## **Panasonic**®

# Operating Instructions and Cook Book Microwave, Grill & Convection Oven Household Use Only





Model No. NN-CF874B

Please read these instructions carefully before using this product, and save this manual for future use.

We are glad you have chosen to purchase a PANASONIC microwave oven. Before operating this oven, please read these instructions carefully and completely, and keep them for further reference.

If you have only used a microwave oven for reheating and defrosting, with Panasonic's Inverter Technology you can be reassured of excellent results when cooking a variety of foods, as the 'soft' penetration of microwave energy to the centre of food helps prevent over cooking on edges and surfaces. Foods can now be gently simmered without the concern of boil over.

After reading the introductory chapter, we are sure you will be able to master the basic techniques and thereby develop a firm understanding of your new oven. This book includes recipes from starters to desserts. After trying our recipes be sure to adapt your favourite recipes to microwave methods.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave oven.

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The serial number of this product may be found on the back side of the oven. You should note the model number and serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

MODEL NUMBER	
SERIAL NUMBER	
DATE OF PURCHASE _	

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## **Important Safety Instructions**

#### READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

## Precautions to be taken when using Microwave Ovens for Heating foodstuffs

**INSPECTION FOR DAMAGE.** A microwave oven should only be used if an inspection confirms all of the following conditions:

- 1. The grille is not damaged or broken.
- 2. The door fits squarely and securely and opens and closes smoothly.
- 3. The door hinges are in good condition.
- 4. The metal plates of a metal seal on the door are neither buckled nor deformed.
- 5. The door seals are neither covered with food nor have large burn marks.

**PRECAUTIONS.** Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

- Never tamper with or deactivate the interlocking devices on the door.
- 2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
- 3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
- 4. Do not let other metallic articles, e.g., fast food foil containers, touch the side of the oven.
- Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals.
   Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
- 6. Always use the oven with trays or cookware recommended by the manufacturer.
- Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
- 8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
- Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
- 10. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- 11. Young children should be supervised to ensure that they do not play with the appliance.
- 12. It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- 13. The surfaces are liable to get hot during use.

#### **Practical Hints:**

- For initial use of GRILL, CONVECTION, and COMBINATION, if you see white smoke arise, it is not malfunction.
- Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during GRILL, CONVECTION, and COMBINATION. Use care when opening or closing door and when inserting or removing food and accessories.
- The oven has two grill heaters situated in the top of the oven and a convection heater situated in the back of the oven. After using the GRILL, CONVECTION, and COMBINATION functions, the oven will be very hot.
- The accessible parts may become hot when GRILL, CONVECTION and COMBINATION is in use. Children should be kept away.

#### Important Instructions

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

- Read all instructions before using the microwave oven.
- Some products such as whole eggs and sealed containers - (for example, closed glass jars and sealed baby bottles with teat) - may explode and should not be heated in the microwave oven.
- 3. Use this microwave oven only for its intended use as described in this manual.
- 4. As with any appliance, close supervision is necessary when used by children.
- 5. Do not operate this microwave oven if it is not working properly or if it has been damaged or dropped.
- 6. Do not store or use this appliance outdoors.
- 7. Do not immerse cord or plug in water.
- 8. Keep cord away from heated surfaces.
- 9. Do not let cord hang over edge of table or counter.
- 10. To reduce the risk of fire in the oven cavity:
  - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - (b) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
  - (c) Remove wire twist-ties from bags before placing bag in oven.
  - (d) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
  - (e) Never leave microwave unattended while cooking or reheating.
- 11. Do not remove outer panel from oven.
- 12. Appliances are not intended to be operated by means of an external timer or separate remotecontrol system.
- 13. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

### **Important Safety Instructions**

#### **Circuits**

Your microwave ovens should be operated on a separate circuit from other appliances. The voltage used must be the same as specified on this microwave oven. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

#### **Earthing Instructions**

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug.

The plug must be plugged into an outlet that is properly installed and earthed.

WARNING—Improper use of the earthing plug can result in a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement applicable only to South Africa)

### WARNING

- a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
- b) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
- If the supply cord of this appliance is damaged, it must be replaced by a qualified service technician with the special cord available only from the manufacturer.
- d) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- Eiquids or other foods must not be heated in sealed containers since they are liable to explode, at the same time it should avoid the boiling liquids splash.
- f) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- g) When the appliance is operated in the GRILL, CONVECTION and COMBINATION modes, children should only use the oven under adult supervision due to the temperatures generated.

### **Installation and General Instructions**

#### General Use

- In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
- If smoke is observed, touch the STOP/RESET key and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
- The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- 4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.

- 5. Do not use newspapers or paper bags for cooking.
- 6. Do not hit or strike the Control Panel. Damage to controls may occur.
- 7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the oven. The oven can be very hot after removing the cooking container.
- 8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
- 9. Do not cook food directly on ceramic plate unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
- 10. DO NOT use this oven to heat chemicals or other non-food products. DO NOT clean this oven with any product that is labelled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause microwave radiation leaks.

### Installation and General Instructions (continued)

- 11. If the base of the oven is hot, allow to cool before cleaning or placing in water.
- 12. When using the COMBINATION mode, never place any aluminum or metal container directly on the wire shelf. Always insert a heat-proof, glass plate or dish between the wire shelf and the aluminum container. This will prevent sparking that may damage the oven.
- 13. It is recommended not to use the wire shelf when cooking in the MICROWAVE mode only.
- 14. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven cools down.
- 15. Do not leave the microwave unattended while reheating or cooking food in disposable containers made of plastic, paper or other combustible materials, as these types of containers can ignite if overheated.
- 16. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

#### **Placement of Oven**

- The oven must be placed on a flat, stable surface, more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow. Allow 15 cm of space on the top of the oven, 10 cm at the back, and 5 cm on both sides. If one side of the oven is placed flush to wall, the other side or top must not be blocked. Do not remove feet.
  - a. Do not block air vents. If they are blocked during operation, the oven may be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Do not place a cloth on top of the unit during GRILLING/COMBINATION/ CONVECTION/ cooking as the top of the microwave gets very hot. Also allow sufficient space on back and both sides of the oven.
  - b. Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
  - c. Do not operate oven when room humidity is too high.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm house; by clients in hotels, motels and other residential environments; bed and breakfast type environments.

#### **Building-in your oven**

 This oven is intended for counter-top and builtin use only. It is not intended for use inside a cupboard. This oven may be built into a wall cabinet by using the proper trim kit, (NN-TK813CSCP, Stainless) which may be purchased from you local Panasonic dealer.

- 2. In case of fitting into an oven housing, please use Panasonic's Trim Kit, NN-TK813CSCP, Stainless.
- Microwave ovens should not be built into a unit directly above a top front venting conventional cooker. This may be a safety hazard and could result in damage to your oven. This will invalidate your one year guarantee.
- 4. A microwave which is built in must be more than 850 mm above floor level. Read Trim-Kit instructions carefully before installation. It is recommended that the microwave oven is placed below a conventional oven to avoid heat damage to the facia of the microwave.

#### **Food**

- Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
- Do not attempt to deep fat fry in your microwave oven.
- Do not boil eggs in their shell and whole hardboiled eggs (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
- Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
- 5. When heating liquids, e.g. soup, sauces and beverages, in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of hot liquid. To prevent this possibility the following steps should be taken:
  - a) Avoid using straight-sided containers with narrow necks.
  - b) Do not overheat.
  - c) <u>Stir</u> the liquid before placing the container in the oven and halfway through cooking time.
  - d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
- 6. DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER. Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.

### Installation and General Instructions (continued)

- 7. COOKING TIMES given in the Cooking Guide section are APPROXIMATE. Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
- It is better to UNDERCOOK RATHER THAN
   OVERCOOK foods. If food is undercooked, it
   can always be returned to the oven for further
   cooking. If food is overcooked, nothing can be
   done. Always start with minimum cooking times
   recommended.
- Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
- When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
- 11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

## Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.

When microwaves come in contact with a substance, any one or combination of three things may occur. They can be:

- 1. REFLECTED
- 2. TRANSMITTED
- 3. ABSORBED

#### Reflection:

Metal substances REFLECT microwave energy and because there is no absorption, there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

#### **Transmission:**

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

#### **Absorption:**

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

### **Cookware and Utensils Guide**

It is important to use the correct container when cooking in a microwave oven. The following will help you make the right selection.

## How to Test a Container for Safe Microwave Oven Use

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE: Fill a 1-cup glass measure with cool water and place it in the microwave oven alongside the empty container to be tested; heat one (1) minute at High. If the container is microwave ovensafe (transparent to microwave energy), the container should remain comfortably cool, the water in glass measure should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.

#### Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

#### Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

**Dinnerware** can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned.

Several types of glassware and dinnerware are not recommended for use in the microwave oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on High power. These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).

DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.

Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns.

Loosen plastic but let dish stand, covered.

#### **Jars and Bottles**

Jars and bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

#### Metal

Metal cookware or utensils, or those with metallic trim, should NOT be used in the microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing".

Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to shield areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur. Metal twist-ties, either paper or plastic coated, should NOT be used in the microwave oven. Frozen dinner trays can be used in the microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily

**Shells:** Scalloped baking shells are best used during reheating and for short periods of cooking time only. **Thermometers** are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven.

#### Straw, Wicker and Wood

available and give the same result.

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

## **Cookware and Utensil Chart**

	Microwave	Grill	Convection	Combination
Aluminium foil	for shielding	yes	yes	for shielding
Ceramic Plate	yes	yes	yes	yes
Browning Dish	no	no	no	no
Brown paper bags	no	no	no	no
Dinnerware oven/microwave safe non-oven/microwave safe	yes yes	yes no	yes no	yes no
Disposable paperboard containers	yes*1	no	yes*1	yes*1
Glassware oven glassware & ceramic non-heat resistant	yes no	yes no	yes no	yes no
Metal cookware	no	yes	yes	no
Wire shelf	no	yes	yes	yes*2
Metal twist-ties	no	yes	yes	no
Oven cooking bag	yes	no	yes*1	yes
Paper towels and napkins	yes	no	no	no
Plastic defrosting rack	yes	no	no	no
Plastic dishes microwave safe non microwave safe	yes no	no no	no no	no no
Microwave safe plastic wrap	yes	no	no	no
Straw, wicker, wood	yes	no	no	no
Thermometers microwave safe conventional	yes no	no yes	no yes	no no
Waxed paper	yes	no	no	no
Silicon bakeware	yes*1	no	yes*1	yes*1
Enamel shelf	no	yes	yes	no

<sup>\*1</sup> Check manufacturers' recommendation, must withstand heat.

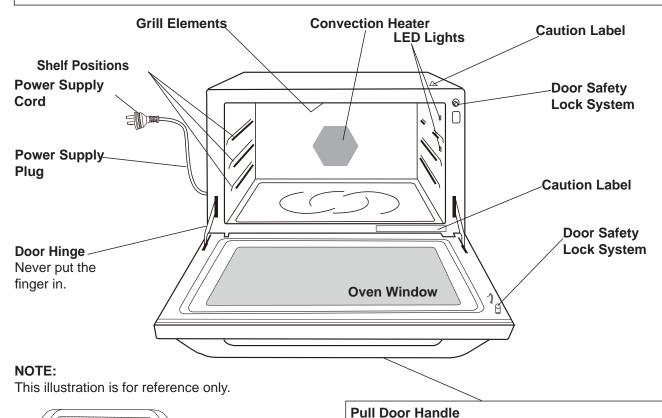
<sup>\*2</sup> Metal container can not be placed directly on the wire shelf

### **Feature Diagram**

#### **Flat Table**

If the flat table is hot, allow cooling down before cleaning

Do not directly place the food on the flat table. Place it on a container or container rack special for the microwave oven.





#### Glass shelf

- 1. The glass shelf can be used in any of the shelf positions for cooking on any mode.
- 2. If the glass shelf is hot, let it cool before cleaning or placing in cold water, as this could crack or shatter the accessory.
- 3. The maximum weight that can be placed on the glass shelf is 4 kg (this includes total weight of food and dish).



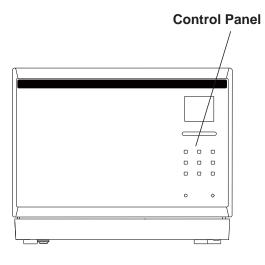
- 1. The enamel shelf is for cooking on GRILL, CONVECTION mode. Do not use on COMBINATION modes.
- 2. For 2 level CONVECTION cooking, the wire shelf can be used as the upper level and the enamel shelf can be used as the lower level.
- 3. The maximum weight that can be placed on the enamel shelf is 4 kg (this includes total weight of food and dish).

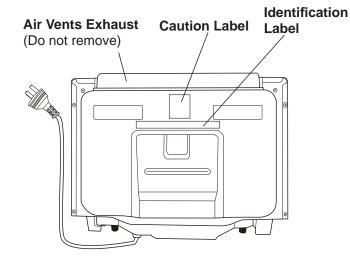
#### Wire shelf

- 1. The wire shelf can be used in the upper and middle shelf positions for GRILLING foods. It can be used in the upper, middle or lower shelf positions for CONVECTION or COMBINATION cooking.
- 2. Do not use any metal container directly on the wire shelf in COMBINATION with MICROWAVE.
- 3. Do not use the wire shelf in MICROWAVE mode only.
- 4. The maximum weight that can be placed on the wire shelf is 4 kg (this includes total weight of food and dish).

Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and **Start** key is touched. The oven light will turn on and stay on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

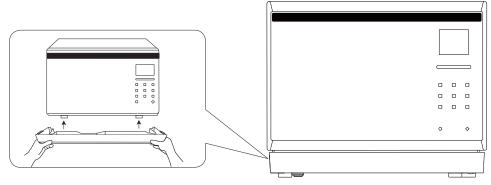
## Feature Diagram (continued)





**Front View** 

**Rear View** 



#### **Drip Tray**

- Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
- Connect the drip tray to the plastic feet, as shown in the diagram, before using the oven.
- 3. Clean and wipe dry after use.
- 4. After cleaning, re-connect the drip tray to the plastic feet.

#### **Oven Light:**

Oven Light will turn on during cooking and also when door is opened.

#### NOTE:

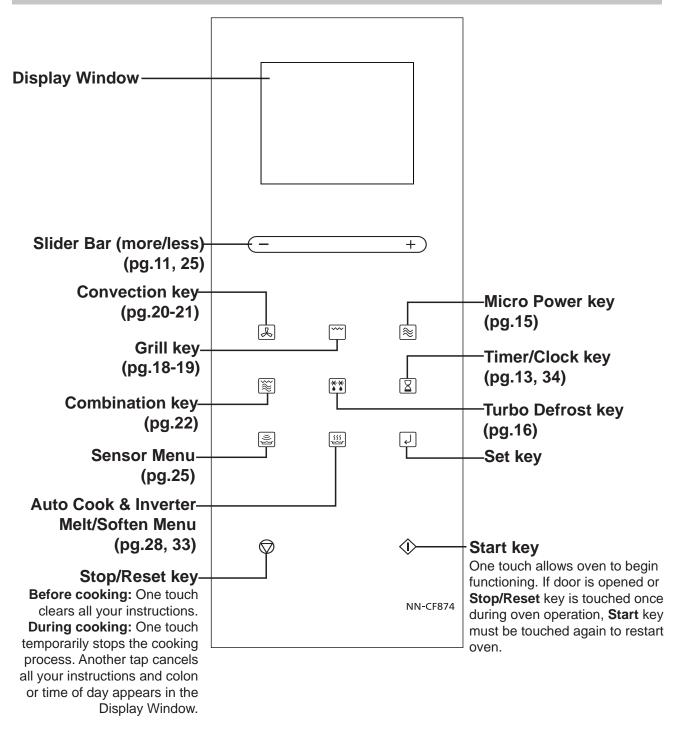
The above illustration is for reference only.



#### **Drip tray**

- 1. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
- 2. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Re-position the drip tray by clicking back onto the legs.
- 3. Built-in Oven using a Panasonic trim kit To clean the drip tray, remove the trim kit frame by opening the door, hold onto the top frame and gently pull forward. Once the clips are released, close the door, hold onto the bottom two corners and pull forward. Remove, clean and re-position the drip tray. Push the trim kit frame back into place ensuring all four corners are secure.
- 4. DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.

### **Control Panel**



#### **Beep Sound**

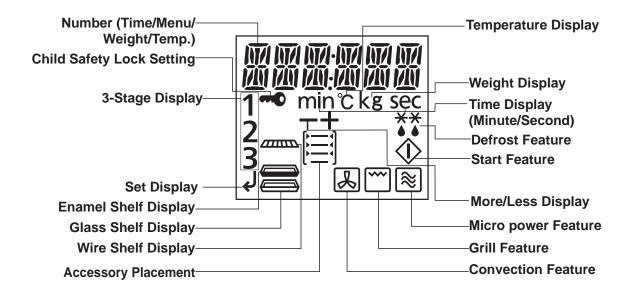
When key is touched correctly, a beep sound will be heard. If a key is touched and no beep is heard, the unit does not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete programme, the oven will beep five times.

#### NOTE:

- 1. If an operation is set and **Start** key is not touched, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.
- 2. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- 3. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.

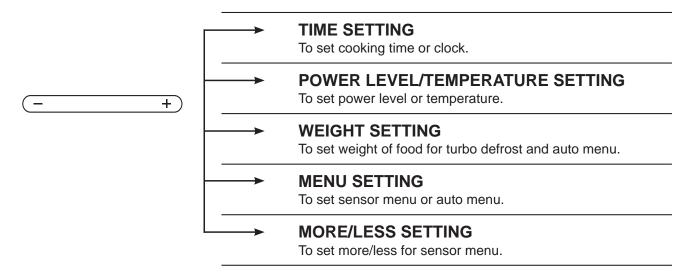
### **Display Window**

To help you operate the oven, the following numbers/symbols will appear in the display window.



### Slider bar Features

Select the time or weight by tapping "+"/"-" or swipe the slider bar. The time/weight appears in the display window.



#### NOTE:

The maximum programmable time using slider bar is up to 9 hours.

### Let's Start To Use Your Oven!

#### 1 Plug in

Plug into a properly earthed electrical outlet. "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" appears in the Display Window. (This will immediately cease when any key is pressed.)

#### 2 Open Door

Open the door and place container with food on Flat Table in the oven. Then close the door.

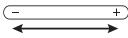
## 3 Touch sonce

Touch to select "Micro Power".

#### 4 Select Micro Power Level

e.g. Med-High Power

Tap "+"/"-" or swipe the slider bar until
the desired power appears in the display window.
(see page 15 for Micro Power chart)



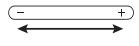
#### 5 Touch Set key

Touch the Set key to verify your selected power level.



#### 6 Set Time

e.g. 1 minute 30 seconds tap "+"/"-" or swipe the slider bar until the desired time appears in the display window.



Verify your selection(s) in the Display Window.



## 7 Press

Cooking will start.

The time in Display Window will count down.

Note: indicates the icon is blinking.

### **Operation Guide in the Display Window**

To assist you in programming your oven, the following operation will appear in the Display Window. When you become familiar with your oven, the Operation Guide can be turned off.

#### To turn off:



#### To turn on:



Tap Timer/Clock four times. Display window

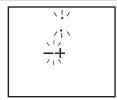
### To Set Clock

When the oven is first plugged in "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" appears in display window. You can use the oven without setting the clock.

E.g.: 10:30



"SET TIME" appears in the display window and the colon and "-/+" starts to blink.



#### 2 Enter time

Enter the time by tapping "+"/"-" or swipe the slider bar.



Clock is a 12 hour display. There isn't a.m. or p.m. setting.



## 3 Touch once

Time of day is entered and locked into Display Window.

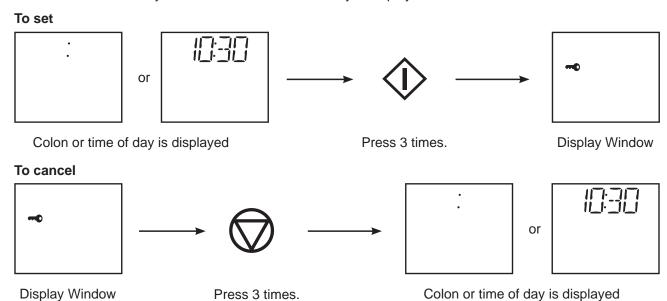


#### NOTES:

- 1. Oven will not operate while colon is still blinking.
- 2. To reset time of day, repeat step 1 to 3.
- 3. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
- 4. This is a 12 hour clock.

### To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open. You can set Child Safety Lock when colon or time of day is displayed.



#### NOTE:

To set or cancel child safety lock, **Start** key or **Stop/Reset** key must be tap 3 times within 10 seconds.

### **INGREDIENT CONVERSION CHART**

INGREDIENT CONVERSION CHART			
1/4 cup	60 ml	1/4 teaspoon	1 ml
⅓ cup	85 ml	½ teaspoon	2 ml
½ cup	125 ml	1 teaspoon	5 ml
²⁄₃ cup	165 ml	2 teaspoons	10 ml
3/4 cup	190 ml	3 teaspoons	15 ml
1 cup	250 ml	1 tablespoon	20 ml
1¼ cups	310 ml	1½ tbs	30 ml
1½ cups	375 ml	2 tbs	40 ml
2 cups	500 ml	3 tbs	60 ml
3 cup	750 ml	4 tablespoons	80 ml
3½ cups	875 ml		
4 cups	1 litre		
6 cups	1.5 litre		
8 cups	2 litre		

All recipes are tested using standard measurement that appear in the above chart.

### To Cook/Reheat/Defrost on Micro Power by Time Setting

This feature allows you to set the desired power and time for cooking by yourself.

## 1 Touch sonce

Touch to select "Micro Power".

#### 2 Tap "+"/"-" or swipe the slider bar to select Micro Power level



Touch the Set key to verify your selection Micro Power level.

#### 4 Tap "+"/"-" or swipe the slider bar to select the cooking time



Select the cooking time by tap "+"/"-" or swipe the slider bar

(High: up to 30 minutes, other powers: up to 90 minutes for a single stage)

#### NOTE:

When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

0 - 3 minute time counts up in 10 seconds. 3 - 8 minute time counts up in 30 seconds. 8 - 30 minute time counts up in 1 minute. Upwards from 30 minutes time counts up in 5 minutes.

## 5 Touch

Cooking will start.

The time in the Display Window will count down.

#### For more than one stage cooking,

Repeat steps 1 to 4 above then touch **Start**. The maximum number of stages for cooking is 3. The oven will beep twice between stages. (For further information, refer to page 23)

#### Micro Power:

The **Micro Power** key gives you a selection of different power levels representing decreasing amounts of microwave energy, used for cooking foods at different speeds.

e.g. The lower the micro power setting, the more evenly the food cooks, although it will take a little longer. To select the correct power level for cooking different foods, refer to the chart below.

POWER LEVEL	WATTAGE	EXAMPLE OF USE
High	1000 W	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.
Medium-High	800 W	Cook fish and seafood, meat, poultry, eggs and cakes.
Medium	600 W	Cook cakes, stew food, and melt butter and chocolate.
Medium-Low	440 W	Cook tough meat, stew soup and soften butter.
Defrost	300 W	Defrost meat, poultry or seafood.
Low	270 W	Keep food warm and soften ice cream.

#### NOTE:

You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

### To Defrosting

#### **Turbo Defrost**

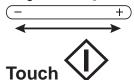
This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight of the food.

## 1 Touch \*\* once

Touch to select "Turbo Defrost".

#### 2 Tap "+"/"-" or swipe the slider bar to set defrost weight

The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size. Weight must be programmed in kilograms and tenths of a kilogram (0.1  $\rm kg \sim 3.0~kg$ ). For best results, the minimun recommended weight is 0.2  $\rm kg$ .



Cooking will start.

The time in the Display Window will count down.

#### Note:

The oven will beep twice during the total defrosting time. This indicates that food should be turned, broken apart or removed. After attending to food, close door and touch Start to resume defrosting.

