Meat Sauce

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

Lasagne

1 quantity of White Pouring
White Sauce (see page 134)
100 g grated cheese
1 tsp mustard
salt and pepper
250 g fresh lasagne
50 g Parmesan cheese, grated

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

1. Place onion, garlic and oil in a casserole dish. Place on base of oven and cover. Cook on **Medium Microwave** for 3 minutes. Place all other meat sauce ingredients in the casserole dish. Stir well.
2. Cover, cook on **High Microwave** for 10 minutes. Then **Medium Microwave** for 15-20 minutes or until cooked.
3. Add mustard and grated cheddar cheese to white sauce and cover the base of the dish with a layer of white sauce, then a layer of lasagne, then a layer of meat mixture. Continue with a layer of lasagne then meat, ending with a layer of white sauce. Sprinkle parmesan cheese over the top.
4. Place on the base of the oven and cook on **Combi 8** for 10 minutes. Then **Grill 1** for 5 minutes or until golden brown.

Shepherd's Pie

ingredients

Serves 4

1 kg potatoes,
peeled and cubed
2 tbsp (30 ml) milk
1 medium onion, chopped
2 carrots, chopped
25 g butter
350 g lamb, minced
275 ml (½ pt) hot lamb stock
1 tbsp (15 ml) worcestershire sauce
1 tbsp (15 ml) gravy thickening
1 tbsp (15 ml) tomato puree
salt and pepper
50 g cheese

Dish: 1 x Pyrex® casserole dish with lid, 1 x shallow dish

Accessory: Wire shelf

1. Place potatoes in a casserole dish with 3 tbsp water. Cover with lid, place on base of oven and cook on **Medium Microwave** for 15-18 minutes until soft. Drain and mash well with the milk.
2. Place onion, carrots and butter into a shallow dish. Place on base of oven and cook on **Medium Microwave** for 5 minutes or until soft. Add minced meat to vegetables. Then add stock, worcestershire sauce, gravy thickening and tomato puree and season to taste.
3. Cook on **High Microwave** for 15 minutes then spread potato on top of the meat, using a fork to make a pattern on top. Sprinkle with cheese.
4. Place dish on wire shelf in lower shelf position and cook on **Combi 10** for approximately 20 minutes or until top is crisp and golden.

Bolognese

ingredients

Serves 4

1 onion, chopped
1 clove garlic, crushed
1 tsp oil
400 g can chopped tomatoes
150 ml red wine
30 ml (2 tbsp) tomato puree
1 tsp mixed herbs
500 g beef mince
salt and pepper

Dish: 1 x large Pyrex® casserole dish with lid

Fill water tank

1. Place onion, garlic and oil in a casserole dish and cook on **Combi 1** for 3 minutes.
2. Place all other ingredients in the casserole dish. Stir well. Cover, cook on **High Microwave** for 10 minutes. Then **Medium Microwave** for 15-20 minutes or until cooked.
3. Variation: Chilli Con Carne add 400 g can red kidney beans drained, 5-10 ml (1-2 tsp) chilli powder and 1 diced green pepper with the onion, garlic and oil.

Chicken Pasanda

ingredients

Serves 4

3 cardamom pods
1/2 cinnamon stick
1/2 tsp (3 ml) cumin seeds
1 tsp (5 ml) garam masala
1 tsp (5 ml) chilli flakes
2.5 cm fresh root ginger, grated
1 clove of garlic, crushed
25 g ground almonds
3 tbsp (45 ml) natural yoghurt
600 g chicken breast, cubed
1 tbsp (15 ml) olive oil
2 medium onions, finely chopped
150 ml single cream
2 tbsp (30 ml) fresh coriander, chopped

Dish: 1 x Pyrex® casserole dish with lid, 1 x large Pyrex® bowl

1. Place the cardamom, cinnamon, cumin, garam masala, chilli, ginger, garlic, almonds and yoghurt into a Pyrex® bowl. Add chicken and stir well. Leave to marinate in the fridge for 2-3 hours.
2. Place oil and onions in a Pyrex® casserole dish. Place on base of oven and cook on **High Microwave** for 2 minutes.
3. Stir chicken into onions. Cook on **Medium Microwave** for 15 minutes. Stir. Cook for a further 10-15 minutes on **Simmer Microwave**. Stir in cream and coriander and cook on **Medium Microwave** for 3 minutes or until hot.

Madras Curry

ingredients

Serves 4

15 ml (1 tbsp) oil
1 large onion, sliced
3 cloves garlic, crushed
10 ml (2 tsp) ground coriander
3 ml (½ tsp) chilli powder, ground cardamom, ground cloves
15 ml (1 tbsp) garam masala
15 ml (1 tbsp) ground turmeric
5 ml (1 tsp) ground cumin
25 g flour
15 ml (1 tbsp) tomato puree
450 g shoulder of lamb, cubed
juice of 1 lemon
5 ml (1 tsp) sugar
pinch of salt
450 ml (3/4 pt) hot stock

Dish: 1 x large Pyrex® casserole with lid

Fill water tank

1. Place the oil, onion and garlic in a large Pyrex® casserole dish. Place on base of oven and cook on **Steam 1** for 3 minutes.
2. Blend in all the spices and stir in the flour and tomato puree. Add all other ingredients and blend in hot stock. Cover and cook on **Combi 11** for 1 hour - 1 hour 30 minutes, or until meat is tender.
3. Serve with boiled rice and lemon or lime wedges and poppadoms.

Glazed Gammon

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole dish with lid, 1 x small bowl

Accessory: Enamel shelf

1. Place gammon in a large Pyrex® casserole dish. Stud the onion with cloves and peppercorns and add to the dish. Cover with water. Place on base of oven and cook on **High Microwave** for 15 minutes then **Medium Microwave** for 15-20 minutes per 450 g, or until cooked. Drain.
2. In a small bowl, mix together the honey, juice, sugar and mustard. Cook on **High Microwave** for 1 minute. Leave to cool.
3. Remove the gammon rind. Score the fat in a lattice pattern and stud the gammon with cloves. Brush over half of the glaze. Place gammon on enamel shelf in lower shelf position and cook on **Combi 12** for 10-15 minutes until golden spreading over the remaining glaze halfway through cooking time.

Marinated Chicken Breasts

ingredients

Serves 4

4 x chicken breasts 600 g
boneless and skinless

Suggested Marinades:

Ginger and Soy

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

Lemon and Honey:

2 lemons, juice and zest
30 ml (2 tbsp) honey
1 garlic clove, crushed

Lemon and Thyme:

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

Sesame and Honey:

30 ml (2 tbsp) honey
15 ml (1 tbsp) dark soy sauce
25 g toasted sesame seeds

Dish: 1 x shallow Pyrex® dish

Accessory: Wire shelf

Fill water tank

1. Mix the selected marinade ingredients together. Pour marinade over chicken directly in shallow Pyrex® dish and leave to marinate for 2-3 hours in the fridge.
2. Place the dish on the wire shelf in the middle shelf position. Cook chicken on **Combi 1** for 18-20 minutes, or until the chicken is cooked through.

Coq Au Vin

ingredients

Serves 4

100 g streaky bacon, chopped
1 tsp mixed herbs
1 clove garlic, crushed
4/5 chicken portions approx,
1 kg in weight, skin removed
salt and pepper
100 g button mushrooms
300 g whole shallots, peeled
2 tbsp (30 ml) brandy
275 ml (½ pt) red wine
150 ml (¼ pt) chicken stock
cornflour to thicken
parsley, chopped

Dish: 1 x large Pyrex® casserole
dish with lid

1. Place bacon, herbs and garlic in a large Pyrex® casserole dish. Place on base of oven and cook on **High Microwave** for 2 minutes.
2. Place remaining ingredients in casserole dish and cover. Place on base of oven and cook on **Combi 11** for 1 hour 30 minutes or until cooked through.
3. Skim off any excess fat. Thicken using a little cornflour mixed with water. Serve sprinkled with chopped parsley

Creamy Chicken Gratin

ingredients

Serves 4

350 g leeks, trimmed
25 g butter
25 g plain flour
300 ml (½ pt) milk
225 g cooked chicken, chopped
100 g ham, chopped
150 g gruyere cheese, grated
salt and pepper

Dish: 1 x large casserole dish,

1 x square Pyrex® dish

Accessory: Wire shelf

Fill water tank

1. Slice the leeks and place in a casserole dish with the butter. Place on base of oven and cook on **Combi 1** for 6 minutes or until softened.
2. Add the flour and mix well. Stir in the milk and heat on **High Microwave** for 4-5 minutes or until thickened stirring halfway. Add the chicken, ham and cheese then season and mix well.
3. Pour into the dish. Place on wire shelf in lower shelf position and cook on **Combi 5** for 15-20 minutes or until piping hot and golden.

Sticky Ribs

ingredients

Serves 4

800 g pork spare ribs
150 ml (¼ pt) water

For the glaze

150 g orange marmalade
preferably shred less or fine shred
25 g dark muscovado sugar
100 ml fresh orange juice
5 cm (2 inch) piece fresh root
ginger, peeled and coarsely grated
5 tbsp (75 ml) tomato ketchup
2 tbsp (30 ml) white wine vinegar

Dish: 1 x rectangular dish
20 cm x 25 cm (8" x 10"),
1 x large bowl

Accessory: Wire shelf

Fill water tank

1. Place the ribs in a single layer in rectangular dish with the water. Place on base of oven and cook on **Combi 1** for 10 minutes. Drain.
2. Meanwhile, mix together all the ingredients for the glaze in a large bowl. Place on base of oven and cook on **High Microwave** for 5 minutes.
3. Pour glaze over ribs and place dish on wire shelf in lower shelf position. Cook on **Combi 6** for 15 minutes. Turn halfway and baste.

Spicy Lamb Tagine

ingredients

Serves 6

¾ tbsp (10 ml) ground ginger
½ tsp coarsely ground black pepper
1½ tsp ground cinnamon
¾ tbsp (10 ml) turmeric
15 ml (1 tbsp) paprika
½ tsp chilli powder/flakes
800 g cubed boneless lamb
2 tbsp (30 ml) oil
300 g onions, chopped
2 crushed garlic cloves
½ tsp salt
150 g sliced carrots
150 g ready to eat dried
apricots, chopped
40 g sultanas or seedless raisins
65 g toasted flaked almonds
¾ tbsp (10 ml) honey
150 ml (¼ pint) tomato juice
400 g can chopped
tomatoes
300 ml (½ pint) vegetable stock

Dish: 1 x large bowl,
1 x Pyrex® casserole

Fill water tank

1. Put spices into bowl and mix well. Add lamb and evenly coat with spices.
2. Place oil, onions and garlic in a casserole dish. Place on base of oven and cook on **Combi 1** for 5 minutes.
3. Add lamb mixture and mix thoroughly. Stir in remaining ingredients and cover. Cook on **Combi 11** for 1-1½ hours or until tender, stir halfway.

Pesto Chicken Crumble

ingredients

Serves 4

500 g new potatoes, halved
3 tbsp (45 ml) pesto
1 tbsp (15 ml) oil
1 onion, finely chopped
4 x 125 g boneless skinned
chicken breasts, cut into strips
400 g can chopped tomatoes
2 tbsp tomato puree
4-5 drops Tabasco sauce
175 g fresh white breadcrumbs
1 garlic clove, finely chopped
50 g Parmesan cheese, grated

Dish: 1 x Pyrex® casserole dish
with lid, 1 x shallow oval Pyrex®

Accessory: Wire shelf

1. Place potatoes in a casserole dish with 45 ml (3 tbsp) water. Cover, place on base of the oven and cook on **High Microwave** for 7-8 minutes. Drain. Stir the pesto into the potatoes and put aside to keep warm.
2. Place oil and onion in a shallow oval dish and cook on **High Microwave** for 2-3 minutes to soften the onion. Add chicken, cover and cook on **Medium Microwave** for 4 minutes. Add the tomatoes, tomato puree and the Tabasco to the chicken. Cover and cook on **Medium Microwave** for 3 minutes. Stir and cook for a further 5-6 minutes on **Medium Microwave**. Add potatoes.
3. Mix the breadcrumbs with the garlic and Parmesan cheese and sprinkle over the chicken. Place dish on wire shelf in lower shelf position and cook on **Combi 7** for 10-11 minutes until heated through and golden brown in colour.

Chicken Casserole

ingredients

Serves 4

4 x 225 g boneless skinless chicken breasts cut into small chunks
 50 g plain flour
 1 tbsp (15 ml) oil
 15 g butter
 1 garlic clove, crushed
 4 shallots, chopped
 150 g mushrooms, sliced
 1 tbsp (15 ml) Dijon mustard
 200 ml hot chicken or vegetable stock
 200 ml dry white wine
 225 g baby new potatoes, halved
 225 g baby carrots
 100 g asparagus tips
 100 g shelled, fresh or frozen broad beans
 3 tbsp (45 ml) double cream
 2 tbsp (30 ml) mixed fresh parsley and tarragon, chopped
 Crusty bread, to serve

Dish: 1 x large Pyrex® casserole dish with lid

Accessory: Wire shelf

1. Coat chicken with flour and place in fridge. Place oil, butter, garlic, shallots and mushrooms into a Pyrex® casserole dish with lid. Place on base of the oven and cook on **High Microwave** for 3 minutes.
2. Stir in Dijon mustard and add chicken. Then stir in stock and wine. Add potatoes and carrots.
3. Cover casserole, place on wire shelf in lower shelf position and cook on **Combi 11** for 50 minutes stirring halfway. Stir in asparagus, broad beans and cream and cook on **Combi 11** for a further 10-15 minutes on the wire shelf in the lower shelf position. Stir in herbs and serve with crusty bread.

