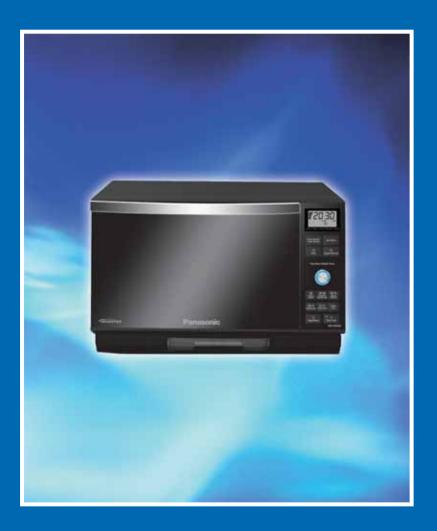
# **Panasonic**®

# Operating Instruction and Cook Book Steam Double Heater Microwave Oven Household Use Only





Model NO. NN-DS592B

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.

Panasonic Australia Pty Ltd 1 Innovation Road Macquarie Park NSW 2113



PANASONIC NZ LTD CUSTOMER CARE CENTRE 350 Te Irirangi Drive East Tamaki, Auckland Private Bag 14911 Panmure, Auckland

> Phone: (09) 272-0178 Fax: (09) 272-0134

The serial number of this product may be found on the right side of the control panel. 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.
- 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.
- 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.
- 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.

#### **Practical Hints:**

- For initial use of GRILL, DOUBLE GRILL, COMBINATION and OVEN, 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, DOUBLE GRILL, COMBINATION and OVEN. Use care when opening or closing door and when inserting or removing food and accessories.
- The oven has a heater situated in the top of the oven. After using the GRILL, DOUBLE GRILL, COMBINATION and OVEN functions, the ceiling will be very hot.
- The accessible parts may become hot when GRILL, DOUBLE GRILL, COMBINATION and OVEN 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.
- As with any appliance, close supervision is necessary when used by children.
- 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.
- 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.
- 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.
- 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 explodeexplode, 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, DOUBLE GRILL, COMBINATION and OVEN 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, press the STOP/RESET
  Pad 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.
- 3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
- 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.
- 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 Glass Tray. The GlassTray can be very hot after removing the cooking container from the oven.
- 8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
- 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.
- 11. If glass tray is hot, allow to cool before cleaning or placing in water.

### **Installation and General Instructions**

- 12. When using the COMBINATION mode, never place any aluminum or metal container directly on the wire rack. Always insert a heat-proof, grass plate or dish between the wire rack and the aluminum container. This will prevent sparking that may damage the oven.
- 13. It is recommended not to use the wire rack 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.

#### 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 25 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 COMBINATION/CONVECTION/GRILLING 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 oven was manufactured for household use only.
- 3. The appliance is freestanding type and shall not be placed in a cabinet.

#### 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.
  - Stir 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
- 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 through a small plastic covered piece. 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.

# Cookware and Utensils Guide (continued)

#### **Plastics**

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 available and give the same result.

**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

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	Oven	Combination	Steam/Micro	Double Grill
Aluminium foil	for shielding	yes	yes	for shielding	for shielding	no
Ceramic Plate	yes	yes	yes	yes	yes	no
Browning Dish	no	no	no	no	no	no
Brown paper bags	no	no	no	no	no	no
Dinnerware oven/microwave safe non-oven/microwave safe	yes yes	yes no	yes no	yes no	yes no	no no
Disposable paperboard containers	yes*	no	yes*	yes*	no	no
Glassware oven glassware & ceramic non-heat resistant	yes no	yes no	yes no	yes no	yes no	no no
Metal cookware	no	yes	yes	no	yes	no
Wire Rack	no	yes	yes	yes	no	no
Metal twist-ties	no	yes	yes	no	yes	no
Oven cooking bag	yes	no	yes*	yes	yes	no
Paper towels and napkins	yes	no	no	no	no	no
Plastic defrosting rack	yes	no	no	no	yes	no
Plastic dishes microwave safe non microwave safe	yes no	no no	no no	no no	yes no	no no
Microwave safe Plastic wrap	yes	no	no	no	not required	no
Straw, wicker, wood	yes	no	no	no	yes	no
Thermometers microwave safe conventional	yes no	no yes	no yes	no no	yes no	no no
Waxed paper	yes	no	no	no	not required	no
Silicon bakeware	yes*	no	yes*	yes*	yes*	no
Double grill tray	no	no	no	no	no	yes

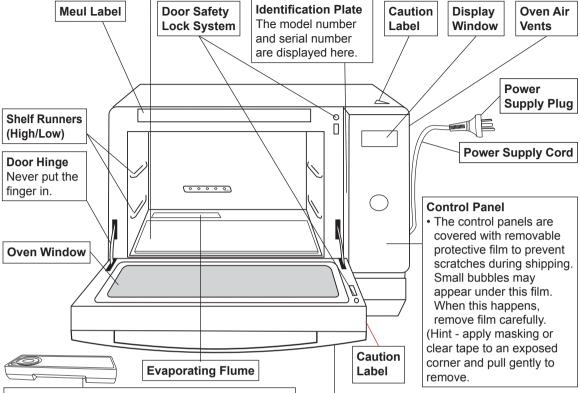
<sup>\*</sup> Check manufacturers' recommendation, must withstand heat.

# **Feature Diagram**

#### **Ceramic Plate**

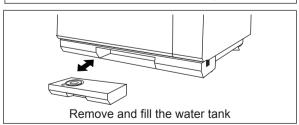
Clean the glass ceramic plate after cooling.

Do not directly place the food on the glass ceramic plate. Place it on a container or container rack special for the microwave oven.



#### **Water Tank**

- 1. The water tank must be installed in the middle of the decorative plate.
- Do not fill water above the full scale on the water tank.
- 3. To avoid build-up, do not use hard water.
- 4. To avoid leakage, verify if the water tank is correctly installed in place.
- Please clean the water tank and the rubber cover regularly.
- 6. Do not remove the rubber cover on the water tank. Otherwise, the water tank may leak water.



# 0 0

#### **Glass Tray**

- 1. Place in the direction of the arrow.
- Dragging the glass tray on the oven window may cause damage to the window.
- 3. Never insert on support shelf.

#### **Pull Door Handle**

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/Set** Pad is pressed. 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.

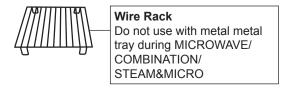


#### **Ceramic Cover**

- 1. Install over the evaporating channel.
- 2. After using steam function, do not touch the ceramic cover to avoid scalding.
- 3. Clean after cooling down.

#### Note:

Please place one side written" オモテ" face up.



# Feature Diagram (continued)



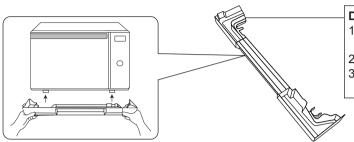
#### **Double Grill Trav**

- Do not place it on the oven window.
   Otherwise, the oven window may be damaged.
- 2. Place it on the tray flange when using.
- 3. When cooking food, place it in the middle of wavy range of the double grill tray, avoiding letting the food into the groove around, so that food can't be completely baked.



#### **Metal Tray**

- 1. Place the metal tray on the shelves.
- 2. Always use oven mits to remove from the oven after using.



#### **Decorating Plate (Collector Pan)**

- Install the Decorating Plate by clipping onto the rubber feet before using.
- 2. Clean and wipe dry after using.
- 3. After cleaning, re-install the plate by clipping onto the rubber feet.

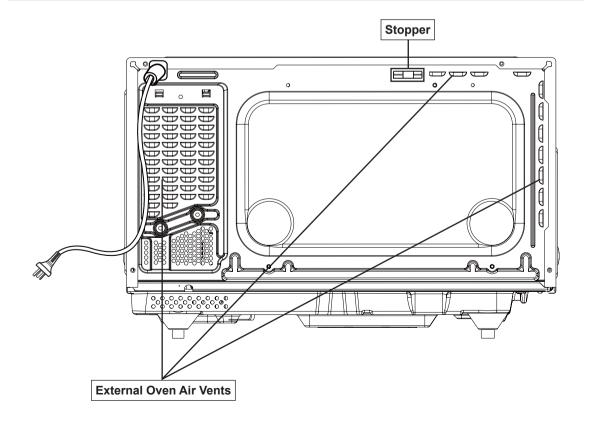
#### **Oven Light:**

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

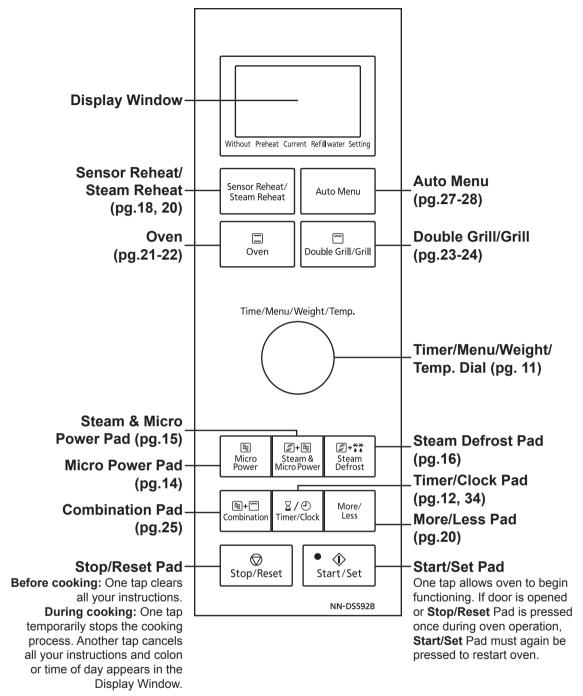
#### NOTE:

The above illustration is for reference only.

# Feature Diagram (Rear View)



### **Control Panel**



#### **Beep Sound**

When pad is pressed correctly, a beep sound will be heard. If a pad is pressed 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:

If an operation is set and **Start/Set** Pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.

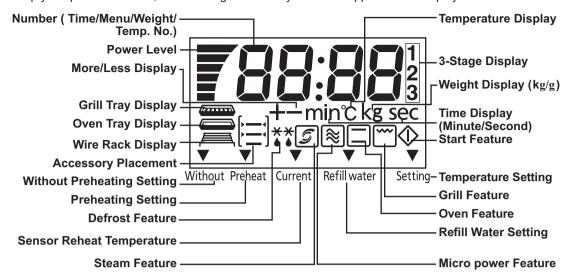
#### Backlight power-saving mode

The microwave oven enters the backlight power-saving mode, which means the white backlight is turned off, under the following conditions:

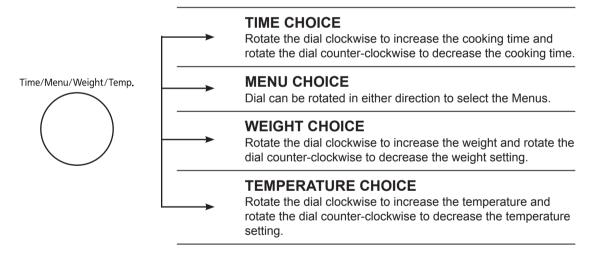
- 1. No operation is carried out 5 seconds after the child lock is set or cancelled.
- 2. No operation and no door opening or closing occur for 5 seconds after powering on or after the blank timer blinks in the display window.

# **Display Window**

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



# **Dial Features**



#### NOTE:

The maximum programmable time using Time Dial is up to 90 minutes.

## To Set Clock

You can use the oven without setting the clock.

E.g.: 10:35



The default number 12:00 will blink in the Display Window.



### 2 Enter hour number

Enter hour number using **Time** Dial.



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



once

To verify your selection and the minute number will blink.



### 4 Enter minute number

Enter minute number using **Time** Dial.



10:35

# 5 Press Timer/Clock once

Colon stops blinking; time of day is entered and locked into Display Window.

10:35

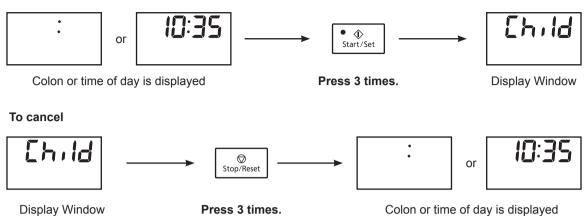
#### NOTES:

- 1. Oven will not operate while number is still blinking.
- 2. To reset time of day, repeat step 1 through 5.
- 3. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
- 4. Maximum time available is 12:59. Clock is 12 hour only. One o'clock will be displayed as 1:00 not 13:00.

# 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/Set pad or Stop/Reset pad must be pressed 3 times within 10 seconds.

# **INGREDIENT CONVERSION CHART**

INGREDIENT CONVERSION CHART					
½ cup	60 ml	1/4 teaspoon	1 ml		
⅓ cup	85 ml	½ teaspoon	2 ml		
½ cup	125 ml	1 teaspoon	5 ml		
⅔ cup	165 ml	2 teaspoons	10 ml		
¾ 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 by Micro Power and Time

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

#### 1 Select Power Level

Press **Micro Power** pad until your desired power level appears in the Display Window. (see chart below)





### 2 Set Cooking Time

Select the cooking time by using the  $\pmb{\mathsf{Time}}$  Dial. (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.

# 3 Press Start/Set

Cooking will start.

The time in the Display Window will count down.

#### For more than one stage cooking,

Repeat steps 1 & 2 above then press **Start**. The maximum number of stages for cooking is 3. The oven will beep twice between stages. (For further information, refer to page 26)

#### Micro Power

The **Micro Power** Pad 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.

Press	POWER LEVEL	WATTAGE	DISPLAY	EXAMPLE OF USE
1x	High	1000 W	<b>7</b>	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.
2x	Medium-High	800 W	<b>F</b>	Cook fish and seafood, meat, poultry, eggs and cakes.
3x	Medium	600 W		Cook cakes, stew food, and melt butter and chocolate.
4x	Medium-Low	400 W	₩	Cook tough meat, stew soup and soften butter.
5x	Defrost	300 W	*** ®	Defrost meat, poultry or seafood.
6x	Low	200 W	-	Keep food warm and soften ice cream.

#### NOTE:

After using the oven, the fan may rotate to cool the electric components and "COOL" appears in the display window. If you cook using microwave, "COOL" will appear after micro cooking over 3 minutes. This is perfectly normal, and you can take out the food from the oven while the fan operates.

# **Steam & Micro Power Setting**

This feature is a steam and microwave combined heating method by adjusting the settings.

1 Press Steam & Micro Power once

Press Steam & Power Level pad to select.

There is one level of Steam & Micro Power setting.

SPLAY

### 2 Set cooking time.

Select the cooking time by using the **Time** Dial.(up to 15 minutes)





E.g.: 5'00"



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

#### Notes:

- 1. Always pour the water into the tank before using.
- 2. If setting the function as the first stage, it needs 30 seconds preheating.
- 3. No cover lid or plastic wrap when using this feature.
- 4. The temperature of evaporating channel will be very high just after using micro steam, please do not touch it.
- 5. Always wipe the remaining water in the evaporating channel after cooling the cavity.

# **Steam Shot Setting**

This feature allows you add steam during oven (without preheating) or grill setting (up to 3 minutes).

E.g.: Add 1 minute during oven.



oven proceeding.

Keep pressing for 2 seconds and 1 minute will be added.

\* If you want to add 3 minutes, press Steam & Micro Power pad twice again within 3 seconds after step 2.

#### Notes:

- 1. Always pour the water into the tank before use.
- 2. The original setting is still counting down when setting steam shot.
- 3. The setting time can not exceed the remaining cooking time.
- 4. If the lower grill heaters are working when setting steam shot function, the heaters have to be stopped a while to keep the steam shot working normally.
- 5. Each time after adding 1 minute, you should finish your operation within 3 seconds.

# **Defrosting by Steam Setting**

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





### 2 Set 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 kg  $\sim$  3.0 kg). For best results, the minimun recommended weight is 0.2 kg.



**I.□** \*\*\*5® ∳

E.g.: 1.0 kg

Set the required weight by using Weight dial.

3 Press Start/Set

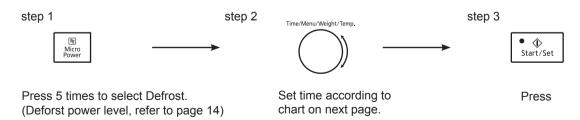
The cooking time appears in the display window and begins to count down.