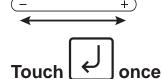
#### **Defrost on Micro Power by Time Setting**

This feature allows you to defrost meat, poultry and seafood by **Defrost** and time.

1 Touch sonce

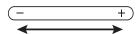
Touch to select "Micro Power".

#### 2 Tap "+"/"-" or swipe the slider bar to select 300 W



Touch the Set key to verify your selection Micro Power level.

#### 4 Tap "+"/"-" or swipe the slider bar to select the defrosting time



Select the cooking time by tap "+"/"-" or swipe the slider bar

## 5 Touch

Defrosting will start.

The time in the Display Window will count down.

### **Defrosting Tips and Techniques**

#### **Preparation for Freezing:**

- 1. Heavy-duty plastic wraps, bags and freezer wrap are suitable.
- 2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
- 3. REMOVE ALL AIR and seal securely.
- 4. LABEL package with type and cut of meat, date and weight.
- 5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18 °C or lower).

#### **Defrosting Technique:**

- 1. Remove from wrapper and set on a defrosting rack in a dish on flat table.
- 2. On Turbo Defrost, the oven will beep during the defrosting time. At "beep", turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
- 3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
- 4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

#### **Defrosting Chart (by setting Micro Power at Defrost):**

FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
MEAT Beef Minced Beef Roast: Topside Beef Tenderloin Chuck or Rump Sirloin, rolled Steak Miscellaneous Pork/Lamb Roast Chops Ribs  POULTRY Chicken whole pieces fillets Duck Turkey	6 - 8 7 - 9 7 - 9 6 - 8 7 - 9 6 - 7 6 - 8 6 - 8 5 - 7 5 - 7	Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.  Turn meat over two to three times during defrosting.  Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.  Large roasts may still be icy in centre. Let stand.  Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones and ends of poultry with foil.  Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces.  Rinse poultry under cold water to remove ice
		crystals. Let stand 5 to 10 minutes, before cooking.
FISH & SHELLFISH Fish Fillets Whole Fish Crabmeat Lobster Tails Sea Scallops Green Prawns	6 - 8 6 - 8 5 - 7 5 - 7 4 - 6 5 - 7	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted.  Let stand, 5 to 10 minutes, before cooking.

### To Cook on Grill by Time Setting

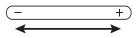
There are three power levels for grill. When grilling, heat is radiated from two heaters. It is especially suitable for thin slices of meat and seafood as well as bread and meals. Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove the wire shelf by holding the accessories firmly.

#### Without Preheating:

1 Touch once

Touch to select "Grill".

#### 2 Tap "+"/"-" or swipe the slider bar to select Grill level

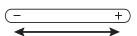


Power Level	WATTAGE	Type of Food
Grill 1 (High)	1300 W	Garlic Bread, Toast
Grill 2 (Medium)	950 W	Seafood
Grill 3 (Low)	700 W	Slice meat or ploultry pieces

3 Touch once

Touch the Set key to verify your selection Grill level.

#### 4 Tap "+"/"-" or swipe the slider bar to select the cooking time



Select the cooking time by tap "+"/"-" or swipe the slider bar (Up to 90 minutes.)

## 5 Touch

Cooking will start.

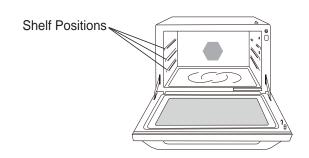
The time in the Display Window will count down.

#### Notes:

You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

#### Oven accessories to use

When grilling foods the wire shelf should be in the upper shelf position and the glass shelf in the middle position to catch drips. Alternatively you can use the enamel shelf in the top or middle positions. When positioning the wire shelf, the vertical wires of the shelf should sit lower than the sides of the shelf.



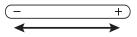
### To Cook on Grill by Time Setting (continued)

#### With Preheating:

1 Touch once

Touch to select "Grill".

#### 2 Tap "+"/"-" or swipe the slider bar to select Grill level



Power Level	WATTAGE	Type of Food
Grill 1 (High)	1300 W	Garlic Bread, Toast
Grill 2 (Medium)	950 W	Seafood
Grill 3 (Low)	700 W	Slice meat or ploultry pieces

3 Touch once

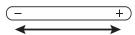
Touch the Set key to verify your selection Grill level.

## 4 Touch to preheat

Touch Start to preheat.

A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.

#### 5 Tap "+"/"-" or swipe the slider bar to select the cooking time



Select the cooking time by tap "+"/"-" or swipe the slider bar (Up to 90 minutes.)

## 6 Touch

Cooking will start.

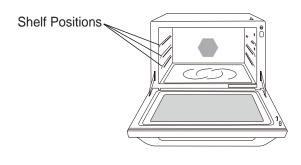
The time in the Display Window will count down.

#### Notes:

You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

#### Oven accessories to use

When grilling foods the wire shelf should be in the upper shelf position and the glass shelf in the middle position to catch drips. Alternatively you can use the enamel shelf in the top or middle positions. When positioning the wire shelf, the vertical wires of the shelf should sit lower than the sides of the shelf.



### To Cook on Convection by Time Setting

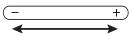
The oven can be used as a conventional oven using the CONVECTION mode which incorporates a heating element with a fan. For best results always place food in a preheated oven. The grill will come on when the oven is preheating.

#### Without Preheating:



Touch to select "Convection".

2 Tap "+"/"-" or swipe the slider bar to select desired temperature.  $(40 \, ^{\circ}\text{C}, 100 \, ^{\circ}\text{C} \sim 230 \, ^{\circ}\text{C})$ 

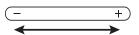


The oven offer a choice of convection temperatures 40 °C and 100 °C ~ 230 °C in 10 °C increments. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C.

## 3 Touch Once

Touch the Set key to verify your desired temperature.

4 Tap "+"/"-" or swipe the slider bar to select the cooking time



Select the cooking time by tap "+"/"-" or swipe the slider bar (Up to 9 hours.)

## 5 Touch

Cooking will start.

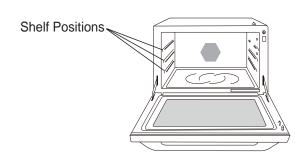
The time in the Display Window will count down.

#### Notes:

- 1. You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
- 2. After touching Start, the selected temperature can be recalled and changed. Touch Convection once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature (except 40 °C) by tapping "+"/"-".

#### Oven accessories to use

It is possible to cook on one or two levels when using convection cooking. When using the oven accessories, please put oven accessories directly on the shelves.



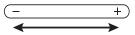
### To Cook on Convection by Time Setting (continued)

#### With Preheating:

## 1 Touch once

Touch to select "Convection".

## 2 Tap "+"/"-" or swipe the slider bar to select desired temperature. (40 °C, 100 °C~230 °C)



The oven offer a choice of convection temperatures 40 °C and 100 °C ~ 230 °C in 10 °C increments. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C.

## 3 Touch once

Touch the Set key to verify your desired temperature.

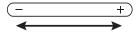
## 4 Touch to preheat

Touch Start to preheat.

A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash.

Then open the door and place the food inside.

#### 5 Tap "+"/"-" or swipe the slider bar to select the cooking time



Select the cooking time by tap "+"/"-" or swipe the slider bar (Up to 9 hours.)

## 6 Touch

Cooking will start.

The time in the Display Window will count down.

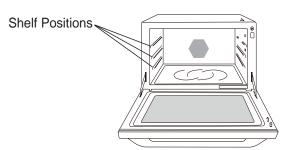
#### Notes:

- 1. The oven can not preheat to 40 °C.
- 2. You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
- 3. After touching Start, the selected temperature can be recalled and changed. Touch Convection once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature (except 40 °C) by tapping "+"/"-".
- 4. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.

#### Oven accessories to use

It is possible to cook on one or two levels when using convection cooking.

When using the oven accessories, please put oven accessories directly on the shelves.



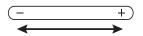
### To Cook on Combination by Time Setting

There are three power levels for combination. It's a good way for roasting foods by combining microwave and grill effectively. It's suitable for roasting poultry, meat and seafood. This function can ensure the foods even cooking and keep the crispness of certain foods. Please open the door and turn over the foods when half of the cooking time, then continue cooking.

## 1 Touch and once

Touch to select "Combination".

#### 2 Tap "+"/"-" or swipe the slider bar to select Combination level



Power Level	Combination	Type of Food
Combination 1 (High)	Defrost+Grill 1	Sea food, Puddings
Combination 2 (Medium)	Defrost+Grill 2	Beef, Lamb
Combination 3 (Low)	Defrost+Grill 3	Whole poultry

## 3 Touch once

Touch the Set key to verify your selection Combination level.

#### 4 Tap "+"/"-" or swipe the slider bar to select the cooking time



Select the cooking time by tap "+"/"-" or swipe the slider bar (Up to 9 hours.)

## 5 Touch

Cooking will start.

The time in the Display Window will count down.

#### Note:

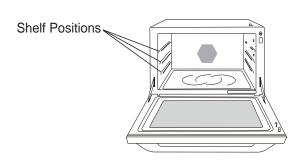
- 1. It is not possible to preheat when using this mode and food should always be cooked uncovered.
- 2. You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
- To turn food just pull the door handle downwards to open, remove the accessories, turn the food, return to the oven, close the door and touch Start. The oven will continue to count down the remaining cooking time.

#### Oven accessories to use

DO NOT USE THE ENAMEL SHELF FOR COMBINATION COOKING.

Food can be placed directly onto the wire shelf in the top or middle shelf positions.

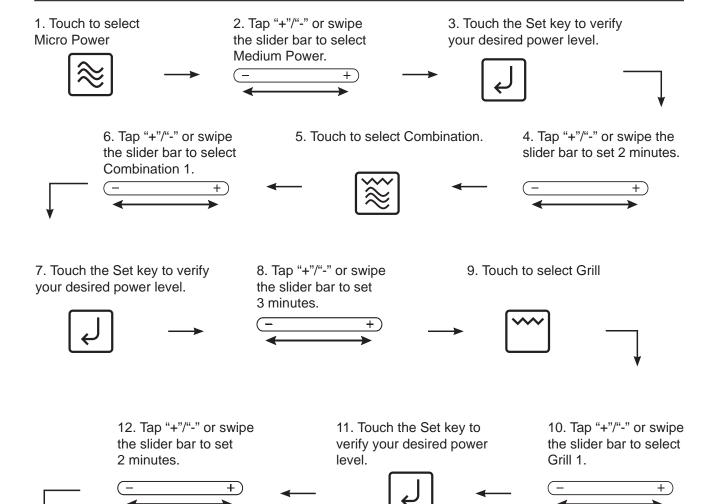
The glass shelf can be placed underneath to catch any drips. When cooking fish or small items, food can be placed directly on the glass shelf.



### **3-Stages Setting**

This feature allows you to program 3 Stages of cooking continuously.

E.g.: Continually set [Medium Power] 2 minutes, [Combination 1] 3 minutes and [Grill 1] 2 minutes.



13. Touch once. The time will count down at the first stage in the display window.



#### **NOTES**

- 1. When operating, two beeps will sound between each stage.
- 2. This feature cannot be used in combination with auto features.

### To Cook using the Recipe Store

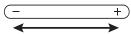
This feature allows you to pre-program your oven for regular reheating or cooking tasks. You are able to preprogram your oven for a specific power level and time that is convenient for you. You are able to preprogram three memory tasks.

#### To Set a Recipe Program:



The menu appears in the Display Window.

#### 2 Select Recipe number



Tapping "+"/"-" or swipe the slider bar until the desired "memory 1 ~ 3" appears in the Display Window.

## 3 Touch once

Touch the Set key to verify your selection Recipe number.

#### 4 Set the desired cooking programme

Recipe Store can store 3 stages cooking. (refer to P23)

## 5 Touch once

Touch the Set key to verify the selection. Memory number appears in the display window.

#### To Start Recipe Store Program:

## 1 Touch Once

The menu appears in the Display Window.

#### 2 Select Recipe number



Tapping "+"/"-" or swipe the slider bar until the desired "Memory 1 ~ 3" appears in the Display Window.

## 3 Touch once

Touch the Set key to verify the desired recipe program.

## 4 Touch Once

Cooking will start.

The time in the Display Window will count down.

#### NOTES:

- 1. Auto Control Functions cannot be programmed into Recipe Store.
- 2. Grill/Convection pre-heat mode cannot be programmed into Recipe Store.
- 3. Recipe Store can store 3 stages cooking.
- 4. The combined maxmum cooking time is 9 hours.
- 5. To reset recipe program, repeat "To Set a Recipe Program" steps 1-5.
- 6. A new recipe program will cancel the recipe program previously stored.

### To Cook Food Using Sensor Reheat/Cook

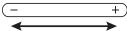
Sensor Cook/Reheat allows you to cook foods without selecting times and power levels. The sensor detects the heat and humidity generated by the food and cooks your food automatically.

Place food into an appropriate sized dish for the volume of food you are cooking. Cover securely with plastic wrap or a securely fitting lid (do not use any snap closing lids). Plastic dishes are not suitable as a secure seal cannot be achieved and inaccurate cooking may result.

## 1 Touch Once

The menu appears in the Display Window.

#### 2 Select desired menu



Tapping "+"/"-" or swipe the slider bar until the desired menu appears in the Display Window. (see below chart).

Menu	Recommended Weight Range	Accessory and Recommended Container
Sensor Reheat	125 - 1000 g	-
2. Vegetables	125 - 500 g	-
3. Frozen vegetables	125 - 1000 g	-
4. Rice	1 - 2.5 cups	-
5. Dried pasta	125 - 500 g	-
6. Fresh pasta	200 - 800 g	-
7. Casserole	800 - 2000 g	-
8. Steam Fish	125 - 500 g	-
9. Steam Frozen Fish	250 - 550 g	-
10. Jacket potato	300 - 1200 g	Glass shelf in middle position
11. Frozen potato products	500 - 1000 g	Glass shelf in higher position

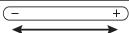
#### Note:

If you are satisfied with the result of the SENSOR Reheat/Cook programme, please skip to step 5.

## 3 Touch once

Touch the Set key to verify the selection.

#### 4 Adjust to Taste



Preferences for degree of cooking vary for each individual. After having used auto sensor programs a few times, you may decide you would prefer your food cooked to a different degree of cooking. By using "+/-" the programs can be adjusted to cook food for a longer or shorter time. After selecting the sensor program, tap "+/-" or swipe the slider bar before touching Start. The oven will automatically cook the food 10% more or 10% less.

## 5 Touch Once

Do not stop the oven or open the door during this part of the cooking stage as inaccurate cooking may result. After the heat humidity is detected by the SENSOR, the remaining time appears in the Display Window and begins to count down.

#### **NOTES:**

- 1. If the temperature of the cavity is high, sensor cook/reheat feature can not be used. Display window will display "HOT". Sensor Reheat/Cook feature can not be used until the "HOT" disappears.
- 2. When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed.

### To Cook Food Using Sensor Reheat/Cook (continued)

#### 1. Sensor Reheat (uses microwave only)

Reheating by Sensor is suitable for pre-cooked foods. There is a setting for frozen and refrigerator temperature or room temperature foods. It is suitable for casseroles, plated meals, soup, stews, pasta dishes (except lasagna) and canned foods. Do not reheat bread or pastry products, raw, uncooked food or beverages on Sensor Reheat. Foods greater than 1 kg or smaller than 125 g should be cooked by micro power and time. Cover foods securely with plastic wrap. During the heating time, the oven will 'beep' and prompt you to stir the food. There is no need to recover if not required. After heating, stir the food, check it is hot and allow standing for 2 to 3 minutes.

#### 2. Vegetables (uses microwave only)

Suitable for cooking all types of leaf, green and soft varieties of vegetables, including broccoli, squash cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these. All vegetables should be trimmed or prepared and cut into evenly sized pieces. Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired. Place in a suitable size dish. Butter, herbs, etc., may be added before heating, but do not salt vegetables until serving. Cover dishes securely with plastic wrap. During the heating time, the oven will 'beep' and prompt you to stir the food. Let stand and covered for 2 to 3 minutes.

3. Frozen Vegetables (uses microwave only) Suitable for cooking all types of frozen vegetables. Place in a suitable size dish. Do not use plastic dishes. Best results are achieved if large quantities are placed in a single layer. Add 1 tablespoon to ¼ cup water to vegetables, if desired. Butter, herbs etc. may be added before heating, but do not add salt until serving. Cover securely with plastic wrap. During the cooking time, the oven will 'beep' and prompt you to stir vegetables. At the end of the cooking time, stir vegetables and let stand, covered, for 2 to 3 minutes.

#### 4. Rice (uses microwave only)

Suitable for cooking short and long grain rice including specialty rice. It is not suitable for cooking brown rice or wild rice. Place rice with water at room temperature in a suitable dish. We recommend the following proportions of rice to cold tap water:

Rice	Water	Dish Size
1 cup (200 g)	350 ml	3 litre
1½ cups (300 g)	525 ml	3 litre
2 cups (400 g)	700 ml	4.5 litre
2½ cups (500 g)	875 ml	4.5 litre

It may be necessary to adjust the water to your personal preference. Using a large size dish will prevent the rice from boiling over. Do not cook rice in plastic dishes as incorrect cooking times may result. Cover securely with plastic wrap. During cooking, the oven will 'beep' and instruct you to stir and remove cover. There is no need to cover the rice again. At the completion of the cooking time, let stand 5 to 10 minutes.

#### 5. Dried Pasta (uses microwave only)

Suitable for cooking dried pasta such as spaghetti, fettuccine, macaroni, penne, spiral and various pasta shapes. Place pasta in an appropriate size dish with boiling water.

Use the following as a guide:

Pasta Qty	Boiling Water	Dish size
125 g	1 L	3 litres
250 g	1.3 L	3 litres
350 g	1.6 L	4 litres
500 g	2 L	4 litres

Add 1 tablespoon of oil, if desired, before cooking top revent pasta from sticking together. Cover securely with plastic wrap. During cooking, the oven will 'beep' and instruct you to stir and remove cover. At the end of the cooking time, cover and let stand or 5 to 10 minutes, if required, before draining.

#### **6. Fresh Pasta** (uses microwave only)

Suitable for cooking fresh pasta such as fettuccine, tagliatelle, tortellini, ravioli and agnolotti. (Gnocchi should be cooked by manual MICRO POWER.) Place pasta in an appropriate size dish with boiling water. Use the below chart as a guide:

Pasta Qty	<b>Boiling Water</b>	Dish Size
200 g	1 litre	3 litres
400 g	1.25 litres	3 litres
600 g	2.0 litres	3.5 litres
800 g	2.5 litres	4 litres

Add 1 tablespoon of oil, if desired, before cooking top revent pasta from sticking together. Cover dish securely with plastic wrap. During cooking, the oven will 'beep' and instruct you to stir and remove cover. At the end of the cooking time, cover and let stand for 5 to 10 minutes, if required, before draining.

### To Cook Food Using Sensor Reheat/Cook (continued)

#### 7. Casserole (uses microwave only)

Suitable for cooking casserole with less tender cut soft meat combined with liquid and vegetables. Cut meat and vegetables into even size pieces. Place in a suitable size dish. Dish should be approximately ¾ full. Do not use plastic dishes as incorrect cooking time may result.

Use the below chart as a guide:

Total Weight	Meat Qty	Vegetable Qty	Stock Liquid Qty
800 g	<b>400</b> g	200 g	200 ml
1200 g	600 g	300 g	300 ml
1600 g	800 g	400 g	400 ml
2000 g	1000 g	500 g	500 ml

Cover securely with plastic wrap or a well fitting lid. During the cooking time, the oven will 'beep' and instruct you to stir. At the end of cooking time, allow the casserole to stand for 5 to 10 minutes.

Note: total weight equals weight of meat plus vegetables plus liquid.

#### 8. Steam Fish (uses microwave only)

Suitable for most varieties of fish fillets, steak sand cutlets. Place the fish in a single layer with any seasonings or flavourings in a suitable sized microwave safe dish. Using a toothpick, gently pierce the fish at 2 cm intervals to prevent flesh bursting during cooking. Cover securely with plastic wrap. During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange. Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

9. Steam Frozen Fish (uses microwave only)
Suitable for most varieties of fish fillets, steak sand cutlets that have been frozen in individual portions.
Place the fish in a single layer with any seasonings or flavorings in a suitable sized microwave safe dish.
Using a toothpick, gently pierce the fish at 2 cm intervals to prevent flesh bursting during cooking.
Cover securely with plastic wrap. During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange. Allow large amounts of fish to stand for 3 to 5minutes after cooking before serving.

#### 10. Jacket Potato

(uses microwave + combination + convection) Suitable for cooking whole potatoes with their skin left on. Choose medium sized potatoes weighing approximately 200-250  $\rm g$  each. Wash and scrub potatoes and dry well. Prick with a fork several times. Brush with oil and sprinkle with salt. Place on glass shelf in middle shelf position. At the end of cooking time, allow the potato to stand for 5 to 10 minutes.

#### 11. Frozen Potato Products

(uses microwave + convection + grill)
Use for cooking frozen pre-cooked potato products like wedges, chips, gems, etc. Spread the frozen product in a single layer onto the glass shelf in the higher shelf position. During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange.

### To Cook Food Using Auto Cook

This feature allows you to cook most of your favourite foods by setting the weight only. The oven determines the Microwave power level and/or Combination setting, then the cooking time automatically. Select the category of food and then just enter the weight. Do not include the weight of any added water or the container weight.

#### For Menu without preheat, please operate as follows:



The menu appears in the Display Window.

#### 2 Select desired menu



Tapping "+"/"-" or swipe the slider bar until the desired menu appears in the Display Window.

## 3 Touch once

Touch the Set key to verify the selection.

#### 4 Select desired weight



Tapping "+"/"-" or swipe the slider bar until the desired weight appears in the Display Window.

## 5 Touch Once

The cooking time appears in the display window and begins to count down.

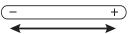
## To Cook Food Using Auto Cook (continued)

#### For Menu with preheat, please operate as follows:



The menu appears in the Display Window.

#### 2 Select desired menu

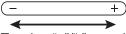


Tapping "+"/"-" or swipe the slider bar until the desired menu appears in the Display Window.

## 3 Touch once

Touch the Set key to verify the selection.

#### 4 Select desired weight



Tapping "+"/"-" or swipe the slider bar until the desired weight appears in the Display Window.

## 5 Touch Once

Touch Start to preheat.

A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash.

Then open the door and place the food inside.



The cooking time appears in the display window and begins to count down.

## To Cook Food Using Auto Cook (continued)

Menu	Weight				Accessory and Recommended Container		
12. Grill chicken pieces	400 g	600 g	800 g	1000 g	-	wire shelf in middle position with glass shelf in lower position	
13. BBQ meat pieces	400 g	600 g	800 g	1000 g	-	wire shelf in middle position with glass shelf in lower position	
14. Roast Chicken	1200 g	1500 g	2000 g	2500 g		wire shelf in lower position	
15. Roast Beef	500 g	1000 g	1500 g	2000 g	<b>2500</b> g	glass shelf in lower position	
16. Roast Lamb	500 g	1000 g	1500 g	2000 g	<b>2500</b> g	glass shelf in lower position	
17. Roast Pork	500 g	1000 g	1500 g	2000 g	<b>2500</b> g	glass shelf in lower position	
18. Fresh Pizza*	200 g	400 g	600 g	800 g	-	enamel shelf in higher position	
19. Frozen Pizza	300 g	400 g	500 g	600 g	-	wire shelf in higher position with glass shelf in lower position	
20. Fresh crispy top*	500 g	700 g	1000 g	1300 g	-	enamel shelf in lower position	
21. Frozen crispy top*	400 g	600 g	800 g	1000 g	-	enamel shelf in lower position	
22. Fruit poached	250 g	500 g	750 g	1000 g	1500 g	-	
23. Sponge pudding	1 serv.	2 serv.	3 serv.	4 serv.	-	-	

#### NOTE:

- 1. \* Preheat is necessary.
- 2. When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed.
- 3. If the temperature of the cavity is so high, auto cook feature can not be used. Display window will appear "HOT". Auto Cook feature can be used until the "HOT" disappears.
- 4. Cook according to the following cooking method.