Pork & Potato Bake

ingredients

Serves 4

225 g carrots, sliced
 3 celery sticks, sliced
 1 tsp vegetable oil
 4 boneless pork chops
 1 tbsp (15 ml) English mustard
 1 onion, finely chopped
 25 g butter
 15 g flour
 300 ml (½ pt) milk
 salt and pepper
 450 g potatoes, peeled and finely sliced

Dish: 1 x shallow Pyrex® dish, 1 x large bowl

Accessory: Wire shelf

1. Mix the carrots, celery and oil together in the shallow dish. Cover, place on the base of the oven and cook on **High Microwave** for 4-5 minutes. Arrange the chops in a single layer on top of the vegetables, spread mustard over evenly.
2. Make onion sauce by cooking the onion with half the butter on **High Microwave** for 2-3 minutes in a large bowl. Add the flour and stir well. Gradually add the milk and cook on **High Microwave** for 1 minute 30 seconds. Stir and cook for a further 1-2 minutes or until thick and cooked. Season to taste.
3. Pour sauce over chops. Arrange potato slices on top, cover and cook on **High Microwave** for 5 minutes. Uncover, dot with remaining butter. Place on wire shelf in lower shelf position and cook on **Combi 10** for 25-30 minutes or until potatoes are golden.

Croque Monsieur

ingredients

Serves 2

4 slices bread, buttered
 1 tsp Dijon mustard
 2 slices smoked ham
 100 g sliced cheese

Accessory: Wire shelf

1. Preheat oven on **Grill 1**. Place the bread, buttered side up on the wire shelf in the upper shelf position and cook on **Grill 1** for 3-4 minutes or until it starts browning.
2. On 2 slices of the bread, spread the untoasted sides with mustard and top with ham and cheese. Cover with the other slices, browned side uppermost.
3. Place back on the wire shelf in upper shelf position and cook on **Combi 5** for 1½-2 minutes or until the cheese has melted.

Pork with Herby Dumplings

ingredients

Serves 4

2 tbsp (30 ml) oil
1 medium onion, chopped
1 green pepper, deseeded and chopped
225 g carrots, sliced
450 g lean pork, cubed
2 tbsp (30 ml) seasoned flour
1 bay leaf
1 tsp dried sage
salt and pepper
300 ml (½ pt) dry cider

Dumplings

175 g self raising flour
75 g suet
pinch of salt
5 ml (1 tsp) mustard powder
15 ml (1 tbsp) fresh parsley, chopped
150 ml (¼ pt) cold water

Dish: 1 x large Pyrex® casserole dish with lid, 1 x bowl

Accessory: Wire shelf

Fill water tank

1. Place oil, onion, green pepper and carrots in a casserole dish. Place on base of oven and cook on **Combi 1** for 6 minutes. Toss pork in seasoned flour and add to onion mixture.
2. Stir in all other ingredients. Place on wire shelf in lower shelf position, cover and cook on **Combi 11** for 1 hour or until pork is tender.
3. Whilst cooking make the dumplings by combining the flour, suet, salt, mustard and parsley in a bowl. Add the water to make a stiff dough. Shape dough into 8 round dumplings.
4. When pork is cooked, uncover and place dumplings around the edge of dish. Cook uncovered on **Combi 11** for 15 minutes or until dumplings are cooked through.

Greek Lamb Stew

ingredients

Serves 4

700 g lamb fillet, cut into chunks
2 onions, chopped
1 red chilli
2 cloves garlic, crushed
1 sprig rosemary
275 ml (½ pt) white wine
400 g can chopped tomatoes
10 black olives, sliced
100 g linguine, broken into small pieces
150 g feta cheese cubed
1 tbsp fresh mint chopped

Dish: 1 x Pyrex® casserole dish with lid

Accessory: Wire shelf

Fill water tank

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

Normandy Style Chicken

ingredients

Serves 4

800 g chicken fillets
2 shallots
40 g butter
1 glass of white wine or cider
salt and pepper
4 large apples
4 tbsp double cream
sauce thickener
2 tbsp Calvados

Dish: 1 x Pyrex® dish 25 cm (10") diameter

1. Cut the chicken fillets into pieces. Sweat the chopped shallots in butter, covered, for 2 minutes on **High Microwave**. Add the chicken pieces, the white wine or cider, salt, pepper and the apples, peeled, cored and cubed. Cover and cook on **High Microwave** for 14-16 minutes, stirring halfway through cooking time.
2. Drain the chicken pieces and keep them to one side, covered in aluminium foil. Add the cream and the sauce thickener with Calvados in the dish and cook, uncovered, a further 3-4 minutes on **High Microwave**.
3. Season to taste and put the chicken pieces back into the sauce.

Chicken & Stilton Pie

ingredients

Serves 4

25 g butter
200 g leeks, sliced
50 g plain flour
450 ml (¾ pt) milk
150 g stilton
350 g cooked chicken, cubed
250 g puff pastry
1 egg, beaten

Dish: 1 x Casserole dish,

1 x shallow Pyrex® dish

Accessory: Wire shelf

Fill water tank

1. Place the butter and leeks in a casserole dish. Place on the base of the oven and cook on **High Microwave** for 8 minutes or until soft. Add the flour, stir well then gradually add the milk and cook on **High Microwave** for 4 minutes or until the sauce has thickened.
2. Preheat the oven on **Convection 190 °C**. Finely chop the cheese and add to the sauce, mix in the chicken. Pour the mixture into a shallow Pyrex® dish. Roll the pastry for a lid and place on top of the chicken mixture. Brush with beaten egg.
3. Place dish on wire shelf in lower shelf position and cook on **Combi 3** for 4 minutes then **Combi 9** for 16 minutes, or until cooked and browned.

Bacon & Potato Bake

ingredients

Serves 4

1 kg baking potatoes,
peeled and halved
1 onion, finely chopped
225 g smoked back
bacon, cut into strips
225 g brie
150 ml (¼ pt) single cream

Dish: 1 x large Pyrex® casserole

dish with lid, 1 x bowl,

1 x shallow Pyrex® dish

Accessory: Wire shelf

1. Place potatoes in a casserole dish with lid with 45 ml (3 tbsp) water. Cover, place on the base of the oven and par-boil on **High Microwave** for 10 minutes. Slice thickly.
2. Place onion and bacon in bowl and cook on **High Microwave** for 3 minutes. Stir halfway. Chop cheese into chunks. Layer half the potatoes in the buttered shallow dish. Scatter over half of the onion, bacon and cheese. Lightly season with salt and pepper. Repeat layers, then pour cream evenly over the top.
3. Place on the wire shelf in the lower shelf position and cook on **Combi 5** for 15-20 minutes or until golden brown.

Hungarian Goulash

ingredients

Serves 4

700 g braising steak, cubed
50 g seasoned flour
1 large onion
1 red pepper, deseeded and chopped
400 g canned, chopped tomatoes
175 g mushrooms, chopped
600 ml (1 pt) hot beef stock
3 tbsp (45 ml) tomato puree
2 tbsp (30 ml) paprika
5 ml (1 tsp) sugar
4 tbsp (60 ml) soured cream

Dish: 1 x large Pyrex® casserole

dish with lid

1. Toss meat in the flour.
2. Combine all ingredients except the soured cream in a large Pyrex® casserole dish. Cover, place on the base of the oven and cook on **Low Microwave** for 40-50 minutes or until the meat is tender.
3. Remove from oven and immediately stir in the soured cream.

Sweet Potato Crisps with Tomato Salsa

ingredients

Serves 2

2 sweet potatoes, peeled
pinch salt
30 ml olive oil

Salsa:

100 g chopped tomatoes
30 ml honey
pinch salt
pinch pepper
5 g chilli powder
1 lime, juice and zest

Dish: 1 x Pyrex® bowl

Accessory: Enamel shelf

1. Rinse and dry the sweet potatoes, cut into 3 mm slices, sprinkle with salt and oil.
2. Preheat oven on **Convection 220 °C**. Spread out sweet potatoes on enamel shelf in the middle shelf position. Cook on **Convection 220 °C** for 5-8 minutes, turn and cook for a further 5-8 minutes.
3. To make the salsa. Mix chopped tomatoes with honey, salt, pepper, chilli, lime juice and zest in a bowl. Serve with the sweet potato crisps.

Carrot and Chickpea Traybake

ingredients

Serves 4

2 x 400 g tinned chickpeas, drained
750 g carrots
30 ml olive oil
5 g cayenne pepper
5 g cumin
5 g cumin seeds
2 garlic cloves, crushed

Accessory: Enamel shelf

1. Preheat oven on **Convection 220 °C**. Tip the chickpeas onto the enamel shelf. Peel and cut the carrots lengthways, then add to the chickpeas.
2. Drizzle with olive oil and toss to coat everything well. Sprinkle the spices over the chickpeas and carrots along with the crushed garlic. Season well.
3. Cook on **Convection 220 °C** on the enamel shelf in the lower shelf position for 30 minutes, until carrots are tender.

Carrot Hummus

ingredients

5 g cumin seeds
5 g ground coriander
30 ml olive oil
5 ml honey
700 g carrots, peeled and chopped
2 cloves of garlic
1 lemon, juice and rind
1 orange, juice and rind
60 ml tahini
2 g salt

Dish: 1 x small Pyrex® bowl

Accessory: Enamel shelf

Fill water tank

1. Preheat oven on **Convection 200°C**.
2. Mix the spices, oil and honey together in a small bowl. Put the carrots and garlic onto the enamel shelf in the lower shelf position. Add the spice mixture and toss together. Cook on **Convection 200 °C** for 20-25 minutes until the carrots are soft. Add a **Steam Shot** (see page 51 of Operating Instructions) for 3 minutes halfway through cooking time.
3. Tip the hot carrots into a bowl of a food processor and add the rest of the ingredients. Blend well into a smooth paste.
4. Allow to cool and serve slightly warm or chilled.

Gratin Dauphinois

ingredients

Serves 4-6

1 clove of garlic, halved
700 g potatoes, halved
salt and pepper
pinch nutmeg
150 ml (¼ pt) double cream
25 g butter

Dish: 1 x shallow Pyrex® dish
20 cm (8")

Accessory: Wire shelf

Fill water tank

1. Rub halves of garlic around inside of dish and discard. Place potatoes in dish with 45 ml (3 tbsp) water. Place on base of the oven and par-boil on **Combi 1** for 10-12 minutes. Drain. Slice thinly.
2. Layer the potato slices in the dish, seasoning with salt, pepper and nutmeg between each layer. Pour the cream evenly over the top of the potatoes and dot with butter.
3. Place dish on wire shelf in lower shelf position and cook on **Combi 10** for 25 minutes or until potatoes are cooked.

Mexican Potatoes

ingredients

Serves 4

700 g potatoes, cut into cubes
1 tbsp olive oil
1 onion, finely chopped
1 garlic clove, finely chopped
½ tsp mild chilli powder
½ tsp paprika
1 tsp cumin
½ tsp cayenne

Dish: 1 x shallow Pyrex® dish

Accessory: Plastic trivet, glass tray, wire shelf

Fill water tank

1. Place potatoes on plastic trivet on glass tray on wire shelf in the middle shelf position, cook on **Combi 1** for 8 minutes.
2. Place oil and onion into shallow Pyrex® dish, place on the base and cook on **Combi 1** for 6 minutes, add garlic and spices and cook on **Combi 1** for 1 minute.
3. Drain the potatoes and tip into the onion mix. Mix well, place Pyrex® dish on wire shelf in middle shelf position and cook on **Combi 5** for 20 minutes.

Cauliflower Cheese

ingredients

Serves 4

1 cauliflower, florets
25 g butter
25 g flour
½ tsp French mustard
300 ml (½ pt) milk
seasoning to taste

Topping:

100 g grated cheese
25 g breadcrumbs

Dish: 1 x shallow Pyrex® dish,
1 x jug

Accessory: Plastic trivet, glass tray, wire shelf

Fill water tank

1. Place cauliflower florets on plastic trivet on glass tray on wire shelf in middle shelf position. Cook on **Combi 1** for 10 minutes. Drain. Melt butter in a jug on **High Microwave** for 50 seconds. Stir in flour and mustard. Cook for a further 10-20 seconds. Add milk gradually. Stir well and season. Cook on **High Microwave** for 3-4 minutes or until sauce is thick and bubbling. Stir halfway. Stir in 90 g grated cheese.
2. Put the cauliflower in a shallow Pyrex® dish. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs. Place dish on wire shelf in lower shelf position and cook on **Combi 5** for 10-15 minutes. or until golden brown.

Ratatouille

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole dish

Fill water tank

1. Combine all ingredients in a casserole dish. Place on base of the oven and cook on **Combi 1** for 20-25 minutes, or until vegetables are soft. Stir halfway through cooking time.

Steamed Carrots with Orange, Cumin and Thyme

ingredients

Serves 4-5

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

Accessory: Wire shelf, enamel shelf, glass tray, plastic trivet
Fill water tank

1. Use a pestle and mortar, to press sugar, zest, cumin seeds and thyme together. Then add the butter and mix well. Spoon the mixture onto a sheet of greaseproof paper and roll into a cylinder, twisting both ends to seal. Place in the fridge to firm up.
2. Wash, peel and slice carrots. Place half sliced carrots on the glass tray on the wire shelf in the upper shelf position. Place remaining carrots on the plastic trivet on enamel shelf in the lower shelf position. Cook on **Steam 1** for 18 minutes, until carrots are tender. Slice the flavoured butter, and serve the carrots with butter melted over the top.