#### NOTE:

- 1. Pour water into the tank before defrosting.
- The oven will beep once or twice during the total defrosting time. This indicates that food should be turned, broken apart or removed. After attending to food, close door and press **Start** to resume defrosting.
- 3. Steam will explode during defrosting. Do not cover or wrap.
- 4. "###" will appear and steam defrost function doesn't allow to use if the cavity is too hot. Use manual setting instead of steam defrost.

# **Defrosting by Micro Power**

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



Please use plastic wrap or lids when defrosting. For further information, refer to next page.

# **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 Glass Tray.
- 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	6 - 8 7 - 9 7 - 9 7 - 9 7 - 9 5 - 7 6 - 8 7 - 9 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.
fillets  Duck  Turkey	6 - 8 6 - 8 7 - 9	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	7 - 9 6 - 8 5 - 7 5 - 7 5 - 7 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.

# **Sensor Reheat Setting**

This feature can reheat food without setting power and time to the temperature you desire. The temperature range is -  $10 \sim 90$  °C.

### 1 Press

Sensor Reheat/ Steam Reheat once

Press once to select "Sensor Reheat" .

The default setting is 70  $^{\circ}$ C when plugging in. From the second time, the default setting will be changed to previously setting if between 55  $^{\sim}$  75  $^{\circ}$ C.



### 2 Select temperature

Set the desired temperature by using **Temp.** Dial. (-  $10 \sim 90 \,^{\circ}$ C)





E.g.: 45 °C

### 3 Press

Sensor Reheat/ Steam Reheat

once.

After detecting for a period of time, press **Sensor Reheat** pad and the approximate current temperature will appear in the display window for 3 seconds. (unnecessary step)

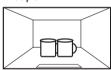
#### Notes:

- 1. "### will be displayed if food temperature measured is higher than selected temperature.
- 2. After reheating, stir then serve.
- 3. The food must be put in the center of ceramic plate.
- 4. For the beverage, the reheat field is 1-4 cups (200 ml/cup). After reheating, stir carefully. Arrange the containers as figure.

1 cup



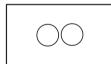
2 cups



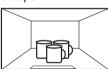
oven door



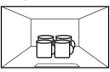
(Top View)



3 cups

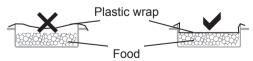


4 cups





5. Cover food tightly with plastic wrap, otherwise, the final temperature of food may be affected. If food is only wrapped in plastic wrap (not in a container) ensure the seam overlap is placed underneath.

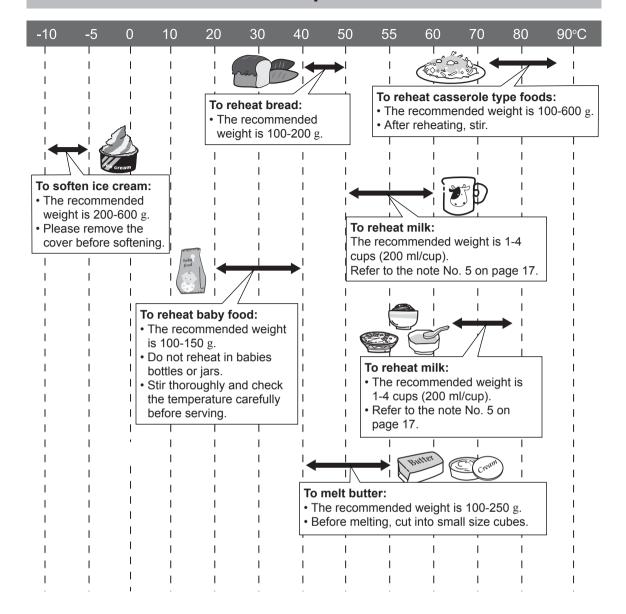






- 6. Food less than  $100~\mathrm{g}$  can not be detected. Overheating may occur.
- 7. If the temperature of the cavity is too high, the sensor reheat feature can not be used. Display window will display "###". The sensor reheat feature can not be used again until the oven cavity cools and "###" disappears.
- 8. The actual temperature maybe different from the required temperature. It depends on the cavity temperature, the food density, the container, the placement of the food.
- 9. Avoid using straight-sided containers with narrow necks like bottles or jars when using Sensor Reheat.

# **Recommended Food Temperature for Sensor Reheat**



#### Note:

The above food heating temperatures are intended for recommendation. When heating liquid beverage, the temperature cannot exceed 60 °C. Otherwise, it will boil and splash.

# **Steam Reheat Setting**

This feature allows you to reheat rice, meal without setting power and time. The recommended weight is 100-600 g.

1 Press Sensor Reheat/Steam Reheat twice

Press twice to select "Steam Reheat" .

ję ý

# 2 Optional press

Optional setting to increase or decrease finished temperature of your food to adjust to your liking.

Press **More/Less** Pad once: More cooking with indication "+"
Press **More/Less** Pad twice: Less cooking with indication "-"

Press More/Less Pad three times: Returns to average cooking result.



E.g.: Use more function



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

#### **Reheat Rice**

· It is suitable for reheating rice.

• 🕠 Start/Set

- Stir the rice and pour water into the tank before reheatin
- Do not cover or wrap.
- · Stir again before serving.

#### **Plated Meal**

- It is suitable for reheating meal.
- Stir the meal and pour water into the tank before
- · reheating.
- Do not cover or wrap.
- · Stir again before serving.

#### Notes:

- 1. This feature is only suitable for cooked food.
- 2. It is not suitable for reheating liquids.
- 3. Frozen foods can be reheated, but thick, dense foods are not suitable.
- 4. If the temperature of the cavity is too high, the steam reheat feature can not be used. The display window will display "HDŁ". Steam reheat feature can not be used again until the oven cavity cools and "HDŁ" disappears.
- 5. While detecting, "\_\_\_\_" will blink in the display window. After detecting, the cooking time appears in the display window and begins to count down.

# To Cook on Oven by Time Setting

You can set the temperature from 100 to 220 °C. It is especially suitable for cooking cake and pizza. Place the food on metal tray then select the temperature and time.

### With Preheating:



The default temperature is 100 °C.



### 2 Select the desired temperature. (100 °C~220 °C)

Set the desired cooking emperature by using Temp. Dial.





E.g.: 150 °C

# Press to preheat

Press once to start preheating.

After the oven is preheated, the oven will beep 3 times. Then open the door and place the food into oven immediately.



### 4 Set Cooking Time

Set the desired cooking time by using **Time** Dial. (max. 90 minutes)



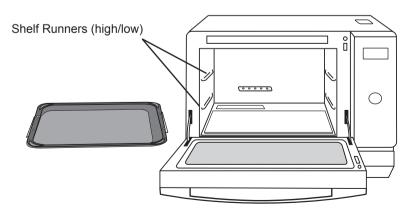


E.g.: 45'00"



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

### **Placement of Metal Tray**



When using the metal tray, please put metal tray directly on the high/low shelves.

# To Cook on Oven by Time Setting (continued)

### Without Preheating:



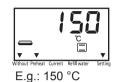
The default temperature is 100 °C.



### 2 Select the desired temperature. (100 °C~220 °C)

Set the desired cooking emperature by using Temp. Dial.





3 Press Start/Set

Press Set pad to verify the temperature.



### 4 Set Cooking Time

Set the desired cooking time by using **Time** Dial. (up to 90 minutes)





E.g.: 45'00"



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

### Ferment Setting (For proving yeast dough)

# 1 Press three time

The default oven temperature is 40 °C.



### 2 Set ferment time

Set desired ferment time by using **Time** Dial. (up to 90 minutes)





E.g.: 45'00"

3 Press Start/Set

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

# To Cook on Grill by Time Setting

### **Double Grill Setting**

The double grill feature allows the upper and lower surfaces of food to be roasted by means of the particular design of the double grill tray only. It is suitable for roasting all kinds of meat and seafood.

1 Press once to select double grill function.



### 2 Set the cooking time.

• 🕠 Start/Set

Set the desired cooking time by using **Time** Dial. (max.90 minutes)



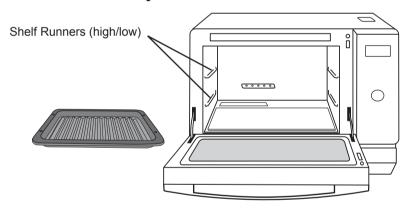


E.g.: 5'00"

# 3 Press

The time in the display window will count down.

### **Placement of Double Grill Tray**



When using the double grill tray, please put double grill tray directly on the high/low shelves.

# To Cook on Grill by Time Setting (continued)

### Single Grill 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 meal. It is needn't to preheat the oven before grill. Place the sauced food on the wire rack and select the program and time, then press **Start/Set** pad. At the half of the cooking time, please open the door and turn over the foods carefully then continue cooking.

# 1 Press Double Grill/Grill to S

### to Select Grill Setting

Press Double Grill/Grill Pad until the desired level appears in the Display Window. (see below chart)

Press	Power Level	Disp	olay	Type of Food
2x	Grill 1 (High)	=	1	Garlic Bread, Toast
		_	_	
3x	Grill 2 (Medium)	=	2	Seafood
		_		
4x	Grill 3 (Low)	_	3	Slice meat or ploultry
		_	_	pieces

### 2 Set Cooking Time

Set the desired cooking time by using **Time** Dial. (max. 90 minutes)





E.g.: Single Grill (High) 5'00"



Cooking will start. The time in the Display Window will count down.

# 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 Press Combination Setting

Press Combination Pad until the desired level appears in the Display Window. (see below chart)

Press	Power Level	Display	Type of Food
1x	Combination 1 (High)		Sea food, Puddings
2x	Combination 2 (Medium)	= 2	Beef, Lamb
3x	Combination 3 (Low)	- 3	Whole poultry

### 2 Set Cooking Time

Set the desired cooking time by using **Time** Dial. (max. 90 minutes)





E.g.: Combination (High) 5'00"

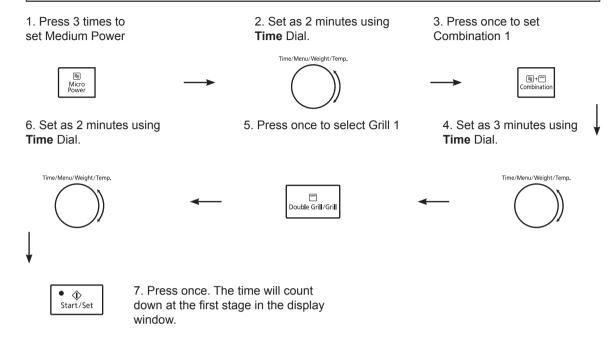


Cooking will start. The time in the Display Window will count down.

# 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.



#### NOTES:

- 1. When operating, two beeps will sound between each stage.
- 2. This feature is only available for Combination, Single Grill, Timer, Power, Steam&Micro Power function.
- 3. Steam & Micro Power feature can only be used once and can not be set with Grill and Combination.

# **Drain Setting**

This feature allows you to drain the water in the pipe away into the evaporating flume after using steam feature. Please dry it up after the cavity cools down.

S+**\*\*** Steam Defrost

When Colon or time of day appears in the display window, keep pressing **Steam Defrost** pad for 2 seconds to begin draining.

#### Note:

- 1. This feature can be used up to 3 times in succession. For further use, please wait 10 minutes.
- 2. Ensure the tank is separated from the connection while using this feature. Otherwise, water in the tank will also be drained into the evaporating flume.

# To Cook Food Using Auto Cook Menu

This feature allows you to cook or reheat most of your favourite foods by setting the weight only. The oven determines the power setting, then the cooking time automatically. Select the category of food and then just enter the weight.

### For menus 1-9, 11-16, 18-22, please operate as follows:

### Without Preheating:



The menu number 1 appears in the Display Window.



### 2 Select desired menu number

Select desired menu number by using Menu Dial.





E.g.: auto menu 9

Note

≡ indicates the wire rack or double grill tray should be used during cooking and placement of them.

# 3 Press Start/Set

Press Set pad to verify the selection.

### 4 Set Weight

Set serving/weight by using Weight Dial.





E.g.: 300 g



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

### For menus 10, 17, please operate as follows:

### With Preheating:



The menu number 1 appears in the Display Window.



### 2 Select desired menu number

Select desired menu number by using Menu Dial.





E.g.: auto menu 10



Press Set pad to verify the selection.

### 4 Set Weight

Set serving/weight by using Weight Dial.





E.g.: 300 g

# 5 Press Start/Set to begin preheating

The beep will sound 3 times after preheating.

The oven will produce a 30 seconds long reminding sound after the door opening for 1 minute and 30 senconds and no food is put in. If still no food put in after the sound, the oven will stop operating.



#### 6 Put the food into the oven.

➡indicates the metal tray should be used during cooking and placement of them.





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

Number	Memu		Serving	/Weight		Accessory and Recommended Container
1	Vegetables	200 g	400 g	600 g	800 g	glass bowl with lid
2	Frozen Vegetables	<b>200</b> g	<b>4</b> 00 g	600 g	800 g	glass bowl with lid
3	Rice	200 g	300 g	400 g	500 g	casserole without lid
4	Dried Ppasta	150 g	<b>250</b> g	<b>375</b> g	<b>500</b> g	casserole without lid
5	Fresh Pasta	<b>200</b> g	<b>4</b> 00 g	600 g	800 g	casserole without lid
6	Casserole	800 g	1200 g	1600 g	2000 g	casserole with lid
7	Steam Fish 5	<b>120</b> g	<b>250</b> g	375 g	<b>500</b> g	dish without cover
8	Steam Frozen Fish 5	<b>250</b> g	350 g	<b>450</b> g	<b>550</b> g	dish without cover
9	Jacket Potato	300 g	600 g	900 g	1200 g	glass tray + wire rack
10	Frozen Potato Products	500 g	750 g	1000 g	_	metal tray on high shelf
11	Grill Chicken Pieces	400 g	600 g	<b>800</b> g	1000 g	double grill tray on high shelf
12	BBQ Meat Pieces	200 g	400 g	_	_	double grill tray on high shelf
13	Roast Chicken 5	1400 g	1600 g	1800 g	2000 g	glass tray + wire rack
14	Roast Beef 5	800 g	1000 g	1200 g	1400 g	glass tray + wire rack
15	Roast Lamb 5	1400 g	1600 g	1800 g	2000 g	glass tray + wire rack
16	Roast Pork 5	1400 g	1600 g	1800 g	2000 g	glass tray + wire rack
17	Fresh Pizza	<b>200</b> g	400 g	600 g	800 g	metal tray on low shelf
18	Frozen Pizza	300 g	400 g	500 g	600 g	double grill tray on high shelf
19	Fresh Crispy Top 5	<b>250</b> g	500 g	1000 g	1500 g	bowl without lid
20	Frozen Crispy Top	<b>400</b> g	600 g	800 g	1000 g	bowl without lid
21	Fruit Poached	<b>250</b> g	500 g	750 g	1000 g	glass bowl without lid
22	Sponge Pudding 5	1 serv	2 serv	3 serv	4 serv	pudding bowl
23	Clean The Cavity 5					
24	Odour Removal	Cleaning Functions				
25	Clean The Evaporating Flume	,				

#### Notes:

- 1. If the temperature of the cavity is so high, auto cook feature can not be used. Display window will appear "HDŁ". Auto Cook feature can be used until the "HDŁ" disappears.
- 2. Cook according to the following cooking method.
- 3. No. 23, NO.24 and No. 25 are not menu cooking. They are cleaning functions.
- 4. Fill the water tank before cooking when the display window shows steam feature "5".

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

Suitable for cooking a variety of vegetables ranging from root vegetables to green leafy vegetables. Wash, peel and cut vegetables into serving size pieces that are even in shape and size. Place into a suitable size microwave-safe container. Cover with a lid and place onto the base of the oven. Select Auto Menu 1. Select the weight of vegetable, then press *Start*. Stir or re-arrange when beep during cooking.

2. Frozen Vegetables (uses microwave only) Suitable for all frozen vegetable varieties that have been pre-blanched prior to being frozen. Remove from packaging and place into a suitable sized microwave safe container. Cover with a lid and place onto the base of the oven. Select Auto Menu 2, select the weight of vegetables, then press *Start*. Stir or re-arrange when beep during cooking.

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

Suitable for cooking white rices including short grain, long grain, jasmine and basmati.

Place washed rice with recommended amount of cold tap water into a suitable sized microwave-safe container. See chart below for quantities.

Rice	Tap Water	size
200 g (1 cup)	350 ml	2 litre
300 g (1 ½ cups)	500 ml	2.5 litre
400 g (2 cups)	600 ml	3 litre
500 g (2 ½ cups)	700 ml	3.5 litre

Do not cover. Place onto the base of the oven. Select Auto Menu 3, then select the weight of rice, then press *Start*. Stir rice when beep during cooking. Allow standing for 5 minutes after cooking for all liquid to be absorbed.