### To Cook Food Using Auto Cook (continued)

**12. Grill Chicken Pieces** (uses combination + grill) Suitable for most cuts of chicken pieces. Pieces can be marinated or plain. Place marinated chicken pieces on wire shelf in middle shelf position and glass shelf in lower position. During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange. Select Auto Menu Grill Chicken Pieces, then select the weight of the food, then touch **Start**. Do not use plastic wrap or lid.

13. BBQ Meat Pieces (uses combination + grill) Allow you to roast meat skewer, chicken pieces or seafood. Place marinated meat pieces on wire shelf in the middle shelf position and glass shelf in lower position. During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange. Select Auto Menu BBQ Meat Pieces, then select the weight of the food, then touch Start. Do not use plastic or lid.

#### 14. Roast Chicken

(uses combination + convection)

Use for roasting whole chickens that are unstuffed. Wash and dry chicken, truss or tie legs. Brush the surface of the skin with butter or oil and sprinkle with seasoning if desired. Place chicken back-side down on wire shelf in the lower shelf position set a dish underneath. During the cooking time, the oven will 'beep' and prompt you to turn over. Select Auto menu Roast Chicken, then select the weight closest to the actual weight of the chicken, and then touch **Start**. Do not use plastic wrap or lid.

**Note**: small sized chickens with stuffing can be cooked using the setting one weight higher than the actual weight. For example. To cook a 1400  $\rm g$  chicken that has stuffing, use the 1500  $\rm g$  setting even though the total weight of the chicken with stuffing is 1400  $\rm g$ .

#### 15. Roast Beef (uses convection only)

Suitable for roasting joints of beef such as rump, bolar, fillet, topside, rib eye. Choose roasting pieces that are even in shape and if boneless have been rolled and tied. Brush with oil and seasonings. Place fat side up on glass shelf in the lower shelf position. Select Auto Menu Roast Beef then select the weight closest to the weight of the piece, and then touch **Start**. Do not use plastic wrap or lid.

#### **16. Roast Lamb** (uses convection only)

Suitable for roasting joints of lamb, legs, boned and rolled loin, rack of lamb and shoulder roasts. Brush roast with oil and seasonings. Place fat side up on glass shelf in the lower shelf position.

Select Auto Menu Roast Lamb, then select the weight closest to the weight of the piece, and then touch **Start**. Do not use plastic wrap or lid.

17. Roast Pork (uses microwave + convection)
Suitable for roasting joints of pork, leg, boned and rolled loin, rib roast and shoulder. Score rind, brush with lemon juice and rub liberally with salt. Place roast rind side up on glass shelf in the lower position. Select Auto menu Roast Pork, then select the weight closest to the weight of the meat, and then touch Start. Do not use plastic wrap or lid.

#### 18. Fresh Pizza (uses convection + grill)

Use for cooking fresh pizza either purchased or home made.

Select Auto Menu Fresh Pizza, then select the weight of the pizza (total weight of base plus topping ingredients). See chart below for quantities.

Total	Dough	Ingredients
200 g	100 g	100 g
400 g	200 g	200 g
600 g	300 g	300 g
800 g	400 g	400 g

Touch **Start** to preheat the oven. Place assembled pizza on the enamel shelf. When the oven is preheated, place the enamel shelf in the higher shelf position. Close door and touch **Start**.

19. Frozen Pizza (uses combination + convection) Allow you to bake frozen pizza. Place pizza on wire shelf in the higher shelf position and the glass shelf in the lower position. Select Auto Menu Frozen Pizza, then select the weight of the pizza (total weight of base plus topping ingredients). Touch **Start**. Do not use plastic wrap or lid.

Notes: No need to use aluminum foil or grease.

### To Cook Food Using Auto Cook Menu (continued)

#### 20. Fresh Crispy Top

(uses convection only)

Use for heating and crisping the top of foods like pasta bake, macaroni cheese, cottage pie and lasagna. All foods must be pre-cooked and cold. Transfer crispy top to a similar sized heat proof container. Select Auto menu Fresh Crispy Top then, select the weight of food. Touch **Start** to preheat the oven. Do not cover and place on enamel shelf in lower shelf position after preheated. Allow standing for 2 minutes. Ensure food is hot before consuming.

21. Frozen Crispy Top (uses convection only)
Use for heating and browning the top of frozen
purchased savoury dishes like macaroni cheese,
shepherd's pie and lasagna. All foods must be precooked and frozen. Transfer crispy top to a similar
sized heatproof container. Select Auto menu Frozen
Crispy Top then select the weight of food. Touch
start to preheat the oven. Do not cover and place
it on enamel shelf in the lower shelf position after
preheated. Allow standing for 2 minutes. Ensure food
is hot before consuming.

#### 22. Fruit Poached (uses microwave only)

Use for cooking fruits that would usually be stewed or poached. Suitable for fruits such as rhubarb, apples, stone fruits, pears, figs, pineapple, kiwi fruit and berries. Trim and cut fruit into even sized pieces. Place into a microwave safe container. See chart below for quantities.

Fruit	Water	Sugar
250 g	125 ml	1/4 cup
500 g	250 ml	½ cup
<b>750</b> g	375 ml	¾ cup
1000 g	500 ml	1 cup
1500 g	750 ml	1½ cup

Stir to dissolve sugar. Spices can be added if desired. Do not cover. Place dish onto the base of the oven. Select Auto Menu Fruit Poached, then select the weight of the fruit, and then touch **Start**. When beep, stir during cooking.

**23. Sponge Pudding** (uses microwave only) For cooking individual steamed sponge puddings. Use packet mixes available from supermarkets or individual recipes. Not suitable for heavy fruit type puddings. See chart below for 4 servs quantities.

jam	2 tablespoons
butter	100 g
caster sugar	⅔ cup
eggs	2
self rasing flour	¾ cup
milk	1/4 cup

Spoon jam into bottom of pudding bowl. Cream butter and sugar in a separate bowl until light and fluffy. Add eggs (one at a time), beating well after each addition. Fold in flour alternately with milk. Mix until well combined. Pour mixture over jam. Smooth top and place pudding bowl onto the base of the oven. Select Auto Menu Sponge Pudding, then select the number of serves, and then touch **Start**. Allow standing for 5 minutes before turning out.

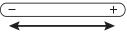
### To Use Inverter Melt & Soften

This feature allows you to melt/soften food. There is no need to select the power level or cooking time as the microwave does this for you.

## 1 Touch Once

The menu appears in the Display Window.

#### 2 Select desired menu



Tapping "+"/"-" or swipe the slider bar until the desired menu appears in the Display Window.

## 3 Touch once

Touch the Set key to verify the selection.

#### 4 Select desired weight



Tapping "+"/"-" or swipe the slider bar until the desired weight appears in the Display Window. (see below chart).

Menu	Weight					
24. Melt Butter	<b>50</b> g	100 g	<b>150</b> g	200 g	<b>250</b> g	300 g
25. Melt Chocolate	<b>50</b> g	100 g	150 g	200 g	250 g	300 g
26. Soften Cream Cheese	<b>50</b> g	100 g	150 g	200 g	250 g	300 g
27. Soften Ice Cream	200 g	500 g	1000 g	2000 g	-	-

## 5 Touch Once

The cooking time appears in the display window and begins to count down.

#### For best results, follow these recommendations:

#### 24. Melt Butter

Remove wrapper, cut butter into 2 tbsp cube, and place into a microwave safe dish. Melt with lid or plastic wrap. Stir after cooking.

#### 25. Melt Chocolate

Remove wrapper and place chocolate into a microwave safe dish. Cook without cover. During the cooking time, the oven will 'beep' and prompt you to stir. After heating, stir until completely melted.

Note: Chocolate holds its shape even when softened.

#### 26. Soften Cream Cheese

Soften slightly without lid.

#### 27. Soften Ice Cream

Remove wrapper and place in a microwave safe bowl/dish. Soften without cover.

#### Note:

If food needs more time cooking or weight exceeds range, cook using 300 W for melting and softening.

### To Use Timer

This feature allows you to program standing after cooking is completed and to program the oven as a minute or 10 seconds timer or program delay start.

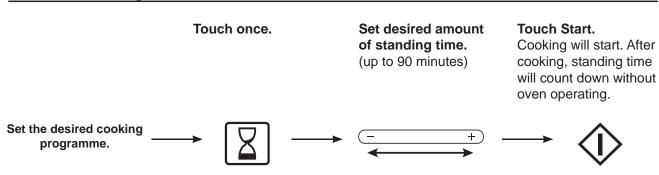
#### To Use as a Kitchen Timer

Touch once.

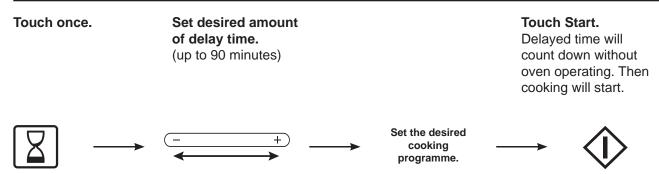
Set desired amount of time.
(up to 90 minutes)

Touch Start.
Time will count down without oven operating.

#### To Set Standing Time



#### To Set Delay Start



#### NOTES:

- 1. If oven door is opened during the Standing Time, Delay Start or Kitchen Timer, the time in the Display Window will continue to count down.
- 2. Delay Start/Standing Time cannot be programmed before/after any Auto Control function. This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results and/or food may deteriorate.
- 3. When using Standing time or Delay Start, it's up to 2 power stages.

## Care of your Microwave Oven

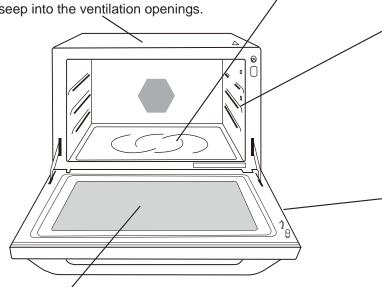
Turn the oven off and remove the power plug from the wall socket before cleaning.

The outside oven surfaces should be cleaned with a damp cloth. To prevent after cooling down with a mild damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

Always clean the flat table

detergent and wipe to dry.

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



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

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

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





#### **Drip tray**

- 1. Always keep the drip tray clean.
- 2. Clean and wipe dry after use.
- 3. After cleaning, re-connect the drip tray to the plastic feet.
- 4. DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY

## Notes:

- 1. When using the Grill, Convection or cooking in the Combination mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
- 2. After Grill, Convection or Combination cooking the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by Grill, Convection or Combination. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.
  - DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
  - A steam cleaner is not to be used for cleaning.
- 3. The back and top of oven cavity has a **self-clean catalytic lining**. It is therefore not necessary to clean this area.
- 4. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- 5. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

## **Before Requesting Service**

PROBLEM		POSSIBLE CAUSE	REMEDY
		The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
Oven will not turn on.		Circuit breaker or fuse is trippe or blown.	ed Reset circuit breaker or replace fuse.
		There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
		The door is not closed completely.	Close the oven door securely.
		Start key was not touched after programming	er Touch <b>Start</b> key.
Oven will not start cooking.	<b>→</b>	Another program has already been entered into the oven.	Press <b>Stop/Reset</b> key to cancel the previous program and program again.
		The program has not been entered correctly.	Program again according to the Operating Instructions.
		Stop/Reset key has been touched accidentally.	Program oven again.
"HOT" appears in the display window.	<b>)</b>	The cavity is overheated.	Operate again after it cools down.
"COOL" appears in the display window.		The fan is operating to cool the electric components.	The word "COOL" will disappear after the fan stops.
The "••" appears in the display Window.		The Child Lock was activated by tapping <b>Start</b> key 3 times.	Deactivate Lock by tapping Stop/Reset key 3 times.
"H97", "H98" or "H00" appears in the display window.		The display indicates a problem with microwave generation system.	Contact the specified service centre.
"DEMO MODE PRESS ANY KEY" appears in the display window.		The oven is under demonstration mode.	Tap <b>Micro Power</b> key once, <b>Start</b> key 4 times.
The control panel keys do not respond when tapped.		The oven may be in stand-by mode.	Ensure the oven is plugged in. Open and close the door to activate.

Demonstration mode is designed for retail store display. Cooking and other functions will not operate during the demonstration mode. If it seems there is a problem with the oven, contact an authorized Service Centre.

## Before Requesting Service (continued)

THESE THINGS ARE NORMAL			
The oven causes interference with my TV.	Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.		
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.		
I accidentally ran my microwave oven without any food in it.	Running the oven empty for a short time will not damage the oven. However, we do not recommend this.		
There are humming and clicking noises from my oven when I cook by Combination.	These noise occur as the oven automatically switches from microwave power to Grill, to create the Combination setting. This is normal.		
The oven has an odour and generates smoke when using Grill, Convetction or Combination function.	It is essential that your oven is wiped out regularly particularly after cooking by Combination or Grill. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.		

## **Technical Specifications**

Power Supply:		230 - 240 V, 50 Hz	
Power Consumption*:	Microwave	4.3 A 990 W	
	Grill	5.6 A 1330 W	
	Convection	5.7 A 1380 W	
	Combination	7.8 A 1860 W	
Power Requirement: (Maximum)		7.8 A 1860 W	
Output*:	Microwave	1000 W	
	Grill	1300 W	
	Convection	1350 W	
Outside Dimensions (W x H x D):		494 mm (W) x 390 mm (H) x 438 mm (D)	
Oven Cavity Dimensions (W x H x D):		410 mm (W) x 250 mm (H) x 320 mm (D)	
Overall Cavity Volume:		32 L	
Operating Frequency:		2450 MHz	
Uncrated Weight:		Approx. 20 kg	

## Trim Kit

Model Name	NN-CF874B		
Model Number	NN-TK813CSCP		
Outside Dimensions	596 mm (W) x 494 mm (H)		
Cabinet Opening	562 mm (W) x 479 mm (H) x 550 mm (D)		

<sup>\*</sup> IEC Test Procedure

Specifications subject to change without notice.

As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.

## **Panasonic Warranty**

## **Home Appliance 12 Month Warranty from Date of Purchase**

- 1. Subject to the conditions of this warranty Panasonic or its Authorised Service Centre will perform necessary service on the product without charge for parts or labour, if in the opinion of Panasonic, the product is found to be faulty within the warranty period. For Communications products (i.e. Cordless Phones, etc) the genuine battery(s) has a 3 month warranty.
- 2. This warranty only applies to Panasonic products purchased in Australia and sold by Panasonic Australia or its Authorised Distributors or Dealers and only where the products are used and serviced within Australia or it's territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service Centre and only if valid proof of purchase is presented when warranty service is requested.
- 3. This warranty only applies if the product has been installed and used in accordance with the manufacturer's recommendations (as noted in the operating instructions) under normal use and reasonable care (in the opinion of Panasonic). The warranty covers normal domestic use only (also Clip & Trim Professional use) and does not cover damage, malfunction or failure resulting from use of incorrect voltages, incorrect installation, accident, misuse, neglect, build-up of dirt or dust, abuse, maladjustment of customer controls, mains supply problems, thunderstorm activity, infestation by insects or vermin, tampering or repair by unauthorised persons (including unauthorised alterations), exposure to abnormally corrosive conditions or any foreign object or matter having entered the product.
- 4. This warranty does not cover the following items unless the fault or defect existed at the time of purchase:
  - (a) Cabinet Parts
  - (c) User replaceable Batteries
  - (e) Accessories

- (b) Microwave Oven Plates.
- (d) Kneader Mounting Shaft, Shaver Heads, Cutters, Foils, Blades
- (f) Noise or vibration that is considered normal
- 5. To claim warranty service, when required, you should:
  - Contact Panasonic's Customer Care Centre on 132600
  - Send or take the product to a Panasonic Authorised Service Centre together with your purchase receipt as a proof of purchase date. Please note that freight and insurance to and / or from your nearest Authorised Service Centre must be arranged by you.
- 6. The warranties hereby conferred do not extend to, and exclude, any costs associated with the installation, deinstallation or re-installation of a product, including costs related to the mounting, de-mounting or remounting of any screen, (and any other ancillary activities), delivery, handling, freighting, transportation or insurance of the product or any part thereof or replacement of and do not extend to, and exclude, any damage or loss occurring by reason of, during, associated with, or related to such installation, de-installation, re-installation or transit.

Panasonic Authorised Service Centres are located in major metropolitan areas and most regional centres of Australia, however, coverage will vary dependant on product. For advice on exact Authorised Service Centre locations for your product, please telephone our Customer Care Centre on 132600.

In addition to your rights under this warranty, Panasonic products come with consumer guarantees that cannot be excluded under the Australian Consumer Law. If there is a major failure with the product, you can reject the product and elect to have a refund or to have the product replaced or if you wish you may elect to keep the goods and be compensated for the drop in value of the goods. You are also entitled to have the product repaired or replaced if the product fails to be of acceptable quality and the failure does not amount to a major failure.

If there is a major failure in regard to the product which cannot be remedied then you must notify us within a reasonable period by contacting the Panasonic Customer Care Centre. If the failure in the product is not a major failure then Panasonic may choose to repair or replace the product and will do so in a reasonable period of time from receiving notice from you.

## THIS WARRANTY CARD AND THE PURCHASE DOCKET (OR SIMILAR PROOF OF PURCHASE) SHOULD BE RETAINED BY THE CUSTOMER AT ALL TIMES

If you require assistance regarding warranty conditions or any other enquiries, please visit the **Panasonic Australia** website **www.panasonic.com.au** or contact by phone on **132 600**If phoning in, please ensure you have your operating instructions available.

## Panasonic Australia Pty. Limited

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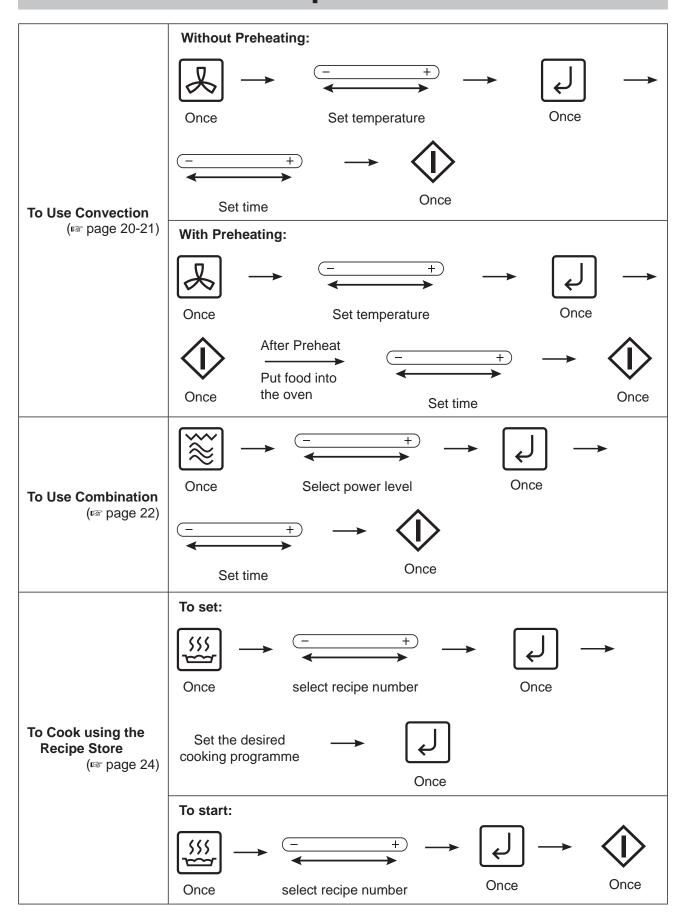
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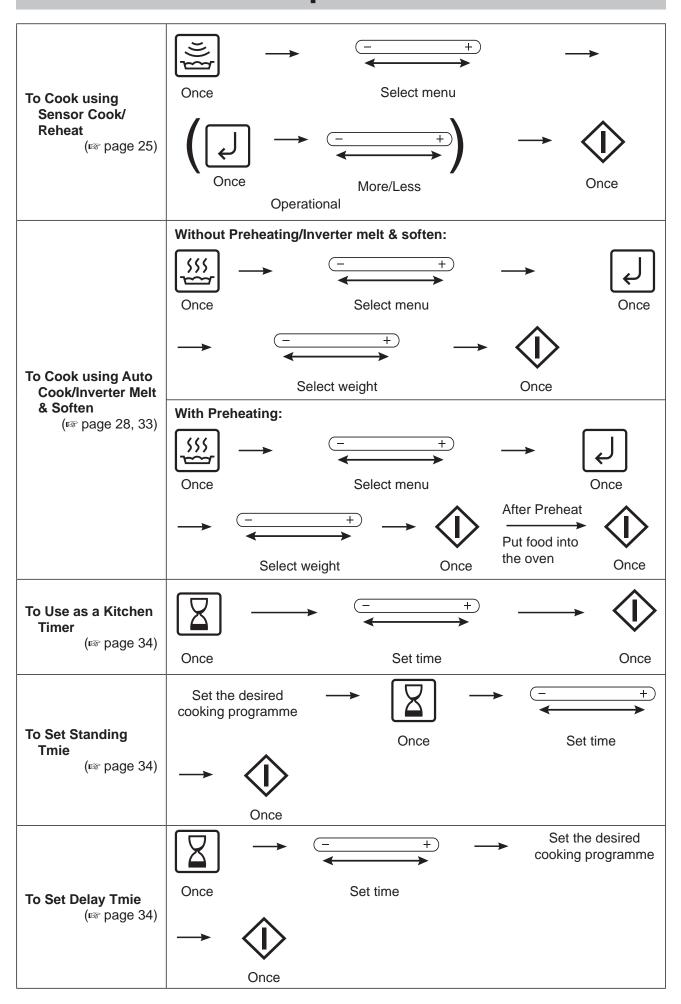
# **Quick Guide to Operation**

Feature	How to Operate
To Set Clock (187 page 13)	Tap twice Set time of day.
To Set/Cancel Child Safety Lock (re page 14)	To set  To set  To set  To set  Display  3 times.  Display  Display
To Cook/Reheat/ Defrost by Micro Power and Time Setting (ISST page 15)	Once Select power level Once  Set time  Once
To Use Turbo Defrost Key (ISS page 16)	Once Enter weight Once
To Use Grill	Without Preheating:  Once Select power level Once  Set time  Once
(re page 18-19)	With Preheating:  Once Select power level Once  After Preheat Put food into the oven Set time  Set time

## Quick Guide to Operation (continued)



## Quick Guide to Operation (continued)



Microwaves penetrate the surface of the food to a depth of about two to three centimetres and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwave techniques are used to promote

fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly these following techniques are extremely important. It's a must for you to be familiar with the following tips.

### **Food Characteristics**

## Size and Quantity

Small portions cook faster than large portions. As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.

As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

## **Liquid Content**

Low moisture foods take a shorter time to cook than foods with a lot of moisture.

## Shape

Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

## **Bone and Fat**

Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and the meat next to these areas may overcook.

#### Starting Temperature

Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

## **Density and Composition**

Porous, airy foods (cakes and breads) take less time to cook than heavy compacted foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

## **Key to Symbols Used in Recipes**

G	Grill
MC	Combination
С	Convection
Α	Auto Menu
S	Sensor Menu
No symbol	Microwave only

## Techniques for Preparation

## **Timing**

A range of cooking times is given in each recipe for two reasons. First, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

## Stirring

Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

## **Rearranging or Turning**

Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking.

Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

## **Cooking in Layers**

This microwave oven is not designed to cook more than 1 layer of food. Cooking in 2 layers may not always be successful, it takes longer and may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

## **Piercing of Foods**

Pierce the skin or membrane of foods such as whole potatoes when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

#### **Cured Meats**

Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

#### Soups

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

## **Techniques for Preparation**

#### Covering

Covering food minimizes the microwave cooking time.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so it retains more heat and steam. Wax paper and paper towels hold the heat in but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover when steam is not needed for tenderising.