Steamed Courgettes with Tomato and Chilli

ingredients

Serves 4-5

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

Accessory: Wire shelf, enamel shelf, plastic trivet, glass tray
Fill water tank

1. Use a pestle and mortar, to press garlic, chilli and sun-dried tomatoes to a paste. Add butter and mix well. Spoon the mixture onto a sheet of greaseproof paper and roll into a cylinder, twisting both ends to seal. Place in the fridge to firm up.
2. Wash and slice the courgettes and place half courgettes on the glass tray on the wire shelf in the upper shelf position. Place remaining courgettes on the plastic trivet on enamel shelf in the lower shelf position. Cook on **Steam 1** for 16-17 minutes, until soft. Slice the flavoured butter, and serve the courgettes with butter melted over the top.

Steamed Mangetout with Citrus Butter

ingredients

Serves 4-5

½ lemon, finely grated zest
15 ml lemon juice
seasoning
60 g unsalted butter
300 g mangetout

Accessory: Plastic trivet, enamel shelf, wire shelf, glass tray
Fill water tank

1. Mix all ingredients except the mangetout together. Spoon the mixture onto a sheet of greaseproof paper and roll into a cylinder, twisting both ends to seal. Place in the fridge to firm up.
2. Wash and trim the mangetout and place half of the mangetout on the glass tray on the wire shelf in the upper shelf position. Place remaining mangetout on the plastic trivet on enamel shelf in the lower shelf position. Cook on **Steam 1** for 13 minutes, until tender. Slice the flavoured butter, and serve the mangetout with butter melted over the top.

- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.



- Do not mix fresh and frozen vegetables as the cooking times may be different.
- Cabbage should be shredded and cooked by power and time.



- Fresh vegetables require 45 ml (3 tbsp) water.
- If cooking potatoes with other vegetables, only cook with other **root** vegetables.



- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.

- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with microwave cling film or a lid.



- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish, as these require less cooking.



- Whole cauliflower should be cooked upside down on **Medium Microwave** for approx. 10 minutes with 90 ml (6 tbsp) water.

Jacket Potatoes

Varieties of potatoes vary in their suitability for cooking by microwave. We recommend Maris Piper for consistently good results. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by microwave is 200 g - 250 g.

Before Cooking

Wash potatoes and prick skins several times. Spread around edge of oven base.

After Cooking

Remove from oven and wrap in aluminium foil to retain the heat. Leave to stand for 5 minutes.

Black Bean Cottage Pie

ingredients

Serves 4

1 onion, finely chopped
15 ml olive oil
250 g frozen soya mince
2 garlic cloves, crushed
5 ml ground cumin
10 ml mild chilli powder
400 g tinned black beans, drained
400 g tinned chopped tomatoes
750 g sweet potatoes, peeled and chopped
75 g soured cream
50 g feta cheese

Dish: 2 x Pyrex® casserole dish with lid, 1 x Pyrex® rectangular dish 25 x 18 cm

Accessory: Enamel shelf

1. In a large Pyrex® casserole dish with lid, cook the onions and oil on **High Microwave** for 5 minutes. Add the soya mince, garlic and spices and cook for on **High Microwave** for a further 3 minutes. Add the black beans and tomatoes and cook on **High Microwave** for 5 minutes.
2. Cook the sweet potatoes in a large casserole dish filled with boiling water on **High Microwave** for 10-15 minutes until completely tender. Drain well, then mash the sweet potatoes. Stir in the sour cream and feta to the mash.
3. Add the mince mixture to a shallow Pyrex® dish and top with the mash mixture. Place dish on the enamel shelf in the lower shelf position. Brown on **Grill 1** for 20-30 minutes.

Mushroom Stroganoff

ingredients

Serves 4

1 bunch spring onions, finely sliced
20 ml olive oil
250 g basmati rice
100 g spinach
1 large onion, chopped
600 g mixed mushrooms, sliced
2 cloves of garlic, crushed
10 ml smoked paprika
200 ml hot vegetable stock
150 ml sour cream
15 ml fresh tarragon, chopped

Dish: 2 x large Pyrex® casserole dish with lid

1. Add the spring onions and half of the oil to a Pyrex® casserole dish with lid. Heat on **High Microwave** for 1 minute and 30 seconds. Add the rice to the casserole dish with 500 ml boiling water and cook on **High Microwave** for a further 10 minutes.
2. Drain the excess liquid and tip rice mixture back into the dish. Add the spinach, cover with lid to allow the spinach to wilt and to keep rice warm while stroganoff is cooking.
3. Add remaining oil, onion, mushrooms, garlic and paprika to a casserole dish with lid. Cook on **High Microwave** for 5 minutes. Add the vegetable stock and cook on **High Microwave** for a further 10 minutes until thickened.
4. Add the sour cream and the tarragon, serve with the rice.

Tabbouleh Stuffed Peppers

ingredients

Serves 2

75 g bulgur wheat
½ red onion, finely diced
2 tomatoes, finely diced
15 ml hazelnuts, roughly chopped
1 lemon, juiced
½ bunch coriander, chopped
½ bunch parsley, chopped
4 large red peppers
olive oil
50 g feta cheese, crumbled
100 ml natural yoghurt

Dish: 1 x Pyrex® casserole dish with lid

Accessory: Enamel shelf

1. Cook the bulgur wheat in a large casserole dish with a lid, with 750 ml boiling water on **High Microwave** for 10 minutes. Drain and mix with the red onion, tomatoes, hazelnuts, half the lemon juice, coriander and parsley.
2. Preheat oven on **Convection 180 °C**.
3. Cut the tops off the peppers, reserving them. Remove all of the pith and seeds from inside. Take a little slice off the bottom so that they sit flat, but try not to make a hole.
4. Divide the tabbouleh mixture between the peppers, put their lids back on and drizzle with a little olive oil.
5. Put peppers on enamel shelf in the middle shelf position and cook on **Convection 180 °C** for 30 minutes until tender.
6. For the dressing, put the feta, yoghurt and remaining lemon juice in a food processor with 1-2 tbsp water, and whizz. Remove the pepper lids, add the dressing then replace the lids.

Asparagus & Ricotta Flatbreads

ingredients

Serves 2

7 g dried yeast
3 g sugar
200 g spelt flour
150 g strong bread flour
15 g salt
30 ml olive oil
200 g asparagus
100 g peas
½ bunch mint leaves, chopped
200 g ricotta
10 g parmesan, grated
1 clove of garlic, crushed
1 lemon, zested
1 pinch nutmeg
1 pinch black pepper

Dish: 1 x Pyrex® jug

2 x large bowls

1 x small bowl

Accessory: Enamel shelf

1. Snap the woody bases off the asparagus. Add to a bowl with the peas and 300 ml water. Cook on **High Microwave** for 4 minutes. Drain and set aside to cool. Add mint leaves, lemon juice and a drizzle of olive oil. Toss to combine.
2. Put the yeast, sugar and 220 ml luke warm water in a jug and stir thoroughly. Allow to stand for a few minutes.
3. Sift the flours and salt into a bowl, then incorporate the yeast mix. Stir in the oil and turn the dough out onto a lightly floured surface and knead for 5 minutes until smooth. Return to the bowl, prove in the oven on **Convection 40 °C** for 30 minutes until doubled in size.
4. Remove dough from oven and knead for a few more minutes to knock it back. Then divide the dough into two and shape each piece into a ball.
5. Preheat oven to **Convection 210 °C**. Flatten the dough with the palm of your hand, using a floured rolling pin, roll each into a wide flat base about 23-30 cm long. Place onto lined enamel shelf, then brush dough with oil. Bake on **Convection 210 °C** for 8-10 minutes with the enamel shelf in the middle position. Turn halfway, remove when the bread is puffed and golden. Leave to cool.
6. Put 4 mint leaves, cheeses, oil, garlic, lemon zest, salt, nutmeg and pepper in a small bowl and stir to combine.
7. Spread the ricotta mix onto the flatbreads, then top with the asparagus and pea mix.

Halloumi Curry

ingredients

Serves 2

450 g halloumi cheese, cubed
60 ml oil
6 cloves of garlic, crushed
2 red onions, diced
2 red peppers, diced
5 ml salt
5 ml ground turmeric
5 g cumin seeds
1 lemon, juice and rind

Dish: 1 x Pyrex® casserole dish with lid

Accessory: Enamel shelf

1. Preheat the oven to **Convection 220 °C**. Cook the halloumi with 30 ml oil on the enamel shelf in the middle shelf position on **Convection 220 °C** for 15-20 minutes. Set aside on a plate.
2. Add 30 ml oil, garlic and onion to casserole dish cover and cook on **High Microwave** for 2 minutes. Add the red pepper, salt, turmeric, cumin seeds, lemon zest, juice and 300 ml water. Stir and cook for a further 10 minutes on **High Microwave** without a lid.
3. Remove from oven and use a stick blender to purée the mixture into a smooth paste, add the halloumi and heat on **High Microwave** for 1-2 minutes.

Spaghetti Puttanesca Grill

ingredients

Serves 4

300 g spaghetti
300 g Tenderstem broccoli, chopped
45 ml oil
3 garlic cloves, peeled and finely chopped
30 g capers, drained
pinch chilli flakes
100 g pitted green olives, chopped
2 x 400 g tinned tomatoes
25 g breadcrumbs
25 g parmesan cheese, grated

Dish: 2 x Pyrex® casserole dish with lid, 1 x Pyrex® shallow dish

Accessory: Enamel shelf

1. Cook the spaghetti with 900 ml boiling water in a casserole dish with lid on **High Microwave** for 6 minutes. Add the broccoli and cook on **High Microwave** for a further 3 minutes. Drain, and toss in 15 ml oil.
2. Add the remaining oil and garlic to a Pyrex® casserole dish with lid, cook on **High Microwave** for 1 minute. Add the capers, chilli flakes, olives and tinned tomatoes. Cook on **High Microwave** for 8 minutes until sauce is thickened.
3. Preheat oven on **Grill 1**. Toss the drained pasta and broccoli in the sauce. Transfer to shallow Pyrex® dish, scatter with breadcrumbs and parmesan. Place Pyrex® dish on enamel shelf in the middle shelf position, grill for 10 minutes on **Grill 1**.

Greek Stuffed Aubergine

ingredients

Serves 2

1 onion, diced
1 clove of garlic, crushed
5 ml olive oil
200 g tinned tomatoes
75 g olives, stoned
8 cherry tomatoes
2 aubergines
150 g feta cheese

Dish: 1 x large Pyrex® casserole dish with lid

Accessory: Enamel shelf

1. Put the onion, garlic and oil in a Pyrex® casserole dish with lid, cook on **High Microwave** for 3 minutes.
2. Add the tinned tomatoes, olives and cherry tomatoes, cook on **High Microwave** for a further 5 minutes.
3. Preheat the oven on **Convection 180 °C**. Slice the aubergines in half and score the flesh diagonally, being careful not to cut all the way through. Cook the aubergines on the enamel shelf in the middle shelf position **Convection 180 °C** for 20 minutes.
4. Add the tomato sauce to the top of the aubergines and cook on **Convection 180 °C** for a further 10 minutes. Remove from the oven and crumble feta cheese on top.

Baked Potatoes with Mushrooms

ingredients

Serves 2

75 ml rapeseed oil
salt
pepper
30 ml paprika powder
5 ml cayenne pepper
5 ml marjoram
2 baking potatoes
100 g brown champignons
100 g oyster mushrooms
100 g beech mushrooms
125 g curd cheese
½ bunch parsley
½ bunch chives
1 sprig spring onion

Dish: 1 x shallow Pyrex® dish
20 cm x 20 cm, 1 x small bowl

1. Mix oil with salt, pepper, paprika, cayenne pepper and marjoram. Rinse and dry potatoes, pierce skin. Place in a shallow Pyrex® dish. Drizzle with half the oil mixture and cook at **High Microwave** for 10 minutes.
2. Clean the mushrooms and cut into bite size pieces. Marinate the mushrooms in the remaining oil mixture and add to the Pyrex® dish with precooked potatoes. Bake on **Convection 200 °C** for 15 minutes, until crispy.
3. In a small bowl mix curd cheese with salt and pepper. Finely chop the parsley, chives and spring onions. Add to the curd cheese.
4. Cut the potatoes in half, fill with curd cheese and mushrooms.

Greek Pie

ingredients

Serves 4

225 g bag spinach leaves
200 g jar sundried tomatoes in oil
100 g feta cheese, cubed
2 eggs, beaten
250 g pack filo pastry

Dish: 1 x large Pyrex® casserole dish with lid, 1 x bowl,
1 x cake tin 20 cm

Accessory: Enamel shelf

1. Place spinach into a large casserole dish, cover and place on the base of the oven, cook on **High Microwave** for 4-5 minutes or until wilted. Leave to cool slightly then squeeze out any excess water and roughly chop.
2. Preheat oven on **Convection 180 °C** with enamel shelf in lower shelf position. Drain tomatoes, reserving the oil. Roughly chop the tomatoes and put into a bowl along with the spinach, feta and eggs. Mix well.
3. Take a sheet of pastry and brush liberally with some of the sundried tomato oil. Drape oil-side down into the cake tin so that some of the pastry hangs over the side. Brush oil on another piece of pastry and place in the tin, just a little further round. Keep placing the pastry pieces in the tin until the pastry is all used, then spoon over the filling.
4. Pull the sides into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil. Place the tin on the enamel shelf in the lower shelf position and cook on **Convection 180 °C** for 25-30 minutes until the pastry is crispy and golden brown. Remove from the tin. Slice into wedges.