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

Use for cooking a variety of dried pastas such as spaghetti, fettuccine, tagliatelle, macaroni, penne, spiral and various pasta shapes.

Place the pasta into a suitable sized microwave safe container with boiling water. See chart below.

Pasta Qty	Boiling Water	Dish size
150 g	1 litre	3 litres
250 g	1.25 litres	3 litres
375 g	1.5 litres	3.5 litres
500 g	2 litres	4 litres

Do not cover. Place onto the base of the oven. Select Auto Menu 4, then select the weight of the pasta, then press *Start*. Stir pasta when beep during cooking. Allow pasta to stand for 5 minutes after cooking if required then drain.

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

Use for cooking fresh pasta varieties such as tagliatelle, fettuccine, ravioli, agnolotti and tortellini. Place the pasta into a suitable sized microwave-safe container with boiling water. See chart below.

Pasta Qty	Boiling Water	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

Do not cover. Place onto the base of the oven. Select Auto Menu 5, then select the weight of the pasta, then press *Start*. Stir pasta when beep during cooking. Allow pasta to stand for 5 minutes after cooking if required then drain.

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

Suitable for cooking a variety of meat, chicken and vegetable based casseroles. For best results follow the guide below for quantities. Refer to recipe section for ideas.

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

Place all ingredients into a heat-proof and microwave-safe container. Cover with a lid. Place onto the base of the oven, Select Auto Menu 6, then select the total weight of the casserole, and then press *Start*. Stir when beep during cooking. **Note**: total weight equals weight of meat plus vegetables plus liquid.

#### 7. Steam Fish (uses microwave + steam)

Suitable for most varieties of fish fillets, steaks and 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. Do not cover. Place dish onto the base of the oven.

Fill the water tank before cooking.

Select Auto Menu 7, then select the weight of the fish, and then press *Start*. When beep, turn fish over during cooking.

8. Steam Frozen Fish (uses microwave + steam) Suitable for most varieties of raw fish fillets, steaks and cutlets that have been frozen in individual portions. Place the fish in a single layer with any seasonings or flavourings in a suitable sized microwave safe dish. Do not cover. Place dish onto the base of the oven.

Fill the water tank before cooking.
Select Auto Menu 8, then select the weight of the fish, and then press *Start*. When beep, turn fish over during cooking.

**9. Jacket Potato** (uses combination + grill) Suitable for cooking whole potatoes with their skin left on. Choose medium sized potatoes weighing approximately 150 g each.

Wash and scrub potatoes and dry well. Brush with oil and sprinkle with salt. Place directly onto the wire rack set on the glass tray. Select Auto Menu 9, then select the weight of the potatoes then press **Start**. When beep, turn potato over during cooking.

#### 10. Frozen Potato Products (uses oven)

Use for cooking frozen pre-cooked potato products like wedges, chips, gems, etc.

Select Auto Menu 10, then select the weight of the food, then press *Start* to preheat the oven. Spread the frozen product in a single layer onto the metal tray. When the oven is preheated, place the metal tray onto the higher shelf support. Close door and press *Start*.

**11. Grill Chicken Pieces** (uses double grill) Suitable for most cuts of chicken pieces. Pieces can be marinated or plain.

Place marinated chicken pieces on the double grill tray and put the tray on the higher shelf. Select Auto Menu 11, then select the weight of the food, then press *Start*. Do not use plastic wrap or lid.

12. BBQ Meat Pieces (uses double grill)

Allow you to roast meat skewer, chicken pieces or seafood.

Place the food on the double grill tray on the higher shelf. Select Auto Menu 12, then select the weight of the food, then press *Start*. Do not use plastic or lid.

#### 13. Roast Chicken

(uses combination + grill + steam)
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 onto the wire rack and place onto the glass tray. Place ensemble onto the base of the

Fill the water tank before cooking.

Select Auto menu 13, then select the weight closest to the actual weight of the chicken, and then press *Start*. Turn and baste the chicken when beep during cooking. 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 g chicken that has stuffing, use the 1600 g setting even though the total weight of the chicken with stuffing is  $1400 \, \mathrm{g}$ .

#### 14. Roast Beef

(uses combination + microwave + steam)
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.
Fill water tank before cooking.

Place fat side down on the wire rack set on the glass tray. Place ensemble onto the base of the oven. Select Auto Menu 14, then select the weight closest to the weight of the piece, and then press *Start*. Turn beef when beep during cooking. Do not use plastic wrap or lid.

**15. Roast Lamb** (uses combination + grill + steam) Suitable for roasting joints of lamb, legs, boned and rolled loin, rack of lamb and shoulder roasts. Brush roast with oil and seasonings and place fat side down onto the wire rack set on the glass tray. Place ensemble onto the base of the oven. Fill water tank before cooking.

Select Auto Menu 15, then select the weight closest to the weight of the piece, and then press *Start*. Turn lamb when beep during cooking. Do not use plastic wrap or lid.

**16. Roast Pork** (uses combination + grill + steam) Suitable for roasting joints of pork, leg, boned and rolled loin, rib roast and shoulder.

Fill water tank before cooking.

Score rind, brush with lemon juice and rub liberally with salt. Place roast rind side up onto the wire rack set on the glass tray. Place ensemble onto the base of the oven.

Select Auto menu 16, then select the weight closest to the weight of the meat, and then press *Start*. Turn lamb when beep during cooking. Do not use plastic wrap or lid.

#### 17. Fresh Pizza (uses oven)

Use for cooking fresh pizza either purchased or home made.

Select Auto Menu 17, 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

Press *Start* to preheat the oven. Place assembled pizza on the metal tray. When the oven is preheated, place the metal tray onto the lower shelf support. Close door and press *Start*.

#### 18. Frozen Pizza (uses double grill)

Allow you to bake frozen pizza. Place pizza on the double grill tray on the higher shelf.

Select Auto Menu 18, then select the weight of the pizza (total weight of base plus topping ingredients). Press *Start*. Do not use plastic wrap or lid. Notes: No need to use aluminum foil or grease.

#### 19. Fresh Crispy Top

(uses combination + microwave + grill + steam)
Use for heating and crisping the top of foods like
pasta bake, macaroni cheese, cottage pie and
lasagne.

All foods must be pre-cooked and cold. If in a foil container, transfer to a similar sized heatproof container. Do not cover and place onto the base of the oven.

Fill the water tank before cooking.

Select Auto Menu 19, then enter the weight of the food (excluding the dish), and then press **Start**.

**20. Frozen Crispy Top** (uses microwave + grill) Use for heating and browning the top of frozen purchased savoury dishes like macaroni cheese, shepherds pie and lasagne.

All foods must be pre-cooked and frozen. If in a foil container, transfer to a similar sized heatproof container. Do not cover and place onto the base of the oven.

Select Auto Menu 20, then enter the weight of the food, and then press *Start*. Allow standing for 2 minutes. Ensure food is hot before consuming.

#### 21. 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
750 g	375 ml	¾ cup
1000 g	500 ml	1 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 21, then select the weight of the fruit, and then press *Start*. When beep, stir during cooking.

**22. Sponge Pudding** (uses microwave + steam) 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 serv quantities.

jam	2 tablespoons
butter	100 g
caster sugar	⅔ cup
eggs	2
self rasing flour	¾ cup
milk	½ cup

Fill water tank before cooking.

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 22, then select the number of serves, and then press *Start*. Allow standing for 5 minutes before turning out.

# **Cleaning Setting**

### To clean the cavity:

This feature is available when the cavity is built up with fat or grease (30 minutes is needed).

1 Press Auto Menu once.

### 2 Select Menu number "23"

Turn Menu Dial until "23" appears in the display window.





3 Press Start/Set

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

#### Notes:

- 1. Full the tank with water before using.
- 2. After cleaning, open the door and wipe with a damp cloth.

#### To remove the odour:

This feature is suitable for cleaning the particular smell from the microwave oven. (20 minutes is needed)

1 Press Auto Menu once.

#### 2 Select Menu number "24"

Turn Menu Dial until "24" appears in the display window.





3 Press Start/Set

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

### To clean the evaporating flume:

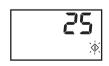
This feature is available when the evaporating flume has sediment (30 minutes is needed). Preparing the detergent: Dilute 2 g citric acid into 20 ml water, then pour them into the flume.

1 Press Auto Menu once.

#### 2 Select Menu number "25"

Turn Menu Dial until "25" appears in the display window.





3 Press Start/Set

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

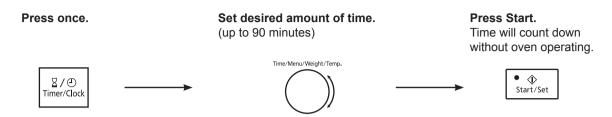
#### Notes:

- 1. After cleaning, open the door and clean the ceramic cover with water.
- 2. Dry up the remaining liquid in the flume.
- 3. When it doesn't have citric acid, it can be substituted with lemon juice.

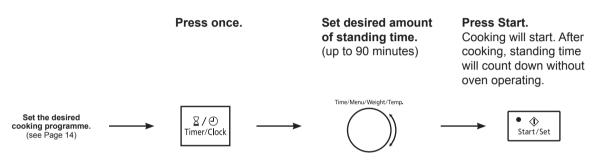
### To Use Timer

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.

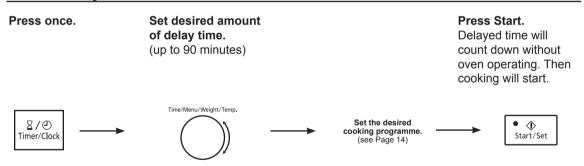
#### To Use as a Kitchen Timer



### 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.

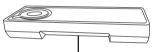
The outside oven surfaces should be cleaned with a damp cloth. To prevent Plate after cooling down with damage to the operating parts inside the oven, water should not be allowed drv. to seep into the ventilation openings.

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

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

Always clean the Ceramic Cover with a mild detergent to avoid obstruction. Clean the cover after the oven cools down. After using the steam function and the oven is cooling down, dry up the water in the evaporating Flume.

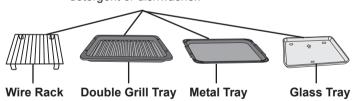
If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.



Always keep the tank clean.

After using the steam function, dry up the water in the decorating plate and clean, then re-install the plate back to the rubber feet.

After using, clean it with a mild detergent or dishwasher.



#### Notes:

- 1. When using the Grill 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, 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, 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. 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.
- 4. 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 tripped or blown.	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/Set Pad was not pressed after programming	Press Start/Set Pad.
Oven will not start cooking.	Another program has already been entered into the oven.	Press <b>Stop/Reset</b> Pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	Stop/Reset Pad has been pressed accidentally.	Program oven again.
("หญะ" appears in the display window. →	The cavity is overheated.	Operate again after it cools down.
"U14" appears in the display window.	The water tank is empty.	Full it with water.
The word "Ehild" appears in the <b>Display Window</b> .	The Child Lock was activated by pressing <b>Start/Set</b> Pad 3 times.	
"H97", "H98" or "H00" appears in the display window.	The display indicates a problem with microwave generation system.	
"d" appears in the display window.	The oven is under demonstration mode.	Press Micro Power pad once, Start/Set pad 4 times and Stop/ Reset pad 4 times.

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)

TH	IESE 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.
generates smoke when	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.
Noise comes from flume.	When using Steam Shot, Steam Defrost or some auto menus, steam will be made from water tank, then transfer to flume. The water flow and heated can make this noise.

# **Technical Specifications**

Power Supply:		230 - 240 V, 50 Hz	
Power Consumption*: Microwave		4.5 A 1080 W	
	Heater	5.5 A 1380 W	
	Combination	7.7 A 1840 W	
Power Requirement: (Maximum)		6.4 A 1520 W	
Output*:	Microwave	1000 W	
	Heater	1300 W	
Outside Dimensions (W x H x D):		529 mm (W) x 340 mm (H) x 475 mm (D)	
Oven Cavity Dimensions (W x H x D):		338 mm (W) x 204 mm (H) x 336 mm (D)	
Overall Cavity Volume:		27 L	
Operating Frequency:		2450 MHz	
Uncrated Weight:		Approx. 15 kg	

<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 it's 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 Line 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
    - ) User replaceable Batteries from wear and tear in normal use
- (b) Microwave Oven cook plates.(d) Kneader mounting shaft unit and Heads, Cutters, Foils, Blades and other accessories.
- (e) Noise or vibration that is considered normal
- 5. To claim warranty service, when required, you should:
  - Telephone Panasonic's Customer Care Centre on 132600 or visit our website referred to below and use the Service Centre Locator for the name/address of the nearest Authorised Service Centre.
  - Send or take the product to a Panasonic Authorised Service Centre together with your proof of 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, de-installation 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 or visit our website and use the Service Centre Locator.

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

ACN 001 592 187 ABN 83 001 592 187

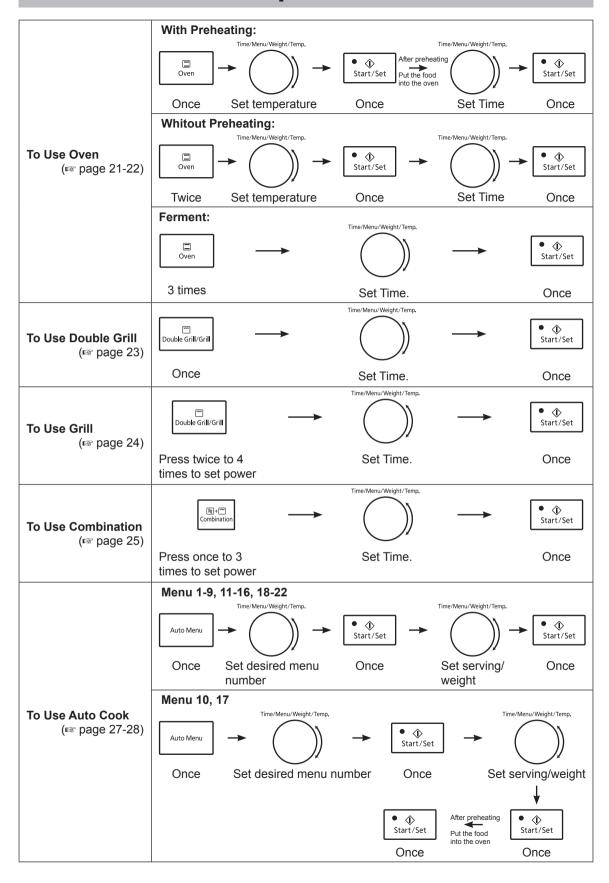
1 Innovation Road, Macquarie Park NSW 2113 www.panasonic.com.au

PRO-031-F01 Issue: 5.0 01-01-2011

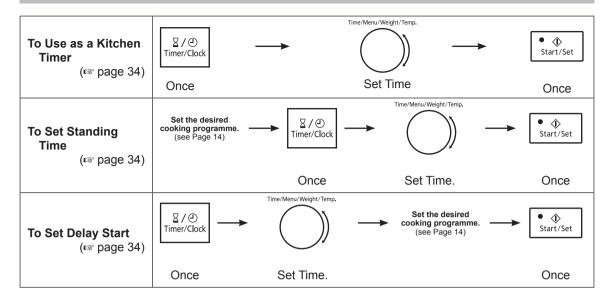
# **Quick Guide to Operation**

Feature	How to Operate				
To Set Clock (Fig. page 12)	Time/Menu/We  Timer/Clock  Twice To set ho	eight/Temp.  → ur (12-hour)	☐ Z / ④ Timer/Clock →	Time/Menu/Weight/Temp.  To set minute	→ \( \frac{\mathbb{\mathbb{Z}}{\text{\mathbb{O}}}}{\text{Timer/Clock}} \) Once
To Set/Cancel Child Safety Lock (re page 13)	To set  Start/Set  3 times.	Display	© Stop/Reset		<b>10:35</b> Display
To Cook/Reheat/ Defrost by Micro Power and Time Setting  (** page 14)	Micro Power  Press once to 6	<b>→</b>	Time/Menu/Weight/Temp.  Set Time.	<b></b>	• � Start/Set
To Set Steam & Micro Power (187 page 15)	times to set power.  Steam & Micro Power  Once	<b>→</b>	Time/Menu/Weight/Temp.  Set Time.	<b>→</b>	• • Start/Set
To Use Steam Shot (For page 15)	During oven (without preheating) or grill		Steam & Micro Power  S seconds to set e steam	Press once seconds after add 1~2 min	or twice in 3 er step 2 to
To Use Steam Defrost (1887 page 16)	☐→*** Steam Defrost  Once	<b>→</b>	Time/Menu/Weight/Temp.  Set Weight.	<b>→</b>	• • Start/Set
To Use Sensor Reheat (res page 18)	Sensor Reheat/ Steam Reheat	<b>→</b>	Time/Menu/Weight/Temp.  Set Temp.	<b></b>	• • Start/Set
To Use Steam Reheat (Fig. page 20)	Sensor Reheat/ Steam Reheat	<b>→</b>	More/ Less (If necess	ary)	• • • Start/Set

# **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.

## **Food Characteristics**

O Oven
G Grill
D D D Combination
A A Auto Menu
S Steam
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 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.