## **Browning**

Meats and poultry, when cooked longer than 10 to 15 minutes, will brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce or soy sauce. Simply brush one of these sauces over meat or poultry before cooking. Baked goods do not need long cooking time and therefore, do not brown. When cakes or cupcakes are iced, no one will notice the visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

## Standing Time

The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules were vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves whether in or outside your microwave oven.

Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking.

The amount of standing time varies with the size and density of the food. In meat cookery, the internal temperature will rise between 5 °C and 10 °C if allowed to stand covered for ten to fifteen minutes. Casserole and vegetables need shorter standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges.

The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminum foil.

## Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, time are reduced considerably. For example, a chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on 800 W in your microwave oven.

Use similar microwave recipes to help you adapt conventional recipes. Remember, it is always best to undercook a recipe and then add an extra minute or two to finish it off.

Here are some other tips that may help:

- Reduce liquids in a conventional recipe by one half to two thirds, e.g. 1 cup (250 ml) should be reduced to ½ cup (125 ml).
- Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
- Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
- Do not salt meats, poultry or vegetables before cooking; otherwise, they will toughen and dry out.
- If one ingredient takes longer to cook than the others, pre-cook it in the microwave oven first.
   Onion, celery and potato are examples.
- When cooking meat or vegetables, omit any oil or fat that would have been used in a conventional recipe for browning.
- Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
- Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
- Since microwaves penetrate foods about two centimetres from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
- Items with a lot of water, such as rice and pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)

Select recipes that convert easily to microwave cooking such as casserole, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked souffles or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

## **Menu Planning for Microwave Cooking**

How to Keep Everything Hot at The Same Time Plan your meals so that the food will not all need last minute cooking or attention at the same time. The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or

A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving.

It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meals as follows.

- Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
- 2. Cook the potatoes, rice or pasta.
- 3. Cover with foil for standing.

flavour of either.

- 4. Cook greens and other vegetables.
- 5. Cover with foil for standing.
- 6. Cook the gravy with the retained meat juices, stock and thickening.
- Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be suitably reheated on 800 W, for 1 to 2 minutes per serving.

If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.

Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on 1000 W for approximately 10 to 15 minutes for a serving for four people. Remember, if you increase the quantity of vegetables, increase the cooking time. Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as dense as fresh vegetables, as they have been blanched before freezing.

If vegetables are cut to a similar size, they can be cooked in separate ramekins or small dishes at the same time.

## **Handy Hints and Tips**

- To blanch (1 cup) nuts, place in a pie plate. Cover with hot tap water and heat on 1000 W for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.
- To toast coconut, place half a cup on a paper towel, and cook on 1000 W for 1 to 2 minutes, stirring occasionally.
- To make buttered breadcrumbs, combine 1 cup breadcrumbs and 2 tablespoons butter and heat on 1000 W for 1 to 2 minutes, stirring occasionally.
- When heating 100 g baby food, select 1000 W for 15 to 30 seconds, depending on the amount of food or liquid and the starting temperature of it. Test temperature before serving or further heating.
- For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on 1000 W for 1 to 2 minutes.
- To soften cream cheese or butter, place in oven on 270 W for ½ to 1 minutes per ½ cup.
- Refrigerated cheese (250 g) can be heated to room temperature on 600 W for ½ to 1 minute, depending on size.
- When having a barbecue, partially cook food in the microwave, season and finish cooking on the barbecue.
- To melt chocolate, place 100 g broken chocolate in a 4 cup glass jug and heat on 600 W for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time to cooking.
- To remove oven odours, combine ½ teaspoon vanilla essence with 1 cup water in a small bowl and heat on 1000 W 4 to 5 minutes. Wipe oven interior with a damp cloth.
- To toast 1 cup almonds place onto a plate and heat on 1000 W for 2 to 3 minutes, stirring every minute.
- To dry herbs, arrange ½ cup of leaves evenly on paper towel. Place a mug of water into the oven next to the herbs and cook on 1000 W for 1 to 3 minutes, or until dry and crumbly. Check herbs frequently as timing may vary with different herbs. Please note that herbs dry and crumble on standing outside the microwave oven.
- To soften dried fruit, place 1 cup of dried fruit into a small bowl. Add 2 tablespoons of water, cover with plastic wrap and cook on 1000 W for 2 to 3 minutes.
- To skin tomatoes, place 1 cup of hot tap water in a 2 to 3 cup jug or bowl and heat on 1000 W for 1½ minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds, remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.
- To dry fresh breadcrumbs (1 cup), spread on the base of a plate and heat on 1000 W for 2 to 3 minutes, stirring twice during heating.



Bacon

## BACON

Serves: 1 to 2 Ingredients:

2 rashers bacon

Method:

Place rashers between two sheets of paper towel on a dinner plate. Cook on 1000 W for 11/2 to 2 minutes.

## **BACON AND EGG IN A CUP**

Serves: 1 Ingredients:

2 slices bacon 1 x 60 g egg

1 tablespoon grated cheddar cheese

Method:

Place bacon on a dinner plate between 2 sheets of paper towel cook on 1000 W for 40 seconds to 1 minutes. Wrap bacon around the inside of a 1-cup remekin dish. Crack egg into centre of dish and pierce with tooth pick. Cover and cook on 600 W for 50 to 70 seconds. Sprinkle with grated cheese.

#### MUESLI

Makes: 4 cups

## Ingredients:

½ cup honev 2 tablespoons butter 2 cups rolled oats

½ cup unprocessed bran ½ cup shredded coconut ⅓ cup nuts, chopped ⅓ cup sunflower seeds dried mixed fruit ½ cup

#### Method:

Warm honey and butter in a large dish on 1000 W for 1 to 11/2 minutes. Add dry ingredients and mix well. Cook on 1000 W for 5 to 6 minutes, stir halfway through cooking. Stir in dried fruit and allow to cool completely before storing in an airtight container.

## **CHEESY HAM OMELETTE**

Serves: 1 to 2

Ingredients:

eggs, separated

2 tablespoons milk

salt and pepper 1/4 cup grated cheese ham, cut into strips onion, finely sliced

butter for greasing

#### Method:

**50** g

40 g

Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and onion. Place onto a well greased dinner plate. Cook on 600 W for 5 to 6 minutes. Stand for 2 minutes before folding in half to serve.

## **POACHED EGGS**

Serves: 2

Ingredients:

 $2 \times 60 \text{ g}$ eggs

1/4 cup hot tap water

> dash of vinegar pinch of salt

## Method:

Place ¼ cup of water, dash of vinegar and pinch of salt into 2 small ramekin dishes or small glass bowls. Cook water on 1000 W for 40 seconds. Break egg into boiling water and with a toothpick pierce egg yolk twice and egg white several times. Cover dish with plastic wrap and cook on 800 W for 40 to 60 seconds.

Stand covered for 1 minute before serving. **Note**: The size of the egg will alter cooking time.

#### **CAUTION!**

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

#### SCRAMBLED EGGS

Serves: 2 Ingredients:

2 x 60 g eggs 2 tablespoons milk

pinch salt

#### Method:

In a 1-litre dish, beat eggs lightly with a whisk. Add milk and salt and whisk until well combined. Cover dish with plastic wrap and cook on 800 W for 1 minute. Stir eggs and cook for a further 1 to 1½ minutes. Stand covered for 1 minute before serving.

#### **PORRIDGE**

Serves: 1

Ingredients:

1/4 cup quick cooking oats

<sup>2</sup>⁄₃ cup water ¹⁄₄ teaspoon salt

#### Method:

Combine all ingredients in a breakfast bowl. Cook on 1000 W for 1 minute, stir, then cook on 600 W for 1 minute. Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

## HOT LEMON AND HONEY DRINK

Makes: 1 Ingredients:

½ lemon, juiced 1 tablespoon honey 1 cup (250 ml) water

Method:

Mix all ingredients in a 2-cup heatproof jug. Cook on 1000 W for 2 to 3 minutes. Stir well.

### TEA

Serves: 1
Ingredients:

1 cup (250 ml) tap water 1 tea bag

#### Method:

Pour water into a heatproof cup. Cook on 1000 W for 1 to 2 minutes. Stir, then submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

## **COFFEE**

Serves: 1
Ingredients:

1 cup (250 ml) water

1 teaspoon instant coffee

#### Method:

Pour water into a heatproof cup. Add coffee. Stir. Cook on 1000 W for 1 to 2 minutes. Add milk and sugar if desired. Stir.

#### HOT CHOCOLATE

Makes: 1 cup Ingredients:

2 teaspoons drinking chocolate 1 teaspoon sugar (optional)

2 tablespoons water 3/4 cup (185 ml) milk

#### Method:

Combine chocolate, sugar and water in a heatproof cup. Cook on 1000 W for 10 to 15 seconds. Stir in milk. Cook on 800 W for about 1 minute.

## GRILLED CHEESE ON TOAST G

Serves: 2 to 4 **Ingredients:** 

4 slicesbread

butter for spreading slices tasty cheese

#### Method:

4

Place bread on enamel shelf in higher shelf position and cook one side of bread on Grill 1 for 5 minutes. Spread untoasted side with butter and top with cheese slices. Cook on Grill 1 for 3 to 5 minutes.

## SEAFOOD TOAST G

#### Ingredients:

2 pieces sliced bread
4 t tomato sauce
50 g mozzarella cheese
50 g prawns (peeled)
50 g cuttlefish (small cut)

certain amount salt, aginomoto, green onion, butter

#### Method:

Put prawns, cuttlefish. salt, butter, aginomoto and green onion into a microwave safe container and stir, cook for 1½ minutes on 1000 W, put aside after dehydrated. Apply tomato sauce on the top of the bread, spread mozzarella cheese evenly on it, add some peeled prawns and cuttlefish cut, and add the rest cheese. Put the bread at the center of the enamel shelf in higher shelf position. Select Grill 1, and cook for 6-7 minutes or until the cheese are completely melted.

## FRENCH TOAST G

#### Ingredients:

1 bar french loaf
70 g butter (melted)
10 g garlic (chopped)
3 g dried caraway
a little salt

## Method:

Cut the french loaf into 2 cm slices. Stir butter, garlic, caraway and salt in a dish and mix them well. Apply garlic sauce on the top of the bread and put it on the enamel shelf in higher position. Select Grill 1, cook for 5-6 minutes to golden brown.

## PEA AND HAM SOUP

Serves: 6
Ingredients:

2½ cupsgreen split peas850 gsmoked ham hock1medium onion, chopped1 tablespoonfresh thyme leaves

1 bay leaf 6 cups chicken stock ½ cup frozen peas

#### Method:

Wash split peas and place in a 2-litre bowl with 1-litre of water. Cover and allow soaking for 8 hours or overnight. Remove rind from ham hock and discard. Cut meat away from the bone and roughly chop. Reserve bone. Drain peas and place into a 5-litre microwave-safe dish. Add ham bone, chopped ham, onion, thyme, bay leaf and chicken stock. Cook uncovered on 1000 W for 15 minutes. Reduce power to 600 W and cook for 15 minutes. Skim top of soup and cook on 600 W for a further 30 minutes. Remove ham bone and bay leaf and stir in frozen peas. Cook on 600 W for 10 minutes. Blend half the soup and return to the bowl, stirring through the remaining soup. Serve hot with crusty bread.

#### Tip:

Substitute 500  $\rm g$  bacon bones and 250  $\rm g$  of diced bacon rashers for the ham hock.

Do not add salt when cooking lentils or pulses, as they will toughen. Add salt after cooking if desired.

## SHORT AND LONG SOUP

Serves: 4

Ingredients:

200 g fresh Singapore noodles
12 (200 g) frozen mini dim sims
4 green onions, sliced
1-litre chicken stock
1 teaspoon crushed garlic
½ teaspoon chopped fresh ginger

2 tablespoons soy sauce

1 chicken breast, cooked and sliced 4 baby bok choy, quartered

1 cup bean sprouts

2 tablespoons dried onion (optional)

## Method:

Place all ingredients except bok choy and bean sprouts in a 4-litre casserole dish and cook on 1000 W for 16-18 minutes, stir half way. Add bok choy and cook on 1000 W for 2 minutes. Serve in individual bowls topped with bean sprouts and onion.

#### Hints:

- To cook a single chicken breast. Place onto a dinner plate. Cover and cook on 800 W for 3 to 4 minutes.
- To reheat a single portion of soup. Place in a microwave-safe dish and cook on 800 W for 2 to 3 minutes.

## CHICKEN AND VEGETABLE SOUP

Serves: 4

Ingredients:
1 medium onion, diced

1 clove garlic, crushed 750 g soup vegetables, diced

1-litre chicken stock ½ cup arborio rice 1 bay leaf

400 g cooked chicken meat

#### Method:

Place onion and garlic into a 3-litre microwave-safe bowl. Cook on 1000 W for 1 minute. Add vegetables, cover and cook on 1000 W for 10 minutes, stir halfway through cooking. Remove covering and add chicken stock and bay leaf. Cook on 1000 W for 10 minutes. Stir in rice and cook for a further 10 minutes. Remove bay leaf and add diced chicken. Heat on 1000 W for 5 minutes.

## **MUSHROOM SOUP**

Serves: 4

Ingredients:

1 tablespoon butter

250 g mushrooms, sliced

1 tablespoon flour

2 cups chicken stock
¼ cup white wine
1 teaspoon mustard
½ cup cream

#### Method:

Place butter and mushrooms in a 2-litre casserole dish. Cover partly and cook on 1000 W for 5 minutes. Add flour, stock, wine and mustard to mushrooms and mix well. Cover and cook on 1000 W for 6 to 8 minutes, stirring halfway through cooking. Add cream and cook on 1000 W for a further 2 minutes. This soup can be pureed if preferred.

### **CROUTONS** G

Serves: 4 to 6 **Ingredients:** 

4 tablespoons butter

12 slices bread, crusts removed 1 teaspoon mixed herbs (optional)

## Method:

Melt butter on 600 W for 1 minute. Cut bread into 1 cm cubes. Combine melted butter and herbs, pour over bread cubes. Mix well and place onto enamel shelf in middle shelf position. Cook on Grill 1 for 10 to 12 minutes, turning halfway through cooking.



Pumpkin Soup

## **PUMPKIN SOUP**

Makes: 2 to 4 **Ingredients:** 

1 kgpumpkin1diced onion1 teaspooncurry powder2 cupschicken stock

#### Method:

Peel pumpkin and remove seeds. Dice pumpkin into 3 cm pieces. Place pumpkin, onion and curry powder in a 3-litre casserole dish. Cover and cook on 1000 W for 15 minutes. Add stock. Cover and cook on 1000 W for 15 minutes. Cool slightly. Puree pumpkin and liquid in a blender or food processor.

## CRISPY FOCACCIA FINGERS G

Serves: 4 to 6 Ingredients:

1 focaccia bread

(approximately 20 cm square)

50 g butter, softened 1 tablespoon mixed dried herbs

#### Method:

Cut the focaccia through the centre. Spread with combined butter and herbs. Cut into 2 cm wedge shaped pieces. Place on enamel shelf in higher shelf position. Cook on Grill 1 for 4 to 5 minutes or until crisp and brown.

## POTATO AND LEEK SOUP

Serves: 4 to 6 Ingredients:

4 (1 kg) large potatoes, peeled, diced 2 medium leeks, thinly sliced

2 teaspoons dried thyme
3 cups hot chicken stock
1 teaspoon salt and pepper

250 ml cream

#### Method:

Place potatoes, leeks, thyme and chicken stock in a 3-litre casserole dish. Cover and cook on 1000 W for 22 to 25 minutes. Cool slightly. Puree potato mixture in a food processor or blender, adding salt, pepper and cream. Return to dish. Cook on 800 W for 4 to 6 minutes. Serve hot, in individual bowls.

## PITA CHIPS C

Serves: 4 to 6 Ingredients:

2 lebanese bread rounds

2 tablespoons olive oil
½ teaspoon dried oregano
½ teaspoon dried basil

#### Method:

Preheat oven to 180 °C. Split bread in half horizontally, cut into triangles. Combine remaining ingredients in a small bowl. Brush one side of the bread with this mixture. Place bread slices on enamel shelf in lower shelf position. Bake for 6 to 8 minutes, or until lightly browned. Cool chips on enamel shelf. Store in an airtight container. Serve with dips or as an alternative to potato chips.

## **CRAB AND CORN SOUP**

Serves: 4 to 6 **Ingredients:** 

1 tablespoon oil

1 onion, finely chopped 425 ml boiling chicken stock 300 g can creamed corn salt and pepper

170 g can crabmeat, drained

150 ml milk 3 tablespoons cream

chopped parsley for garnish

#### Method:

Place oil and onion in a 3-litre casserole dish. Cover and cook on 1000 W for 3 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on 1000 W for 5 minutes. Add crabmeat and milk and mix well. Cook on 1000 W for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

## POTATO AND CORN SOUP

Serves: 6 to 8 Ingredients:

6 rashers bacon, rind removed 1 onion, thinly sliced

500 g potatoes, peeled and diced

4 cups chicken stock
1 can (440 g) creamed corn
2 tablespoons flour, mixed with

a little stock

½ teaspoon thyme

pepper

#### Method:

Chop bacon and place in a 4-litre dish. Cook on 1000 W for 4 minutes. Remove bacon from dish, and set aside. Add onion and potatoes to dish and cook on 1000 W for 10 to 12 minutes. Add stock and cook on 1000 W for a further 8 to 10 minutes. Mix flour with 2 tablespoons of cold water to make a thin paste, and add to dish with corn, thyme and bacon. Cook on 1000 W for 6 to 8 minutes. Stir halfway through cooking. Season with pepper.

## Popcorn

Serves: 2 to 4 Ingredients:

2 teaspoons butter

3 tablespoons popping corn

#### Method:

Place all ingredients in a loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on 1000 W for 2 minutes.

Remove from bag and serve sprinkled with salt.

## **SPICY TOMATO SOUP**

Serves: 4
Ingredients:

1 onion, sliced

2 small red chillies, chopped
2 cloves garlic, crushed
800 g can tomato pieces
1 tablespoon
1½ cups chicken stock
1 teaspoon salt and pepper

Method:

Place onion, garlic and chilli in a 3-litre dish and cook on 1000 W for 1 to 2 minutes. Add tomatoes and tomato paste and cook on 1000 W for 8 to 10 minutes. Pour in the stock and oregano. Cover and cook on 1000 W for 15 minutes. Purée in a food processor or blender if desired. Season to taste with salt and pepper. Serve in individual soup bowls.



Potato and Corn Soup

## **ZUCCHINI SLICE**

Serves: 4 to 6 **Ingredients:** 

4 rashers bacon, diced
1 onion, diced
2 cups grated zucchini
2 cups grated carrot
1 cup grated tasty cheese

1 cup grated tasty cheese
1 cup self raising flour
5 eggs, lightly beaten
125 ml vegetable oil

1 tablespoon fresh chopped parsley

Salt and pepper

#### Method:

Lightly grease a 25 cm square microwave-safe dish. Place bacon and onion in a 2-litre casserole dish and cook on 1000 W for 2 to 3 minutes. Allow to cool slightly. Stir in zucchini, carrot and cheese and flour, in a 1-litre bowl whisk together eggs, oil and pepper and stir until combined. Pour into prepared dish. Cook on 600 W for 18 minutes.

#### **HEALTHY PEAR SOUP**

#### Ingredients:

350 g pork rib (blanched in hot water)

3 pears (cut, with skin)
20 g sweet almond
10 g bitter almond

30 g dried scallop (soaked)

1 honey date 10 g wolfberry 10 g ginger (sliced)

1 litre water salt to taste

#### Method:

Place above ingredients in a microwave safe casserole, covered partially. Set to 800 W for 20 minutes. Continue to cook on 440 W for 90 minutes. (Stir at ½ time) Lastly add salt to taste.

## PIZZA SUPREME A

Serves: 4

## Ingredients:

325 g pizza base

½ cup tomato paste
60 g diced ham
40 g sliced cabanossi
60 g sliced salami

red capsicum, sliced
 mushrooms, sliced
 cup pitted black olives
 cup grated pizza cheese

#### Method:

Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.

Cook by selecting Auto Cook Fresh Pizza. Select weight category  $600~\mathrm{g}$  then touch Start. After oven has preheated place pizza onto enamel shelf in higher shelf position. Touch Start.

## SEAFOOD PIZZA A

Serves: 4

## Ingredients:

325 g pizza base ½ cup tomato paste

200 g seafood mix (marinara) chopped 4 cup sun dried tomatoes, chopped

2 tablespoons sour cream
2 tablespoons sweet chilli sauce
½ cup grated pizza cheese

#### Method:

Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.

Cook by selecting Auto Cook Fresh Pizza. Select weight category  $800~\mathrm{g}$  then touch Start. After oven has preheated place pizza onto enamel shelf in higher shelf position. Touch Start.

## CITY SPECIAL PIZZA A

Serves: 4

#### Ingredients:

325 g pizza base

1/4 cup tomato paste

1 clove garlic, crushed

100 g bacon

 $100~\mathrm{g}$  cooked chicken breast, diced

100 g green prawn meat

½ cup sun dried tomatoes, chopped

2 tablespoons sweet chilli sauce ½ cup grated pizza cheese

#### Method:

Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.

Cook by selecting Auto Cook Fresh Pizza. Select weight category 800 g then touch Start. After oven has preheated place pizza onto enamel shelf in higher shelf position. Touch Start.

### TROPICAL CHICKEN PIZZA A

Serves: 4 Ingredients:

325 g pizza base ½ cup tomato paste

200 g cooked chicken breast, diced

½ cup creamed sweet cornslices pineapple, diced

½ mango, sliced1 cup grated pizza cheese

#### Method:

Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.

Cook by selecting Auto Cook Fresh Pizza. Select weight category  $800~\mathrm{g}$  then touch Start. After oven has preheated place pizza onto enamel shelf in higher shelf position. Touch Start.

#### Pizza Italiano A

Serves: 4

## Ingredients:

325 g pizza base ½ cup tomato paste

1 clove garlic, crushed

1 tablespoon pesto

60 g sliced salami
40 g sliced pepperoni
1/4 onion, sliced
1/4 capsicum, sliced
1/4 cup pitted black olives
6 anchovy fillets
1 cup grated pizza cheese

#### Method:

Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.

Cook by selecting Auto Cook Fresh Pizza. Select weight category 800 g then touch Start. After oven has preheated place pizza onto enamel shelf in higher shelf position. Touch Start.

## HOME MADE PIZZA C

#### Ingredients:

Dough:

130 g plain flour (sieved)

1/4 teaspoon salt

⅓ teaspoon instant yeast
 ⅓ tablespoon sugar
 1½ teaspoons milk powder

10 g butter (room temperature)

60 ml lukewarm water

Pizza Sauce:

2 tablespoons tomato puree 1½ tablespoons mayonnaise

**Pizza Toppings:** 

150 g cooked chicken (shredded)

2 sliced pineapple (cubed)

80 g mozzarella cheese (grated)

1 tomato (sliced)
½ capsicums (sliced)
a dash paprika

#### Method:

Place flour, salt, yeast, sugar, milk powder and butter in a mixing bowl. Partially add lukewarm water into flour mixture and knead it till it forms soft dough. Place dough into a mixing bowl, cover with wrap and pierce holes on the wrap.

Place dough in oven, set to 40 °C to ferment for 35-40 minutes. (till dough doubles in size) Roll out dough into 0.5 cm thick and place on a greased enamel shelf. Preheat oven at 220 °C till hot. Spread sauce and toppings onto dough, bake at 220 °C for about 13 minutes on the higher shelf. Cooked on Grill 1 for 1 to 2 minutes.

## ROASTED RED CAPSICUM & MUSHROOM BRUSCHETTA C

Makes: 4

Ingredients:

200 g ( 4 to 5) large flat mushrooms

1 tablespoon olive oil

12 (340 g) slices Turkish bread 1½ tablespoons butter, softened 1 clove garlic, minced

50 g jar roasted red capsicum, sliced

100 g firm goats cheese

#### Method:

Mix together butter and garlic to form garlic butter. Slice the mushrooms and drizzle with olive oil. Cook on 1000 W for 3 minutes. Set aside. Preheat oven on Convection 220 °C. Spread one side of the bread with garlic butter and place in a single layer on the enamel shelf in higher shelf position. Cook for 6 minutes. Turn the bread slices over. Layer the mushrooms and red capsicums on the top of the bread slices. Crumble the goats cheese and sprinkle evenly over each slice. Cook for 200 °C a further 8 to 10 minutes in lower shelf postion.