Roast Vegetable Parcels

ingredients

Serves 4

200 g can chopped tomatoes
2 tsp tomato puree
600 g mixed vegetables
e.g. sweet potato, red pepper, leeks, aubergine
1 clove garlic, crushed
1 tbsp (15 ml) olive oil
25 g pine nuts
50 g gruyere cheese, grated
100 g Boursin. cheese
1 tbsp (15 ml) single cream
350 g ready made puff pastry
1 beaten egg to glaze

Dish: 1 x large bowl, 1 x shallow ovenproof dish, 1 x small bowl

Accessory: Glass tray, wire shelf, enamel shelf

1. Place the chopped tomatoes and puree in a bowl. Place on base of the oven and cook on **High Microwave** for 5 minutes then **Medium Microwave** for 5-6 minutes or until mixture is reduced in volume and thickened.
2. Cut vegetables into even sized chunks and toss with the garlic and oil. Place on the glass tray on wire shelf in lower shelf position and cook on **Combi 7** for 30 minutes. Turn halfway, mix the tomato sauce with the cooked vegetables and pine nuts.
3. Preheat oven on **Convection 220 °C**. In a small bowl mix together the gruyere cheese, Boursin and single cream. Roll out pastry until it measures approx 30 cm (12") square. Divide into 4 equal squares.
4. Place ¼ of the vegetable mixture in the centre of one of the squares and top with ¼ of the cheese mixture. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water and glaze with beaten egg, repeat 3 times.
5. Place parcels on lined enamel shelf in lower shelf position and cook on **Convection 220 °C** for 16-18 minutes or until golden and cooked through.

Bean Enchiladas

ingredients

Serves 4

1 onion, chopped
260 g carrots, grated
1 tbsp olive oil
2 tsp mild chilli powder
1 tsp ground cumin
400 g tin chopped tomatoes, drained
400 g tin baked beans, drained
400 g tin mixed beans, rinsed and drained
6 small tortillas
200 g low fat natural yoghurt
50 g hard cheese, grated

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

Accessory: Enamel shelf

1. Cook the onion and carrots with the olive oil in the covered Pyrex® casserole dish on the base of the oven on **High Microwave** for 5-6 minutes. Stir halfway through cooking.
2. Stir in the chilli powder and ground cumin. Cook on **High Microwave** for 1 minute. Stir in the tomatoes and beans. Cover and bring to the boil on **High Microwave** for 8-10 minutes then cook on **Simmer Microwave** for 10 minutes, stirring occasionally.
3. Spread a thin layer of the mixture over the base of the square Pyrex® dish. Fill each tortilla with a few tbsp of the mixture, fold over the ends and roll up to seal. Place into the dish seal side down. Cover with the remaining mixture.
4. Mix the yoghurt and grated cheese together and spoon evenly over the dish. Place on enamel shelf in the lower shelf position and brown on **Grill 1** for 15-25 minutes.

Porcini Mushroom Risotto

ingredients

Serves 4

40 g dried porcini mushrooms
1 onion
50 g butter
250 g arborio rice
1 garlic clove
500 ml (¾ pt) hot water with
1 vegetable stock cube added
basil leaves, chopped
30 g parmesan

Dish: 1 x small bowl, 1 x large casserole dish with lid

1. Soak the mushrooms for at least 2 hours with 400 ml warm water in a small bowl. Cook the chopped onion with butter in a casserole dish with lid on **High Microwave** for 3 minutes. Add the rice. Cover and cook on **High Microwave** 1 minute.
2. Add peeled and crushed garlic, half the vegetable stock and half the mushrooms' soaking water. Cover and cook for 4-5 minutes on **High Microwave** and 15 minutes on **Simmer Microwave**, adding the remaining stock and mushrooms' soaking water halfway through cooking time.
3. Add the chopped mushrooms and basil leaves 3 minutes before the end, adding a few spoonfuls of hot water if needed. Add parmesan. Season to taste and leave the risotto to stand, covered, for 8 minutes before stirring with a fork.

Tagliatelle Toscana

ingredients

Serves 4-6

350 g tagliatelle, fresh
1 onion
1 clove garlic, crushed
1 tbsp (15 ml) olive oil
1 large aubergine, cubed
400 g tin of
chopped tomatoes
5 ml (1 tsp) basil
1 tbsp (15 ml) tomato puree
15 g butter
salt and pepper
8-10 black olives, stoned
100 g mozzarella, diced
2 tbsp (30 ml) parmesan cheese

Dish: 2 x large Pyrex® casserole dish

1. Cook the pasta in a casserole dish with 600 ml boiling water, covered, on **High Microwave** for 4 minutes or until tender.
2. Drain. Place onion, garlic and oil in a casserole dish, cover and cook on **High Microwave** for 2 minutes or until soft. Add the remaining ingredients except the mozzarella, tagliatelle and parmesan cheese, cover and cook on **High Microwave** for 6-8 minutes.
3. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on the base of the oven on **Combi 4** for 10-12 minutes or until golden brown and piping hot.

Spicy Tomato Pasta

ingredients

Serves 4

350 g dried pasta e.g. penne
2 red peppers, seeded and cut into chunks
2 red onions cut into wedges
2 mild red chillies, seeded and diced
3 garlic cloves, coarsely chopped
1 tsp golden caster sugar
2 tbsp (30 ml) olive oil
salt and pepper
700 g small ripe tomatoes, quartered
handful fresh basil leaves
25 g grated parmesan

Dish: 1 x large Pyrex® casserole dish, 1 x Pyrex® dish

Accessory: Wire shelf

1. Put pasta in a casserole dish, add 1 litre of boiling water, cover. Place on base of oven and cook on **High Microwave** for 10-12 minutes. Drain.
2. Place peppers red onions, chillies and garlic in a Pyrex® dish. Sprinkle with sugar, drizzle over the oil and season well with salt and pepper. Place on wire shelf in lower shelf position and cook on **Combi 12** for 15 minutes. Add tomatoes, stir and cook on **Combi 12** for 10 minutes or until golden and starting to soften.
3. Remove the vegetables from the oven. Stir in the pasta and cook on the base of the oven on **Combi 6** for 10 minutes. Tear the basil leaves on top and sprinkle with parmesan to serve.

Butternut Squash and Sage Risotto with Spinach

ingredients

Serves 4

1 butternut squash, peeled and cut into chunks
15 ml olive oil
1 onion, chopped
40 g butter
250 g risotto rice
450 ml hot vegetable stock
15 g sage
salt and pepper
45 ml white wine
50 g parmesan, finely grated
130 g spinach

Dish: 1 x large Pyrex® casserole dish

Accessory: Enamel shelf, wire shelf, glass tray

Fill water tank

1. Preheat oven on **Convection 220 °C**. Toss the squash with the oil, scatter onto enamel shelf in lower shelf position. Cook on **Convection 220 °C** for 35-40 minutes.
2. Place onion and butter in a casserole dish on base of oven. Cook on **Combi 1** for 6 minutes. Add rice and stock, cover and cook on **High Microwave** for 10 minutes, stir and return to oven and cook on **High Microwave** for 10 minutes.
3. Add squash, sage, seasoning, wine and parmesan, stir. Return to base of oven, uncovered. Place spinach on glass tray on wire shelf in upper shelf position. Cook on **Combi 1** for 4 minutes.

Lentil Biryani

ingredients

Serves 4-6

450 g basmati rice
1 tbsp (15 ml) oil
1 large onion, sliced
1 tsp root ginger, grated
1 garlic clove, crushed
½ tsp turmeric
1 tsp chilli powder
2 tsp curry powder
150 ml (¼ pt) natural yoghurt
100 g mushrooms, sliced
2 tomatoes, peeled and chopped
100 g tinned green lentils
50 g cashew nuts

Garnish

hard boiled egg slices and
coriander leaves

Dish: 2 x large casserole dish
with lid

Fill water tank

1. Place rice in a casserole dish with 550 ml (1 pt) boiling water. Cover, place on the base of the oven and cook on **High Microwave** for 8-10 minutes and stir halfway.
2. Place the oil and onion in a casserole dish with lid. Place on base of oven and cook on **High Microwave** for 3 minutes or until softened. Add the ginger, garlic, turmeric, chilli and curry powder and cook on **High Microwave** for 2 minutes.
3. Add the yoghurt, mushrooms, tomatoes and lentils. Cover and cook on **Medium Microwave** for 15 minutes or until the lentils are tender and the liquid has evaporated.
4. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Heat on **Combi 1** for 3-4 minutes. Garnish and serve.

Macaroni Cheese

ingredients

Serves 4

200 g quick cooking macaroni
40 g butter
1 small onion, finely chopped
40 g plain flour
600 ml (1 pt) milk
1 tsp French mustard
150 g cheddar cheese, grated
salt and pepper
25 g fresh brown breadcrumbs

Dish: 1 x large casserole dish,
1 x jug, 1 x shallow Pyrex® dish

Accessory: Wire shelf

1. Cook macaroni in a casserole dish with 550 ml (1 pt) boiling water. Cover, place on the base of the oven and cook on **High Microwave** for 5-6 minutes or until soft. Drain.
2. Place butter and onion in a jug. Cook on **High Microwave** for 5 minutes or until onion is soft. Stir halfway through cooking. Stir in flour and cook for 30 seconds on **High Microwave**. Gradually add milk, stir well and season. Cook on **High Microwave** for 5-6 minutes or until sauce is thick and bubbling. Stir twice during cooking. Add mustard and 100 g grated cheese.
3. Add macaroni and season. Place the macaroni mixture in a shallow Pyrex® dish. Sprinkle with breadcrumbs and remaining cheese. Place dish on the wire shelf in the lower shelf position and cook on **Combi 5** for 10-15 minutes or until cheese starts to melt.

Cheese & Red Pesto Tartlet

ingredients

Makes 18

375 g readymade short crust pastry
90 g red pesto or
sun-dried tomato puree
2 medium sized tomatoes,
peeled, seeded and chopped
25 g black olives, chopped
125 g Fontina or Mozzarella cheese,
grated
1 garlic clove crushed
25 g parmesan cheese, grated
1 tsp dried oregano

Dish: 2 x 12 bun tins 32 cm x 24 cm,
1 x small bowl

Accessory: Enamel shelf, wire shelf

1. Roll out the short crust pastry to a thickness of approximately 3 mm. Cut out 18 circles using a 7.5 cm pastry cutter. Place circles in two lightly greased bun tins. Chill pastry for 30 minutes.
2. Preheat oven on **Convection 200 °C** with both enamel shelf in lower shelf position and wire shelf in upper shelf position.
3. Mix the red pesto, tomatoes, black olives, mozzarella and garlic together in a bowl. Fill the tartlet shells with mixture. Sprinkle the parmesan and oregano over the tartlets.
4. Place bun tins on shelves and cook on **Convection 200 °C** for 15-20 minutes or until golden brown.

Courgette, Pine Nut and Ricotta Tart

ingredients

Serves 4-6

1 tbsp olive oil
2 large courgettes, thinly sliced
250 g tub of ricotta
2 eggs
basil leaves
½ tsp nutmeg
50 g parmesan, grated
1 garlic clove, crushed
320 g ready rolled puff pastry
25 g pine nuts

Dish: 2 x medium Pyrex® bowls

Accessory: Enamel shelf

Fill water tank

1. Place oil and courgettes in Pyrex® bowl, cook on **Combi 1** for 5 minutes. In a separate bowl, beat the ricotta with the eggs, basil, nutmeg, half the parmesan and garlic. Set aside.
2. Roll out pastry onto lined enamel shelf, spread the ricotta mix onto the pastry, leaving a 2 cm border. Press the courgette slices into the ricotta, then scatter over the pine nuts and parmesan.
3. Place enamel shelf in lower shelf position and cook on **Combi 3** for 4 minutes then, **Convection 200 °C** for 20 minutes.

Swiss Cheese Flan

ingredients

Serves 6

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

Filling:

250 g Gruyere cheese, grated
30 ml plain flour
2 eggs
300 ml milk
60 ml white wine
1 clove garlic, crushed
1/2 tsp celery salt
nutmeg to sprinkle

Dish: 1 x shallow Pyrex® dish 23 cm

1 x large Pyrex® bowl

Accessory: Wire shelf

1. Rub butter into flour until it resembles fine breadcrumbs. Add water to form a dough. Roll out and line dish. Prick base all over with a fork. Chill for 15 minutes.
2. Preheat oven on **Convection 180 °C**. Cover pastry with parchment and baking beans and cook on **Convection 180 °C** for 15-20 minutes on wire shelf in the lower shelf position. Toss together the grated cheese and flour together in a plastic bag.
3. Mix remaining ingredients in a large bowl. Add the cheese and stir well. Pour into flan case and sprinkle with nutmeg. Cook on **Combi 10** for 30 minutes or until set and brown.

Spinach & Ricotta Lasagne

ingredients

Serves 4-6

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

Dish: 2 x large Pyrex® bowls

1 x large shallow dish

Fill water tank

1. Place half the onions and garlic in a Pyrex® bowl with 15 ml oil, cook on the base of the oven for 2-3 minutes on **Combi 1** or until soft.
2. Add the red peppers, tomatoes and tomato puree, season and cook on **High Microwave** for 5-6 minutes.
3. In another Pyrex® bowl, place the rest of the onion and garlic with 15 ml oil. Cook on **Steam 1** for 10 minutes until soft.
4. Add the spinach and stir well. Cook on **High Microwave** for 3-5 minutes or until cooked. Drain. Place a layer of spinach in the shallow dish.
5. Top with ricotta cheese, then lasagne followed by the tomato sauce and a further layer of pasta. Spoon yoghurt onto the top and sprinkle with parmesan cheese. Place the dish on the base of the oven and cook on **Combi 7** for 30 minutes then **Grill 1** for 3-5 minutes or until golden and piping hot.