# **Techniques for Preparation**

## Covering

Covering food minimizes the microwave cooking time

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 Medium-High Power 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 flavour of either.

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.
- 4. Cook greens and other vegetables.
- 5. Cover with foil for standing.
- 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 Medium-High, 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 High for cooking times refer to vegetables cooking chart on page 47. 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.

# **Increasing & Decreasing Recipes**

## **Increasing**

- To increase a recipe from 4 to 6 servings, increase each ingredient listed by half.
- To increase a recipe from 4 to 8 servings, double each ingredient listed.
- For larger quantities of a recipe, a large dish should be used. Make sure that the dish is deep enough to prevent the recipe from boiling over during cooking.
- Make sure to cover, stir or rearrange food as directed in the recipe and always check the food during cooking.
- Increase standing times by 5 minutes per 500 g.
- Use the same Power Level recommended in the original recipe.
- Increase the cooking times by: ½ of original cooking time for 6 servings; and an extra ½ of original cooking time for 8 servings.

#### Decreasing

- To decrease a recipe from 4 to 2 servings, decrease each ingredient listed by half.
- For small quantities, a small dish should be used.
   Make sure that the dish is large enough to prevent the recipe from boiling over during cooking.
- Use the same Power Level recommended in the original recipe.
- Decrease the cooking times by ½ to ¾ of the original cooking time.

# **Cooking for One**

- To decrease a recipe from 4 to 1 serving, quarter each ingredient listed.
- A smaller dish should be used, making sure that the dish is still large enough to prevent the recipe from boiling over.
- Use the same Power Level recommended in the original recipe.
- Quarter the original cooking times, then add extra time. if needed.
- Make sure to cover, stir or rearrange food as directed in original recipe and always check the food during cooking.

# **Converting Recipes from Other Sources**

When the recipe is written with a wattage different than your oven, adjust the cooking time by approximately 10% per 100 watts, e.g. 10 minutes would be adjusted by 1 minute. Alternately, adjust the power level by one level. If your wattage is higher than the recipe: (1) Adjust time downward or (2) Adjust power level downward. If your wattage is lower than the recipe:

(1) adjust time upward or (2) adjust power level upward (when possible).



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 High for 2 to  $2\frac{1}{2}$  minutes.

## BACON AND EGG IN A CUP

Serves: 1
Ingredients:

 $\begin{array}{ll} \text{2 slices} & \text{bacon} \\ \text{1 \times 60 g} & \text{egg} \end{array}$ 

1 tablespoon grated cheddar cheese

Method:

Place bacon on a dinner plate between 2 sheets of paper towel cook on High for 1 to 2 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 Medium for 50 to 70 seconds. Sprinkle with grated cheese.

#### MUESLI

1/₃ cup

Makes: 4 cups

# Ingredients:

2 tablespoons
2 cups
butter
rolled oats
vector unprocessed bran
shredded coconut
nuts, chopped
sunflower seeds
vector units of the processed bran
shredded coconut
nuts, chopped
sunflower seeds
dried mixed fruit

honey

#### Method:

Warm honey and butter in a large dish on High for 1 to  $1\frac{1}{2}$  minutes. Add dry ingredients and mix well. Cook on High 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:

3 eggs, separated

2 tablespoons milk

salt and pepper

½ cup grated cheese

50 g ham, cut into strips

1 green onion, finely sliced

butter for greasing

## Method:

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 spring onion. Place onto a well greased dinner plate. Cook on Medium for 4 to 5 minutes. Stand for 2 minutes before folding in half to serve.

## POACHED EGGS

Serves: 2

# Ingredients:

2 × 60 g eggs

½ 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 High for 1½ minutes. 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 Medium-High 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 × 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 Medium-High 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>/<sub>3</sub> cup water 1/4 teaspoon salt

Method:

Combine all ingredients in a breakfast bowl. Cook on High for 1 minute, stir, then cook on Medium 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 High 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 High for 2 to 2½ 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 High for 2 to 2½ 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 High for 10 to 15 seconds. Stir in milk. Cook on Medium-High for 1 to 2 minutes.

# GRILLED CHEESE ON TOAST G

Serves: 2 to 4 Ingredients:

slicesbread

butter for spreading slices tasty cheese

Method:

4

Place bread on rack set on metal tray 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
2 pieces tomato sauce
50 g mozzarella cheese
50 g prawns (peeled)
50 g cuttlefish (small cut)

certain amount salt, aginomoto, green onion

Method:

Put prawns, cuttlefish. salt, aginomoto and green onion into a microwave safe container and stir, cook for 1½ minutes at High power, 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 metal tray and put the tray on the higher shelves, select Grill 1, and cook for 7 minutes or until the cheese are completely melted.

## FRENCH TOAST G

Ingredients:

1 bar french loaf
100 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 and caraway in a dish and mix them well. Apply garlic sauce on the top of the bread and put it on the metal tray, put the tray on the higher shelves, select Grill 1, cook for 4 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 High for 15 minutes. Reduce power to Medium and cook for 15 minutes. Skim top of soup and cook on Medium for a further 30 minutes. Remove ham bone and bay leaf and stir in frozen peas. Cook on Medium 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 g bacon bones and 250 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
1/2 teaspoon chopped fresh ginger

2 tablespoons soy sauce

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

baby bok citoy, quai

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 High for 10 minutes. Add bok choy and cook on High for 2 minutes. Serve in individual bowls topped with bean sprouts and onion.

## Hints:

- To cook 1 single chicken breast. Place onto a dinner plate. Cover and cook on Medium-High for 3 to 4 minutes.
- To reheat a single portion of soup. Place in a microwave-safe dish and cook on Medium-High for 2 to 3 minutes.

# CHICKEN AND VEGETABLE SOUP

Serves: 4 Ingredients:

1 medium onion, diced

 $\begin{array}{ll} 1 & \text{clove garlic, crushed} \\ 750 \text{ g} & \text{soup vegetables, diced} \end{array}$ 

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 High for 1 minute. Add vegetables, cover and cook on High for 10 minutes, stir halfway through cooking. Remove covering and add chicken stock and bay leaf. Cook on High for 10 minutes. Stir in rice and cook for a further 10 minutes. Remove bay leaf and add diced chicken. Heat on High for 5 minutes.

## MUSHROOM SOUP

Serves: 4

Ingredients:

1 tablespoon butter

250 g mushrooms, sliced

1 tablespoon flour

2 cups chicken stock
1/4 cup white wine
1 teaspoon mustard
1/2 cup cream

#### Method:

Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on High for 5 minutes. Add flour, stock, wine and mustard to mushrooms and mix well. Cover and cook on High for 6 to 8 minutes, stirring halfway through cooking. Add cream and cook on High 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 High for 1 minute. Cut bread into 1 cm cubes. Combine melted butter and herbs, pour over bread cubes. Mix well and place onto metal tray. Place into shelf support. 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 High for 15 minutes. Add stock. Cover and cook on High 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 metal tray and set into support shelf. Cook on Grill 1 for 3 to 4 minutes or until crisp and brown.

# POTATO AND LEEK SOUP

Serves: 4 to 6 Ingredients:

4 (1 kg) large potatoes, peeled, diced 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 High 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 Medium-High for 4 to 6 minutes. Serve hot, in individual bowls.

# PITA CHIPS O

Serves: 4 to 6

Ingredients:

2 lebanese bread rounds

2 tablespoons olive oil dried oregano 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 metal tray. Bake for 16 to 18 minutes, or until lightly browned. Cool chips on metal trays. 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 High for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on High for 5 minutes. Add crabmeat and milk and mix well. Cook on High for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

## POTATO AND CORN SOUP

Serves: 6 to 8 Ingredients:

rashers bacon.

rind removed 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 thvme pepper

#### Method:

1

Chop bacon and place in a 4-litre dish. Cook on High for 4 to 6 minutes. Remove bacon from dish, and set aside. Add onion and potatoes to dish and cook on High for 10 to 12 minutes. Add stock and cook on High 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 High 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 High 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 tomato paste 1½ cups chicken stock 1 teaspoon dried oregano salt and pepper

## Method:

Place onion, garlic and chilli in a 3-litre dish and cook on High for 1 to 2 minutes. Add tomatoes and tomato paste and cook on High for 8 to 10 minutes. Pour in the stock and oregano. Cover and cook on High 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 onion, diced grated zucchini 2 cups 2 cups grated carrot

grated tasty cheese 1 cup 1 cup self raising flour 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 High 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 Medium for 16 to 18 minutes.

## **HEALTHY PEAR SOUP**

Ingredients:

350 g pork rib (blanched in hot water)

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

dried scallop (soaked) 30 g

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

salt to taste

#### Method:

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

## PIZZA SUPREME A

Serves: 4
Ingredients:

325 g pizza base
1/4 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 17 (Fresh Pizza). Select weight category 600 g then press Start. After oven has preheated place pizza onto metal tray and set into shelf support. Press Start.

# SEAFOOD PIZZA A

Serves: 4

Ingredients:

325 g pizza base ¼ cup tomato paste

200 g seafood mix (marinara) chopped 1/4 cup sun dried tomatoes, chopped

2 tablespoons sour cream sweet chilli sauce grated pizza cheese

#### Method:

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

Cook by selecting Auto Cook 17 (Fresh Pizza). Select weight category 800 g then press Start. After oven has preheated place pizza onto metal tray and set into shelf support. Press 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 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 17 (Fresh Pizza). Select weight category 800 g then press Start. After oven has preheated place pizza onto metal tray and set into shelf support. Press 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 corn

½ cup creamed sweet corn 1 slices 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 17 (Fresh Pizza). Select weight category 800 g then press Start. After oven has preheated place pizza onto metal tray and set into shelf support. Press Start.

## Pizza Italiano A

Serves: 4

Ingredients:

325 g pizza base 1/4 cup tomato paste

1 clove garlic, crushed

1 tablespoon pesto

60 g sliced salami
40 g sliced pepperoni
va onion, sliced
capsicum, sliced
va cup pitted black olives
anchovy fillets

# 1 cup Method:

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

grated pizza cheese

Cook by selecting Auto Cook 17 (Fresh Pizza). Select weight category 800 g then press Start. After oven has preheated place pizza onto metal tray and set into shelf support. Press Start.

# HOME MADE PIZZA A

## Ingredients:

## Dough:

plain flour (sieved) 130 g

1/4 teaspoon salt

³⁄₃ teaspoon instant yeast <sup>2</sup>⁄₃ 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:

2 cooked chicken (shredded) 2 sliced pineapple (cubed) 80 g mozzarella cheese (grated)

tomato (sliced) 1/2 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 1 hour. (till dough doubles in size) Roll out dough into 0.5 cm thick and place on a greased metal tray. Preheat oven at 220 °C till hot. Spread sauce and toppings onto dough, bake at 220 °C for about 13 minutes on the lower shelf.

# ROASTED RED CAPSICUM & MUSHROOM BR-USCHETTA G

Makes: 4 Ingredients:

200 g (4 to 5)

large flat mushrooms

1 tablespoon olive oil

slices Turkish bread 12 (340 g) 1½ tablespoons butter, softened clove garlic, minced 150 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 High power for 3 minutes. Set aside. Preheat oven on oven 230 °C. Spread one side of the bread with garlic butter and place in a single layer on the metal tray. 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 a further 8 to 10 minutes.

## NACHOS SUPREME

Serves: 4 to 6

Ingredients:

500 g topside mince 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 avocado ½ cup sour cream grated cheese ½ cup

paprika

#### Method:

Place meat and onion in a 2-litre dish. Cook on Medium-High 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 Medium-High 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 Medium-High for 3 to 4 minutes.

# CHEESE AND RED PESTO TARTLETS O

Makes: 24

Ingredients:

300 g ready rolled short crust pastry

sheets

90 g red pesto or sun dried tomato

paste

2 medium tomatoes, peeled, seeded

and chopped

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

clove garlic 1 teaspoon dried oregano ½ cup grated parmesan

## Method:

Cut out 24 × 7 cm (approx) circles of pastry to fit into the base of 2 greased 12 holed tartlet tins. Chill for 30 minutes. Preheat the oven at 200 °C with metal tray in 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 18 to 20 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

1/4 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 High for 2 to 3 minutes. Add remaining ingredients, mix well and cook on High for 5 to 6 minutes, stirring twice through cooking. Cool. Serve in a bowl with drinks.

## QUICHE LORRAINE O

Serves: 4 to 6 Ingredients:

Pastry:

2 sheets ready rolled short crust pastry

Filling:

rashers bacon, rind removed and

bacon chopped ½ cup 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 20 minutes at 180 °C. Allow to cool slightly.

Filling:

Place bacon between two sheets of paper towel on a dinner plate. Cook on High for 4 minutes. Sprinkle bacon and cheese on cooked pie shell. Beat eggs, cream, milk and nutmeg and pour over bacon and cheese. Place on metal tray and Bake at 180 °C for 30 minutes or until set.

## MINI QUICHES O

Makes:

Ingredients:

2 sheets ready rolled puff pastry

eggs, beaten

1 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 6 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. Cook on 180 °C for 15 to 20 minutes.

# CHICKEN SAN CHOY BAU

Serves: 4

Ingredients:

10 dried Chinese mushrooms

2 teaspoons sesame oil

1 clove garlic, chopped

 $500~\mathrm{g}$  minced chicken

10 water chestnuts, finely chopped

227 g bamboo shoots, chopped

1/4 cup soy sauce
1 tablespoon oyster sauce
2 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 High for 50 to 60 seconds. Add chicken and cook on Medium for 6 to 8 minutes. Add remaining ingredients except lettuce and cook on Medium for 6 to 8 minutes. 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,

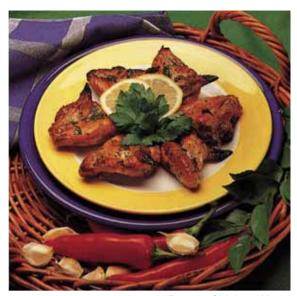
and unsalted)

2 teaspoons salad oil

salt to taste

#### Method:

Place peanuts in a single layer on a pie plate. Cook on High 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 High for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.



Lemon Pepper Chicken Wings

# MINI PIZZA

Makes: 2 to 4 Ingredients:

small round pita breads

2 tablespoons tomato paste

3/4 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 dinner plate. Spread each piece with tomato paste, then sprinkle with remaining ingredients. Cook on Medium for 4 to 5 minutes.

## CHEESE STRAWS O

Makes: 10 Ingredients:

1 sheet ready rolled puff pastry

egg, beaten 1 cup parmesan cheese

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 metal tray. Cook on 200 °C for 20 minutes or until golden.

# LEMON PEPPER CHICKEN WINGS G

Serves: 4 Ingredients:

1/₃ cup lemon juice olive oil 1/4 cup

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

chicken wings 1 kg

## 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 rack on metal trav. Cook on Grill 1 for 22 to 24 minutes, turning once during cooking.

# **VEGETABLE FRITTATA**

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

2 medium tomatoes, sliced <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. Cover and cook on High for 7 minutes. Beat together eggs, sour cream, salt and pepper, pour over vegetables. Cook uncovered on Medium for 8 minutes. Laver tomato across the top of frittata and sprinkle with cheese. Cook on Medium for a further 2 minutes. Serve with salad and bread.

## SPINACH AND FILO PIE O

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

Method:

2 teaspoons

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

sesame seeds

## To Cook by oven:

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 metal tray 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

1/4 cup water

½ cup cottage cheese

1 egg
½ cup cream
½ teaspoon lemon pepper
½ teaspoon seasoned herbs
½ cup grated tasty cheese

# Method:

Place vegetables and water in a 3-litre casserole dish. Cover and cook on High for 8 to 10 minutes. Drain well. Place remaining ingredients except tasty cheese in a bowl and mix well. Pour over vegetables. Cook on Medium-High for 12 to 14 minutes. Sprinkle with tasty cheese. Place on metal tray and cook on Grill 1 for 5 to 10 minutes.