## **NACHOS SUPREME**

Serves: 4 to 6

Ingredients:

500 g topside mince 1 onion, chopped 35 g taco seasoning mix

140 g tomato paste

1 teaspoon mexican chilli powder 310 g red kidney beans with liquid

180 g corn chips
1 avocado
½ cup sour cream
½ cup grated cheese

paprika

#### Method:

Place meat and onion in a 2-litre dish. Cook on 800 W for 6 minutes. Mix with a fork breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on 800 W for a further 10 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle on paprika. Cook on 800 W for 3 to 4 minutes.

## CHEESE AND RED PESTO TARTLETS C

Makes: 12

Ingredients:

180 g ready rolled short crust pastry

sheets

65 g red pesto or sun dried tomato

paste

1 medium tomatoes, peeled, seeded

and chopped

25 g black olives, chopped 125 g mozzarella cheese, grated

1 clove garlic 1 teaspoon dried oregano 1/4 cup grated parmesan

#### Method:

Cut out  $12 \times 7$  cm (approx) circles of pastry to fit into the base of 1 greased 12 holed tartlet tins. Chill for 30 minutes. Preheat the oven at 200 °C with enamel shelf in lower position. Mix the red pesto, tomatoes, black olives, mozzarella and garlic in a bowl. Fill the tartlet shells with mixture. Sprinkle with Parmesan and oregano. Bake tartlets on 200 °C for 14 to 16 minutes or until golden brown.

#### **NUTS AND BOLTS**

Serves: 6 to 8

Ingredients:

60 g butter 2 teaspoons curry powder

2 tablespoons worcestershire sauce

½ teaspoon salt

¼ teaspoon garlic powder

125 g packet mixed rice crackers

200 g salted peanuts 125 g packet pretzel sticks

1 cup nutri- Grain

100 g changes fried noodles

#### Method:

Place butter, curry, Worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on 1000 W for 2 minutes. Add remaining ingredients, mix well and cook on 1000 W for 5 to 6 minutes, stirring twice through cooking. Cool. Serve in a bowl with drinks.

## QUICHE LORRAINE C

Serves: 4 to 6

Ingredients: Pastry:

2 sheets ready rolled short crust pastry

Filling:

½ cup

4 rashers bacon, rind removed and

bacon chopped grated tasty cheese

3 eggs 150 ml cream 150 ml milk ½ teaspoon nutmeg

## Method:

#### Pastry:

Grease and line a 23 cm pie plate with short crust pastry sheets. Preheat oven at 180 °C. Bake blind for 15 to 17 minutes at 180 °C. Allow to cool slightly.

#### Filling:

Place bacon between two sheets of paper towel on a dinner plate. Cook on 1000 W for 2 minutes to 2½ minutes. Sprinkle bacon and cheese on cooked pie shell. Beat eggs, cream, milk and nutmeg and pour over bacon and cheese. Place on enamel shelf in lower shelf position and Bake at 180 °C for 22 minutes or until set.

### MINI QUICHES C

Makes: 9 serves Ingredients:

3 sheets ready rolled puff pastry

1 egg, beaten

½ cup milk

2 rashers bacon, rind removed

bacon chopped

2 green onions, finely chopped

salt and pepper

paprika

½ cup grated tasty cheese

#### Method:

Preheat oven at 180 °C. Cut pastry with a scone cutter and fit into 9 cm diarneter greased patty tins. Beat together eggs and milk and seasoning. Place small amount of bacon and green onion in the base of each pastry case. ¾ fill each pastry case with egg mixture. Sprinkle with cheese and paprika. Put tins on wire shelf in lower positon. Cook on 180 °C for 18 to 20 minutes.

## CHICKEN SAN CHOY BAU

Serves: 4

Ingredients:

10 dried Chinese mushrooms

2 teaspoons sesame oil

1 clove garlic, chopped 500 g minced chicken

10 water chestnuts, finely chopped

227 g bamboo shoots, chopped

¼ cup soy sauce1 tablespoon oyster sauce2 tablespoons sherry

1 iceberg lettuce

#### Method:

Cover mushrooms with boiling water, stand for 30 minutes. Drain, remove stems and chop finely. Place oil and garlic in a 2-litre casserole dish, cook on 1000 W for 50 to 60 seconds. Add chicken and cook on 600 W for 6 to 7 minutes, stiring twice through cooking. Add remaining ingredients except lettuce and cook on 600 W for 6 to 7 minutes. Stir twice through cooking. Separate lettuce leaves, place tablespoons of mixture into each lettuce leaf serve immediately.

#### **ROASTED NUTS**

Serves: 2 to 4 **Ingredients:** 

1 cup raw peanuts (with or without skins,

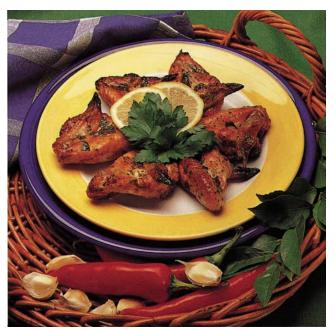
and unsalted)

2 teaspoons salad oil

salt to taste

#### Method:

Place peanuts in a single layer on a pie plate. Cook on 1000 W for 4 to 6 minutes, stirring every 2 minutes during cooking until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on 1000 W for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.



Lemon Pepper Chicken Wings

## MINI PIZZA MC

Makes: 2 to 4 Ingredients:

4 small round pita breads

2 tablespoons tomato paste

34 cup grated Mozzarella cheese

3/4 cup chopped salami **50** g mushrooms, chopped tomatoes, chopped

1 teaspoon dried herbs

#### Method:

Place pita bread onto a glass shelf. Spread each piece with tomato paste, then sprinkle with remaining ingredients. Cook on Combination 1 for 4 to 5 minutes on wire shelf in middle shelf postion, then cooking on Grill 1 for 1 minute.

## CHEESE STRAWS C

Makes: 10 Ingredients:

1 sheet ready rolled puff pastry

egg, beaten parmesan cheese 1 cup

2 teaspoons paprika

#### Method:

Preheat oven at 200 °C. Cut the pastry sheet into 10 equal strips (approx. 2 cm wide). Brush pastry with egg. Mix cheese and paprika together and sprinkle over each strip. Twist pastry strips and place on the greased enamel shelf in lower shelf position. Cook on 200 °C for 10 to 11 minutes or until golden.

## LEMON PEPPER CHICKEN WINGS G

Serves: 4 Ingredients:

½ cup lemon juice 1/4 cup olive oil

cloves garlic, crushed 1 teaspoon whole grain mustard 2 tablespoons chopped parsley cracked black 1 teaspoon

peppercorns

600 g chicken wings (16 pcs)

#### Method:

Combine first six ingredients. Place chicken in a flat dish and pour over remaining combined ingredients. Marinate over night or for at least three hours. Arrange marinated chicken on wire shelf. Preheat on Grill 1. Put the wier shelf in higher position with glass shelf underneath. Cook on Grill 1 for 24 minutes, turning once after 20 minutes.

## VEGETABLE FRITTATA MC

Serves: 4

## Ingredients:

250 g potatoes 250 g pumpkin **250** g carrots

red capsicum, sliced 1

6 eggs ½ cup sour cream salt and pepper

medium tomatoes, sliced 2 <sup>2</sup>/<sub>3</sub> cup grated cheddar cheese

#### Method:

Peel and thinly slice potatoes, pumpkin and carrots. Layer vegetables and capsicum into a deep microwave-safe pie plate on glass shelf. Cover and cook on 1000 W for 7 minutes in lower shelf postion, stiring halfway through cooking. Beat together eggs, sour cream, salt and pepper, pour over vegetables. Stir.Cook uncovered on 600 W for 8 minutes. Layer tomato across the top of frittata and sprinkle with cheese. Cook on Combination 1 for a further 4 minutes 30 seconds. Serve with salad and bread.

## SPINACH AND FILO PIE C

Serves: 4 to 6 Ingredients:

1 bunch spinach 250 g fetta cheese

4 eggs
1 cup cream
1 tablespoon flour
½ teaspoon nutmeg

ground black pepper

1 clove garlic, crushed

8 sheets filo pastry
40 g butter, melted
2 teaspoons sesame seeds

#### Method:

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

## To Cook by Convection:

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

## VEGETABLE BAKE G

Serves: 4 to 6

Ingredients:

250 g cauliflower, cut into small pieces 250 g broccoli, cut into small pieces

3 carrots, sliced

¼ cup water

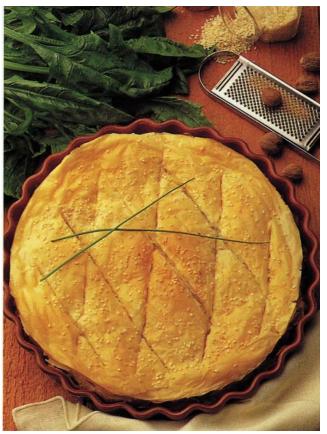
½ cup cottage cheese

1 egg ½ cup cream

½ teaspoon lemon pepper seasoned herbs grated tasty cheese

#### Method:

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



Spinach and Filo Pie

## CRUSTLESS CHEESE AND SPINACH PIE C

Serves: 4

Ingredients:

1 bunch spinach

6 green onions, thinly sliced

500 g ricotta
2 eggs
1 tablespoon plain flour
1/2 teaspoon nutmeg

½ cup grated cheddar

2 tomatoes, sliced (optional)

#### Method:

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

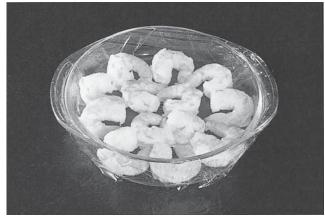
## **Directions for Cooking Fish and Shellfish by Micro Power**



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

## To Cook by Time:

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



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

## **Cooking Fish and Shellfish by Micro Power**

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

## SOY & HONEY SALMON

Serves: 4

#### Ingredients:

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

#### Marinade

15	ml	(1	tbsp)	honey
20	ml	10	than)	dork oou o

30 ml (2 tbsp) dark soy sauce

15 ml (1 tbsp) sherry

garlic clove, crushed fresh root ginger, grated

#### Method:

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

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

## **GARLIC & CHILI PRAWNS**

Serves: 4

#### Ingredients:

1 kg	uncooked king prawns
1	small red onion, thinly sliced
40 g	butter
3	garlic cloves, crushed
2	fresh bird's eye chillies, deseeded
	& finely chopped
1/2	small red capsicum, finely sliced
100 g	snow peas, trimmed
1 tablespoon	lemon juice
80 ml	thickened cream

¼ cup coriander leaves, chopped cooked jasmine rice, to serve

### Method:

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

## SALMON WITH HOLLANDAISE SAUCE

Serves: 4

Ingredients:

4 salmon fillets or steaks each

100-150 g (4-6 oz)30 ml (2 tbsp) white wine

Sauce

3 egg yolks

30 ml (2 tbsp) white wine vinegar

chilled, unsalted butter, cut into 150 g (5 oz)

> cubes pepper

#### Method:

Place salmon in dish with wine. Place on base of in a jug. Beat well. Drop cubes of butter on top. Place jug on base of oven and cook on 1000 W for again and cook on 1000 W for 10 secs. Repeat 10 secs stages until sauce is thick and creamy. Season and serve immediately with the salmon.

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

oven, cover and cook on 600 W for 8 mins. Leave to stand and make sauce. Place egg yolks and vinegar 30 secs. Whisk. Cook on 1000 W for 10 secs. Whisk

## LEMON PEPPER FISH S

Serves: 2 Ingredients:

500 g fish fillets lemon juice 1/4 cup

1 teaspoon cracked black (ground) pepper

Method:

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

#### To Cook by Sensor Menu:

Prepare as above. Select Steam Fish, then touch Start.

## THAI FISH CAKES C

Serves: 9 Ingredients:

500 g white fish fillets 1 tablespoon red curry paste 2 tablespoons cornflour 1 teaspoon chopped chilli 1 tablespoon fish sauce

3 green onions, chopped

1/4 cup coriander leaves

2 tablespoons oil

#### Method:

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

### SEAFOOD MARINARA

Serves: 4

Ingredients:

250 g scallops

250 g prawns, shelled and deveined

squid, (approx. 275 g) cleaned and sliced

butter 2 tablespoons

clove garlic, crushed

2 tomatoes, peeled and chopped

1 tablespoon tomato paste 1/4 cup white wine 1 tablespoon basil, chopped

pepper

chopped parsley

#### Method:

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



Seafood Marinara

## GOLDEN SEAFOOD PIE C

Serves: 4

Ingredients:

400 g white fish fillets
200 g peeled green prawns

100 g calamari rings

1 cup water
1 tablespoon lemon juice
30 g butter
1 onion, sliced

1 clove garlic, crushed

2 tablespoons flour

1 teaspoon French mustard

125 ml cream 8 sheets filo pastry

30 g butter melted, extra

#### Method:

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

#### STEAMED MUSSELS WITH GARLIC

Serves: 2 Ingredients:

900 g mussels (weight in shells)

15 ml olive oil

1 onion fi nely chopped 2 garlic cloves, crushed

150 ml dry white wine

bunch flat-leaf parsley, finely

chopped

#### Method:

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

## **COCONUT FISH CURRY**

Serves: 4 - 5 Ingredients:

1 onion 1 red pepper 200 ml (7 fl oz) coconut milk 1 tomato

1 tbsp curry paste

juice of ½ lemon

 $600~\mathrm{g}$  (1 lb 3 oz) coley or pollock

salt and pepper

#### Method:

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

## SMOKED FISH S

Serves: 2 to 4 **Ingredients:** 

2 medium sized smoked

fish fillets (approx. 500 g)

1 tablespoon butter, melted

freshly ground black pepper

#### Method:

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

#### To Cook by Sensor Menu:

Prepare as above. Leave uncovered. Select Steam Fish, then touch Start.

## **GARLIC PRAWNS**

Serves: 2 Ingredients:

60 g butter

1 teaspoon minced garlic
1 tablespoon lemon juice
1 tablespoon parsley, chopped
500 g green prawns,

shelled and deveined

## Method:

Place butter and garlic in a 20 cm round dish and cook on 1000 W for 1 minute.

Add lemon juice, parsley, and prawns. Cover and cook on 600 W for 3 minutes, stir. Cook on 600 W for 3 minutes. Serve in individual ramekins.

#### **CREAMY COD & LEEK CHOWDER**

Serves: 4

Ingredients:

500 g (1 lb 2 oz) potatoes, peeled, cut into 1 cm

(½") cubes

25 g (1 oz) butter

2 large leeks, thickly sliced

15 ml (1 tbsp) plain flour 568 ml (1 pt) hot fish stock

bay leaf

275 ml (½ pt) milk

250 g (9 oz) cod fillet, cubed 10 tiger prawns, peeled

#### Method:

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

## THAI STEAMED TROUT

Serves: 2

Ingredients:

2 trout fillets, approx 140 g (5 oz)

each

2 cloves of garlic, finely chopped1-2 small red chilli, finely chopped

1 lime, zest and juice

4 spring onions, finely chopped

30 ml (2 tbsp) light soy sauce

#### Method:

Place fish fillets into a shallow dish, sprinkle the remaining ingredients on the top of the fish. Cover, place on base of the oven and cook on 600 W for 4-5 mins, or until the fish is cooked through. Serve with rice.

### SALMON WITH MANGO SALSA

Serves: 4

Ingredients:

salmon fillets,

each 100-150 g (4-6 oz)

50 g (2 oz) butter

Marinade:

45 ml (3 tbsp) white wine

1 garlic clove, crushed

2.5 cm (1") fresh root ginger, finely grated

Mango Salsa:

2 red chillies, seeds removed,

thinly sliced

100 g (4 oz) peeled, cooked prawns 4 spring onions, thinly sliced

small garlic clove, finely choppedripe but firm avocado, peeled and

chopped

½ ripe mango, peeled and chopped

1 lime, juice of

#### Method:

Mix the marinade ingredients together. Pour marinade over salmon in dish and leave to marinate for 2-3 hours in the fridge. Mix all the salsa ingredients together and chill in fridge. Place the salmon on the glass dish directly on base of oven. Cook salmon on 600 W for 7-8 mins. Serve salmon with the salsa.

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

## SALMON IN TERIYAKI

## Ingredients:

300 g salmon fillets (cut slit or pierce

fillets with fork )

80 g fresh mushroom (sliced)

2 tablespoons teriyaki sauce
½ tablespoon oyster sauce
40 g garlic (minced)
10 g ginger (shredded)
¼ teaspoon black pepper

3 tablespoons oil

1 stalk chinese parsley (for garnishing)

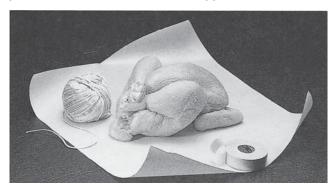
#### Method:

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

## **Directions for Cooking Whole Poultry by Microwave**

#### Cooking

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



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



If the poultry is not cooked enough return it to the oven and cook a few more minutes at the recommended power level.

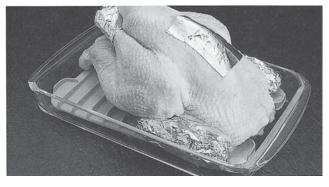
DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.

If a large amount of juice accumulates in the bottom of the baking dish occasionally drain it. If desired, reserve for making gravy.

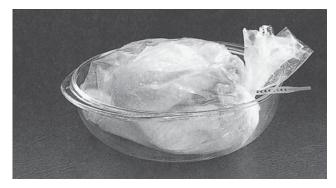
Less-tender birds should be cooked in liquid such as soup or broth. Use  $\frac{1}{4}$  cup per  $500~\mathrm{g}$  of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that bird does not touch the lid.



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



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



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

Multiply the weight of the poultry by the minimum recommended minutes per  $500~\mathrm{g}$ . Programme Power and Time.

## **Directions for Cooking Poultry by Combination**

Wash poultry and pat dry. Season poultry as desired. Whole poultry may be roasted stuffed or unstuffed. Whole Roasting Chickens (1.0 kg to 2.8 kg): Place chicken on wire rack set on glass tray. Shield drumsticks with a strip of foil for the first 30 minutes of cooking. (Foil should not touch rack or oven walls, as arcing may occur.)

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



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

#### To Cook by Manual Combination:

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

### To Cook by One Touch Cooking:

To programme: Select Roast Chicken, select the weight, then touch Start.

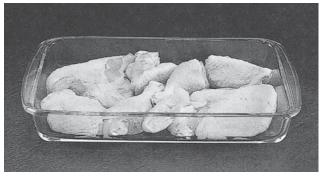
After cooking allow to stand, covered, for 10 minutes. This stand time allows for easier carving and finishes cooking. During stand time test for desired cooking. Small poultry is cooked when juices run clear and the drumsticks readily move up and down. Large poultry should be checked with a meat thermometer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

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

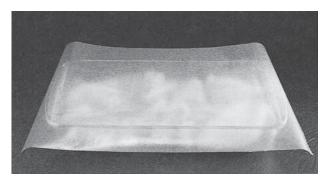
## **Poultry Chart for Combination Cooking**

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

## **Directions for Cooking Poultry Pieces by Microwave**



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



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

## **Cooking Poultry by Micro Power**

POULTRY	POWER	TEMPERATURE AFTER COOKING	APPROX. COOKING TIME (minutes per 500 g)
Chickens	800 W	87 °C	10 to 12
Chicken (pieces)	800 W	87 °C	8 to 9
Turkey	800 W	87 °C	10 to 15
Duck	800 W	87 °C	10 to 15

## **GREEN PEPPER CHICKEN**

Serves: 4

Ingredients:

20 g butter

500 g chicken breast fillets, sliced

2 tablespoons green pepper corns
1 teaspoon chicken stock powder
1 tablespoon seeded mustard
2 tablespoons lemon juice

½ cup cream

Method:

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

## CHICKEN CACCIATORE MC

Serves: 4

Ingredients:

1 kg chicken drumsticks 400 g can tomatoes, diced

¼ cup tomato paste
1 teaspoon minced garlic
1 onion, sliced
2 teaspoons
¼ red capsicum, sliced

## Method:

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

## CHICKEN PASANDA

Serves: 4

Ingredients:

3 cardamom pods ½ cinnamon stick 3 ml (¼ tsp) cumin seeds 5 ml (1 tsp) garam masala 5 ml (1 tsp) chilli flakes

2.5 cm (1") fresh root ginger, grated garlic clove, crushed ground almonds natural yoghurt

600 g (1 lb 5 oz) skinless chicken breast, cut into

chunks

15 ml (1 tbsp) olive oil

2 onions, finely chopped

150 ml (½ pt) single cream 30 ml (2 tbsp) coriander, chopped

#### Method:

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

## LAYERED CHICKEN C

Serves: 4 Ingredients:

boneless and skinless chicken 2

breasts

tbsp lemon juice 1 tsp fresh thyme 1

½ tbsp olive oil

salt and pepper

400 g (14 oz) ready made puff pastry 125 g (5 oz) jar of red peppers, drained

100 g (4 oz) ripe brie

egg, beaten to glaze

2 tbsp freshly grated parmesan

#### Method:

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

## ROAST HERB CHICKEN MC

Serves: 4

Ingredients:

1.5 kg chicken 60 g butter

1 tablespoon chopped rosemary

1 tablespoon parsley

#### Method:

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

## ITALIAN CHICKEN CASSEROLE MC S

Serves: 4 to 6 Ingredients:

1 tablespoon oil

1 clove garlic, crushed 1.2 kg chicken pieces 250 g baby onions

peeled and left whole

400 g can tomatoes tomato paste ½ cup ½ teaspoon marjoram ½ teaspoon oregano

button mushrooms 100 g 20 black olives 2 tablespoons chopped parsley

salt and pepper

#### Method:

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

#### To Cook by Combination:

Cook on Combination 1 for 45 to 50 minutes. Stir halfway through cooking.

#### To Cook by Sensor Menu:

Prepare as above and cover with a lid. Select Casserole, then touch Start.

## Coq Au Vin MC S

Serves: 4 to 6

Ingredients:

pickling onions 12 slices streaky bacon,

rinds removed, bacon chopped

1.2 kg chicken pieces button mushrooms. 125 g washed and dried 3/4 cup hot chicken stock

1/4 cup red wine

2 cloves garlic, crushed 20 g butter, cut into pieces

mixed herbs 1 teaspoon

freshly ground black pepper

#### Method:

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

## To Cook by Combination:

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

#### To Cook by Sensor Menu:

Prepare as above and cover. Select Casserole, then touch Start.

### PARMESAN CRUSTED CHICKEN C

Serves: 4

Ingredients:

chicken breast fillets 1 kg

**40** g butter

2 cloves garlic, crushed 1 cup fresh breadcrumbs chopped parsley 1/4 cup

grated fresh Parmesan cheese ½ cup

#### Method:

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

## APRICOT NECTAR CHICKEN C

Serves: 4 to 6 Ingredients:

**40** g pkt French onion soup mix

400 ml apricot nectar chicken drumsticks 1 kg

1 clove garlic onion, diced 1 ½ cup dried apricots

#### Method:

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

#### **CHICKEN CURRY**

Serves: 4 to 6 Ingredients:

onion, chopped 1 2 tablespoons red curry paste 500 g chicken fillets 1 cup coconut milk

2 cups finely sliced vegetables

1 tablespoon fish sauce 1 tablespoon brown sugar 2 tablespoons cornflour

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

## CHICKEN PIE C

Serves: 4 to 6 Ingredients:

chicken thigh fillets, diced 500 g

60 g butter

onion, chopped 100 g mushrooms, sliced

1/4 cup flour 1 cup milk

mixed herbs 1 teaspoon 1 teaspoon French mustard pepper to taste

grated Swiss cheese ½ cup

sheets ready rolled puff pastry 2

#### Method:

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

#### To Cook by Convection:

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

## ROAST CHICKEN IN SPINACH MC

Ingredients:

1.2 kg chicken (cut open from breast, cut

slit at the thigh area)

spinach 400 g

Sauce:

40 g garlic

15 g oregano leaves

lemon juice 30 ml..... 30 ml

vegetable oil

30 g ovster sauce sesame oil 1 teaspoon

1 teaspoon salt

½ tablespoon dark soya sauce 2 teaspoons coarse black pepper

#### Method:

#### To Make Sauce:

Mix garlic, oregano leaves, lemon juice, vegetable oil, oyster sauce, sesame oil, salt, dark soya sauce and coarse black pepper well.