Gyoza Veg Bowl

ingredients

Serves 4

1 bunch spring onions, finely chopped
15 ml olive oil
1 litre vegetable stock
1 red chilli,
deseeded and finely chopped
1 bunch fresh coriander, chopped
45 ml miso paste
15 ml soy sauce
16 frozen vegetable gyoza
125 g frozen soya beans
150 g dried rice noodles

Dish: 1 x large Pyrex® casserole dish with lid.

1. Add the spring onion, oil, stock, chilli and coriander to a large casserole dish with lid. Cook on **High Microwave** for 5 minutes.
2. Stir in the miso paste, soy sauce, gyoza and soya beans. Cook on **High Microwave** for 5 minutes.
3. Add the rice noodles and cook on **High Microwave** for a further 3-4 minutes.

Pulled Jackfruit Nachos

ingredients

Serves 4

30 ml ketchup
30 ml vinegar
15 ml soy sauce
410 g jackfruit, drained
425 g tinned black beans, drained
15 ml lime juice
8 wholemeal wraps
10 ml oil
2 avocados, peeled, cored and roughly chopped
90 ml dairy free yoghurt
75 g vegan cheese, grated

Dish: 2 x bowls

Accessory: Enamel shelf

1. Mix the ketchup, vinegar, soy sauce and jackfruit in a bowl. Cook on **High Microwave** for 10 minutes. Meanwhile, in another bowl mix the black beans with the lime juice.
2. Preheat oven on **Convection 180 °C**. For the nachos, cut the wraps into 8 triangles each. Brush the triangles on both sides with oil, then cook half in the oven on the enamel shelf in the middle shelf position on **Convection 180 °C** for 10-15 minutes. Repeat with the second half.
3. To serve, scatter the nachos over a large platter. Top with spoonfuls of the cooked jackfruit and black bean salsa. Finish with the avocado, yoghurt and cheese.

Cauliflower & Cashew Biryani

ingredients

Serves 4

1 small cauliflower, chopped
15 ml olive oil
1 onion, sliced
3 garlic cloves, crushed
25 g ginger, peeled and grated
45 g madras curry paste
250 g basmati rice
500 ml hot vegetable stock
200 g baby spinach
50 g cashews
45 ml coriander leaves, roughly chopped

Dish: 2 x Pyrex® casserole dish with lid

1. Add the cauliflower and 1.5 litres of boiling water to a casserole dish with lid. Cook on **High Microwave** for 5 minutes. Drain and set aside.
2. Heat the oil and onions in a large casserole dish with lid, on **High Microwave** for 5 minutes. Stir in the garlic, ginger and curry paste. Heat on **High Microwave** for a further 2-3 minutes, then add the rice and stir.
3. Add the cooked cauliflower and pour over the hot stock. Cook on **High Microwave** for 15 minutes until the rice and cauliflower are tender. Add the spinach leaves and set aside for 2-3 minutes until the spinach has wilted.
4. Season, add the cashews and coriander and stir until combined.

Vegan Brownies

ingredients

200 g dark chocolate,
roughly chopped
5 g coffee granules
10 g vanilla extract
80 g vegan margarine
125 g self raising flour
70 g ground almonds
50 g cocoa powder
250 g golden caster sugar
2 g baking powder
60 ml desiccated coconut

Dish: 2 x large bowls
1 x Pyrex® square dish 20 x 20 cm
Accessory: Enamel shelf

1. Grease and line a 20 cm square Pyrex® dish.
2. In a bowl, heat 120 g chocolate, coffee, vanilla extract and margarine with 60ml water on **Medium Microwave** for 1-2 minutes. Allow to cool slightly.
3. Preheat oven on **Convection 170 °C**.
4. In a bowl, put the flour, ground almonds, cocoa powder, golden caster sugar, baking powder and desiccated coconut. Stir to remove any lumps. Using a hand whisk, mix the dry ingredients into the melted chocolate mixture and beat until smooth and glossy.
5. Cook on **Convection 170 °C** for 20 minutes on the enamel shelf in the middle shelf position. Allow to cool in the tin completely, refrigerate, then cut into squares.

Flapjack Crumble

ingredients

Serves 6

450 g plums, cubed, stones removed
90 ml maple syrup
15 ml ground cinnamon
15 ml vanilla essence
300 g frozen mixed berries
100 g rolled oats
15 ml cornflour
75 g wholemeal flour
50 g flaked almonds
75 g coconut oil

Dish: 1 x casserole dish,
1 x large bowl,
1 x Pyrex® shallow dish 20 x 20 cm
Accessory: Enamel shelf

1. Put the plums into a casserole dish with a lid, with 30 ml water, 45 ml maple syrup, 15 ml cinnamon and 15 ml vanilla essence. Cover and heat on **High Microwave** for 5 minutes, until tender. Add the berries and cornflour, mix well.
2. Preheat oven on **Convection 180 °C**. In a large bowl mix together the remaining maple syrup, cinnamon and vanilla with the oats, cornflour, wholemeal flour, flaked almonds and coconut oil. Add the fruit to a 20 cm shallow Pyrex® dish. Spoon crumble mixture over the top of the fruit and then bake on **Convection 180 °C** on the enamel shelf in the middle shelf position for 20 minutes.

Tea Steeped Chickpeas

ingredients

Serves 4

60 ml vegetable oil
10 ml cumin seeds
2 bay leaves
2 small onions, finely chopped
5 cm piece ginger, peeled and grated
3 cloves of garlic, crushed
10 ml ground cumin
10 ml ground coriander
10 ml ground cloves
5 ml chilli powder
5 ml ground turmeric
400 g tinned tomatoes
400 x 2 tinned chickpeas
60 ml strong breakfast tea
5 ml salt
5 ml caster sugar
200 g spinach, roughly chopped

Dish: 1 x large Pyrex® casserole dish with lid

1. Put the vegetable oil in a large casserole dish with lid. Add the cumin seeds, bay leaves, onion, ginger and garlic and cook on **High Microwave** for 6 minutes until the onions are soft and dark brown.
2. Add the ground cumin, ground coriander and ground cloves and cook on **High Microwave** for a further 2 minutes. Add the chilli powder, turmeric, tomatoes, chickpeas, tea, salt and sugar. Cook on **High Microwave** for 3 minutes. Then on **Simmer Microwave** for 15 minutes, until thick and tangy.
3. Finish by stirring the spinach through before serving.

Container Size

To avoid boil over always use a container at least twice the capacity of the sauce.

Covering

Do not cover sauces when cooking.

Stirring - Important

Sauces/gravy should be thoroughly stirred before, during and after cooking, to avoid any eruptions and to result in a smooth sauce.

Reheating

Sauces can be made in advance and reheated by **microwave**. Reheat on **High Microwave** and stir halfway.

Microwave Level

Most sauces require **High Microwave** for cooking. Sauces containing eggs should be cooked on **Simmer Microwave**.

Wooden Spoons

Do not leave wooden spoons in the sauce when cooking. The wood may dry out and burn. **Never leave** metal spoons in the sauce.

White Sauce

ingredients

Serves 500 ml

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

Dish: 2 x Pyrex® jug

1. Melt the butter for 1 minute on **Medium Microwave** in a jug on base of oven. Add the flour, stir, and cook for a further 1 minute on **Medium Microwave**. Set aside.
2. Heat the milk in a jug on **High Microwave** 2 minutes 30 seconds - 3 minutes. Pour the milk over the butter and flour mixture, whisking all the time. Cook again on **High Microwave** for 2-3 minutes, whisking vigorously several times and paying close attention to ensure that the sauce doesn't overflow.
3. Check the seasoning and add a pinch of grated nutmeg.

N.B. You can add 2 egg yolks and 80 g of grated cheese to make it into a Mornay sauce.

Pepper Sauce

ingredients

Serves 5-6

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

Dish: 1 x large Pyrex® jug

1. Chop the onion and cook in the jug with butter for 2-3 minutes on **High Microwave**. Add flour, mix, cook again for 1 minute on **High Microwave** and add stock, 1 tbsp vinegar and 2 tsp of white pepper.
2. Cook uncovered at **High Microwave** 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.

Chocolate Sauce

ingredients

Serves 4

25 g butter
75 g caster sugar
75 g brown sugar
50 g cocoa powder, sieved
½ tsp vanilla essence
300 ml (½ pt) milk

Dish: 1 x Pyrex® jug 1 litre

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

Hollandaise Sauce

ingredients

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

Dish: 1 x Pyrex® jug 1 litre

1. Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Place jug on the base of the oven and cook on **High Microwave** for 30 seconds. Whisk.
2. Cook on **High Microwave** for 10 seconds. Whisk again and cook on **High Microwave** for 10 seconds. Repeat 10 seconds stages until sauce is thick and creamy. Season and serve immediately with salmon steaks or asparagus spears.

N.B. This sauce must not boil or the eggs will curdle.

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
½ tsp each of basil,
oregano and ground bay leaves
150 ml (¼ pt) red wine
or vegetable stock
salt and pepper

Dish: 1 x casserole dish
Fill water tank

1. Place onion, celery, carrot, butter and garlic in a casserole dish. Place on the base of the oven and cook on **High Microwave** for 4 minutes.
2. Add the tomatoes, herbs and wine or stock. Cook on **Combi 1** for 15 minutes. Liquidise then press through a sieve for a smooth sauce. Season to taste.

Custard

ingredients

2 eggs
50 g caster sugar
300 ml (½ pt) milk
1 tsp vanilla essence

Dish: 1 x large bowl

1. Beat eggs with sugar and 45 ml (3 tbsp) milk. Place remaining milk with vanilla essence. Place on the base of the oven and cook on **High Microwave** for 40 seconds. Add heated milk to eggs and stir well.
2. Cook on **Simmer Microwave** for 1 minute. Stir well. Continue to cook on **Simmer Microwave** for 10-15 minutes stirring every 30 seconds until the sauce coats the back of a spoon.

Butterscotch Sauce

ingredients

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

Dish: 1 x large bowl

1. Put all ingredients in a large bowl. Place on the base of the oven and cook on **High Microwave** for 1 minute.
2. Stir and continue cooking on **High Microwave** in 1 minute intervals until smooth and hot.

Gravy

ingredients

meat or poultry dripping with
sediment
25 g flour
300 ml (¾ pt) stock
salt and pepper

Dish: 1 x Pyrex® jug 1 litre

1. Scrape dripping and sediment from roasting dish into the jug. Stir flour into dripping and then gradually blend in stock.
2. Place on the base of the oven and cook on **High Microwave** for 2-3 minutes stirring halfway through. Season and serve.

**Note**

The cake recipes on pages 136-138 are suitable for the Cake Auto program. Please see page 80.

Chocolate Cake**ingredients****Serves 8**

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

Topping:

50 g butter
25 g cocoa powder
2 tbsp (30 ml) milk
225 g icing sugar

Dish: 2 x large bowls, 1 x round tin
23 cm (9"), greased and lined

Accessory: Glass tray, wire shelf

1. Place chocolate and butter in a bowl. Place on the base of the oven and melt on **High Microwave** 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.
2. Place tin on glass tray on wire shelf in lower position and cook on **Cake Auto Program** (see page 80). Allow to cool.
3. To make the topping, place butter in a bowl on the base of the oven and melt on **High Microwave** for 30-40 seconds. Stir in the remaining ingredients and beat well until smooth. Spread the topping over the top of the cake.

Carrot Cake**ingredients****Serves 8**

150 ml (¼ pt) sunflower oil
250 g wholemeal
self-raising flour
2 tsp baking powder
2 tsp cinnamon
1 tsp nutmeg
150 g light muscovado sugar
50 g walnuts, coarsely
chopped
125 g carrots, grated
2 ripe bananas, mashed
2 eggs, beaten

Cream Cheese Topping:

75 g butter
100 g cream cheese
225 g icing sugar
chopped walnuts to decorate

Dish: 1 x large Pyrex® bowl,
1 x square glass cake dish 20 cm
(8"), base lined, 1 x small bowl

Accessory: Glass tray, wire shelf

1. Place all the cake ingredients in a large Pyrex® bowl and mix well. Spoon into tin. Place tin on glass tray on the wire shelf in the lower shelf position and cook on the **Cake Auto Program** (see page 80). Allow to cool.
2. To make the topping, in a small bowl, cream the butter and cream cheese until smooth. Stir in sieved icing sugar. Decorate the cooled cake with the cream cheese topping and walnuts.

Gingerbread Cake**ingredients****Serves 6-8**

225 g plain flour
pinch salt
2 tsp ground ginger
2 tsp baking powder
¼ tsp bicarbonate of soda
100 g soft brown sugar
75 g butter or margarine
75 g treacle
75 g golden syrup
150 ml (¼ pt) milk
1 egg, beaten

Dish: 2 x bowls, 1 x square tin 18 cm
(7") lined with 2 strips of greaseproof
paper to form a cross

Accessory: Glass tray, wire shelf

1. Sift the flour, salt, ginger, baking powder and bicarbonate of soda into a bowl. Place the sugar, butter, treacle and syrup in a bowl on the base of the oven and cook on **High Microwave** for 1 minute.
2. Whisk the milk and egg together. Make a well in the centre of the dry ingredients and pour in the liquid and syrup, mixing thoroughly.
3. Pour the mixture into the cake tin. Place tin on glass tray on wire shelf in lower shelf position and cook on **Cake Auto Program** (see page 80), or until just firm.