Spinach and Filo Pie

# **CRUSTLESS CHEESE AND SPINACH PIE**

Serves: 4 Ingredients:

1 bunch spinach

6 green onions, thinly sliced

500 g ricotta
2 eggs
1 tablespoon plain flour
1/2 teaspoon nutmeg
1/2 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 High for 2 minutes. Set aside to cool slightly. Place green onions into a small bowl cover and Microwave on High for 1 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. Lightly grease a round (25 cm) microwave-safe pie dish. Spread mixture evenly into prepared dish and sprinkle with grated cheddar. Microwave uncovered on Medium for 15 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 Auto Menu:** Clean and prepare fish. Place in a single laver in a shallow dish. Do not cover with lid or plastic film. Select 7 (Steam Fish), select the weight and press Start. 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	MEDIUM	4 to 6
Scallops (sea)	500 g	MEDIUM	4 to 6
Green Prawns medium size (shelled and cleaned)	500 g	MEDIUM	3 to 5
Whole Fish (stuffed or unstuffed)	500 g to 600 g	MEDIUM	6 to 8

# SALMON MORNAY A

# Serves: 2 Ingredients:

butter 40 g onion, diced

1/4 cup flour

1 tablespoon fresh parsley

pepper

French mustard ½ teaspoon

1 cup milk

415 g can salmon 3/4 cup fresh breadcrumbs

1/₃ cup grated cheese

# Method:

Place butter and onion in a 1-litre dish. Cook on High for 2 minutes. Add flour and cook on High for 1 minute. Add parsley, pepper, mustard and gradually blend in milk. Cook on High for 2 to 3 minutes, stir halfway through cooking. Lightly mix salmon and liquid into sauce. Pour into a serving dish and top with breadcrumbs and cheese. Place on rack set on metal tray. Select Auto Cook 19 (Fresh Crispy Top) then select weight size 1000 g. Press Start.

## **GARLIC & CHILI PRAWNS**

# Serves: 4 Ingredients:

uncooked king prawns 1 kg small red onion, thinly sliced 1

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

1/4 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 1 3-litre microwave-safe dish. Cook on High for 4 minutes, stir halfway through cooking. Add prawns and mix to combine. Cook on Medium-High for 3 minutes. Stir in capsicum and snow peas, cover and cook on Medium-High for a further 3 minutes. Stir through lemon juice, cream and coriander, season and cook on High for 1 minute. Serve immediately with cooked rice.

## SALMON PÂTÉ

Makes: 2½ cups Ingredients:

1 tablespoon butter

3 green onions, sliced

1 tablespoon plain flour 1 teaspoon French mustard

salt and pepper

½ cup sour cream
¼ cup mayonnaise
¼ cup white wine
1 tablespoon lemon juice
440 g can salmon,

drained and bones removed

1 tablespoon gelatine 1/4 cup water

## Method:

Place butter and green onions in a 1-litre casserole dish. Cook on High for 2 to 3 minutes. Add flour, mustard, salt and pepper. Stir and cook on High for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor.

Place gelatine and water in small dish and cook on High for 20 to 30 seconds. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a  $2\frac{1}{2}$  cup mould and refrigerate until set.

# LEMON PEPPER FISH A

Serves: 2 Ingredients:

500 g fish fillets lemon juice

1 teaspoon cracked black (ground) pepper

Method:

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

## To Cook by Auto Menu:

Prepare as above. Select 7 (Steam Fish), select 500 g weight, then press Start.

# THAI FISH CAKES G

Serves: 4 to 6 **Ingredients:** 

500 g white fish fillets
1 tablespoon
2 tablespoons
1 teaspoon
1 tablespoon

white fish fillets
red curry paste
cornflour
chopped chilli
fish sauce

green onions, chopped

1/4 cup coriander leaves

2 tablespoons oi

#### Method:

Place all ingredients except oil in a food processor and blend until smooth. Shape two tablespoons of mixture into round patty shapes and place onto the oiled metal tray. Cook on Grill 1 for 10 to 15 minutes turning halfway through. 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

2 tablespoons butter

1 clove garlic, crushed

2 tomatoes, peeled and chopped

1 tablespoon tomato paste

1/4 cup white wine

1 tablespoon basil, chopped
pepper

hebbei

chopped parsley

#### Method:

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



Seafood Marinara

# GOLDEN SEAFOOD PIE

Serves: 4
Ingredients:

400 g white fish fillets 200 g peeled green prawns

100 gcalamari rings1 cupwater1 tablespoonlemon juice30 gbutter1onion, sliced

1 clove garlic, crushed

2 tablespoons flour

1 teaspoon French mustard

125 ml cream 8 sheets filo pastry

60 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 Medium for 6 to 8 minutes or until seafood is just tender. Set aside. Place butter and onion into a 1-litre dish. Cook on High for 2 minutes. Blend in flour and mustard and cooking liquid from the seafood. Cook on High for 3 minutes, stirring every minute until sauce boils and thickens. Stir in cream and gently fold in seafood. Preheat oven to 220 °C with metal tray in place. Divide seafood mixture between 4 × 2 cup ramekin dishes. Lay out sheets of filo pastry and brush with butter. Gently scrunch 2 sheets of filo onto the top of each ramekin dish, ensure all sauce mixture is covered. Place ramekins onto the metal tray and cook for 20 to 30 minutes or until golden brown.

## MALAY COCONUT FISH

Serves: 4

Ingredients:

400 ml coconut milk
1 tablespoon chilli sauce
1 lime zested

5 cm piece peeled ginger, finely

chopped

1 tablespoon garam masala

1 tablespoon sauce 2 tablespoons brown sugar

800 g fish fillets, cut in half fresh coriander leaves

#### Method:

Mix coconut milk, chilli sauce, lime rind, ginger, garam masala, fish sauce and brown sugar in a 2-litre dish. Cover and cook on High for 8 minutes, stir halfway through. Add fish, ensuring all surfaces are coated well. Cover and cook on Medium for 6 to 7 minutes, turning fish halfway through cooking. Allow standing for 5 minutes. Top with coriander leaves and serve with steamed rice.

# OYSTERS KILPATRICK G

Serves: 2 Ingredients:

12 oysters in shell, opened

2 teaspoons lemon juice

2 teaspoons worcestershire sauce

salt and pepper

60 g bacon, finely chopped

#### Method:

Place oysters in shell on a heatproof serving plate. Sprinkle each oyster with lemon juice and sauce. Season with salt and pepper. Sprinkle bacon over each oyster. Place on wire rack set on metal tray and cook on Grill 1 for 4 to 5 minutes.

Tip: Serve with triangles of buttered brown bread.

## SMOKED FISH A

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 Medium for 5 to 6 minutes or until cooked and fish flakes when tested with a fork.

# To Cook by Auto Menu:

Prepare as above. Leave uncovered. Select 7 (Steam Fish), select 500  $\,\mathrm{g}$  weight, then press Start.

## SPICED WHOLE BREAM

Serves: 2

Ingredients:

2 × 400 g whole bream
1 clove garlic
3 stalks coriander
1 red birds eye chilli
1 tablespoon freshly chopped ginger

1 tablespoon lime juice
2 teaspoons fish sauce
2 teaspoons brown sugar

green onions, sliced

#### Method:

Clean and scale fish and set aside. Process remaining ingredients in a food processor to form a paste.

Rub the spice paste into the fish and place them in a microwave-safe dish. Fill water tank before cooking and cook on Micro Steam Medium-Low for 15 minutes.

## **GARLIC PRAWNS**

Serves: 2 Ingredients:

60 g butter
1 teaspoon minced garlic
1 tablespoon lemon juice
1 tablespoon parsley, chopped

500 g prawns,

shelled and deveined

Method:

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

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

# Whole Stuffed Fish A

Serves: 2

Ingredients:

500 g whole fish, cleaned and scaled (Bream or Snapper)

2 tablespoons melted butter

Stuffing:

1 cup fresh breadcrumbs 4 green onions, sliced 2 tablespoons chopped parsley

freshly ground black pepper

25 g proscuitto, chopped ⅓ cup chopped macadamia nuts

Method:

Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a rack in a 3-litre casserole dish and cook on Medium for 6 to 8 minutes. Stand covered for 5 minutes before serving.

#### To Cook by Auto Menu:

Prepare as above. Place fish on a rack in a flat casserole dish. Leave uncovered. Select 7 (Steam Fish), select 500 g weight, then press Start. Stand for 5 minutes before serving.

## GRILLED FISH WITH VEGETABLE D

Ingredients:

2 pcs fish fillets (100 g per piece)

a little pepper & salt

160 g Mushrooms 40 g vegetable (cubed) 40 g onion (sliced)

10 g mozzarella cheese (use for topping)

A:

50 g mayonnaise 40 g mozzarella cheese 1 teaspoon soya sauce 1 teaspoon garlic (minced)

B:

1 teaspoon garlic (minced)
1 teaspoon oregano leaves
1 teaspoon pepper & salt
1 tablespoon olive oil

## Method:

Marinade fish with pepper and salt first, add A, wait for 15 minutes. Pour mushrooms, onion and vegetables into B, mix well. Put the fish with skin part on the double grill tray upward (outside). Place the mushrooms and vegetable on the other side of the double grill tray (inside). Sprinkle cheese on top of fish and vegetables. Cook using double grill for 15 minutes using the upper shelf.

## SALMON IN TERIYAKI

Ingredients:

300 g salmon fillets (cut slit or pierce

fillets with fork )

80 g fresh mushroom (sliced)

2 tablespoons
½ tablespoon
40 g
10 g
30 ginger (shredded)
¼ teaspoon
40 gblack pepper

3 tablespoons oil

1 stalk chinese parsley (for garnishing)

#### Method:

Cook garlic with oil in a bowl, on High power 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 steam microwave mode for 5½ minutes, do not 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 ½ cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that bird does not touch the lid.



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



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



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

Multiply the weight of the poultry by the minimum recommended minutes per  $500~\mathrm{g}$ . 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  $\rm kg$  to 2.8  $\rm kg$ ): 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. Press Start.

## To Cook by One Touch Cooking:

To programme: Select 13 (Roast Chicken), select the weight, then press 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.

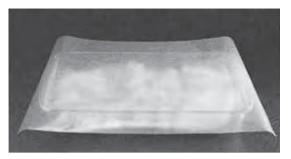
# **Poultry Chart for Combination Cooking**

	Combin	ation Cooking		
POULTRY	Combination Setting	Cooking Time	Cooking Directions	
Chicken (up to 2.8 kg)	Combination 1	15 min./500 g	Place on wire rack set on glass tray, baste halfway through cooking.	
Chicken Pieces (1 to 1.5 kg)	Combination 1	10 – 12 min./500 g	Suitable for all pieces.	
Turkey (2 to 6 kg)	Combination 1	15 min./500 g	Place on wire rack set on glass tray, baste halfway through cooking.	
Duck (1.5 to 2.5 kg)	Combination 1	15 to 18 min./500 g	Pierce skin at 2 cm intervals. Place on wire rack set on glass tray, 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	Medium-High	87 °C	10 to 15
Chicken (pieces)	Medium-High	87 °C	9 to 11
Turkey	Medium-High	87 °C	10 to 15
Duck	Medium-High	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 tablespoons seeded mustard
2 tablespoons lemon juice

½ cup cream

Method:

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

## CHICKEN CACCIATORE

Serves: 4 Ingredients:

1 kg chicken drumsticks 400 g can tomatoes, diced

400 g can tomatoes, diced
1/4 cup tomato paste
1 teaspoon garlic
1 onion, sliced
2 teaspoons dried oregano
1/4 red capsicum, sliced

## Method:

In a 3-litre dish mix all the ingredients. Cover and cook on Combination 1 for 15 minutes. Stir, uncover and cook for a further 15 minutes.

## CHICKEN ROLLS WITH HONEY MUSTARD

Serves: 4 to 6 Ingredients:

8 small chicken thigh fillets

16 prunes, pitted 8 green onions, sliced 2 tablespoon flaked almonds

4 rashers rindless bacon, halved lengthwise

**Honey Mustard Glaze** 

1 tablespoon brown sugar 1 tablespoon French Mustard

1 tablespoon honey

10 g butter, melted ground black pepper

#### Method:

Open out each thigh fillet and trim away fat. Place 2 prunes, some green onion and a few flaked almonds on each fillet. Roll fillets up and wrap a piece of bacon around each one. Secure with toothpicks. Blend all glaze ingredients together in a small bowl. Place chicken into a 3-litre dish in a single layer and brush with glaze mixture. Cook on Medium-High for 18 to 22 minutes, turning halfway through cooking.

## CHICKEN AND VEGETABLE KORMA

Serves: 4
Ingredients:

200 g sweet potato 200 g potato

1 tablespoon oil

1 onion, diced

2 cloves garlic, crushed 1 teaspoon ground coriander ground cardamom 1 teaspoon 1 teaspoon turmeric around cumin 1 teaspoon ½ teaspoon ground cinnamon 1/4 cup tomato paste 1 kg chicken thigh fillets small eggplant, diced

4 cup natural yogurt

Fresh coriander, Mango chutney and Pappadums to serve.

#### Method:

Peel potatoes and cut into 2 cm dice. Place potatoes, oil, onion and garlic into a 3-litre microwave-safe dish. Cover and cook on High for 3 minutes. Add spices to dish and cook on High for 1 minute. Stir in tomato paste and cook for a further 1 minute on High.

Trim excess fat from chicken and cut fillets into thirds. Stir into vegetable mixture and cook covered on Medium-High for 10 minutes, stirring halfway through cooking. Add eggplant and cook for a further 5 minutes on High, stirring halfway through cooking. Stir through yogurt and serve with coriander, mango chutney and pappadums.

## :qiT

- Many curry recipes use finely diced potato to break down during cooking and thicken the sauce. Potato doesn't break down when cooked in the microwave. Continued cooking will dehydrate the potato. If adapting your own recipe only use one quarter of the liquid.
- Substitute 2 tablespoons of Korma curry paste for the spices and garlic in this recipe.
- When using spices in cooking, toast in the microwave for 30 to 60 seconds to release their flavour and aroma before using in a recipe.

# 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 Medium-High for 40 seconds. Add rosemary and parsley. Tie legs of chicken together with string. Brush with butter mixture. Place breast side down on rack set on glass tray. Set Combination 1 for 25 minutes. Turn over. Set Combination 1 for 25 minutes.

## ITALIAN CHICKEN CASSEROLE MC A

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

1/4 cup tomato paste

1/2 teaspoon marjoram

1/2 teaspoon oregano

100 g button mushrooms 20 black olives 2 tablespoons chopped parsley salt and pepper

Method:

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

## To Cook by Combination:

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

## To Cook by Auto Menu:

Prepare as above and cover with a lid. Select 6 (Casserole), set weight to 2000 g, then press Start.

## Coq Au Vin MC A

Serves: 4 to 6

Ingredients:

pickling onionsslices streaky bacon,

rinds removed, bacon chopped

1.2 kg chicken pieces
125 g button mushrooms,
washed and dried
4 cup hot chicken stock

½ cup red wine

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

1 teaspoon mixed herbs

freshly ground black pepper

#### Method:

Place onion and bacon into a 3-litre casserole dish and cook on High 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 Auto Menu:

Prepare as above and cover. Select 6 (Casserole), set weight to 2000 g, then press Start.

## PARMESAN CRUSTED CHICKEN O

Serves: 4
Ingredients:

1 kg chicken breast fillets

40 g butter

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

½ cup grated fresh Parmesan cheese

#### Method:

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

# APRICOT NECTAR CHICKEN MC

Serves: 4 to 6 Ingredients:

40 g pkt French onion soup mix

400 ml apricot nectar chicken drumsticks

1 clove garlic 1 onion, diced ½ cup dried apricots

## Method:

In a 2-litre dish mix apricot nectar and French onion soup mix. Add chicken drumsticks and mix to coat with sauce, stir in remaining ingredients. Cook on Combination 1 for 50 to 55 minutes, turning halfway through cooking.

## To Cook by Auto Menu:

Prepare as above. Select 6 (Casserole), set weight to 1600 g, then press Start.