Seasoned chicken with sauce for about 2-3 hours. Leave aside. Place chicken on glass shelf in lower shelf poition and cook on 600 W for 15 minutes. Cook on Combination 2 for 15 minutes. Remove chicken from glass shelf, next add spinach into the chicken sauce, cook on 800 W for 5 minutes. (stir at ½ time). Serve the chicken with the spinach.

## ROAST TURKEY MC

Serves: 6 to 8

## Ingredients:

2.5 kg turkey 60 g butter

stick celery, finely slicedsmall onion, finely chopped

2 small cooking apples, peeled and grated

2 cups fresh breadcrumbs

2 tablespoons brandy

1 tablespoon parsley, finely chopped

egg

salt and pepper

2 tablespoons brandy, extra

1 tablespoon oil

lemon pepper or seasoned salt

#### Method:

Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on 1000 W for 30 to 40 seconds. Add celery, onion and apples and cook on 1000 W for 5 minutes. Add breadcrumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey.

Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt.

#### To Cook by Combination:

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



Roast Turkey

## STUFFED ROAST CHICKEN MC

Serves: 4 to 6 Ingredients:

1.5 kg chicken
2 tablespoon melted butter salt and pepper

Stuffing:

1 tablespoon butter

small onion, finely chopped
2 rashers bacon, rind removed and
bacon finely chopped
1 tablespoon parsley, finely chopped
2 toospoon mixed barbs

1 teaspoon mixed herbs
1½ cups cooked rice
1 egg

salt and pepper

#### Method:

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

## To Cook by Combination:

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

## **CHINESE CHICKEN WINGS**

Makes: 16

Ingredients:

16 chicken wings ½ cup bottled teriyaki sauce

2 tablespoons tomato sauce

1 tablespoon worcestershire sauce 1 clove garlic, crushed

2 tablespoons honey

#### Method:

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

## ROAST HONEY DUCK WITH ORANGE SAUCE MC

Serves: 4 to 6 Ingredients:

1.2 kg duck 3 tablespoons honey

1 tablespoon orange liqueur

1 tablespoon vinegar

Sauce:

2 oranges, juiced

grated rind of 1 orange

¼ cup water
1 tablespoon brown sugar
1 tablespoon vinegar
1 tablespoon orange liqueur

Method:

Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork.

Place duck on wire shelf in middle shelf position with glass shelf in lower position. Cook on Combination 1 for 15 to 20 minutes. Brush the combined honey, liqueur and vinegar over the duck and cook for a further for 15 minutes or until duck is golden brown. Stand while preparing sauce.

#### To Cook Sauce:

Place all ingredients except rind, vinegar and liqueur in a 2-cup jug. Cook on 1000 W for 2 minutes. Add water and brown sugar and cook on 1000 W for a further 3 minutes. Pour sauce over duck, sprinkle with rind and serve.

## SOY CHICKEN AND VEGETABLES

Serves: 4

Ingredients:

1 tablespoon cornflour

1/3 cup oyster sauce
2 tablespoons soy sauce
1/4 cup sherry
2 teaspoons minced ginger

500 g chicken fillets, sliced
2 cups sliced stir fry vegetables

1 tablespoon oil

#### Method:

In a 3-litre dish mix cornflour, sauces, sherry, oil and ginger. Cook on 1000 W for 2 minutes. Add chicken fillets and mix to coat with sauce. Cook on 800 W for 5 to 6 minutes stirring halfway through cooking. Mix in sliced vegetables. Cook on 1000 W for 2 minutes. Stir and cook for a further 3 minutes on 1000 W.

## HONEY SESAME DRUMSTICKS C

Serves: 4
Ingredients:

8 (1 kg) chicken drumsticks
1 teaspoon chopped garlic
1 teaspoon chopped ginger
1/4 cup soy sauce
15 g honey

2 tablespoons sesame seeds

40 g water

#### Method:

Marinate chicken in remaining ingredients for 2 hours. Drain from marinade. Place chicken on wire shelf in lower shelf position and set a dish beneath. Cook on Combination 3 for 20 minutes. Turn over. Convection 200 °C for 10 minutes.

#### PLUM GLAZED QUAILS

Serves: 2 to 4

Ingredients:

4 quails

½ cup cooked long grain ricegreen onion, choppedtablespoon finely chopped basil

2 tablespoons chopped shelled pistachio nuts

pinch thyme

pinch cayenne pepper

1/4 teaspoon minced ginger

1 teaspoon milk
1 tablespoon plum jam
1 tablespoon Hoi-sin sauce
250 g can satsuma plums,

drained and seeds removed

 $\frac{1}{4}$  cup red wine 30 g butter

#### Method:

Wash, clean and pat dry quails. In a 1-litre dish, combine rice, spring onions, basil, pistachio nuts, thyme, cayenne, pepper, ginger and milk. Mix well and place a ¼ of the mixture into the cavity of each quail. Tie the legs together and place quails into a shallow 2-litre dish. Set aside. In a 2-cup jug, combine plum jam, hoi-sin sauce and butter. Cook on 1000 W for 30 to 40 seconds. Brush jam mixture over quails and cook on 800 W for 20 to 25 minutes, brush with glaze halfway through cooking. Cover and allow to stand for 5 minutes whilst preparing the sauce. Puree plums with wine and heat in a 2-cup jug on 1000 W for 1 to 2 minutes. Pour sauce over quails and serve with vegetables or salad garnished with extra pistachio nuts.

## GRILLED SWEET CHILLI AND LIME CHICKEN G

Serves: 6

Ingredients: 1

clove garlic, crushed 1 tablespoon chopped coriander 1/4 cup sweet chilli sauce

2 tablespoons lime juice

chicken thigh fillets, halved

Guacamole:

1 medium size ripe avocado clove garlic, crushed 1

1 tablespoon lime juice ½ cup lite sour cream

cracked black pepper

Method:

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

To prepare guacamole:

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

## WARM CHICKEN SALAD G

Serves: 4

Ingredients:

1 tablespoon sesame oil 2 tablespoons soy sauce

4 single chicken breast fillets

2 cups snow pea sprouts punnet cherry tomatoes mixed salad leaves **200** g

Dressing:

1 tablespoon peanut butter 1 tablespoon lemon juice 1 tablespoon soy sauce 1 tablespoon honey

2 tablespoons sesame seeds

Method:

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

To prepare dressing:

Place all ingredients in a screw top jar. Shake until combined.

## MARINATED CHICKEN BREASTS

Serves: 4 Ingredients:

4 x chicken breasts 600 g (1 lb 5 oz),

boneless and skinless

Suggested Marinades:

10 ml (2 tsp) sesame oil 30 ml (2 tbsp) light soy sauce white wine 15 ml (1 tbsp)

garlic clove, crushed 5 ml (1 tsp) fresh root ginger, grated

Lemon and Honey:

lemons, juice and zest

30 ml (2 tbsp) honev

garlic clove, crushed

Lemon and Thyme:

lemon, juice and zest

45 ml (3 tbsp) white wine 4-5 sprigs thyme

Sesame and Honey:

30 ml (2 tbsp) honey

15 ml (1 tbsp) dark soy sauce

25 g (1 oz) toasted sesame seeds

Method:

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

## **Directions for Cooking Tender Cuts of Meat by Microwave**



For best results, select roasts that are uniform in shape.

Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed cutside down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts.

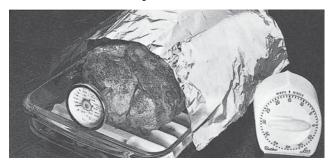


Meats can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones.

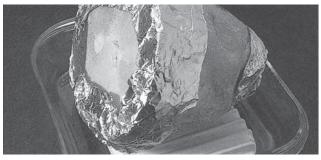
The shank, thin ends of boneless roasts should also be shielded.



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



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



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



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

## **Directions for Cooking Less-Tender Cuts of Meat by Microwave**

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use  $\frac{1}{2}$  to 1 cup of soup, broth, etc per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.

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





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

## **Cooking Meat by Microwave Power**

MEAT	POWER	APPROX. COOKING TIME (minutes per 500 g)	
Beef Roasts Rare Medium Well Pot Roast	800 W 800 W 800 W 600 W	8 to 10 9 to 10 10 to 12 25 to 30	turn over
Pork Leg of Pork Loin of Pork Ham Canned (fully cooked)	800 W 800 W 800 W	13 to 15 12 to 15 5 to 7	durning
Lamb Medium Well	800 W 800 W	10 to 12 12 to 14	

## **Directions for Cooking Meats by Combination**

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

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

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

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

## To Cook by Manual Combination:

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

#### To Cook by Auto Menu:

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

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

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

## **Cooking Meat by Combination**

NATAT	Combination Cooking			
MEAT	Combination Setting	Cooking Time		
BEEF ROASTS  Rib, Boneless Rib, Top Sirloin  Rare  Medium  Well  Rump, Eye of Round  Rare  Medium  Well  Beef Tenderloin  Rare  Medium  Pot Roast (1½ to 2 kg)  Chuck  (Turn meat over after 1 hour of cooking)	Combination 2 Combination 3 Combination 3	12 to 14 min./500 g 16 to 18 min./500 g 20 to 22 min./500 g 12 to 15 min./500 g 16 to 18 min./500 g 20 to 22 min./500 g 12 to 14 min./500 g 16 to 18 min./500 g 1½ to 2 h total 1½ to 2 h total	turn over durning cooking	
PORK ROASTS	Combination 2	15 to 16 min./500 g		
LAMB ROASTS	Combination 2	15 to 17 min./500 g		
MEATLOAVES	Combination 3	25 to 30 min./500 g		
CASSEROLES	Combination 3	30 to 40 min./1000 g		

#### LASAGNE C

Serves: 4 to 6

Ingredients:

**250** g precooked lasagne noodles 3 tablespoons Parmesan cheese, extra 3 tablespoons grated Mozzarella cheese, extra

**Meat Sauce:** 

topside mince **750** g

onions, finely chopped 2

tomato puree 410 g 400 g diced tomatoes

1/4 cup red wine

cloves garlic, crushed dried mixed herbs 1 tablespoon beef stock cubes salt and pepper

#### Cheese Sauce:

butter 3 tablespoons flour 500 ml milk

1/4 cup Parmesan cheese

1/4 cup grated Mozzarella Cheese

ground black pepper

#### Method:

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



Rack of Lamb

## RACK OF LAMB C

Serves: 4 Ingredients:

2 racks lamb

(approx. 450 g each)

cloves garlic, cut into slices 2

rosemary

#### Method:

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

## SEASONED ROAST LAMB C

Serves: 4 to 6 Ingredients:

1.6 kg lamb leg

1 tablespoon seeded mustard 1 tablespoon rosemary

Method:

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

### **GREEK LAMB STEW**

Serves: 4 Ingredients:

700 g (1 lb 5 oz) lamb fillet, cut into chunks

onions, chopped

1 red chilli

2 cloves garlic, crushed

1 sprig rosemary white wine 275 ml (½ pt)

can chopped tomatoes 400 g (14 oz) 45 ml (3 tbsp) sliced black olives

100 g (4 oz) linguine, broken into small pieces

150 g (5 oz) feta cheese cubed 15 g (½ oz) fresh mint chopped

#### Method:

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

### ROSEMARY AND LAMB KEBABS C

Serves: 4 Ingredients:

500 g lamb back strap 1/4 cup lemon juice

1 tablespoon olive oil clove garlic, crushed

rosemary leaves 1 tablespoon ½ teaspoon ground cumin ½ teaspoon ground cardamom

#### Method:

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

#### **PORK WITH LENTILS**

Serves: 4

Ingredients:

250 g (9 oz) large onion, chopped 4 slices smoked bacon, diced thyme, pinch

brown lentils

1 stock cube

4 smoked sausages

salt

freshly ground black pepper

#### Method:

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

#### **LAMB ROGAN JOSH**

Serves: 4

Ingredients:

large onion, diced 2 cloves garlic, crushed 120 g rogan josh curry paste

600 g diced lamb 400 ml coconut milk 250 ml beef stock 200 g cherry tomatoes

#### Method:

Place onion and garlic into a 2-litre microwave-safe casserole dish. Cook on 1000 W for 2 minutes. Stir in curry paste and cook for a further 2 minutes. Add lamb and stir until coated with curry paste. Cook on 1000 W for 4 minutes, stirring halfway through cooking. Pour in coconut milk and stock, stir well and cook on 600 W for 40 minutes, stirring every 10 minutes on 600 W. Serve with basmati rice, pappadums and mango chutney.

#### GOULASH

Serves: 4

Ingredients:

750 g diced lamb

onion, finely choppedclove garlic, crushed

1 tablespoon butter 1 tablespoon Flour

2 tablespoons tomato paste 1 teaspoon paprika

l small red capsicum

cut into 2.5 cm cubes

1 cup beef stock 2 tablespoons sour cream

#### Method:

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

### To Cook by Microwave:

Cover and cook on 600 W for 24 to 26 minutes. Stir in sour cream and serve with vegetables.

#### LAMB CHOPS WITH SPICY SAUCE

Serves: 4

### Ingredients:

#### Marinade:

1/4 cup medium or dry sherry

3 tablespoons tomato paste 2 tablespoons lemon juice

2 cloves garlic, crushed

1 teaspoon chilli powder
1 teaspoon ground coriander
1 teaspoon ground ginger

1 tablespoon finely chopped fresh parsley

freshly ground black pepper to

taste

8 (approx. 800 g) lamb loin chops

#### Method:

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

### ROAST BEEF MC

Serves: 6
Ingredients:

2 kg roast beef

seasoned flour

#### Method:

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

### To Cook by Combination:

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

### YORKSHIRE PUDDING C

Serves: 6 to 8 Ingredients:

1 cup plain flour

pinch of salt

1 egg 1½ cups milk

oil for greasing muffin tins

#### Method:

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

### To Cook by Convection:

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

#### **CORNED BEEF**

Serves: 4

### Ingredients:

1.5 to 1.7 kgcorned silverside1 tablespoonbrown sugar1 tablespoonwhite vinegar1onion, cut in half4cloves

6 peppercorns
1 bay leaf
5 cups water

#### Method:

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

#### Note:

Depending on the shape of the silverside, it may require a further 10 to 15 minutes on 440 W.

### BARBECUE GLAZED MEATLOAF C

Serves: 4

### Ingredients:

#### **Barbecue Glaze:**

¼ cup water

1 tablespoon tomato paste1 tablespoon red wine vinegar1 tablespoon brown sugar

Meatloaf:

1 small red capsicum

400 g beef mince 150 g sausage mince

medium brown onion, diced
cloves garlic, crushed
cup dried breadcrumbs
egg lightly beaten

1/4 cup chopped fresh basil leaves1 tablespoon fresh oregano leaves, choppedbacon rashers, rind removed,

sliced lengthways

#### Method:

Make barbecue glaze by combining all ingredients in a small jug. Cook on 1000 W for 3 minutes, stirring occasionally.

Quarter capsicum and remove seeds and membrane. Place skin side up on enamel shelf and grill for approx. 10 minutes until skin blisters and blackens. Remove, cover with plastic wrap and stand for 5 minutes. Peel away blackened skin and discard. Slice into thin strips. Set aside.Preheat oven to 180 °C.

Line an 8 cm  $\times$  25 cm bar tin with plastic wrap and lightly grease a 25 cm  $\times$  30 cm swiss roll pan. Using your hands, combine minces, onion, garlic breadcrumbs, egg, basil, and oregano in a large bowl.

Press half the mixture into the bar pan. Lay capsicum strips over the top and press remaining meat mixture over the capsicum.

Turn the bar pan onto the Swiss roll pan and remove the plastic wrap.

Cover the top and sides of meatloaf with bacon slices, ensure bacon overlaps. Cook at 180 °C uncovered for 15 minutes.

Pour off excess fat from meatloaf, brush with glaze and cook uncovered for a further 15 minutes or until meatloaf is cooked through. Allow standing for 10 minutes before slicing.

### CHINESE BEEF AND VEGETABLES

Serves: 4 to 6 Ingredients:

400 g rump steak, sliced
1 teaspoon chopped ginger
1 teaspoon soy sauce
2 tablespoons Hoi sin sauce
½ cup beef stock

3 cups sliced vegetables of your choice (e.g. snow peas, broccoli, capsicum)

#### Method:

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

#### MINI MEATBALLS MC

Serves: 4

### Ingredients:

500 g topside mince
1 onion, finely chopped
1 clove garlic, crushed
½ cup fresh breadcrumbs
1 tablespoon tomato sauce

freshly ground black pepper

Sauce:

½ cup pineapple pieces, reserve juice

½ cupbrown sugar1 tablespooncornflour½ cupbeef stock¼ cupvinegar2 teaspoonssoy sauce

#### Method:

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

### **Sweet and Sour Sauce:**

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

### **SWEET & SOUR PORK**

Serves: 4

Ingredients:

30 ml (2 tbsps) cornflour
15 ml (1 tbsp) caster sugar
15 ml (1 tbsp) white wine vinegar
15 ml (1 tbsp) orange juice
15 ml (1 tbsp) tomato puree

15 ml (1 tbsp) sherry

juice from can of pineapple below

seasoning to taste

450 g pork fillet, diced
½ green pepper, chopped
225 g can pineapple chunks

#### Method:

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

### BEEF STROGANOFF S

Serves: 4

Ingredients:

1 tablespoon butter onion, sliced

750 g rump steak sliced thinly

2 tablespoons tomato sauce

2 tablespoons Worcestershire sauce 200 g sliced button mushrooms

1 tablespoon cornflour
½ cup hot beef stock
½ cup sour cream
1 tablespoon chopped parsley

#### Method:

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

#### To Cook by Sensor Menu:

Place all ingredients except sour cream and parsley into a 3-litre casserole dish. Select Casserole, then touch Start. Stir through sour cream and parsley before serving.

### CHILLI BEEF

Serves: 4 to 6 Ingredients:

500 g beef mince 1 diced onion 1 teaspoon minced garlic

35 g packet chilli seasoning mix

400 g can tomato puree

440 g can kidney beans, drained

#### Method:

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

### MINI BOEUF EN CROUTE S

Serves: 4

Ingredients:

15 g (0.5 oz) dried porcini mushrooms

 $\begin{array}{lll} \text{15 g (0.5 oz)} & \text{butter} \\ \text{225 g (8 oz)} & \text{mushrooms} \\ \text{1} & \text{large onion,} \end{array}$ 

peeled and finely chopped

150 ml (¼ pt) red wine

4 fillet steaks, roughly 150 g (5 oz)

375 g (13 oz) puff pastry 1 large egg, beaten salt and pepper

### Method:

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

# BEEF ROLL WITH SPINACH AND SPRING ONION STUFFING

Serves: 4 to 6 Ingredients:

2 thick skirt steaks

(approx. 500 g each), pounded

Stuffing:

1 tablespoon butter

1 clove garlic, crushed bunch spinach,

washed and roughly chopped

4 green onions, finely sliced

1/4 cup fresh breadcrumbs

salt and pepper

egg, lightly beatentablespoonslivered almonds

Sauce:

400 g tomato puree

1 clove garlic, crushed

½ cup dried oregano
½ teaspoon dried thyme
½ teaspoon dried basil
pinch of pepper

#### Method:

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

### Sauce:

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



Beef Roll with Spinach and Spring Onion Stuffing

### **SAVOURY MINCE**

Serves: 4

### Ingredients:

onion, chopped clove garlic, crushed

5 ml oil

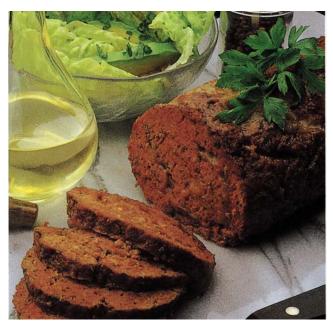
400 g can chopped tomatoes

150 ml red wine 30 ml tomato puree 5 ml mixed herbs

500 g beef mince salt and pepper

#### Method:

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



Herbed Beef and Mozzarella Roll-up

### HERBED BEEF AND MOZZARELLA ROLL-UP C

Serves: 4

Ingredients:

750 g topside mince

onion, finely chopped

1 clove garlic, crushed

black pepper

2 tablespoons chopped parsley 1 tablespoon Italian herbs

egg, lightly beaten 1

250 g Mozzarella cheese, grated

**Tomato Sauce:** 

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

#### Method:

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

#### Method for Sauce:

Combine all ingredients in a food processor and process until smooth. Pour into 4-cup jug. Cover with plastic wrap. Cook on 1000 W for 5 to7 minutes. Stir halfway.

### VEAL PAPRIKA S

Serves: 4

Ingredients:

750 g mushrooms, sliced 250 g

diced veal

1 cup chicken stock

onion, finely chopped

paprika 1 teaspoon

salt and pepper

2 tablespoons flour

1 tablespoon tomato paste ½ cup sour cream

#### Method:

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

### To Cook by Sensor Menu:

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

### ITALIAN SAUSAGE AND PEPPER CASSEROLE MC

Serves: 4 Ingredients:

4 cups boiling water

250 g pasta shapes

Italian sausages or chipolatas 500 g

large onions, diced 2 green capsicums, diced

410 g tomato purée

½ teaspoon salt ½ teaspoon pepper

clove garlic, crushed

1 teaspoon Italian herbs ½ cup Parmesan cheese

#### Method:

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

### FRENCH ONION BEEF CASSEROLE S

Serves: 4
Ingredients:

1 onion, chopped
1 teaspoon minced garlic
200 g diced potatoes
600 g beef, diced
2 carrots, diced
1/3 cup tomato paste
1/2 cups beef stock

100 g whole button mushroom

¼ cup frozen peas

Method:

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

#### To Cook by Sensor Menu:

Place all ingredients into a 3-litre Casserole dish. Select Casserole, then touch Start.

### BARBECUED SPARE RIBS C

Serves: 4 Ingredients:

1 kgpork spare ribs½ cupfruit chutney½ cuptomato sauce1 tablespoonsoy sauce

1 tablespoon Worcestershire sauce

Method:

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

### MUSSAMAN BEEF CURRY S

Serves: 4 Ingredients:

500 g round steak diced 1√3 cup mussaman curry paste

400 gpotato diced250 mlcoconut milk250 mlbeef stock1 tablespoonbrown sugar

Method:

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

#### To Cook by Sensor Menu:

Place all ingredients into a 3-litre Casserole dish. Select Casserole, then touch Start.



**Bacon Roll** 

### BACON ROLL G

Ingredients:

200 g streaky bacon (8 pieces)

200 g enoki mushroom 8 cocktail sticks

Sauce:

30 g melted butter 1 tablespoon black coarse pepper A pinch of salt

Method:

Mix butter, black coarse, pepper and salt together. Wrap enoki mushroom with streaky bacon, secure ends with cocktail sticks.

Brush wrap bacon with sauce. Place bacon in a dish onto wire shelf, set to Combination 2 for about 10 minutes in middle shelf postion. Turn over. Set to Grill 2 for another 3 to 4 minutes.