Banana Loaf Cake

ingredients

Serves 8

1 banana, large
 ½ tsp vanilla essence
 75 g butter
 100 g granulated sugar
 150 g self-raising flour
 ½ tsp salt
 ¼ tsp bicarbonate of soda
 2 eggs

Dish: 2 x small bowls, 1 x glass loaf dish, 20 cm (8"), lined with greaseproof paper

Accessory: Glass tray, wire shelf

1. Peel the banana and mash until smooth with the vanilla essence.
2. Place the butter and sugar in a bowl. Place on the base of the oven and heat on **High Microwave** for 1 minute or until soft.
3. Stir in the flour, salt and bicarbonate of soda. Beat in the eggs and mashed banana. Spoon into the prepared cake tin.
4. Place tin on glass tray on wire shelf in the lower shelf position and cook on **Cake Auto Program** (see page 80), or until cooked.

Cherry & Almond Cake

ingredients

Serves 8-10

200 g butter, softened
 200 g golden caster sugar
 4 eggs
 ½ tsp almond extract
 175 g self raising flour
 85 g ground almonds
 ½ tsp baking powder
 300 g glace cherries
 100 ml milk
 2 tbsp flaked almonds

Dish: 1 x round cake tin 20 cm (8"), lined, 1 x bowl

Accessory: Glass tray, wire shelf

1. Line the base and sides of a deep cake tin. In a bowl, beat together the butter and sugar until light and fluffy, then beat in the eggs, one by one. Fold in the almond extract, flour, ground almonds and baking powder, followed by the cherries and milk.
2. Scrape into the prepared tin, scatter over the flaked almonds. Place tin on glass tray on wire shelf in the lower shelf position and cook on **Cake Auto Program** (see page 80).

Dundee Cake

ingredients

Serves 8

50 g whole almonds blanched and chopped, reserve 6 whole for decoration
 100 g currants
 100 g sultanas
 100 g raisins
 100 g chopped mixed peel
 275 g plain flour
 225 g butter or margarine
 225 g soft brown sugar
 grated rind of one lemon
 4 eggs

Dish: 2 x bowls, 1 x round tin 20 cm (8"), greased and lined

Accessory: Glass tray, wire shelf

1. In a bowl, mix the chopped nuts, fruit, peel and flour together. In another bowl, cream the butter or margarine, sugar and lemon rind until pale and fluffy. Beat in the eggs one at a time. Fold in the dry ingredients.
2. Spoon mixture into tin and hollow out the centre slightly. Split the reserved almonds, and arrange on top. Place tin on glass tray on wire shelf in lower shelf position and cook on **Cake Auto Program** (see page 80).

Coffee Walnut Cake

ingredients

Serves 8

175 g soft margarine
175 g caster sugar
3 eggs, beaten
200 g self raising flour
½ tsp salt
1 tsp mixed spice
3 tbsp (45 ml) Camp coffee essence
1 tbsp (15 ml) milk
1 tbsp (15 ml) black treacle
75 g chopped walnuts

Icing:

50 g soft margarine
225 g icing sugar
2 tbsp (30 ml) Camp coffee essence
1 tbsp (15 ml) water

Dish: 2 x Pyrex® bowls, 1 x round cake tin 18 cm (7"), greased and lined

Accessory: Glass tray, wire shelf

1. In a bowl, cream margarine and sugar until light and fluffy. Gradually beat in the eggs. Fold in the dry ingredients. Add coffee essence, milk, treacle and walnuts. Stir well and spoon into tin.
2. Place tin on glass tray on wire shelf in lower shelf position and cook on **Cake Auto Program** (see page 80). Cool and cut in half.
3. In a bowl, beat all icing ingredients together until smooth. Sandwich cake together with half the icing and spread the remainder over the top. Decorate with whole walnuts.

Rocky Road Ice Cream

ingredients

100 g caster sugar
60 g cocoa powder
2 g salt
375 ml double cream
235 ml milk
80 g chocolate chips
5 ml vanilla extract
5 ml almond extract
100 g mini marshmallows

Dish: 1 x large bowl,
1 x Pyrex® square dish 20 x 20 cm

1. Mix together the sugar, cocoa powder and salt in a bowl. Add the cream and milk, whisk. Heat on **High Microwave** for 10 minutes, stir every 2 minutes of heating.
2. Add the chocolate chips, vanilla and almond extract. Stir to dissolve the chocolate. Allow to cool to room temperature, then refrigerate.
3. Add the mini marshmallows, stir well.
4. Pour the ice cream into a Pyrex® square dish and put into the freezer, stir every 2 hours for 6 hours.

Lemon Meringue Pie

ingredients

Serves 6

125 g butter
250 g plain flour
25 g icing sugar
1 egg yolk
2 tbsp (30 ml) water

Filling

60 g cornflour
400 ml (¾ pt) water
3 lemons, juice and grated rind of
125 g sugar
3 egg yolks

Meringue

225 g caster sugar
4 egg whites

Dish: 2 x bowls,
1 x flan dish 25 cm (10"), 1 x jug

Accessory: Enamel shelf

1. In a bowl, 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.
2. Line pastry with greaseproof paper and baking beans, place flan dish on enamel shelf in lower shelf position, bake blind on **Convection 210 °C** for 10 minutes, remove the beans and bake for another 10 minutes, until golden. Allow to cool.
3. Place cornflour, water and lemon juice and rind in a jug, stir. Place on the base of the oven and cook on **High Microwave** for 2 minutes. Stir and cook on **High Microwave** for 2 minutes or until smooth, glossy and thickened. Add sugar. Cool slightly. Add egg yolks. Mix well.
4. Preheat oven on **Convection 150 °C**. Pour filling into pastry case. Whisk egg whites stiffly. Add sugar gradually – whisking after each addition. Pile meringue onto lemon filling.
5. Place flan dish on enamel shelf in lower shelf position and cook on **Convection 150 °C** for 40-45 minutes or until lightly browned.

Éclairs

ingredients

This recipe is most successful when mixed by hand

Serves 6

Choux Pastry:

50 g butter
150 ml water
65 g plain flour sifted
2 eggs, lightly beaten

Éclairs

150 ml whipping cream
10 ml cocoa powder
15 ml hot water
100 g icing sugar, sieved

Dish: 1 x large bowl, baking sheet, greased, 2 x small bowls

Accessory: Enamel shelf

1. In a large bowl, melt the butter and water together on **High Microwave** for 2-3 minutes or until bubbling. Immediately tip in all the flour and beat well until mixture is smooth. Allow to cool slightly. Beat in eggs one at a time, beating vigorously until mixture is smooth and glossy.
2. Place the choux pastry into a piping bag fitted with a plain 1 cm nozzle. Pipe fingers 9 cm long on lightly greased, slightly wet baking sheet.
3. Preheat oven on **Convection 200 °C** with the enamel shelf in the lower shelf position. Place baking sheet on the enamel shelf. Cook on **Convection 200 °C** for approx. 15-20 minutes. Pierce each éclair and return for a further 5-10 minutes to crisp if necessary. When cooked cool on a wire rack.
4. Whip the cream until stiff and fill the éclairs.
5. Dissolve cocoa in hot water and stir into icing sugar, beating well until smooth, add extra water if required. Ice the filled éclairs and leave until set.

Steamed Jam Roly Poly Pudding

ingredients

Serves 8

1 quantity of suet pastry (see page 146)
5 tbsp (75 ml) seedless raspberry jam
milk to glaze

Dish: 1 x large bowl

Accessory: Wire shelf, enamel shelf

Fill water tank

1. Roll out pastry to approx. 23 x 32 cm (9" x 13"). Spread the jam over the pastry leaving 1 cm (½") border all round. Brush the edges with milk and roll the pastry up evenly, starting at one long side and sealing the edges well.
2. Slice roll into 8 even slices and place each slice in a ramekin. Brush tops with milk and cover ramekins with foil.
3. Place 4 ramekins on the wire shelf in upper shelf position and 4 ramekins on the enamel shelf in the lower shelf position. Cook on **Steam 1** for 30 minutes.

Strudel

ingredients

Serves 6

600 g apples preferably Granny Smith, peeled, cores removed, cut into rough pieces,
juice of 1 lemon
3 tbsp brown sugar
50 g walnuts, roughly chopped
4 tbsp sultanas
1 level tbsp cinnamon
50 g almonds sliced
260 g filo pastry
50 g butter,
melted icing sugar to serve

Dish: 1 x Pyrex® bowl

Oven accessory: Enamel shelf

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

Custard Tart

ingredients

Serves 6

350 g shortcrust pastry
450 ml (¾ pint) milk
1 tsp vanilla extract
4 eggs
50 g caster sugar
1 tsp nutmeg

Dish: 1 x flan dish 24 cm, 1 x jug

Accessory: Wire shelf

1. Line a lightly greased flan dish with the pastry. Prick pastry with a fork and chill for 15 minutes.
2. Bake blind, lining pastry with greaseproof paper and baking beans for 10 minutes on **Convection 180 °C** on the wire shelf in lower shelf position. Remove baking beans and continue cooking for a further 10 minutes. Remove wire shelf.
3. Mix the milk and vanilla in a jug and heat on **High Microwave** for 3 minutes on base of oven. Mix together eggs and sugar. Gradually add the milk to the egg mixture and stir well. Strain the egg mixture into the flan case and sprinkle with nutmeg.
4. Place dish on the wire shelf in lower shelf position and cook on **Combi 11** for 20-25 minutes or until set.

Chocolate and Pecan Tart

ingredients

Serves 6-8

375 g pack sweet short crust pastry
185 g dark chocolate
50 g salted butter
3 eggs, beaten
200 ml maple syrup
100 g whole pecan nuts

Dish: 1 x Pyrex® flan dish 20 cm (8"), 1 x large Pyrex® bowl

Accessory: Wire shelf

1. Roll out pastry on lightly floured surface and use it to line a 20 cm Pyrex® flan dish. Prick pastry with a fork and chill for 15 minutes.
2. Fill the tart with baking paper and baking beans, place on wire shelf in middle shelf position, bake on **Convection 180 °C** for 15 minutes, remove the baking paper and beans, continue to bake for 10 minutes. Remove from the oven and leave to cool.
3. Melt the chocolate and butter together in a large bowl, cook on **High Microwave** for 1 minute. Whisk the eggs and maple syrup together, then stir into the chocolate with most of the nuts.
4. Pour the mixture into tart shell, top with the remaining nuts and place on the wire shelf in the lower shelf position, bake on **Combi 11** for 30 minutes until set.

Chocolate Fudge Pudding

ingredients

Serves 4

50 g margarine
100 g self-raising flour
100 g caster sugar
pinch of salt
25 g cocoa or drinking chocolate
1 egg, beaten
1 tsp vanilla essence
4 tbsp (60 ml) milk

Sauce:

100 g soft brown sugar
25 g cocoa or drinking chocolate
150 ml (¼ pt) hot water

Dish: 1 x small bowl, 1 x large bowl, 1 x souffle dish 20 cm

Fill water tank

1. Melt margarine in a small bowl on the base of the oven on **Medium Microwave** for 40 seconds - 1 minute or until melted.
2. In a large bowl place flour, sugar, salt and cocoa. Add melted margarine along with egg, vanilla essence and milk. Beat well. Pour mixture into souffle dish. Mix together brown sugar and cocoa and sprinkle over mixture.
3. Pour over hot water. Cook on **High Microwave** for 6-7 minutes, after 4 minutes of cooking set **Steam Shot** (see page 51 of Operating Instructions) for 1-2 minutes. The pudding will separate on cooking, giving a chocolate fudge sauce at the bottom.

Steamed Vanilla Sponge Puddings with Custard

ingredients

Serves 8

250 g butter,
250 g caster sugar
4 eggs
5 ml vanilla extract
250 g flour
5 g bicarbonate soda
50 ml milk

Custard:

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

Dish: 1 x bowl, 8 x plastic lidded steamed pudding basins

Accessory: Wire shelf, enamel shelf
Fill water tank

1. To make the sponge, cream the butter and the sugar in a mixing bowl until pale and fluffy. Add the eggs, one at a time, mixing well between each addition, then add the vanilla extract. Stir the flour and bicarbonate of soda in the bowl and fold into the sponge mixture. Finally, stir the milk into the mixture. Fill the basins with the sponge mixture and cover with lids.
2. Place 4 basins on wire shelf in upper shelf position and place 4 basins on enamel shelf in lower shelf position. Cook on **Steam 1** for 30 minutes. Refill water tank. Cook on Steam 1 for a further 15 minutes.
3. To make the custard, bring the milk to the boil, this should take 3-4 minutes on the base of the oven and cook on **High Microwave**.
4. In a bowl, beat together the yolks, sugar, cornflour and vanilla extract. Pour the scalded milk over the egg mix and whisk well. Cook on **Medium Microwave** for 1 minute, whisk, then cook for another 1 minute, the mix should have thickened. Serve over the sponge puddings.

Sticky Pudding with Toffee sauce

ingredients

Serves 4

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
½ tsp grated nutmeg
½ tsp ground ginger

Sauce:

150 g muscovado sugar
75 ml double cream
75 g butter

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

1. Pour 150 ml (¼ pt) boiling water over the chopped dates and set aside to cool.
2. Cream the butter and sugar until light and fluffy. Beat in the eggs a little at a time. Fold in the flour, spices and the dates with the liquid.
3. Pour mixture into basin and cook on **Medium Microwave** for 8-10 minutes or until cooked.
4. To make the sauce, place all the ingredients in a large jug and cook on **High Microwave** for 1 minute or until the sugar has dissolved. Stir and continue to cook on **High Microwave** for 1-2 minutes or until smooth and hot.
5. Drizzle the hot sauce over the sponge and serve with whipped cream.