## CHICKEN CURRY

Serves: 4 to 6 Ingredients:

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

2 cups finely sliced vegetables

1 tablespoon fish sauce 1 tablespoon brown sugar

## Method:

In a 3-litre dish mix onion and curry paste. Cook on High for 4 minutes. Add chicken. Cook on Medium for 4 minutes. Stir. Cook on Medium for 4 minutes, Add coconut milk, vegetables, fish sauce and brown sugar. Cover. Cook on High for 4 to 6 minutes.

# CHICKEN PIE O

Serves: 4 to 6 Ingredients:

500 g chicken thigh fillets, diced

60 g butter

1 onion, chopped 100 g mushrooms, sliced

1/4 cup flour 1 cup milk

1 teaspoon mixed herbs 1 teaspoon French mustard

pepper to taste

½ cup grated Swiss cheese 2 sheets ready rolled puff pastry

#### Method:

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

## To Cook by Oven:

Preheat oven to 200 °C. Grease a 20 cm pie dish, line with one sheet of pastry. Add chicken filling and cover with other sheet of pastry. Trim edges. Place on metal tray and cook on 200 °C for 30 to 40 minutes.

## **ROAST CHICKEN IN SPINACH**

Ingredients:

1 kg chicken (cut open from breast, cut

slit at the thigh area)

400 g spinach

Sauce:

40 g garlic

15 goregano leaves30 mllemon juice30 mlvegetable oil30 goyster sauce1 teaspoonsesame oil

1 teaspoon salt

½ tablespoon dark soya sauce 2 teaspoons coarse black pepper

## Method:

#### To Make Sauce:

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

Seasoned chicken with sauce for about 2-3 hours. Leave aside. Place chicken in an oven proof plate, put on metal tray.

Preheat oven at 210 °C till hot. Bake chicken at 210 °C for about 40 minutes using the lower shelf. (turn over at ½ time)

Remove chicken from dish, next add spinach into the chicken sauce, cook on High power for 2 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 sliced
small onion, finely chopped
small cooking apples,

peeled and grated

2 cups fresh breadcrumbs

2 tablespoons brandy

1 tablespoon parsley, finely chopped

1 egg

salt and pepper

2 tablespoons brandy, extra

1 tablespoon oil

lemon pepper or seasoned salt

## Method:

Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on High for 30 to 40 seconds. Add celery, onion and apples and cook on High 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 Microwave:

Cook on Medium-High for 60 to 70 minutes. Stand covered for 10 minutes before serving.

## To Cook by Combination:

Prepare turkey with stuffing as above. Place turkey on wire rack with glass tray underneath. Cook on Combination 1 for 60 to 75 minutes. 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

1 small onion, finely chopped 2 rashers bacon, rind removed and

bacon finely chopped

1 tablespoon parsley, finely chopped

1 teaspoon mixed herbs
1½ cups cooked rice
1 eqq

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 High for 30 seconds. Add onion and bacon and cook on High 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 rack set on glass tray.

## To Cook by Combination:

Prepare chicken with stuffing as above. Cook on Combination 1 for 40 to 55 minutes.

## CHINESE CHICKEN WINGS

Makes: 16 Ingredients:

1 kg 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 Medium-High for 20 to 25 minutes. Stir halfway through cooking.

## ROAST HONEY DUCK WITH ORANGE SAUCE MC

Serves: 4 to 6 Ingredients:

1.5 kg duck 3 tablespoons honev

orange liqueur 1 tablespoon

1 tablespoon vinegar

Sauce:

2 oranges, juiced

grated rind of 1 orange

1/4 cup water 1 tablespoon brown sugar 1 tablespoon vinegar 1 tablespoon orange liqueur

Method:

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

Place duck onto wire rack set on glass tray. Place into oven and cook on Combination 1 for 30 to 40 minutes. Brush the combined honey, liqueur and vinegar over the duck and cook for a further for 10 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 High for 11/2 to 2 minutes. Add vinegar and liqueur and cook on High for a further 30 seconds. Pour sauce over duck, sprinkle with rind and serve.

## SOY CHICKEN AND VEGETABLES

Serves: 4 Ingredients:

1 tablespoon cornflour ½ 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

Method:

In a 3-litre dish mix cornflour, sauces, sherry and ginger. Cook on High for 2 to 3 minutes. Add chicken fillets and mix to coat with sauce. Cook on Medium-High for 5 to 7 minutes stirring halfway through cooking. Mix in sliced vegetables. Cook on High for 3 minutes. Stir and cook for a further 4 minutes on High.

## HONEY SESAME DRUMSTICKS

Serves: 4 Ingredients:

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

2 tablespoons sesame seeds

Method:

Marinate chicken in remaining ingredients for 2 hours. Drain from marinade and arrange on wire rack set on the glass tray. Cook on Combination 1 for 15 minutes, turn and cook for a further 15 minutes.

# PLUM GLAZED QUAILS

Serves: 2 to 4 Ingredients:

4 quails

½ cup cooked long grain rice green onion, chopped finely chopped basil 1 tablespoon

chopped shelled pistachio nuts 2 tablespoons

> pinch thyme pinch cayenne pepper

minced ainaer

1/4 teaspoon

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

drained and seeds removed

red wine

1/4 cup Method:

Wash, clean and pat dry quails. In a 1-litre dish, combine rice, spring onions, basil, pistachio nuts, thyme, cayenne, pepper, ginger and milk. Mix well and place a 1/4 of the mixture into the cavity of each quail. Tie the legs together and place quails into a shallow 2-litre dish. Set aside. In a 2-cup jug, combine plum jam, hoi-sin sauce and butter. Cook on High for 30 to 40 seconds. Brush jam mixture over quails and cook on Medium-High for 10 to 14 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 High 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 chopped coriander sweet chilli sauce

2 tablespoons lime juice

6 chicken thigh fillets, halved

Guacamole:

medium size ripe avocadoclove garlic, crushed

1 tablespoon lime juice
1/2 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 wire rack set on the metal tray. Cook on Grill 1 for 24 to 26 minutes, turning halfway through cooking. Serve with quacamole.

## 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
1 punnet cherry tomatoes
200 g mixed salad leaves

Dressing:

1 tablespoon peanut butter
1 tablespoon lemon juice
1 tablespoon soy sauce
1 tablespoon honey
2 tablespoons sesame seeds

# Method:

Combine sesame oil and soy sauce. Brush chicken fillets with this mixture and place on wire rack set on the metal tray. Cook on Grill 1 for 24 to 26 minutes or until just cooked. Turn halfway through cooking and brush with any remaining soy mixture. 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.

## PEANUT SATAY G

Serves: 4 Ingredients:

750 g boneless chicken,

(cut into 2.5 cm cubes)

Marinade:

½ teaspoon caraway seeds
1 teaspoon ground coriander
1 clove garlic, crushed

1 tablespoon
1 tablespoon
1 tablespoon
1 tablespoon
2 tablespoon
3 tablespoon
4 tablespoon
5 tablespoon
6 tablespoon
8 tablespoon
9 tab

bamboo skewers

# **Satay Sauce:**

3 red chillies,

seeded and finely chopped
cloves garlic, crushed
piece ginger, grated

1 teaspoon salt

½ cuppeanut butter1 cupwater¼ cupsultanas¼ cupraisins½ cupvinegar½ cupsugar

½ cup peanuts

½ cup chutney (optional)

#### Method:

Combine all marinade ingredients in a bowl with chicken meat and marinate for at least 2 to 3 hours. Combine all sauce ingredients in a 6-cup jug and cook on High for 8 to 10 minutes, stirring halfway through cooking. Puree sauce in a blender or food processor. Set aside. Thread chicken meat onto bamboo skewers and place on wire rack set on metal tray. Cook on Grill 1 for 12 to 16 minutes, or until cooked, turning once during cooking. Serve with satay sauce.

Tip: To reheat sauce: Cook on High for 1 to 2 minutes.

# **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 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	MEDIUM-HIGH MEDIUM-HIGH MEDIUM-HIGH MEDIUM	8 to 10 10 to 12 12 to 14 25 to 30
Pork Leg of Pork Loin of Pork Ham Canned (fully cooked)	MEDIUM-HIGH MEDIUM-HIGH MEDIUM-HIGH	12 to 15 12 to 15 5 to 7
Lamb Medium Well	MEDIUM-HIGH MEDIUM-HIGH	10 to 12 12 to 15

# **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 rack with the glass tray underneath to catch drips. Place pork rib roasts, rib tips down on wire rack. 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 rack set on glass tray. 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 14 (Roast Beef), 15 (Roast Lamb) or 16 (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.

# **Meat Chart for Combination Cooking**

MEAT	Combination Cooking		
WEAT	Combination Setting	Cooking Time	
BEEF ROASTS			
Rib, Boneless Rib, Top Sirloin			
Rare	Combation 2	12 to 14 min./500 g	
Medium	Combation 2	16 to 18 min./500 g	
Well	Combation 2	20 to 22 min./500 g	
Rump, Eye of Round			
Rare	Combation 2	12 to 15 min./500 g	
Medium	Combation 2	16 to 18 min./500 g	
Well	Combation 2	20 to 22 min./500 g	
Beef Tenderloin			
Rare	Combation 2	12 to 14 min./500 g	
Medium	Combation 2	16 to 18 min./500 g	
Pot Roast (1½ to 2 kg) Chuck	Combation 3	$1^{1}/_{2}$ to 2 h total	
Turn meat over after 1 hour of cooking)	Combation 3	1 <sup>1</sup> / <sub>2</sub> to 2 h total	
PORK ROASTS	Combation 2	15 to 16 min./500 g	
LAMB ROASTS	Combation 2	13 to 15 min./500 g	
MEATLOAVES	Combation 3	25 to 30 min./500 g	
CASSEROLES	Combation 3	30 to 40 min./1000 g	

# LASAGNE O MC

Serves: 4 to 6 Ingredients:

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

Meat Sauce:

750 g topside mince

2 onions, finely chopped

410 g tomato puree 400 g diced tomatoes 1/4 cup red wine

2 cloves garlic, crushed 1 tablespoon dried mixed herbs 3 beef stock cubes salt and pepper

## Cheese Sauce:

60 g butter 3 tablespoons flour 500 ml milk

1/4 cup Parmesan cheese

½ 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 High for 20 to 22 minutes, stirring halfway through cooking. Melt butter in a 1-litre casserole dish on High for 30 seconds. Add flour, stir and cook on High for 1 minute. Add milk, stirring, cook on High 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.

### To Cook by Oven:

Preheat oven to 180 °C. Place lasagne in oven and cook on 180 °C for 40 minutes. Serve hot with a green salad and garlic bread.

# To Cook by Combination:

Prepare as above. Cook on Combination 5 for 20 to 25 minutes or until golden brown.



Rack of Lamb

# RACK OF LAMB MC

Serves: 4 Ingredients:

2 racks lamb

(approx. 450 g each)
2 cloves garlic, cut into slices

rosemary

## Method:

Score rack of lamb and insert slices of garlic under skin. Place lamb fat side down on wire rack set on glass tray. Sprinkle with rosemary. Cook on Combination 2 for 20 to 25 minutes, turning halfway through cooking. Stand for 5 minutes before serving.

# SEASONED ROAST LAMB MC

Serves: 4 to 6

Ingredients:

1.6 kg lamb leg

1 tablespoon seeded mustard 1 tablespoon rosemary

Method:

Place lamb on a rack in a 3 litre dish. Brush with mustard and sprinkle with rosemary. Cook on Combination 2 for 27 minutes. Turn over. Cook on Combination 2 for 27 minutes. Cover, Set timer for 10 minutes and allow to stand.

### LAMBS FRY AND BACON

Serves: 4 Ingredients:

750 g lambs fry

powdered gravy mix 1/4 cup 250 g bacon, rind removed

and bacon cut into 2 cm strips

onions, sliced

1 tablespoon butter 1 cup water

ground black pepper

1 tablespoon chopped parsley

#### Method:

Soak lambs fry in water for 30 minutes, remove skin and cut liver into thin strips. Coat lambs fry with powdered gravy mix and shake off any excess. Place bacon and onion into a 3-litre dish and cook on High for 3 to 5 minutes. Remove and drain well on absorbent paper. Add half the butter to the dish and half the sliced lambs fry. Cook on High for 2 to 4 minutes, stir halfway through cooking. Repeat with remaining butter and lambs fry. Return all the lambs fry to the dish and add bacon and onion blend in water, season with pepper and add parsley. Stir well. Cook on High 1 to 2 minutes and serve immediately.

# ROSEMARY AND LAMB KEBABS G

Serves: 4 Ingredients:

500 g

lamb back strap 1/4 cup lemon juice olive oil 1 tablespoon

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 rack set on the metal tray and cook on Grill 1 for 18 to 20 minutes, turning halfway through cooking.

# MOROCCAN LAMB A

Serves: 4 Ingredients:

2 teaspoons ground cumin 1 teaspoon ground turmeric

1 teaspoon paprika

½ teaspoon ground coriander ground cinnamon ½ teaspoon 2 cloves garlic, chopped red onion, sliced 1 750 g diced lean lamb

250 ml chicken stock

pumpkin, peeled and diced 200 g juice and shredded rind of half

lemon

brown sugar 2 teaspoons

chopped coriander leaves 2 tablespoons

#### Method:

Combine cumin, turmeric, paprika, coriander and cinnamon in a 3-litre dish. Microwave on High for 1 minute. Add garlic, onion and diced lamb and mix to coat all ingredients with spices. Cover and cook on High for 5 minutes.

Stir in chicken stock, cover and cook on High for a further 5 minutes.

Add pumpkin and stir to combine, cover and cook on Medium-Low for 20 minutes. Remove and stir. Cover and cook on Medium-Low for another 20 minutes. Add the lemon juice, rind, brown sugar and coriander to the dish and stir well to combine. Cook on High for 2 minutes.

### To Cook by Auto Menu:

Place spices into a 3-litre dish and microwave on High for 1 minute. Add garlic, onion, lamb and chicken stock. Mix to combine. Select 6 (Casserole) then select 1200 g weight, then press Start. Halfway through cooking add pumpkin and stir through the remaining ingredients at the end of cooking.

# LAMB ROGAN JOSH

Serves: 4 Ingredients:

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

diced lamb 600 g 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 High 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 High for 4 minutes, stirring halfway through cooking. Pour in coconut milk and stock, stir well and cook on Medium for 40 minutes, stirring every 10 minutes on Medium. Serve with basmati rice, pappadums and mango chutney.

# GOULASH A

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

1 small red capsicum

cut into 2.5 cm cubes

1 cup beef stock 2 tablespoons sour cream

### Method:

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

# To Cook by Microwave:

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

# To Cook by Auto Menu:

Prepare as above and cover. Select 6 (Casserole), select 1200 g weight, then press Start.

# LAMB CHOPS WITH SPICY SAUCE

Serves: 4
Ingredients:

Marinade:

½ 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 chops on a rack in a shallow dish. Cook on Medium-High for 8 to 10 minutes, turning over halfway through cooking. Place reserved marinade mixture into a jug and heat on High 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:

Cook on Combination 1 for 40 to 45 minutes, for a medium result. Stand covered for 10 minutes before serving.

# YORKSHIRE PUDDING O

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 Oven:

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

### **CORNED BEEF**

Serves: 4
Ingredients:

1.5 to 1.7 kg corned silverside 1 tablespoon brown sugar 1 tablespoon white vinegar 1 onion, cut in half

4 cloves

6 peppercorns
1 bay leaf
5 cups water

### Method:

Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on High for 10 minutes. Turn meat, cover and cook on Medium 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 Medium-Low.

# BARBECUE GLAZED MEATLOAF O

Serves: 4

# Ingredients:

Barbecue Glaze:

½ cup water
1 tablespoon tomato paste

1 tablespoon red wine vinegar 1 tablespoon brown sugar

#### Meatloaf:

1 small red capsicum

400 g beef mince sausage mince

1 medium brown onion, diced
2 cloves garlic, crushed
1/4 cup dried breadcrumbs
1 egg lightly beaten
1/4 cup chopped fresh basil leaves

1 tablespoon fresh oregano leaves, chopped bacon rashers, rind removed,

sliced lengthways

#### Method:

Make barbecue glaze by combining all ingredients in a small jug. Cook on High for 2 minutes, stirring occasionally.

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

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

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

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

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

Pour off excess fat from meatloaf, brush with glaze and cook uncovered for a further 25 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
1 teaspoon
1 tablespoon
2 tablespoons

rump steak, sliced
chopped ginger
chopped garlic
soy sauce
Hoi sin sauce

1/4 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 High for 1 minute. In a 1-cup jug mix soy sauce, Hoi sin sauce and beef stock. Mix into beef. Cook on High for 2 minutes. Mix in vegetables. Cook on High for 5 to 7 minutes stirring halfway through cooking time.