### Sour Plum Pork Rib

Ingredients:

250 g pork rib (cut into pieces, pierce

meat with fork)

Sauce:

1 tablespoon oil

8 pieces sour plum

1 tablespoon wine or Hua Teow chiew

2 tablespoons sour plum powder

1 tablespoon cornflour

1/4 teaspoon coarse black pepper

3 tablespoons water

Method:

Seasoned pork rib with sauce for 1 hour. Cook pork rib with sauce on 1000 W for 4-5 minutes in a microwave safe casserole, covered with lid. (Stir at ½ time)

### **Directions for Cooking Vegetables by Microwave**

#### Fresh Vegetables

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

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

Allow to stand covered according to the time indicated in the charts.

### **Frozen Vegetables**

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

#### **Dried Beans or Peas**

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

#### To Cook by Time:

Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir.

**Note**: Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250  $\,\mathrm{g}$  of dried beans equals about 3 cups cooked. Use in place of canned beans. Allow to stand, covered, for 15 to 20 minutes after cooking.

### **Cooking Frozen Vegetables by Micro Power**

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

### **Cooking Dried Beans and Peas by Micro Power**

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

## **Cooking Fresh Vegetables by Micro Power**

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

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on 800 W
Asparagus	250 g	Covered dish with 1/4 cup water	3 to 4
Beans (finely sliced)	250 g	Covered dish with 1/4 cup water	6 to 8
Beetroot	4 whole (1 kg)	Covered with 1 cup water in 4-litre dish. Stand after cooking - 5 mins.	13 to 15
Broccoli	<b>250</b> g	Covered dish with ½ cup water.	6 to 7
Brussels Sprouts	500 g	Covered dish with ½ cup water.	7 to 9
Cabbage	500 g	Shredded, with ¼ cup water in covered dish.	7 to 9
Carrots	4 (sliced finely) 250 g	With ¼ cup water in covered dish.	6 to 8
Cauliflower	500 g	With ¼ cup water in covered dish.	7 to 9
Celery	6 stalks (400 g) cut in 1 cm pieces	With ¼ cup water in covered dish.	6 to 8
Corn	2 cobs (500 g) 4 cobs (1 kg)	Brush with melted butter and cook in covered dish.	7 to 9 12 to 14
Eggplant	1 (500 g)	Dice with ¼ cup water in covered dish.	7 to 9
Mushrooms	250 g (sliced)	Cook with 2 tablespoons butter in covered dish.	4 to 6
Onions	3 (200 g)	Cut in quarters with ¼ cup water in covered dish.	4 to 6
Peas	<b>250</b> g	Shell peas and place with ¼ cup water in covered dish.	4 to 6
Potatoes-Mashed -Jacket	3 (500 g)	Peeled and quartered with ¼ cup water. Covered. Cook uncovered on paper towel lined plate.	7 to 9
Pumpkin	500 g	Peeled and cut into uniform pieces with ¼ cup water in covered dish.	7 to 9
Spinach/Silver Beef	<b>250</b> g	Remove stem, cut leaves into small pieces. Cook with $\frac{1}{4}$ cup water in covered dish.	4 to 6
Sweet Potato	500 g	In serving size pieces with 2 tablespoons water in covered dish.	2 to 4
Turnips	500 g	Peeled and sliced finely with ½ cup water in covered dish.	5 to 7
Tomatoes	2 (300 g)	Sliced and cooked covered.	2 to 4
Zucchini	500 g	Cut in 2 cm pieces in covered dish.	5 to 7

### CREAMED SPINACH S

Serves: 4

Ingredients:

bunch spinach, roughly choppedgreen onions, finely chopped

1 clove garlic, crushed

2 tablespoons sour cream salt and pepper

#### Method:

Wash and drain spinach leaves. Place spinach green onions and garlic in a covered 3-litre casserole dish.

#### To Cook by Microwave:

Cook on 1000 W for 7 to 8 minutes.

#### To Cook by Sensor Menu:

Select Vegetables, then touch Start.

#### To Complete:

Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on 1000 W for 1 minute. Serve.

### BROCCOLI AND CHEESE SAUCE S

Serves: 2 to 3 **Ingredients:** 

250 g broccoli, washed,

trimmed and cut into pieces

2 tablespoons water

**Cheese Sauce:** 

2 tablespoons butter 2 tablespoons flour 1 cup milk

34 cup grated cheese14 teaspoon mustard

salt and pepper

#### Method:

Place broccoli and water in a covered 2-litre casserole dish.

### To Cook by Microwave:

Cook on 1000 W for 6 to 8 minutes. Drain and set aside.

#### To Cook by Sensor Menu:

Select Vegetables then touch Start. Drain and set aside.

#### To Complete:

Place butter in a 2-cup jug and cook on 1000 W for 20 seconds. Add flour and mix well. Cook on 1000 W for 20 to 30 seconds. Add milk gradually and stir well. Cook on 1000 W for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on Combination 2 for a further 6-7 minutes on wire shelf in lower shelf postion.

### **QUINOA TABBOULEH WITH MINT**

Serves: 6-8 Ingredients:

300 g (11 oz) quinoa 2 courgettes 300 g (11 oz) frozen peas 1 bunch of mint 100 ml (4 fl oz) olive oil

juice of 2 lemons salt and pepper

#### Method:

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

### **HERBED VEGETABLES**

Serves: 6 to 8 **Ingredients:** 

200 g sliced snow peas 200 g sliced carrots 200 g sliced zucchini 2 tablespoons chopped parsley

### Method:

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

### **RATATOUILLE**

Serves: 4

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### Ingredients:

1 aubergine, sliced1 courgette, sliced1 onion, sliced

green pepper, cut into chunks red pepper, cut into chunks

clove of garlic,

peeled and crushed 400 g (14 oz) can of tomatoes

salt and pepper to taste

### Method:

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

### STUFFED TOMATOES MC

Serves: 2
Ingredients:

2 large tomatoes 1/4 cup fresh breadcrumbs 1/4 cup grated cheese

4 green onions, finely sliced1 tablespoon finely chopped parsley

salt and pepper

½ cup extra grated cheese

### Method:

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

#### Tip:

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

### **VEGETARIAN CHILLI**

Serves: 4

**Ingredients:** 15 ml (1 tbsp) oil

onion, finely choppedgreen pepper, chopped

1 chilli, chopped 2 carrots, diced 5 ml (1 tsp) chilli powder 3 ml (½ tsp) cumin 175 g (6 oz) bulgar wheat

400 g (14 oz) can chopped tomatoes

30 ml (2 tbsp) tomato puree

450 ml (3/4 pt) water

400 g (14 oz) can red kidney beans, drained

#### Method:

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

#### **TOMATO AND ONION**

Serves: 4

Ingredients:

600 g (approx. 3) tomatoes, thinly sliced onion, thinly sliced

½ teaspoon basil

salt and pepper to taste

#### Method:

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

#### VEGETABLE CURRY

Serves: 4 to 6 Ingredients:

1 onion sliced 2 tablespoons green curry paste 3 cups sliced vegetables 440 g can chick peas, drained

1 cup coconut milk
1 tablespoon lemon juice
1 tablespoon soy sauce
1/2 cup chopped nuts

#### Method:

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

### CHEESE AND HAM FILLED POTATOES MC

Serves: 4

Ingredients:

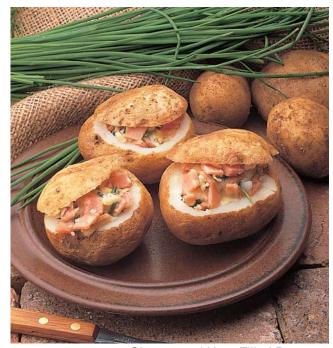
4 (800 g) large sized potatoes 100 g ham, finely diced 3 tablespoons snipped chives

40 g butter

½ cup grated Cheddar cheese

#### Method:

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



Cheese and Ham Filled Potatoes

### **CHEESY MASHED POTATOES**

Serves: 4

Ingredients:

500 g potatoes, peeled and quartered

¼ cup water¼ cup milk1 tablespoon butter

1/4 cup grated cheese

pinch of nutmeg

#### Method:

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

### **SPICY POTATOES**

Serves: 4

Ingredients:

350 g (12 oz) potatoes, cubed 45 ml (3 tbsp) natural yoghurt 10 ml (2 tsp) mango chutney 3 ml (½ tsp) cumin, tumeric,

coriander and garam masala

10 ml (2 tsp) fresh coriander

pinch chilli powder

15 g ( $\frac{1}{2}$  oz) sultanas

salt and pepperr

#### Method:

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

### **SAUTE MUSHROOMS**

Serves: 4 to 6

Ingredients:

1 tablespoon butter 400 g mushrooms

1 clove garlic, crushed

salt and pepper

1 tablespoon chopped parsley

#### Method:

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

### HONEY GLAZED CARROTS S

Serves: 4 to 6 **Ingredients:** 

500 g (approx. 4) carrots
2 tablespoons brown sugar
2 teaspoons butter
2 tablespoons honey

Method:

Peel and thinly slice carrots.

Combine all ingredients in a 2-litre casserole dish. Cover and cook on 1000 W for 6 to 8 minutes. Serve.

#### To Cook by Sensor Menu:

Prepare as above. Cover with a lid or plastic wrap. Select Vegetables, then touch Start. Serve.

### POTATO CASSEROLE G

Serves: 4 to 6

Ingredients:

750 g sliced potatoes 1 cup sour cream

½ cup milk

3 green onions, sliced2 bacon rashers, chopped

½ cup grated cheese

#### Method:

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

### To Cook by Microwave:

Cover and cook on 1000 W for 18 to 20 minutes. Stand covered for 5 to 10 minutes before serving.

### **ORIENTAL VEGETABLES**

Serves: 4 to 6 **Ingredients:** 

1 tablespoon oil

1 cup diagonally sliced celery
1 large onion, cut into eights
1 green capsicum, diced
1 cup sliced mushrooms
1 tablespoon Hoi Sin sauce
2 teaspoons soy sauce

#### Method:

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

### CABBAGE HAM AND ONION S

Serves: 6
Ingredients:

500 g cabbage, shredded

2 tablespoons water

onion, finely chopped

1 tablespoon butter

125 g ham, finely chopped

salt and pepper

#### Method:

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

#### To Cook by Sensor Menu:

Prepare cabbage as above. Select Vegetables, then touch Start. Drain and set aside.

### To Complete:

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

### POTATO WEDGES C

Serves: 4

### Ingredients:

500 g potatoes

oil, for brushing

#### Method:

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

### GOATS CHEESE & ONION TART C

Serves: 4

**Ingredients:** 375 g ready rolled puff pastry

30 ml olive oil

500 g red onions, peeled & thinly sliced

15 ml fresh thyme 45 ml balsamic vinegar 10 ml muscovado sugar salt and pepper

balsamic glaze for decoration

200 g soft goats cheese, cut into slices

#### Method:

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

### **CORN ON THE COB**

Serves: 4

Ingredients:

4 cobs corn 2 tablespoons butter

salt and pepper

#### Method:

Place corn cobs in a 3-litre casserole dish with butter. Cook covered on 1000 W for 12 to 14 minutes. Stand covered for 5 minutes. Season with salt and pepper.

#### **CURRIED CREAMY BEANS**

Serves: 4
Ingredients:

2 cups frozen green beans 2 tablespoons cream cheese

2 tablespoons sour cream

2 green onions, finely sliced

½ teaspoon curry powder

1/4 teaspoon salt

#### Method:

Place beans in a 2-litre casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Drain and allow to stand, covered. Mix remaining ingredients in a jug or a small bowl. Pour over beans and mix well. Cook on 1000 W for 30 to 60 seconds. Serve hot.

### CAULIFIOWER AU GRATIN S G

Serves: 2 to 4 **Ingredients:** 

500 g cauliflower,

trimmed and cut into pieces

2 tablespoons water 2 tablespoons butter

1 small onion, finely chopped

2 tablespoons flour 1 cup milk

½ cup grated tasty cheese 2 tablespoons fresh bread crumbs

#### Method:

Place cauliflower and water in a covered shallow casserole dish. Cook on 1000 W for 7 to 9 minutes. Stand covered while making sauce.

#### To Cook by Sensor Menu:

Prepare cauliflower as above. Select Vegetables, then touch Start. Stand covered while making sauce.

#### To Make Sauce:

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

### To Complete:

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

### MINTED PEAS S

Serves: 4
Ingredients:

1 kg fresh peas, shelled

1 teaspoon water 1 teaspoon butter

1 tablespoon chopped mint salt and pepper

#### Method:

Combine all ingredients in a 3 litre casserole dish. Cover and cook on 1000 W for 6 to 8 minutes. Stir and serve.

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

### To Cook by Sensor Menu:

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

### STUFFED COURGETTES C

Serves: 4 Ingredients:

2 courgettes, halved lengthways

2 tsp extra virgin olive oil

For the stuffing:

30 g dried white breadcrumbs

20 g pine nuts

3 spring onions, trimmed and finely

sliced

1 garlic clove, crushed 1 tsp dried thyme leaves 20 g Parmesan, finely grated

#### Method:

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

### **Directions for Cooking Rice and Other Grains by Microwave**

Follow directions in chart on page 86 for recommended dish size, amounts of water and cooking time. Add grain to cold water. Add salt and butter according to package directions.



Cook on Hligh for time recommended in chart. Allow to stand covered before serving.



For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

### **Directions for Cooking Pasta by Microwave**

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





Drain and rinse before serving.

### **Directions for Cooking Hot Cereal by Microwave**

Combine ¼ cup of quick cooking oats, pinch salt and ¾ cups hot tap water in a breakfast bowl.



Cook on 1000 W for 1 to 2 minutes, stirring halfway through cooking.



Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

### **Directions for Cooking Rice and Other Grains by Microwave**

ITEM	CONTAINER	AMOUNT OF WATER	APPROX. TIME TO COOK RICE on 1000 W UNCOVERED (in minutes)	STANDING TIME (in minutes)
RICE				
Quick Cook Brown (1 cup)	2-litre dish	1⅓ cups	10 to 12	5
Brown (1 cup)	3-litre dish	3 cups	25 to 30	10
Long Grain (1 cup)	2-litre dish	2 cups	12 to 14	5
Short Grain (1 cup)	2-litre dish	2 cups	12 to 14	5
Jasmine (1 cup)	3-litre dish	2 cups	12 to 14	5

### **Directions for Cooking Dried Pasta by Microwave**

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK PASTA on 1000 W UNCOVERED (in minutes)	STANDING TIME (in minutes)
Dried Fettuccine (250 g)	4-litre dish	6 cups	10 to 12	5
Elbow Macaroni, shells, etc. (250 g)	3-litre dish	4 cups	12 to 14	5
Fresh Spaghetti, Fettuccine (375 g)	4-litre dish	6 cups	6 to 8	5
Dried Spaghetti (250 g)	4-litre dish	4 cups	12 to 14	5
Fresh Tortellini, Ravioli (250 g)	4-litre dish	4 cups	7 to 9	5
Fresh Gnocchi (375 g)	4-litre dish	6 cups	6 to 8	5

### FRAGRANT COCONUT RICE S

Serves: 4 to 6 **Ingredients:** 

1 onion, finely chopped

2 cups long grain rice
600 ml chicken stock
300 ml coconut milk
1 teaspoon turmeric
1 teaspoon cumin

Method:

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

To Cook by Sensor Menu:

Prepare as above. Select Rice, then touch Start.

### MACARONI AND CHEESE C

Serves: 4 to 6 **Ingredients:** 

60 g butter

2 onions, finely chopped

2 tablespoons flour 2 cups milk

1 cup grated tasty cheese

6 cups cooked macaroni, drained well ½ cup extra grated tasty cheese

paprika

### Method:

Place butter and onions in a 2-litre casserole dish and cook on 1000 W for 5 minutes. Add flour, mix well and cook on 1000 W for 1 minute. Blend in milk and cook on 1000 W for 6 to 7 minutes, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish.

Top with extra cheese and sprinkle with paprika. Combination 1 for 11 to 13 minutes on wire shelf in lower shelf position

### SEASONED RICE S

Serves: 6 to 8 Ingredients:

1 onion chopped 1 cup long grain rice

1 teaspoon thyme

2½ cups chicken stock

¼ cup slivered almonds, toasted

¼ cup sultanas

#### Method:

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

### To Cook by Sensor Menu:

Prepare as above. Select Rice, then touch Start.

### SPICY TUNA PASTA BAKE G

Serves: 4

Ingredients:

250 g fusilli

1 litre boiling water 5 ml olive oil

1 red and 1 yellow pepper, sliced

2 cloves of garlic, crushed 5 ml crushed dried chillies 2 x 400 g tins chopped tomatoes 2 x 200 g tins tuna, drained and flaked

25 g fresh breadcrumbs 30 ml grated parmesan

#### Method:

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



Seasoned Rice

### **LEMON & ASPARAGUS RISOTTO**

Serves: 4

Ingredients:

1 bunch asparagus (approx. 250 g/9 oz) 450 ml hot vegetable stock

2 leeks, trimmed and finely sliced

40 g butter 200 g risotto rice 100 g frozen peas

finely shredded zest and juice

lemon salt & pepper

fresh parmesan cheese

40 g fresh parm 5 g fresh basil

#### Method:

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

### MIXED MUSHROOM CANNELLONI C

Serves: 4
Ingredients:

6 fresh lasagne sheets

45 ml olive oil

1 small onion, finely chopped

3 garlic cloves, sliced

 $25~\mathrm{g}$  pack fresh thyme, finely chopped

225 g chestnut mushrooms,

roughly chopped

100 gbutton mushrooms250 ggoats cheese350 gtub cheese sauce

#### Method:

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

### **VEGETABLE & CHICK PEA CASSEROLE**

Serves: 4

Ingredients:

1	medium onion, chopped
10 ml	vegetable oil
2	medium courgettes, sliced thickly
1	red pepper, seeded and chopped
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2 medium carrots, peeled & thinly sliced

1 small cauliflower, cut into florets

100 g dried apricots, halved 2 cloves garlic, crushed 425 g can chick peas, drained 3 ml each: ground turmeric,

ground coriander, ground cumin

5 ml paprika

2.5 cm fresh root ginger,

peeled and finely chopped

salt and pepper

450 ml hot vegetable stock

chopped parsley to garnish

#### Method:

Place the onion and oil in the casserole. Place on base of the oven and cook on 1000 W for 2 mins or until starting to soften. Add the prepared vegetables, apricots, garlic, chickpeas and stir in the spices, salt, pepper and stock. Cover and cook on 600 W for 20 minutes, or until vegetables are soft. Stir two or three times during cooking. Serve with couscous or rice and garnish with parsley.

#### **TIP**

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

### **PRAWN RISOTTO**

Serves: 4

### Ingredients:

1	onion, finely chopped
1	garlic clove, crushed

25 g butter

225 g brown cap mushrooms, quartered

225 g Arborio (risotto) rice juice and rind of 1 lemon 3 ml saffron strands, crushed

300 ml hot vegetable stock 300 ml white wine 100 g frozen peas

300 g cooked pealed prawns 30 ml finely chopped chives

#### Method:

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

### CREAMY SUN-DRIED TOMATO PENNE S

Serves: 4

Ingredients:

**250** g penne 5 cups boiling water

½ cup sun-dried tomatoes in oil, drained

1 cup basil leaves 1/4 cup toasted pinenuts

½ cup grated parmesan cheese

300 ml cream ½ cup sliced ham

1/4 cup grated parmesan cheese, extra

Method:

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

#### To Cook by Sensor Menu:

Prepare as above. Select Dried Pasta, then touch Start.

#### HUMMUS

### Ingredients:

1 cup chick peas, water for soaking

3 cups boiling water 2 tablespoons lemon juice 2 teaspoons turmeric

1/4 cup tahini (sesame paste)

minced garlic 1 tablespoon 2 tablespoons olive oil

### Method:

Place chickpeas and water into a 4-litre casserole dish and soak overnight. Drain.

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

#### **PESTO AND EGG NOODLES**

Serves: 4 to 6

Ingredients:

6 cups boiling water 250 g packet egg noodles garlic, crushed 2 cloves

½ cup chopped fresh basil leaves 1/4 cup pine nuts, finely chopped ½ cup grated Parmesan cheese

1 cup olive oil

salt and black pepper

#### Method:

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

### LENTIL BIRYANI

Serves: 4-6

### Ingredients:

basmati rice 450 g

15 ml oil

large onion, sliced 1 5 ml root ginger, grated 1 garlic clove, crushed

3 ml turmeric chilli powder 5 ml 10 ml curry powder 150 ml natural yoghurt 100 g mushrooms, sliced

tomatoes, peeled and chopped 2

100 g tinned green lentils

**50** g cashew nuts

#### Method:

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



Pesto and Egg Noodle

### CHOCOLATE CHEESECAKE C

Serves: 6

### Ingredients:

100 g	butter
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250 g digestive biscuits, crushed

150 g plain chocolate

30 ml milk

450 g soft cheese 100 g soft brown sugar 2 large eggs

5 ml vanilla essence

#### Method:

### To Cook by Convection:

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

### SMALL CAKES C

Makes: 12 little cakes

### Ingredients:

 $\begin{array}{cc} 100 \; \mathrm{g} & \quad \text{butter} \\ 100 \; \mathrm{g} & \quad \text{sugar} \end{array}$ 

2 eggs, beaten 100 g self-raising flour

#### Method:

Preheat on Convection 170 °C with the enamel shelf in the lower shelf position. Beat the butter, which has been kept at room temperature, and the sugar until a mousse-like consistency is achieved. Add the eggs one at a time, beating well after each egg is added. Mix in the flour. Fill individual paper cases two thirds full with the mixture. Place baking tray on enamel shelf. Cook on Convection 170 °C for 20-25 minutes.

### CELEBRATION CAKE C

Serves: 8

### Ingredients:

200 g butter or margarine 200 g dark muscovado sugar

4 eggs, beaten 200 g plain flour 50 g ground almonds

100 ml sherry 75 g candied peel

75 g glace cherries, roughly chopped

250 g currants 250 g raisins

100 g pecan nuts, broken into pieces

finely grated zest of 1 lemon

7.5 ml mixed spice
2.5 ml vanilla extract
2.5 ml baking powder

#### Method:

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

### MOCHA CARROT CAKE C

Makes: 23 cm ring pan

#### Ingredients:

1 cup self-raising flour
½ teaspoon bicarbonate of soda
½ cup caster sugar

½ cup crushed pineapple 1 cup grated carrot ¾ cup chopped pecans

60 g chocolate 2 eggs 1/3 cup oil

### Icing:

60 g cream cheese

20 g butter
1½ cups icing sugar
1 tablespoon lemon juice
1¼ cup chopped pecans

#### Method:

Grease a 23 cm ring pan. In a large bowl place flour, bicarbonate of soda, sugar, pineapple, carrot and pecan nuts. Place chocolate into a small bowl and cook on 800 W for 1 to 1½ minutes, stir halfway through cooking.

Add chocolate, eggs, and oil to flour mixture and mix until well combined. Pour into prepared pan. Preheat oven to CONVECTION 180 °C. Afther preheated, put enamel shelf in lower shelf position, cook for 40 minutes. Beat together all icing ingredients except pecan nuts. Spread icing over cooled cake and sprinkle with pecan nuts.