Strawberry Pavlova

ingredients

Serves 6

4 medium egg whites
250 g caster sugar
1 tsp cornflour
1 tsp malt vinegar
1 tsp vanilla extract

Topping:

300 ml (½ pt) double cream,
softly whipped
250 g strawberries, sliced

Dish: 1 x large Pyrex® bowl,
1 x small bowl

Accessory: Enamel shelf

1. Preheat oven on **Convection 150 °C**. Mark a 25 cm (10") circle on a sheet of parchment paper and line the enamel shelf.
2. In a large bowl, 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.
3. 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.
4. When cool spread cream all over the meringue and scatter the strawberries on top.

Coconut Tart

ingredients

Serves 8

½ tsp ground cinnamon
175 g desiccated coconut
225 g caster sugar
375 g short crust pastry
1 egg, beaten

Dish: 1 x large pyrex® bowl,
1 x flan tin 23 cm

Accessory: Enamel shelf

1. Place cinnamon, coconut and sugar into a large bowl with 150 ml water and cook on **Low Microwave** for 5 minutes, stirring frequently. Set aside to cool.
2. Roll out the pastry out on a lightly floured surface and use it to line 23 cm flan tin. Prick pastry with a fork and chill for 15 minutes. Fill the tart with baking paper and baking beans, place on enamel shelf in middle shelf position, bake on **Convection 180 °C** for 15 minutes, remove the baking paper and beans, and continue to bake for 10 minutes. Remove from the oven.
3. Beat the egg into the cooled coconut mixture, then spoon into the pastry case and smooth the top. Place tart on enamel shelf in the lower shelf position, bake on **Convection 180 °C** for 18-20 minutes.

Chocolate Cheesecake

ingredients

Serves 6

100 g butter
250 g digestive biscuits, crushed
150 g plain chocolate
30 ml (2 tbsp) milk
450 g soft cheese
100 g soft brown sugar
2 large eggs
1 tsp vanilla essence

Dish: 2 x Pyrex® bowls,
1 x flan tin 23 cm, greased

Accessory: Enamel shelf

1. Place butter in bowl on the base of the oven and melt on **High Microwave** for 40-50 seconds. Stir in biscuits and press into base of flan tin.
2. Melt chocolate with milk on **Medium Microwave** for 1-2 minutes. Leave to cool slightly.
3. Preheat oven on **Convection 150 °C**. Mix all the remaining ingredients and stir in chocolate. Pour over biscuit base.
4. Place flan tin on enamel shelf in lower shelf position and cook on **Convection 150 °C** for 35-40 minutes. Chill before serving.

Small Cakes

ingredients

12 little cakes

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

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

Accessory: Enamel shelf

Fill water tank

1. Preheat oven 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 light and fluffy consistency is achieved. Add the eggs one at a time, beating well after each egg is added. Mix in the flour.
2. Fill individual paper cases two thirds full with the mixture. Place baking tray on enamel shelf. Cook on **Convection 170 °C** for 8 minutes, **Combi 3** for 3 minutes, **Convection 170 °C** for 8 minutes.

Red Fruit Compote

ingredients

Serves 4

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

Dish: 1 x large shallow ovenproof
Pyrex® dish

Fill water tank

1. Place the plums, cherries and blueberries in dish. Place on the base of the oven and cook on **Combi 1** for 10 minutes.
2. Stir in the strawberries and cook on **Combi 1** for a further 5 minutes.
3. Stir the raspberries and sugar into the hot fruit and allow to cool before serving.

Christmas Pudding

ingredients

Serves 8

1 cooking apple, peeled and grated
 1 carrot, peeled and grated
 1 orange, juice and grated rind
 400 g mixed dried fruit
 3 tbsp (45 ml) brandy
 1 tbsp (15 ml) black treacle
 50 g self-raising flour
 pinch of salt
 1 tbsp (15 ml) cocoa
 1 tsp mixed spice
 ½ tsp nutmeg
 100 g shredded suet
 50 g fresh breadcrumbs
 50 g mixed peel
 50 g flaked almonds
 2 eggs, beaten

Dish: 1 x large bowl, 8 x individual plastic lidded steamed pudding basins

Accessory: Enamel shelf

Fill water tank

1. Place apple and carrot in a large bowl. Place on the base of the oven and cook on **High Microwave** for 5 minutes. Beat well to make a thick puree. Stir in orange juice, rind and mixed fruit. Cook on **High Microwave** for 2 minutes.
2. Stir in brandy and treacle. Stand for 5 minutes. Beat in rest of ingredients. Press into the pudding basin.
3. Place pudding basin on wire shelf in middle shelf position. Cook on **Steam 1** for 30 minutes. Refill the water tank. Cook on **Steam 1** or a further 15 minutes or until just firm.

Note: This traditional pudding can be made the week before Christmas and stored in a cool dry place.

Cookies

ingredients

Serves 12

Basic cookie dough:

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

Variations:

White Chocolate and Pistachio Nut

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

Chocolate chunk:

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

Dish: 1 x bowl, baking sheet

Accessory: Enamel shelf, wire shelf

1. Preheat oven on **Convection 170 °C** with wire shelf in upper shelf position. Cream together the butter and sugar until pale, then beat in the egg. Mix in the flour until well combined and add the chosen additions.
2. Place walnut-sized spoonfuls of dough well apart on lined baking tray and enamel shelf, flatten slightly with a fork.
3. Place one baking sheet onto the wire shelf in the upper shelf position and the enamel shelf in the lower shelf position and cook for **Convection 170 °C** 12-17 minutes or until golden. Remove cookies from baking sheet and enamel shelf and allow to cool on a wire rack.

Individual Steamed Chocolate and Orange Puddings

ingredients

Serves 4

6 small oranges (approx.)
 120 g soft brown sugar
 4 medium eggs, lightly beaten
 170 g plain flour
 70 g cocoa powder
 5 ml baking powder
 5 ml vanilla essence
 pinch of salt
 80 g chocolate chips

Dish: 1 x mixing bowl, 8 x individual plastic lidded steamed pudding basins

Accessory: Wire shelf, enamel shelf

Fill water tank

1. Grease pudding basins with butter. Cut skin and pith from oranges and cut into thick slices. Pat dry with kitchen towel then place an orange slice in the base of each pudding basin.
2. Place all remaining ingredients, except chocolate chips into mixing bowl. Beat until light and fluffy.
3. Stir in chocolate chips. Spoon mixture between basins. Place 4 basins on wire shelf in upper shelf position and 4 basins on enamel shelf in lower shelf position. Cook on **Steam 1** for 30 minutes. Refill water tank. Cook on **Steam 1** for a further 15 minutes.
4. Allow to stand for 5-10 minutes before serving. Serve with a chocolate sauce (see page 134).

Victoria Sandwich

ingredients

Serves 6

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

Dish: 1 x large bowl, 2 x cake tins
20 cm, greased and lined

Accessory: Enamel shelf, wire shelf
Fill water tank

1. In a large bowl, cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition. Fold in half the flour, using a metal spoon, then fold in the remaining flour.
2. Spoon the mixture into the tins and level with a knife. Preheat oven on **Convection 180 °C**. Place one tin in the centre of the enamel shelf in the lower shelf position and one tin in the centre of the wire shelf in the upper shelf position.
3. Cook on **Convection 180 °C** for 20-25 minutes or until cooked. Add **Steam Shot** (see page 51 of Operating Instructions) for 3 minutes 2/3 of the way through cooking time.
4. Sandwich together with cream and jam and dust with icing sugar or with a filling of your choice.

Swiss Roll

ingredients

Serves 8

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

Filling:

jam or cream
icing sugar to dredge

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

Accessory: Wire shelf

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 (1 tbsp) of hot water.
2. Add the mixture to the tin. 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 minutes.
3. Place sheet of greaseproof paper on a damp tea towel and dredge paper with caster sugar. Quickly turn the Swiss roll out onto the greaseproof and carefully remove the baking parchment. Spread with jam or desired filling. Roll up from short side with the aid of the greaseproof paper. Dredge with icing sugar.

Fruit Scones

ingredients

Serves 10

225 g self-raising flour
pinch salt
1 tsp baking powder
50 g butter
25 g caster sugar
50 g sultanas
5 tbsp (75 ml) milk
beaten egg to glaze

Dish: 1 x bowl, baking sheet

Accessory: Enamel shelf, wire shelf

1. In a bowl, sift the flour, salt and baking powder together. Rub in butter until the mixture resembles fine breadcrumbs. Add sugar and sultanas. Make a well in the centre and stir in enough milk to form a soft dough. Knead lightly.
2. Roll out to 2 cm thick and cut into 10 rounds with a 5 cm (2") cutter.
3. Preheat oven on **Convection 210 °C** with wire shelf in upper shelf position. Place the rounds on the baking sheet and enamel shelf and brush with beaten egg.
4. Place enamel shelf in lower shelf position and baking sheet on wire shelf in upper shelf position. Cook on **Convection 210 °C** for 9-13 minutes or until cooked and golden brown.

Sticky Plum Flapjack

ingredients

Serves 18

450 g fresh plums, halved,
stoned and roughly sliced
½ tsp mixed spice
300 g light muscovado sugar
350 g butter, plus extra for greasing
300 g rolled porridge oats
140 g plain flour
50 g chopped walnut pieces
3 tbsp golden syrup

Dish: 1 x Pyrex® baking tin 20 cm x
20 cm, 2 x large bowls

Accessory: Enamel shelf

1. Tip the plums into a bowl. Toss with the mixed spice and 50 g of the sugar then set aside. Melt butter in bowl on **High Microwave** for 1 minute 30 seconds.
2. In a large bowl, mix the oats, flour, walnut pieces and the remaining sugar together, then stir in the butter and golden syrup until everything is combined into a loose flapjack mixture.
3. Grease a baking tin, press half the oatly mix over the base of the tin, then tip over the plums and spread to make an even layer. Press the remaining oats over the plums so they are completely covered.
4. Place tin on enamel shelf in lower shelf position, cook on **Convection 200 °C** for 30-35 minutes. Leave to cool completely.

Millionaires Shortbread

ingredients

Serves 10

Shortbread:

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

Caramel:

200 g butter
397 g unsweetened
condensed milk
4 tbsp (60 ml) golden syrup

Topping:

300 g milk or dark
chocolate in chunks
2 tbsp (30 ml) vegetable oil

Dish: 1 x bowl, 1 x Pyrex® cake tin
24 cm x 19 cm, greased and lined

Accessory: Enamel shelf

1. Place flour and sugar in a bowl and rub in butter. Press dough into tin. Preheat oven on **Convection 170 °C** with enamel shelf in lower shelf position. Prick shortbread with a fork and cook on **Convection 170 °C** for 5 minutes, then reduce temperature to **Convection 150 °C** for 30-40 minutes. Remove from oven when shortbread has a golden colour and leave to cool in tin. Remove shelf.
2. Place butter for caramel in a bowl and melt on **High Microwave** for 1-2 minutes. Add condensed milk and syrup. Whisk until thoroughly mixed and cook on **High Microwave** for 8 minutes. Stir mixture every minute to prevent burning. Caramel should have thickened, allow to cool slightly. Pour caramel over shortbread.
3. Place chocolate and oil in a large bowl and melt on **High Microwave** for 1-2 minutes. Stir, allow to cool slightly. Pour chocolate on caramel and chill.

Shortcrust Pastry

ingredients

Makes 1 quantity of Shortcrust Pastry

225 g plain flour
pinch salt
100 g margarine
45-60 ml cold water

Dish: 1 x mixing bowl

1. Place flour and salt into a mixing bowl. Rub the margarine into the flour until the mixture resembles fine breadcrumbs.
2. Add enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed. If possible, rest for 15 minutes. before rolling out.

Choux Pastry

ingredients

50 g butter
150 ml (¼ pt) water
65 g plain flour sifted
2 eggs, lightly beaten

Dish: 1 x large Pyrex® jug

1. Place butter and water in a large jug and heat on base of oven on **High Microwave** for 2-3 minutes or until boiling. Immediately add the flour and beat well until mixture is smooth. Cool slightly. Beat in eggs one at a time, beating vigorously until mixture is smooth and glossy.

Suetcrust Pastry

ingredients

225 g self-raising flour
½ tsp salt
100 g shredded suet
7 tbsp cold water

Dish: 1 x large Pyrex® bowl

1. Mix together flour, salt and suet. Add enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed.

Calzone

ingredients

Serves 2

10 ml olive oil
1 garlic clove, crushed
175 ml passata
½ bunch basil leaves
2 slices parma ham, shredded
30 g sundried tomatoes, chopped
30 g olives
50 g mozzarella, roughly chopped
2 x 200 g packs pizza dough

Dish: 1 x large Pyrex® casserole dish with lid

Accessory: Enamel shelf

1. Put the oil and garlic in a casserole dish with a lid and cook on **High Microwave** for 30 seconds. Add the passata and half the basil leaves and continue to cook on **High Microwave** for a further 2-3 minutes. Stir in the parma ham, sundried tomatoes and olives, set aside to cool a little.
2. Preheat oven on **Convection 200 °C**. Roll out each pizza dough into a 15-20 cm circle, then split the mixture between them, piling it onto one half of each circle. Top with the mozzarella and remaining basil.
3. Close the calzones, pulling the side without the filling over the other, then crimp around the edge. Transfer onto the enamel shelf lined with baking paper. Place the enamel shelf in the middle shelf position and cook on **Convection 200 °C** for 13 minutes until golden and puffed.