# MINI MEATBALLS

Serves: 4

Ingredients:

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

freshly ground black pepper

Sauce:

½ cup pineapple pieces, reserve juice

½ 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 dinner plate evenly spread. Cook on Medium for 6 to 8 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 High for 4 minutes. Stir and add pineapple pieces. Cook on High for a further 2 to 3 minutes. Stir well. Spoon sauce over meatballs and serve.

# GINGERED PORK STIR FRY

Serves: 4
Ingredients:

500 g sliced lean pork ¼ cup teriyaki sauce

1 tablespoon honey

2 teaspoons minced ginger cornflour onion, sliced

300 g sugar snap peas, trimmed

1 zucchini, sliced

½ red capsicum, sliced

1 green onion, sliced

½ cup bean sprouts

1 tablespoon toasted sesame seeds

#### Method:

Place pork, teriyaki sauce, honey, ginger and cornflour in a 2-litre dish. Cover and marinate in the refrigerator for 2 hours. Place onion in a 3-litre dish. Cook on High for 1 to 2 minutes. Add marinated pork and sauces and cook on Medium-High for 3 to 4 minutes. Add peas, zucchini, capsicum, green onions and bean sprouts. Cook on High for 3 to 4 minutes. Sprinkle with sesame seeds and serve with noodles.

# BEEF STROGANOFF A

Serves: 4 Ingredients:

1 tablespoon butter

1 onion, sliced

750 g rump steak sliced thinly

2 tablespoons tomato sauce

2 tablespoons Worcestershire sauce 200 g sliced button mushrooms

1 tablespoon cornflour
1/2 cup hot beef stock
1/2 cup sour cream
1 tablespoon chopped parsley

### Method:

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

### To Cook by Auto Menu:

Place all ingredients except sour cream and parsley into a 3-litre casserole dish. Select 6 (Casserole), select 1200  $\rm g$  weight, then press 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 High for 10 minutes. Stir halfway through cooking. Add kidney beans and cook on High 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.

# PEPPER POT BEEF MC A

Serves: 4 to 6

Ingredients:

1 teaspoon minced garlic1 red capsicum cubed

400 g can tomatoes 500 g cubed beef 1/4 cup tomato paste

1 tablespoon Worcestershire sauce 1 tablespoon cracked pepper

### Method:

In a 3 litre dish mix garlic, capsicum, tomatoes, beef, tomato paste, Worcestershire sauce and pepper.

# To Cook by Microwave:

Cook on Medium-High for 35 to 40 minutes or until meat is tender. Stirring regularly. Serve with steamed rice.

# To Cook by Combination:

Prepare as above. Cover and cook on Combination 3 for 30 to 40 minutes or until beef is tender.

### To Cook by Auto Menu:

Prepare as above and cover. Select 6 (Casserole), select 800 g weight, then press Start.

# BEEF ROLL WITH SPINACH AND SPRING **ONION STUFFING**

Serves: 4 to 6 Ingredients:

thick skirt steaks 2

(approx. 500 g each), pounded

Stuffina:

1 tablespoon butter

clove garlic, crushed 1/2 bunch spinach,

washed and roughly chopped

green onions, finely sliced

½ cup fresh breadcrumbs salt and pepper

egg, lightly beaten slivered almonds

Sauce:

1 tablespoon

400 g tomato puree

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 High for 30 to 40 seconds. Add spinach and green onions and cook on High 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 on a rack in a 3-litre casserole dish. Cook on Medium- High for 30 to 35 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 High 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

# BEEF BOURGUIGNONNE MC A

Serves: 4 Ingredients:

750 g topside beef ½ cup red wine

clove garlic, crushed

bay leaf

streaky bacon, rind removed and 125 g

bacon chopped

12 button onions, peeled

1 tablespoon flour beef stock 3/4 cup

salt

freshly ground black pepper

2 tablespoons brandy (optional) 125 g button mushrooms.

cleaned and trimmed

#### Method:

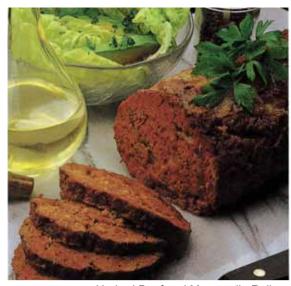
Trim the meat and cut into 2.5 cm cubes. Place in a large casserole dish with the wine, garlic and bay leaf. Cover and leave several hours or overnight in a refrigerator. Place bacon in a shallow dish, cover with paper towel and cook on High for 2 to 3 minutes. Mix in the flour then gradually add the stock. Combine all remaining ingredients except brandy and mushrooms.

### To Cook by Combination:

Prepare as above, cook on Combination 3 for 50 minutes. Add the brandy and mushrooms and return casserole to oven uncovered for a further 10 minutes.

### To Cook by Auto Menu:

Prepare as above and cover. Select 6 (Casserole), select 1200 g weight, then press Start. Add brandy and mushrooms 10 minutes before the finish of cooking.



Herbed Beef and Mozzarella Roll-up

# HERBED BEEF AND MOZZARELLA ROLL-UP O

# Serves: 4 Ingredients:

750 g topside mince onion, finely chopped 1 clove garlic, crushed

black pepper

2 tablespoons chopped parsley 1 tablespoon Italian herbs 1 egg, lightly beaten 250 g Mozzarella cheese, grated

# **Tomato Sauce:**

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

#### Method:

Preheat oven to 190 °C. Mix all ingredients (except cheese) until well combined. Lay a large sheet of greaseproof paper onto a work surface. Place meat on paper and press out firmly to measure 35 × 25 cm. Sprinkle cheese over meat mixture leaving a 2 cm border around all sides. Tightly roll up meat mixture. Place in a 23 × 13cm loaf tin. Place on metal tray. Cook on 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 High for 5 to7 minutes.

# VEAL PAPRIKA A

Serves: 4 Ingredients:

750 g diced veal

250 g mushrooms, sliced 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 High for 10 minutes. Blend flour with remaining stock. Stir into veal with tomato paste and cook on High for 2 to 3 minutes. Blend in sour cream. Serve.

# To Cook by Auto Menu:

Prepare as above. Select 6 (Casserole), select 1200 g weight, then press Start. Blend flour with remaining stock. Stir into veal with tomato paste and cook on High 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

500 g Italian sausages or chipolatas

2 large onions, diced 2 green capsicums, diced

410 g tomato purée

½ teaspoon salt ½ teaspoon pepper

clove garlic, crushed

1 teaspoon Italian herbs Parmesan cheese 1/₃ cup

### Method:

Place water in a 4-litre casserole dish. Add pasta and cook on High for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Place sausages in a 3-litre casserole dish. Cover and cook on High 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 High 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 for 20 minutes. Remove lid, stir, sprinkle over remaining Parmesan cheese. Cook as above for a further 15 minutes.

# FRENCH ONION BEEF CASSEROLE A

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

½ cup frozen peas

Method:

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

# To Cook by Auto Menu:

Place all ingredients into a 3-litre Casserole dish. Select 6 (Casserole), selcet 1600 g weight, then press Start.

# BARBECUED SPARE RIBS O S

Serves: 4

Ingredients:

1 kg pork spare ribs 3/4 cup fruit chutney 1/2 cup tomato sauce 1 tablespoon soy sauce

1 tablespoon Worcestershire sauce

Method:

Place all ingredients into a large pyrex bowl and mix well. Allow the spare ribs to marinate for several hours or overnight. Preheat oven to 300 °C. Place spare ribs on wire rack set on metal tray and cook for 30 minutes. Turn halfway through cooking. Press steam for 3 minutes. Serve with rice.

# MUSSAMAN BEEF CURRY A

Serves: 4
Ingredients:

500 g round steak diced ⅓ cup mussaman curry paste

400 g potato diced 250 ml coconut milk 250 ml beef stock 1 tablespoon brown sugar

Method:

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

# To Cook by Auto Menu:

Place all ingredients into a 3-litre Casserole dish. Select 6 (Casserole), select 1200  $\rm g$  weight, then press Start.



Bacon Roll

# BACON ROLL D G

Ingredients:

200 g streaky bacon (8 pieces) 200 g enoki mushroom

200 g enoki mushroo 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 onto double grill tray, set to double grill mode for about 15 minutes by higher shelves. Lastly set to single grill 1 for another 3-5 minutes.

# **SOUR PLUM PORK RIB**

Ingredients:

250 g pork rib (cut into pieces, pierce

meat with fork)

Sauce A:

1 tablespoon oil

8 pieces sour plum

1 tablespoon wine or Hua Teow chiew

2 tablespoons sour plum powder

1 tablespoon corn flour

1/4 teaspoon coarse black pepper

3 tablespoons water

Method:

Seasoned pork rib with sauce A for 1 hour. 2. Cook pork rib with sauce A on High power for 4-5 minutes in a microwave safe casserole, covered with lid. (Stir at ½ time)

# **Directions for Cooking Vegetables by Microwave**

### Fresh Vegetables

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

Cook on High 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 High 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 High 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**

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VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on Medium-High power	
Beans	250 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	<b>250</b> 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.	2 to 3 6 to 7	
Mixed Vegetables	250 g	Cook in covered 2-litre dish.	6 to 7	
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 High (in minutes) COVERED	TO COOK BEANS on Medium-Low (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	25 to 30

# **Cooking Fresh Vegetables by Micro Power**

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

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on Medium- High
Asparagus	250 g	Covered dish with ¼ 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	250 g	Covered dish with ¼ cup water.	6 to 8
Brussels Sprouts	500 g	Covered dish with ¼ 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 $\frac{1}{4}$ 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	250 g	Remove stem, cut leaves into small pieces. Cook with ¼ 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 ¼ 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 A

Serves: 4 Ingredients:

bunch spinach, roughly chopped green onions, finely chopped

1 clove garlic, crushed

2 tablespoons sour cream

salt and pepper

### Method:

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

# To Cook by Microwave:

Cook on High for 6 to 8 minutes.

# To Cook by Auto Menu:

Select 1 (Vegetables), select 200  ${\rm g}$  weight, then press Start.

### To Complete:

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

# BROCCOLI AND CHEESE SAUCE A

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

3/4 cup grated cheese 1/4 teaspoon mustard salt and pepper

### Method:

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

### To Cook by Microwave:

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

### To Cook by Auto Menu:

Select 1 (Vegetables), select 200  ${\rm g}$  weight, then press Start. Drain and set aside.

# To Complete:

Place butter in a 2-cup jug and cook on High for 30 seconds. Add flour and mix well. Cook on High for 20 to 30 seconds. Add milk gradually and stir well. Cook on High for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on Medium for a further 1 minute.

# SAVOURY BRUSSELS SPROUTS A

Serves: 4 Ingredients:

500 g Brussels sprouts

2 tablespoons butter

150 g bacon, finely chopped 1 onion, finely chopped 1 teaspoon chopped basil

1 teaspoon sugar

#### Method:

Wash and trim Brussels sprouts. Place in a covered 2-litre casserole dish.

### To Cook by Microwave:

Cook on Medium-High for 7 to 9 minutes. Drain.

### To Cook by Auto Menu:

Select 1 (Vegetables), select 400  ${\rm g}$  weight, then press Start. Drain.

#### To Complete:

Place remaining ingredients in a 2-litre casserole dish. Cook on High for 3 to 5 minutes. Add Brussels sprouts and cook on High 1 to 2 minutes. Serve.

# 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 High for 3 minutes. Stir and Cook on High for a further 3 minutes.

#### FRITTATA

Serves: 4

# Ingredients:

400 g (approx. 4) potatoes

thinly sliced

1 onion, peeled and sliced ½ red capsicum, finely sliced ½ green capsicum, finely sliced 1 medium sized tomato, chopped

2 tablespoons chopped basil

4 eggs

3 cup sour cream
salt and pepper

2 cup grated tasty cheese

### Method:

Place potatoes and onion into a 2-litre shallow dish and cook on High for 5 to 7 minutes. Prepare remaining vegetables. Beat together eggs and sour cream, season with salt and pepper. Stir in basil. Add all remaining vegetables to dish. Pour over egg mixture and cook on High for 4 to 5 minutes. Sprinkle with cheese and cook on Medium-High for a further 8 to 10 minutes. Allow to stand covered for 5 minutes before serving.

### STUFFED TOMATOES

Serves: 2 Ingredients:

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

4 green onions, finely sliced 1 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 High for 1 minute. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes into a 2-litre casserole dish and cook on High for 2 to 3 minutes.

#### Tip:

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

# TOMATO VEGETABLE CASSEROLE

Serves: 2 to 4 Ingredients:

sliced mushrooms 200 g egg plant, chopped 200 g zucchini sliced 1 capsicum, sliced onion sliced 1 410 g can tomatoes 1/2 cup tomato puree mixed herbs 1 teaspoon 1 teaspoon minced garlic

### Method:

In a 4-litre dish place mushrooms, eggplant, zucchini, capsicum and onion. Cover. Cook on High for 8 minutes. Add tomatoes, puree, mixed herbs and garlic. Cover. Cook on High for 8 minutes.

# **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 High for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on High for 12 to 14 minutes. Sprinkle with nuts.

### **ORIENTAL VEGETABLES**

Serves: 4 to 6 Ingredients:

1 tablespoon oil

1 cup sliced celery

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

#### Method:

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

# **CHEESE AND HAM FILLED POTATOES**

Serves: 4

Ingredients:

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

40 g butter

½ cup grated Cheddar cheese

### Method:

Place potatoes on a dinner plate. Cook on High for 10 to 12 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. Cook on High for 6 to 8 minutes.



Cheese and Ham Filled Potatoes

# **CHEESY MASHED POTATOES**

Serves: 4
Ingredients:

500 g potatoes, peeled and quartered

1/4 cup water
1/4 cup milk
1 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 High for 8 to 10 minutes. Drain. Mash potatoes with a potato masher. Add remaining ingredients except nutmeg. Mix well. Cook on High for 1 minute, sprinkle with nutmeg. Stir well before serving.

# **DUCHESS POTATOES G**

Serves: 4
Ingredients:

500 g potatoes, peeled and quartered

1/4 cup water

1 egg, lightly beaten

1/4 cup cream

salt and white pepper

#### Method:

Place potatoes and water in a 2-litre casserole dish. Cover and cook on High for 10 to 12 minutes. Drain well and mash. Add egg and cream, mix until smooth. Season to taste with salt and pepper. Grease the metal tray with melted butter. Place potato mixture into a piping bag and pipe mixture into approximately 5 cm circles on the baking tray. Place metal tray in oven and cook on Grill 1 for5 to 7 minutes.

#### SAUTE MUSHROOMS

Serves: 4 to 6 **Ingredients:** 

1 tablespoon butter 400 g mushrooms

1 clove garlic, crushed

salt and pepper

2 tablespoons chopped parsley

### Method:

Place Butter in a 2-litre dish and cook on High for 30 to 40 seconds. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on High for 3 to 4 minutes. Stir halfway through cooking.

# HONEY GLAZED CARROTS A

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 High for 6 to 8 minutes. Serve.

### To Cook by Auto Menu:

Prepare as above. Cover with a lid or plastic wrap. Select 1 (Vegetables), select 400 g weight, then press Start. Serve.

# POTATO CASSEROLE MC G

Serves: 4 to 6

Ingredients:

750 g sliced potatoes
1 cup sour cream
1/4 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 rack 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 High for 18 to 20 minutes. Stand covered for 5 to 10 minutes before serving.

# **TOMATO AND ONION**

Serves: 4

#### Ingredients:

600 g (approx. 3) tomatoes, thinly sliced 1 onion, thinly sliced

½ teaspoon basil

salt and pepper to taste

# Method:

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

# CABBAGE HAM AND ONION A

Serves: 6
Ingredients:

500 g cabbage, shredded

2 tablespoons water

1 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 High for 7 to 9 minutes. Drain and set aside.

# To Cook by Auto Menu:

Prepare cabbage as above. Select 1 (Vegetables), select  $600~{\rm g}$  weight, then press Start. Drain and set aside.

# To Complete:

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

# POTATO WEDGES G

Serves: 4 Ingredients:

500 g potatoes

oil, for brushing

#### Method:

Cut potatoes into wedges. Place in shallow dish. Cook on High for 5 minutes. Brush with oil. Place dish on metal tray. Cook on Grill 1 for 30 minutes.