### **CHOCOLATE AND COFFEE TRUFFLES**

Makes: Approximately 24

### Ingredients:

1 cup icing sugar 4 tablespoons cocoa

1 tablespoon instant coffee powder

60 g plain sweet biscuits, crushed

60 g copha

1 teaspoon vanilla essence
½ cup condensed milk
chocolate sprinkles

### Method:

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

### Swiss Roll C

Serves: 8
Ingredients:

3 medium eggs, beaten

 $\begin{array}{ccc} 125 \ \mathrm{g} & & \text{caster sugar} \\ 125 \ \mathrm{g} & & \text{plain flour} \end{array}$ 

#### Filling:

jam or cream

icing sugar to dredge

#### Method:

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

### **CHOCOLATE FUDGE PUDDING**

Serves: 4

#### Ingredients:

100 g self-raising flour 100 g caster sugar pinch of salt

25 g cocoa or drinking chocolate

50 g margarine 1 egg, beaten 5 ml vanilla essence

60 ml milk

#### Sauce:

100 g soft brown sugar

25 g cocoa or drinking chocolate

150 ml hot water

#### Method:

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

### CHOCOLATE CAKE C

Serves: 8

Ingredients:

100 g plain chocolate

butter

100 g 4 eggs 100 g icing sugar **50** g self raising flour ground almonds **50** g

Topping:

**50** g butter

25 g cocoa powder

30 ml milk 225 g icing sugar

#### Method:

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

### VICTORIA SANDWICH C

Serves: 8

Ingredients:

butter or margarine 175 g

175 g caster sugar

3 eggs

self-raising flour 175 g

#### Method:

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

### STREUSEL MUFFINS C

Makes: 6

### Streusel topping:

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

Muffins:

plain flour 200 g

3 ml bicarbonate of soda 10 ml baking powder

> pinch salt caster sugar

75 g butter 75 g 200 ml buttermilk

medium egg, beaten

100 g fresh berries

#### Method:

Make streusel topping by melting the butter on 1000 W for 10-20 secs. Add the remaining topping ingredients and combine to make a soft dough. Chill. Sift together the flour, bicarbonate, baking powder and salt. Stir in the sugar. Melt butter for the muffins on 1000 W for 30 secs - 1 min. Cool slightly then mix in the buttermilk and egg.

Preheat on Convection 170 °C with the enamel shelf in the lower shelf position. Lightly stir the buttermilk mixture into the flour mixture. Fold fruit in gently. Divide mixture equally between 6 muffin cases. Crumble small amounts of streusel topping over each muffin. Place muffin tin on enamel shelf and cook on Convection 170 °C for 20-25 mins or until browned and well risen.

### LACE BISCUITS C

Makes: 18 to 20 biscuits

#### Ingredients:

2 tablespoons liquid glucose brown sugar 60 g butter, melted plain flour

60 g almonds, finely chopped

#### Method:

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

### To Cook by Convection:

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

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

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

### ANZAC BISCUITS C

Makes: 24 biscuits

#### Ingredients:

125 g butter, melted 2 tablespoons golden syrup 1 teaspoon bicarbonate of soda

2 tablespoons hot water
1 cup rolled oats
1 cup coconut
1 cup plain flour
1 cup brown sugar

#### Method:

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

### CHOCOLATE CHIP COOKIES C

Makes: 30 large cookies

#### Ingredients:

250 g butter
½ cup brown sugar
½ cup caster sugar
1 teaspoon vanilla essence

2 eggs

3 cups self-raising flour

250 g choc bits

#### Method:

#### To Cook by Convection:

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

### CINNAMON CRISPS C

Makes: Approximately 25

#### Ingredients:

125 g butter1 cup caster sugar1 teaspoon vanilla essence

2 egg

2½ cups self-raising flour 2 teaspoons cinnamon

#### Method:

### To Cook by Convection:

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

### LEMON POPPY SEED COOKIES C

Makes: Approximately 25

### Ingredients:

125 g butter
1 cup caster sugar
2 tablespoons lemon zest
1 tablespoons poppy seeds
2 tablespoons lemon juice

1 eggs

2 cups self-raising flour

#### Method:

#### To cook by Convection:

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

### STANDARD BREAD/BREAD ROLLS C

Serves: 1 loaf or 8 rolls

Ingredients:

450 g strong bread flour 1 sachet dried yeast

5 ml salt

15 g butter or margarine

275 ml warm water

#### For Wholemeal Bread:

Use 225 g each of wholemeal and strong white bread flour

#### For Granary Bread:

Use 450  ${\rm g}$  granary flour instead of strong white bread flour.

#### Method:

In a large bowl, combine the flour, yeast and salt. Rub in the butter or margarine. Add the warm water then mix to a dough. Turn onto a floured surface and knead for 10 mins. For 1 loaf mould into the desired shape on the greased enamel shelf. For rolls divide into 8 and shape into rolls. Place on the greased enamel shelf. Cover and prove until the dough has doubled in size in a warm place or place in the oven to prove on Convection 40 °C. Preheat on Convection 200 °C. Glaze bread with beaten egg and sprinkle with seeds, if desired. Place enamel shelf in oven in the lower shelf position and cook on Convection 200 °C for 25-30 mins for a loaf or 15-20 mins for rolls or until golden.

### CHOCOLATE BROWNIES C

Makes: 20 cm square pan

#### Ingredients:

125 g butter

200 g dark chocolate, chopped

1 cup caster sugar 1 teaspoon vanilla essence

2 eggs 1 cup plain flour 3/4 cup nuts, chopped

#### Method:

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

### **APRICOT HONEY SLICE**

Makes: 20 squares

### Ingredients:

185 g butter 2 tablespoons honey

250 g ginger nut biscuits, crushed

½ cup chopped pecans

½ cup coconut

1 cup chopped dried apricots

#### Method:

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

### FRUIT SCONES C

Serves: 10 Ingredients:

225 g self-raising flour

pinch salt

5 ml baking powder

50 g butter
25 g caster sugar
50 g sultanas
75 ml milk

beaten egg to glaze

#### Method:

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

### CARAMEL COCONUT SLICE C

Makes: 19 x 28 cm pan

#### Ingredients:

100 g butter
½ cup plain flour
½ cup self-raising flour

½ cup coconut ½ cup caster sugar

Filling:

400 g sweetened condensed milk

2 tablespoons golden syrup

⅓ cup brown sugar

40 g butter

Topping:

2 eggs

⅓ cup caster sugar
2 cups coconut

#### Method:

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

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

To prepare topping, combine all ingredients and mix well

### MUESLI SLICE

Makes: 20 squares

### Ingredients:

125 g butter
1 cup brown sugar
3 tablespoons honey

2 cups natural muesli 1 cup coconut ½ cup sultanas

50 g dark cooking chocolate, melted

#### Method:

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

### LEMON COCONUT MERINGUE SLICE C

Makes: 19 x 28 cm pan

### Ingredients:

90 g butter 1/4 cup caster sugar 34 cup plain flour ½ cup cornflour 400 g condensed milk eggs, separated 2 teaspoons grated lemon rind ½ cup lemon juice 1/4 cup caster sugar, extra ½ cup desiccated coconut slivered almonds ½ cup

#### Method:

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

### HONEY ALMOND BROWNIES C

Makes: 6

### Ingredients:

125 g butter

200 g white chocolate

34 cup sugar 14 cup honey

2 teaspoons vanilla essence

2 eggs 1 cup plain flour

3/4 cup blanched almonds

### Method:

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

### To Cook by Convection:

Preheat oven to 180 °C. Place on enamel shelf and cook on 180 °C for 30 to 35 minutes. Cool completely before removing from a pan.



Apple Jalousie

### APPLE JALOUSIE C

Makes: 2 slices

#### Ingredients:

3 cooking apples,

peeled and sliced thinly

½ teaspoon cinnamon

pinch nutmeg

2 sheets ready rolled puff pastry

1 egg, lightly beaten

½ cup caster sugar

#### Method:

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

Preheat Convection to 200 °C. Cut sheets of pastry in half. Place 2 halves of pastry side by side on greased enamel shelf. Place apple mixture on top leaving a 2 cm border around the edge. Brush edges with beaten egg and place remaining half of pastry on top of apple mixture. Press to secure edges together. Brush top with egg.

Cut slits across the top of pastry. Sprinkle with caster sugar. Place enamel shelf in lower shelf position and cook on 200 °C for 15 to 20 minutes.

### HONEY OATY SLICE C

Makes: 27 x 17 cm Swiss roll pan

### Ingredients:

1 cup rolled oats
1 cup plain flour
34 cup coconut
34 cup sugar
125 g butter
3 tablespoons honey
2 tablespoons water

½ teaspoon bicarbonate of soda

#### Method:

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

### CHOCOLATE PEANUT BUTTER CHEESECAKE C

Serves: 6 to 8 Ingredients:

#### Base:

250 g peanut cookies, finely crushed

125 g butter

### Filling:

500 g cream cheese, softened

½ cup brown sugar

1 cup crunchy peanut butter

2 eggs

1 teaspoon vanilla essence ½ cup sour cream

### Topping:

150 g chocolate % cup sour cream

#### Method:

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

### **Topping:**

Melt chocolate in a 2-cup jug on 800 W for 1 to 2 minutes. Stir in sour cream. Spread over cheesecake.

### MANGO, PEAR & GINGER CRUMBLE C

Serves: 6 Ingredients:

ripe pears, peeled and thinly sliced 450 g

15 ml muscovado sugar

mangos, peeled, stoned and 2

roughly chopped

piece stem ginger, finely chopped 1

Topping:

175 g plain flour 75 g butter

75 g muscovado sugar

75 g pecan nuts, roughly chopped

#### Method:

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

#### STRAWBERRY PAVLOVA

Serves: 6 Ingredients:

4

medium egg whites 250 g caster sugar 5 ml cornflour 5 ml malt vinegar 5 ml vanilla extract

Topping:

300 ml double cream, softly whipped

strawberries, sliced 250 g

#### Method:

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

### Flapjack C

Serves: 8

### Ingredients:

butter 250 g 275 g golden syrup

light muscovado sugar 75 g

porridge oats 425 g

#### Method:

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

### STICKY PUDDING WITH TOFFEE SAUCE

Serves: 4

### Ingredients:

150 g fresh or ready to eat dates stoned

and finely chopped

50 g butter 150 g caster sugar

eggs, lightly beaten 2 150 g self raising flour 3 ml grated nutmeg 3 ml ground ginger

Sauce:

150 g muscovado sugar 75 ml double cream

75 g butter

#### Method:

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

### STEAMED SUET SPONGE PUDDING

Serves: 4

Ingredients:

150 g self-raising flour pinch of salt 50 g caster sugar

50 g suet 1 egg 150 ml milk

30 ml jam or golden syrup

#### Method:

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

### **Christmas pudding**

Serves: 6 to 8

### Ingredients:

1 cooking apple, peeled and grated
1 carrot, peeled and grated
1 orange, juice and grated rind
400 g mixed dried fruit

45 ml brandy
15 ml black treacle
50 g self-raising flour pinch of salt
15 ml cocoa
5 ml mixed uned mate

100 gshredded suet150 gfresh breadcrumbs50 gmixed peel50 gflaked almonds2eggs, beaten

nutmea

Method:

3 ml

Place apple and carrot in a large bowl. Place on the base of the oven and cook on 1000 W for 5 minutes. Beat well to make a thick puree. Stir in juice, rind and mixed fruit. Cook on 1000 W for 2 minutes. Stir in brandy and treacle. Stand for 5 minutes. Beat in rest of ingredients. Press into the pudding basin. Cover and cook on 600 W for 5 minutes. Stand for 5 minutes. Cook on 1000 W for another 2-3 minutes or until just firm.

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

### **RED FRUIT COMPOTE**

Serves: 4

### Ingredients:

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

#### Method:

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

### Pizza C

Serves: 2 to 4

### Ingredients:

2 onions, finely sliced3 garlic cloves, crushed

1 tbsp olive oil

1 roll of pizza dough 150 g tomato sauce 1 tbsp oregano

100 g grated mozzarella

salt, pepper

### Method:

Cook the finely sliced onions and garlic in a bowl, with the olive oil, for 3-4 minutes on 1000 W. Leave to cool. Using your hands, spread out the dough in the enamel shelf without making a raised edge. Spread on the sauce, onions, oregano and season, covering all the dough well.

Cook on Convection 220 °C for 10-15 minutes. Then add other ingredients according to taste, cheese, anchovies, olives, bacon pieces etc. and continue cooking on Convection 220 °C for 8-10 minutes.

### SUN DRIED TOMATO ROLLS C

Serves: 6
Ingredients:

250 g strong bread flour 7 ml sachet dried yeast

5 ml salt

25 g sun-dried tomatoes,

roughly chopped

45 ml olive oil 75 ml passata 75 ml warm water 5 ml olive oil

#### Method:

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

### FOCACCIA C

Makes: 1 Ingredients:

400 g strong bread flour sachet dried yeast

10 ml salt 75 g olive oil 10 ml curse sea salt

#### Method:

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

### CINNAMON POACHED PEARS A

Serves: 4
Ingredients:

½ cup water ¼ cup sugar

½ teaspoon ground cinnamon

4 pears, peeled and sliced

#### Method:

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

### PAVLOVA C

Serves: 8 to 10

### Ingredients:

4 egg whites

pinch of salt

1¼ cupscaster sugar2 teaspoonsvinegar2 tablespoonscornflour

### **Topping:**

300 ml cream

punnet strawberries,
 hulled and cut in half

2 passionfruit

#### Method:

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

#### Filling:

Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.

### RHUBARB, APPLE & GINGER COMPOTE A

Serves: 4

#### Ingredients:

300 g rhubarb, trimmed cut to 3 cm

lenaths

2 apples, peeled, cored and diced 30 g crystallized ginger, thinly sliced

½ cup caster sugar

1 orange, grated rind and juice

#### Method:

Place all ingredients into a 2-litre microwave-safe dish. Stir to dissolve sugar.

Cook on 1000 W for 6 to 8minutes or until fruit is softened.

#### To Cook by Auto Menu:

Select Auto Menu Fruit Poached, then select 500  $\ensuremath{g}$  weight and then touch Start.

### BAKED ALASKA SURPRISE C

Serves: 4 to 6 Ingredients:

10 to 12 sponge finger biscuits

or

1 round sponge cake punnet strawberries.

hulled and cut in half

caster sugar 1 tsp 2 tablespoons fruit liqueur 1-litre vanilla ice cream 4 egg whites 3/4 cup

caster sugar, extra

1/4 cup almonds, chopped (optional)

#### Method:

1

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

### To Cook by Convection:

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

### LEMON MERINGUE PIE C

Serves: 6 Ingredients:

125 g butter plain flour 250 g 25 g icing sugar egg yolk 30 ml water

Filling:

cornflour 60 g 400 ml water

lemons, juice and grated rind of 3

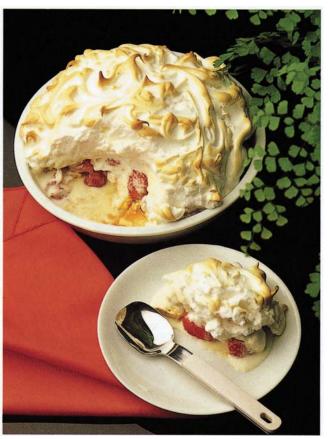
125 g sugar egg yolks

Meringue

225 g caster sugar egg whites

#### Method:

Rub butter into the flour until the mixture resembles fine breadcrumbs and stir in sugar. Add egg and enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed. Line the flan dish with the pastry, prick the base with a fork and chill for 15 minutes in the fridge. Line pastry with greaseproof paper and baking beans, place flan dish on enamel shelf in lower shelf position, bake blind of Convection 210 °C 10 minutes, remove the beans and bake for another 10 minutes, until golden. Leave to cool. Place cornflour, water and lemon juice and rind in a jug, stir. Place



Baked Alaska Surprise

on the base of the oven and cook on 1000 W for 2 minutes. Stir and cook on 1000 W for 2 minutes or until smooth, glossy and thickened. Add sugar. Cool slightly. Add egg yolks. Mix well. Pour into pastry case. Preheat oven on Convection 150 °C. Whisk egg whites stiffly. Add sugar gradually - whisking after each addition. Pile meringue onto lemon filling. Place flan on enamel shelf in lower shelf position and cook on Convection 150 °C for 40-45 minutes or until lightly browned.

### APPLE PIE C

Serves: 6 to 8

# Ingredients: Pastry:

185 g butter

½ cup caster sugar 1 tablespoon lemon juice

1 egg
1½ cups plain flour
1 cup self-raising flour

### Filling:

800 g pie apples
1/4 cup caster sugar
1 teaspoon arrowroot
1 teaspoon cinnamon

#### Method:

Preheat oven to Convection on 180 °C. Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press ½ of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of greaseproof paper to fit pie. Place on pie and press edges together. Place on enamel shelf in lower shelf position. Cook on 180 °C for 45 to 55 minutes.

### RICE PUDDING

Serves: 4

### Ingredients:

100 g short grain rice 1 litre whole milk 80 g sugar

small piece of cinnamon stick

1 vanilla pod

### Method:

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

### WHITE SAUCE

Serves: 500 ml

### Ingredients:

35 g butter 35 g flour 500 ml milk salt

pepper grated nutmeg

#### Method:

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

### Pepper Sauce

Serves: 5 to 6

### Ingredients:

1 onion 40 g butter 30 g flour

400 ml of hot stock made

from 2 stock cubes tarragon vinegar

2 tsp white pepper

cognac

200 ml crème fraîche

#### Method:

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

#### **TOMATO SAUCE**

#### Ingredients:

medium onion, finely chopped
celery stick, finely chopped
carrot, finely chopped

25 g butter

2 cloves garlic, crushed 2 x 400 g cans of tomatoes

3 ml each of basil, oregano and ground

bay leaves

150 ml red wine or vegetable stock

salt and pepper

#### Method:

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

### **CUSTARD SAUCE**

#### Ingredients:

2 eggs

50 g caster sugar 300 ml milk

5 ml vanilla essence

#### Method:

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

### **CHOCOLATE SAUCE**

Serves: 4

### Ingredients:

25 g butter 75 g caster sugar 75 g brown sugar

50 g cocoa powder, sieved

3 ml vanilla essence

300 ml milk

#### Method:

Place butter in the jug on base of oven. and melt on 1000 W for 20-30 secs. Stir in sugars, cocoa powder and vanilla essence. Gradually add milk, stirring well. Cook on 1000 W for 2 minutes. Stir well. Cook on 1000 W for 1 minute. Stir and continue to cook in 30 secs stages until you achieve a smooth and glossy consistency that coats the back of the spoon.

#### **GRAVY**

### Ingredients:

meat or

poultry dripping with sediment

25 g flour 300 ml stock

salt and pepper

#### Method:

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

### MINT SAUCE

Makes: Approximately 1/₃ cup

### Ingredients:

1 tablespoon water 1 tablespoon sugar

2 tablespoons brown vinegar 2 tablespoons mint, finely chopped

#### Method:

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

#### MUSHROOM SAUCE

Makes: 1½ cups

### Ingredients:

3 tablespoons butter
2 tablespoons flour
1 teaspoon soy sauce
3/4 cup cream

salt and pepper taste

½ teaspoon curry powder

190 g can champignon mushrooms,

sliced

#### Method:

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

### CHINESE SWEET & SOUR SAUCE

Makes: 4 cups

### Ingredients:

cucumber 1/2 cornflour ½ cup 1/2 cup brown sugar 1 cup chicken stock ½ cup dry sherry 2 tablespoons white vinegar 2 tablespoons soy sauce 2 tablespoons tomato paste

pineapple pieces and juice
red capsicum, diagonally sliced
stick celery, diagonally sliced

#### Method:

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

### HOLLANDAISE SAUCE

### Ingredients:

3 egg yolks

30 ml (2 tbsp) white wine vinegar thilled, unsalted butter,

cut into cubes pepper

#### Method:

Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Place jug on the base of the oven and cook on 1000 W for 30 secs. Whisk. Cook on 1000 W for 10 secs. Whisk again and cook on 1000 W for 10 secs. Repeat 10 secs stages until sauce is thick and creamy. Season and serve immediately with salmon steaks or asparagus spears.

### **BRANDY SAUCE**

Makes: 1½ cups

### Ingredients:

2 tablespoons butter
2 tablespoons comflour
3 tablespoons sugar
2 tablespoons golden syrup

1 cup milk ¼ cup brandy

### Method:

In a 1-litre pyrex jug melt butter on 1000 W for 20 to 30 seconds. Blend in comflour, sugar and golden syrup and cook on 1000 W for 50 to 60 seconds. Add milk gradually and cook on 600 W 3 to 4 minutes. Stirring halfway through cooking. Stir in brandy. Serve hot with fruit or Christmas pudding.

#### STRAWBERRY JAM

Makes: Approximately 1700 ml

Ingredients:

1 kg strawberries, washed and cut

1 kg caster sugar pectin if required

#### Method:

Place all ingredients in a 4-litre casserole dish. Cover and cook on 1000 W for 5 minutes. Stir halfway through cooking. Cook on 800 W for 30 to 32 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

#### **SWEET APRICOT JAM**

Makes: 3 cups Ingredients:

800 g dried apricots, cut in quarters

 $\begin{array}{ll} \text{1000 ml} & \text{water} \\ \text{800 g} & \text{sugar} \\ \text{2 tablespoons} & \text{pectin} \end{array}$ 

#### Method:

Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on 1000 W for 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on 1000 W for a further 28 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

#### **RED ONION MARMALADE**

Makes: 1½ lb Ingredients:

45 ml (3 tbsp) olive oil

4 large red onions halved and

thinly sliced

50 g (2 oz) Demerara sugar

 $100 \mathrm{~g}$  (4 oz) sultanas 300 ml (½ pint) red wine

125 ml (4 fl oz) red wine vinegar

#### Method:

Put oil in bowl with onions cover with a lid or pierced cling film. Place on the base of the oven and cook on 600 W for 10 mins stirring halfway. Add all other ingredients and mix well. Cover and cook on 600 W for 30-35 mins. Cool slightly, then pour into a clean, sterilized jar. Allow to cool thoroughly before chilling.



Jam

### **ORANGE MARMALADE**

Makes: 3 cups

Ingredients:

700 g oranges 1 lemon water

3 cups sugar, warmed

#### Method:

Wash fruit. Cut fruit in half, reserve seeds, squeeze juice from fruit and set aside. Remove rind from fruit being careful not to include white pith. Cut rind into fine strips. Set aside. Pour fruit juice into a 4-cup jug. Add enough water to make 3 cups of liquid. Add seeds. Cover and cook on 1000 W for 20 minutes. Strain. Add sugar to mixture with rind, mix well and cook on 1000 W for a further 30 minutes or until marmalade has set. Pour into clean sterilised jars. Seal

**Tip:** To warm sugar - Place sugar in a 2-litre casserole dish and cook on 1000 W for 1 to 1½ minutes.

#### RHUBARB AND APPLE CONSERVE

Make: 2 cups Ingredients:

350 g rhubarb, chopped

3 medium sized apples, grated

2 tablespoons water1 cup caster sugar2 tablespoons lemon juice

#### Method:

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

### **LEMON CURD**

Makes: 2 jars **Ingredients:** 

4 untreated lemons,

the juice and zest of

400 g crystalised sugar 4 beaten eggs

100 g butter

#### Method:

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

### **PASSION FRUIT BUTTER**

Makes: 1½ cups Ingredients:

3 eggs

½ cup caster sugar

6 passionfruit, pulp removed

90 g butter

#### Method:

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

### **MANGO CHUTNEY**

Makes: 3 cups Ingredients:

450 g fresh mango, sliced cooking apples,

peeled, cored and sliced

2 tablespoons salt

2 onions, finely sliced

300 g brown sugar 150 ml malt vinegar 1 teaspoon ground ginger 1 teaspoon chilli powder

#### Method:

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

### **TOMATO CHUTNEY**

Makes: approx. 2 lb

Ingredients:

675 g (1½ lb) tomatoes

225 g (8 oz) cooking apples, peeled and sliced

1 medium onion, chopped

100 g (4 oz) granulated sugar 30 ml (2 tbsp) tomato puree

5 ml (1 tsp) salt

200 ml (7 fl oz) white wine vinegar 10 ml (2 tsp) ground ginger 2 ml (½ tsp) cayenne pepper 3 ml (½ tsp) mustard powder

### Method:

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

# **Control Panel**

<b>A</b> Convectionpg 20-21	Sensor Menupg 25
Grillpg 18-19	Auto Cook & Inverter Melt/
<b>⊗</b> Micro Powerpg 15	Soften Menupg 28-29, 33
<b>◯</b> Combinationpg 22	<b>₽</b> Set
Turbo Defrostpg 16	<b>⊘</b> Stop/Reset
☐ Timer/Clockpg 13,22	<b>♦</b> Start

# **Sensor Menu**

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

## **Auto Cook**

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

# Inverter Melt & Soften

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