Sun Dried Tomato Rolls

ingredients

Makes 6 rolls

250 g strong bread flour
7 ml (1 tsp) sachet dried yeast
5 ml (1 tsp) salt
25 g sun-dried tomatoes, roughly chopped
45 ml (3 tbsp) olive oil
75 ml passata
75 ml warm water
5 ml (1 tsp) olive oil

Dish: 1 x large bowl

Accessory: Enamel shelf

1. 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.
2. Turn onto a floured surface and knead for 10 minutes. Divide dough into 6 and place on lined enamel shelf. Prove in the lower shelf position until dough has doubled in size on **Convection 40 °C** for 30 minutes.
3. Preheat oven on **Convection 220 °C**. Drizzle with a little extra olive oil and sprinkle with coarse sea salt. Cook on the enamel shelf in lower shelf position **Convection 220 °C** for 12-15 minutes or until golden.

Bread Rolls

ingredients

Makes 16 rolls

900 g strong bread flour
2 sachets dried yeast
10 ml salt
30 g butter or margarine
550 ml warm water

Dish: 1 x large bowl

Accessory: Enamel shelf, glass tray, wire shelf

Fill water tank

1. In a large bowl, combine the flour, yeast and salt. Rub in the butter or margarine. Add the warm water then mix to a dough. Turn onto a floured surface and knead for 10 minutes.
2. Divide dough into 16 and shape into rolls. Place 8 on the lined enamel shelf and 8 on the lined glass tray. Prove in the oven on **Convection 40 °C** for 30 minutes. The enamel shelf can be placed in the lower shelf position and the glass tray on wire shelf in the upper shelf position. Ensure you cover with cling film.
3. Preheat oven on **Convection 190 °C**. Glaze rolls with beaten egg and sprinkle with seeds, if desired. Place enamel shelf in oven in the lower shelf position and glass tray on wire shelf in upper shelf position. Cook on **Convection 190 °C** for 20-25 minutes with a **Steam Shot** (see page 51 of Operating Instructions) for 3 minutes 2/3 of the way through cooking time or until golden

Pizza

ingredients

Serves 2

2 small onions, finely sliced
3 garlic cloves, crushed
15 ml olive oil
2 rolls of pizza dough
100 ml passata
15 g oregano
100 g ricotta
salt, pepper

Dish: 1 x bowl

Accessory: Enamel shelf, glass tray, wire shelf

Fill water tank

1. Cook the finely sliced onions and garlic in a bowl, with the olive oil, for 4-5 minutes on **High Microwave**. Allow to cool. Preheat oven on **Convection 220 °C**.
2. Using your hands, spread out one roll of the dough on the enamel shelf without making a raised edge. Spread out the second dough on the glass tray. Spread on the passata, onions, oregano and season, covering both of the doughs well.
3. Place enamel shelf in lower shelf position. Place glass tray on wire shelf in upper shelf position. Cook on **Convection 220 °C** for 12 minutes.
4. Then add other ingredients according to taste, cheese, anchovies, olives, bacon pieces etc. and continue cooking on **Convection 220 °C** for 12-14 minutes with a **Steam Shot** (refer to page 51 of Operating Instructions) for 3 minutes at the start of this cooking stage.

Focaccia

ingredients

Makes 1 loaf

400 g strong bread flour
1 sachet dried yeast
10 ml (2 tsp) salt
75 g (5 tbsp) olive oil
10 ml (2 tsp) coarse sea salt

Dish: 1 x round tin 25 cm,
1 x large bowl

Accessory: Enamel shelf

Fill water tank

1. 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.
2. Place in a greased bowl, cover and prove until the dough has doubled in size on **Convection 40 °C** for 30 minutes. 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.
3. Preheat oven 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 coarse sea salt.
4. Cook on **Convection 190 °C** for 20-25 minutes with a **Steam Shot** (refer to page 51 of Operating Instructions) for 3 minutes 2/3 of the way through cooking time. Carefully remove from the tin and leave to cool on a wire rack.

Porridge with Warm Berries & Mint

ingredients

Serves 2

5 ml vanilla extract
10 ml agave syrup
300 ml milk
150 g oats
50 g strawberries
50 g raspberries
50g blueberries
50 g blackberries
2 sprigs of mint

Dish: 2 x small bowls,
1 x large bowl

1. Mix the vanilla extract and agave syrup into the milk. Split the oats into 2 bowls, putting half in each. Pour half the milk mixture into each bowl. Cook on **High Microwave** for 1 minute. Remove, stir and then cook for a further minute. Repeat with second bowl.
2. Cut the greens from the strawberries and cut into quarters. Place half the berries into a bowl and heat them on **High Microwave** for 1 minute. Stir with a spoon. Mix the raw berries with the softened berries.
3. Wash mint and shake dry. Spread the warm berries onto the porridge and top with mint before serving warm.

Rhubarb Breakfast Pots

ingredients

Serves 8

800 g rhubarb, cut into chunks
90 ml honey
1 lemon, juiced
100 g oats
50 g hazelnuts, roughly chopped
50 g coconut chips
800 g Greek yoghurt

Dish: 8 x small bowls

Accessory: Enamel shelf
Fill water tank

1. Put half the rhubarb and 30 ml honey and half the lemon juice on the glass tray on wire shelf in a single layer. Place the remaining rhubarb, 15 ml honey and lemon juice on the enamel shelf. Place glass tray on wire shelf in upper shelf position and place enamel shelf in lower shelf position. Cook on **Steam 1** for 20 minutes, until the rhubarb is very soft. Transfer rhubarb to a bowl to cool completely.
2. Preheat the oven to **Convection 180 °C**. Put the oats and hazelnuts on the enamel shelf. Mix the remaining honey with 30 ml water, add to the oats and nuts, and toss. Cook on **Convection 180 °C** for 15-20 minutes in the upper shelf position, until lightly browned. Add the coconut chips to the mix and cook for a further 5 minutes.
3. In 8 small bowls, layer up the rhubarb (including any juices) and yoghurt. Top with the oats, nuts and coconut mix.

Baked Banana Porridge

ingredients

Serves 2

2 small bananas, halved lengthways
100 g porridge oats
5 g ground cinnamon
pinch salt
150 ml milk
4 walnuts, roughly chopped

Dish: 1 x medium bowl,
1 x 20 x 20 cm Pyrex® square dish

1. Preheat oven on **Convection 170 °C**. Mash up one banana half, then mix it with the oats, cinnamon, milk, 300 ml water and a pinch of salt. Pour into a baking dish, then scatter over the walnuts.
2. Bake on **Convection 170 °C** for 20-25 minutes on the base of the oven, until the oats are creamy and have absorbed most of the liquid.
3. Top with the remaining banana halves.

Sterilizing Jars

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on **High Microwave** until water boils (approx 3 minutes for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

If you wish to cook larger quantities than given in the recipes below, revert to the traditional hob method, using a traditional recipe.

Dish Size

Always use a very large Pyrex® bowl.

Do not attempt to use jam pans or saucepans in your microwave.

Do not leave jams unattended during cooking because of the high sugar content.

Stirring - Important

Sauces/gravy should be thoroughly stirred before, during and after cooking, to avoid any eruptions and to result in a smooth sauce.

Covering

Do not cover preserves whilst cooking, apart from if recommended in the recipe.

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

Do not seal preserving jars in your microwave.

Setting Point

To determine whether setting point is reached, place a couple of drops of jam or marmalade on a cold saucer (put one in the fridge whilst making the jam). Leave to cool. The jam should wrinkle on the surface when your finger pushes across the top.

Plum Jam

ingredients

Makes approx. 2-2½ lb jam

675 g plums or damsons
200 ml water
675 g jam sugar
2 tbsp lemon juice
1 tsp butter

Dish: 1 x large casserole dish

1. Prick the plums and place in a large casserole dish with the water. Place on base of oven and cook on **Medium Microwave** for 10 minutes or until the fruit is soft.
2. Add the rest of the ingredients and cook on **High Microwave** for 5 minutes stirring frequently. Wash down any sugar crystals from around the bowl and bring to the boil on **High Microwave**.
3. Continue to cook on **High Microwave** until setting point is reached - approx. 25-30 minutes. Leave to cool slightly, remove the stones, then pot, seal and label.

Tomato Chutney

ingredients

Makes approx. 2 lb

675 g tomatoes
225 g cooking apples, peeled and sliced
1 medium onion, chopped
100 g granulated sugar
2 tbsp tomato puree
1 tsp salt
200 ml white wine vinegar
10 ml (2 tsp) ground ginger
¼ tsp cayenne pepper
½ tsp mustard powder

Dish: 1 x large Pyrex® casserole dish

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

Red Onion Marmalade

ingredients

Makes approx. 1½ lb

3 tbsp (45 ml) olive oil
4 large red onions halved
and thinly sliced
50 g Demerara sugar
100 g sultanas
300 ml (½ pint) red wine
125 ml red wine vinegar

Dish: 1 x large Pyrex® casserole dish

1. Put oil in casserole dish with onions cover with a lid film. Place on the base of the oven and cook on **Medium Microwave** for 10 minutes stirring halfway.
2. Add all other ingredients and mix well. Cover and cook on **Medium Microwave** for 30-35 minutes. Cool slightly, then pour into a clean, sterilized jar. Allow to cool thoroughly before chilling.

Soft Fruit Jam

ingredients

Makes approx. 2-2½ lbs

450 g soft fruit, washed
450 g caster sugar
2 tbsp (3 ml) lemon juice
1 tsp butter

Dish: 1 x large Pyrex® casserole dish

1. Place all ingredients in a large casserole dish. Cook on **High Microwave** for 5 minutes (10-15 minutes if using frozen fruit). Stir occasionally.
2. Continue to cook until sugar has dissolved. Wash down any sugar crystals from around the bowl. Bring mixture to the boil on **High Microwave**.
3. Continue to cook until setting point is reached approx. 15-20 minutes. Leave to cool slightly, stir then pot, seal and label.

Lemon Curd

ingredients

Makes 2 jars

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

Dish: 1 x large Pyrex® casserole dish

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

Questions & Answers

Q: Why won't my oven turn on?

A: When the oven does not turn on, check the following:

1. Is the oven plugged in securely? Remove the plug from the outlet, wait 10 seconds and reinsert.
2. Check the circuit breaker and the fuse. Reset the circuit breaker or replace the fuse if it is tripped or blown.
3. If the circuit breaker or fuse is all right, plug another appliance into the outlet. If the other appliance works, there probably is a problem with the oven. If the other appliance does not work, there probably is a problem with the outlet.

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

Q: My oven causes interference with my TV. Is this normal?

A: Some radio and TV interference might occur when you cook with the oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

Q: The oven won't accept my program. Why?

A: The oven is designed not to accept an incorrect program. For example, the oven will not accept a fourth stage.

Q: Sometimes warm air comes from the oven vents. Why?

A: The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.

Q: I can't set an auto cook program and 'HOT' appears in the display. Why?

A: If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Q: Can I use a conventional oven thermometer in the oven?

A: Only when you are using **Grill/Convection** cooking mode. The metal in some thermometers may cause arcing in your oven and should not be used on **Microwave** and **Combination with Microwave** cooking modes.

Q: There are humming and clicking noises from my oven when I cook by **Combination**. What is causing these noises?

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

Q: My oven has an odour and generates smoke when using the **Combination** and **Grill** function. Why?

A: After repeated use, it is recommended to clean the oven and then run the oven without food. This will burn off any food, residue or oil which may cause an odour and/or smoking.

Questions & Answers

- Q: The oven stops cooking by microwave and 'H97' or 'H98' appears in the display. Why?
- A: This display indicates a problem with the microwave generation system. Please contact an authorised Service Centre.
- Q: The fan continues to rotate after cooking. Why?
- A: After using the oven, the fan motor may rotate to cool the electrical components. This is normal and you can continue using the oven at this time.
- Q: "DEMO MODE PRESS ANY KEY" appears in the display and the oven does not cook. Why?
- A: The oven has been programmed in DEMO MODE. This mode is designed for retail store display. Deactivate this mode by touching Microwave once and Stop/Cancel 4 times.
- Q: The operation guide has disappeared on my display, I can only see numbers?
- A: The operation guide was turned off by tapping Timer/Clock 4 times. When colon or time of day is displayed, touch Timer/Clock 4 times to turn the operation guide back on.
- Q: The oven stops cooking by steam or combination with steam and U14 appears in the display.
- A: The water tank is empty and the operation guide has been turned off. Re-fill the water tank, position back in the oven and touch **Start/Confirmation** to resume cooking.
- Q: The control panel keys do not respond when tapped. Why?
- A: Ensure the oven is plugged in. The oven may be in stand-by mode. Open and close the door to activate.

Technical Specifications

Manufacturer		Panasonic
Model		NN-CS89LB
Power Supply		230-240V/50Hz
Operating Frequency:		2450 MHz
Input Power:	Maximum	2030 W
	Microwave	960 W
	Grill	1350 W
	Convection	1380 W
	Steam	1330 W
Output Power:	Microwave	1000 W
	Grill	1300 W
	Convection	1350 W
	Steam	1300 W
Outside Dimensions W x D x H (mm)		500 (W) x 437 (480*) (D) x 391 (H)
Interior Dimensions W x D x H (mm)		410 (W) x 320 (D) x 240 (H)
Uncrated Weight (approx. without accessories)		21.5 kg

* 437 mm is the dimension without handle
480 mm is the dimension with handle.

Weight and Dimensions shown are approximate.

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

Manufactured by: Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd.
888, 898 Longdong Road. Pudong, Shanghai, 201203, China.

Imported by: Panasonic Marketing Europe GmbH

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



Visit Panasonic's **The Ideas Kitchen** website for Microwave advice, recipes, cooking tips and offers:

www.theideaskitchen.co.uk



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