# CORN ON THE COB A

Serves: 4 Ingredients:

4 cobs corn 2 tablespoons butter

salt and pepper

### Method:

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

### To Cook by Auto Menu:

Prepare as above. Cover securely. Select 1 (Vegetables), select 800  $\rm g$  weight, then press Start. Stand 5 minutes before serving.

# SAUSAGE & BEAN STUFFED CAPSICUMS

Serves: 4
Ingredients:

250 g thin Italian sausages 1 small onion, chopped

2 tablespoons tomato paste1 tablespoon chopped parsley

440 g red kidney beans, drained
½ cup cooked long grain rice
4 medium red capsicum
¼ cup tomato paste, extra
1 tablespoon grated Parmesan cheese

#### Method:

Place sausages onto a paper towel lined dinner plate. Cook on Medium-High for 2 minutes. Turn and cook for a further 2 minutes. Set aside. Place onion and tomato paste into a medium microwave-safe bowl. Cook uncovered on High for 2 minutes.Remove skins from sausages and cut sausages into 1 cm slices. Stir through onion mixture along with parsley, beans and rice.

Remove tops from capsicum. Take out the seeds and white membrane and discard.

Fill capsicum with stuffing mixture. Place into a shallow sided microwave-safe dish.

Blend together extra tomato paste with half a cup of water. Pour over and around capsicum.

Cook uncovered on High for 16 to 18 minutes.

Rotate halfway through cooking.

Sprinkle each capsicum with Parmesan and cook on High for a further 2 minutes.

**Tip:** Substitute any thin sausages. Freeze leftover rice then defrost on High for 2 minutes per cup.

# CORN ON THE COB A

Serves: 4

### Ingredients:

4 cobs corn 2 tablespoons butter

salt and pepper

#### Method:

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

# To Cook by Auto Menu:

Prepare as above. Cover securely. Select 1 (Vegetables), select 800 g weight, then press Start. Stand 5 minutes before serving.

### **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 High 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 High for 30 to 60 seconds. Serve hot.

# CAULIFIOWER AU GRATIN A G

Serves: 2 to 4 Ingredients:

500 g cauliflower,

trimmed and cut into pieces

2 tablespoons water 2 tablespoons butter

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 High for 7 to 9 minutes. Stand covered while making sauce.

# To Cook by Auto Menu:

Prepare cauliflower as above. Select 1 (Vegetables), select 400  ${\rm g}$  weight, then press Start. Stand covered while making sauce.

#### To Make Sauce:

Place butter and onion in a 4-cup glass jug. Cook on High for 2 to 3 minutes. Stir in flour and cook on High for 1 minute. Add milk gradually. Stir well. Cook on High 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 glass tray elevated on wire rack and cook on Grill 1 for 3 to 5 minutes.

# MINTED PEAS A

Serves: 4
Ingredients:

1 kg fresh peas, shelled

1 teaspoon water 1 teaspoon butter

1 tablespoon chopped mint salt and pepper

#### hadı

### Method:

Combine all ingredients in a 1 litre casserole dish. Cover and cook on High for 6 to 8 minutes. Stir and serve

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

# To Cook by Auto Menu:

Prepare as above. Cover with a lid or plastic wrap. Select 1 (Vegetables), select 400 g weight, then press Start. Stand covered for 2 to 3 minutes.

# **OYSTER SAUCE GREEN VEGETABLE**

Serves: 2 to 4

Ingredients:

250 g pak choy (remove older leaves,

leave 12-15 cm length)

A:

2 tablespoons oyster sauce
1 teaspoon soy sauce
2 g castor sugar
1 teaspoon sesame oil
4 tablespoons hot water
1 g corn starch

# Method:

Wash pak choy, cross leaves with stem, wrap securely with plastic wrap. Put the wrapped food into a microwave safe container, cook for  $2\frac{1}{2}$  minutes at High power with lid, take it out and rinse with cold water quickly, drain the pak choy and cut into 6-7cm stips, place it in a dish. Use another microwave safe container, put A into it, stir uniformly and fry for 1 minute at High power without lid. Take it out and pour over the cabbage mustard and serve.

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

Follow directions in chart on page 49 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 49 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 High. 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 \( \frac{1}{2} \) cup of quick cooking oats, pinch salt and \( \frac{2}{3} \) cups hot tap water in a breakfast bowl.



Cook on High 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 High UNCOVERED (in minutes)	STANDING TIME (in minutes)
RICE	2-litre dish	11/ cups	10 to 12	5
Quick Cook Brown (1 cup)	2-litte disti	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 High 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 A

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 3-litre dish. Cook on High for 10 minutes. Stir and cook on Medium for a further 8 minutes. Allow to stand for 5 to 10 minutes.

To Cook by Auto Menu:

Prepare as above. Select 3 (Rice), select 400 g weight, then press Start.

# **MACARONI AND CHEESE**

Serves: 4 to 6 Ingredients:

butter 60 g

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 High for 5 minutes. Add flour, mix well and cook on High for 1 minute. Blend in milk and cook on High for 4 to 5 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.

Cook on High for 6 to 8 minutes.

### SEASONED RICE A

Serves: 6 to 8 Ingredients:

1 onion chopped 1 cup long grain rice

1 teaspoon thyme 2½ cups chicken stock

1/4 cup slivered almonds, toasted

1/4 cup sultanas

#### Method:

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

### To Cook by Auto Menu:

Prepare as above. Select 3 (Rice), select 300  $\rm g$  weight, then press Start.

# **PAELLA**

Serves: 6 to 8 Ingredients:

500 g mussels in shell

½ cup water

1 green capsicum, sliced 1 red capsicum, sliced 2 onions, sliced 1 clove garlic, crushed

2 tablespoons butter

2 cups long grain rice

440 g can peeled tomatoes, roughly chopped

1½ cups hot chicken stock

pinch saffron powder cooked diced chicken

 $1\frac{1}{2}$  cups cooked diced chicken 200 g peeled green prawns

# Method:

Place mussels and water into a 3-litre dish, cover and cook on Medium-High for 4 to 5 minutes. Set aside. Place capsicums, onions, garlic and butter into a 4-litre dish and cook on High for 4 to 6 minutes. Add rice and stir well. Cook on High for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on High for 16 to 18 minutes. Stir in chicken, prawns and mussels and cook on Medium-High for 4 to 6 minutes. Stand for 5 minutes before serving.



Seasoned Rice

# **CHICKEN RISOTTO**

Serves: 4

Ingredients:

 $300\ \mathrm{g}$  fresh asparagus, chopped

2 tablespoons olive oil 1½ cups arborio rice

1 clove garlic, crushed 4 cups boiling chicken stock

2 cups coarsely chopped cooked chicken 1/4 cup grated fresh parmesan cheese

½ cup cream

ground black pepper

extra coarsely grated parmesan cheese

# Method:

Place asparagus into a 2-litre dish and cook on High for 1 minute. Set aside. Place oil, rice and garlic in a large microwave safe bowl. Cook covered on High for 1 minute. Add 2 cups of boiling chicken stock, cook on High for 5 minutes. Stir twice during cooking. Add remaining chicken stock and cook on High for another 5 minutes. Add remaining ingredients along with asparagus and stir into risotto. Cook covered on High for 3 minutes. Stand for 5 minutes. Serve topped with extra parmesan and black pepper.



Creamy Bacon Sauce

# **CREAMY BACON SAUCE**

Makes: 500 ml

1 onion, chopped

3 bacon rashers, chopped

1 teaspoon minced garlic

300 ml cream

1/4 cup grated parmesan cheese

pepper

2 tablespoons chopped fresh parsley

Method:

In a 2-litre jug, mix onion, bacon and garlic. Cook on High for 4 minutes. Add cream, cheese, pepper and parsley. Cook on High for 3 to 4 minutes Serve with fettuccine or your favourite pasta.

# CHICKPEA SALAD WITH CORIANDER DRESSING

Serves: 4 to 6 Ingredients:

1 cup dried chickpeas, water for soaking

3 cups boiling water

1 red capsicum, diced
1 lebanese cucumber, diced
250 g cherry tomatoes, quartered
1 Spanish onion, diced

### **Coriander Dressing:**

½ cup lemon juice 2 teaspoons sugar

½ cup chopped fresh coriander teaspoon chopped red chilli

### Method:

Cover chickpeas with water and soak overnight. Drain. Place chickpeas and boiling water into a 3-litre dish and cook on Medium-High for 25 to 30 minutes. Drain and allow to cool.

Combine remaining salad ingredients in a large bowl and mix well.

Dressing:

Combine all ingredients in a screw top jar, shake well. Pour over salad and toss well.

# **RED COCONUT DHAL**

Serves: 4 to 6

# Ingredients:

1 cup red lentils 1 teaspoon turmeric 400 ml coconut milk 250 ml water

1 teaspoon crushed red chilli 1 teaspoon crushed garlic lemon juice to taste

### Method:

Place all ingredients in a 2-litre casserole dish. Stir and cook on Medium for 18 to 20 minutes, stirring twice during cooking.

# CREAMY SUN-DRIED TOMATO PENNE A

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

⅓ 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 High for 14 to 16 minutes, or cook by Auto 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 Auto Menu:

Prepare as above. Select 4 (Dried Pasta), select 250 g, then press Start.

### Hummus

### Ingredients:

chick peas, water for soaking 1 cup

3 cups boiling water 2 tablespoons lemon juice 2 teaspoons turmeric

1/4 cup tahini (sesame paste)

1 tablespoon minced garlic olive oil 2 tablespoons

#### 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 Medium 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 cloves garlic, crushed ½ cup chopped fresh basil leaves ½ 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 High for 6 to 8 minutes. Mix together garlic, basil, nuts and cheese in a blender. Gradually pour in olive oil, pulsing constantly. Season and stir through drained noodles.

### PENNE PUTTANESCA

Serves: 6 Ingredients:

500 g Penne Pasta 2 litres boiling water 1 tablespoon olive oil

3 cloves garlic, crushed 1 teaspoon dried chilli flakes

1 kg (approx 5) tomatoes, roughly chopped kalamats olives, pitted 200 g anchovy fillets, drained and

chopped

1/₃ cup capers, drained and rinsed 1/₃ cup flat leaf parsley, chopped 2 tablespoons finely shredded basil leaves

#### Method:

Place pasta and boiling water into 4-litre dish. Stir and cook on High for 12 to 14 minutes or until tender. Drain and set aside. Place oil and garlic into a 2-litre dish and cook on High for 1 minute. Stir in chilli and tomatoes. Cover and cook and High for 5 minutes, stir halfway through cooking. Add remaining ingredients and cook on High for a further 10 minutes or until tomatoes break down and sauce has thickened. Stir sauce into pasta. Cover and cook on High for 2 to 3 minutes to heat through. Season and serve topped with extra basil leaves or parsley.



Pesto and Egg Noodle

### CARAMEL BANANA CAKE O

Makes: 1 × 20 cm ring cake

Ingredients:

125 g butter, softened
3/4 cup brown sugar
2 eggs, lightly beaten
1 cup mashed banana
11/2 cups self-raising flour
1 teaspoon bicarbonate of soda

3/4 cup sour cream

1 tablespoon milk

½ cup pecans, roughly chopped

Caramel Icing:

40 gbutter½ cupbrown sugar2 tablespoonssour cream

½ cup pecans, roughly chopped

1½ cups icing sugar

Method:

# To Cook by Oven:

Preheat oven to 180 °C. Cream butter and sugar until light and fluffy. Beat in eggs until combined. Stir in banana. Fold in sifted dry ingredients alternately with sour cream and milk. Stir in pecans. Pour into greased 20 cm ring pan. Place on metal tray and cook for 45 minutes or until cooked. When cool, spread with caramel icing.

### Caramel Icing:

Melt butter and brown sugar on High for 2 minutes. Stir until well combined. Do not boil. Add sour cream, stir in icing sugar. Spread over cooled cake. Decorate with pecans.

# QUICK MIX CHOCOLATE CAKE

Makes: 1 × 20 cm ring cake

Ingredients:

1 cup self-raising flour 1 cup caster sugar 2 tablespoons cocoa 3 tablespoons butter, softened

2 eggs ½ cup milk

Method:

Sift all dry ingredients into a bowl, add butter, eggs and milk. Beat with a wire whisk for 1 to 2 minutes. Grease a 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on Medium-High for 5 to 7 minutes. Stand covered for 5 minutes before turning out. Cool on a wire rack.

Tip: To soften butter cook on Medium for 10 to 15 seconds.

# VANILLA POPPY SEED CAKE O

Makes: 1 × 20 × 10 cm loaf pan

Ingredients:

125 g butter, softened 1 cup caster sugar 1 teaspoon vanilla essence

2 eggs
1½ cups plain flour
½ cup sour cream
¼ cup poppy seeds

Lemon Icing:

40 g butter
1½ cups icing sugar
1 tablespoon lemon juice

#### Method:

Preheat oven to 180 °C. Grease and paper line a 20 × 10 cm loaf pan. Cream butter, sugar and essence until light and fluffy. Beat in eggs, one at a time until combined. Stir in half the sifted flour and sour cream and then remaining flour, sour cream and poppy seeds. Spread mixture into prepared pan. Place on metal tray and cook for 50 to 60 minutes. Stand for 10 minutes before turning onto wire rack. Spread cold cake with icing.

### Lemon Icing:

Beat butter until light, stir in icing sugar and lemon juice.

# COCONUT AND APRICOT CAKE O

Makes: 1 × 20 cm round cake

Ingredients:

1 cup chopped dried apricots
1 cup apricot nectar
125 g butter, softened
% cup raw sugar
2 eggs, separated
1½ cups self-raising flour
1½ cups coconut

# Method:

#### To Cook by Oven:

Preheat oven to 170 °C. Place apricots and nectar in a small bowl. Cook on High for 3 to 5 minutes. Grease and line a deep 20 cm round pan. Cream butter and sugar until light and fluffy. Beat in egg yolks, one at a time until combined. Stir in coconut and half the sifted flour and apricot mixture. Stir in remaining flour and apricots. Beat egg whites until soft peaks form. Fold into mixture and spread into prepared pan. Place on metal tray and cook for 50 to 60 minutes. Allow to stand for 10 minutes before turning onto rack to cool.

# MOCHA CARROT CAKE O

Makes: 23 cm ring pan

Ingredients:

1 cup self-raising flour
½ teaspoon bicarbonate of soda

½ cupcaster sugar½ cupcrushed pineapple1 cupgrated carrot¾ cupchopped pecans60 gchocolate

2 eggs ⅓ 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 Medium-High for 1 to 1½ minutes, stir halfway through cooking.

Add chocolate, eggs, and oil to flour mixture and mix until well combined. Preheat oven to Oven 180 °C. Pour into prepared pan and cook for 40 minutes. Beat together all icing ingredients except pecan nuts. Spread icing over cooled cake andsprinkle 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 High 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.

# FRUITY SWISS ROLL O

Ingredients:

3 medium eggs (150 g)
60 g castor sugar (sifted)
% teaspoon vanilla extract
60 g plain flour (sifted)

20 g unsalted butter (melted) 250 g cream (whipped) 100 g mixed fruit (garnishing)

1 piece baking paper

#### Method:

Preheat oven to 170 °C. Mix the eggs and castor sugar until combined, add the vanilla extract. Sift the flour into this mix and mix until combined using a woden spoon, add melted butter and mix quickly. Cover the mold with baking paper and pour the mixture into a 26 cm x16 cm standardized cake mold, tap the cake tin on the benchtop to remove any air bubbles in the mix.

Place the mold onto the metal tray, and put the metal tray on the lower shelf and bake for 13-15 minutes after preheating.

Let the cake cool before removing the baking paper, spread some cream onto the cake and sprinkle with the mixed fruit, spare 2 cm clearance to roll the cake up, and then fix the joint well. Spread some of the cream on the top of the roll and sprinkle with some of the mixed fruit.

# **CHOCOLATE FUDGE**

Makes: 25 squares

Ingredients:

300 g dark chocolate pieces
400 g can condensed milk
1 cup chopped nuts
2 teaspoons vanilla essence

Method:

Grease and line a 20 cm square dish. In a 2-litre bowl, place chocolate pieces and condensed milk. Cook on High for 2 to 3 minutes. Stir. Mix in chopped nuts and vanilla. Pour into prepared dish. Chill until set and cut in squares.

### SOUR CREAM CHOCOLATE BARS

Makes: 18 pieces

Ingredients:

100 g butter, softened 2 cup (110 g) caster sugar

1 egg
150 g sour cream
1 teaspoon vanilla essence
1 cup (150 g) plain flour
1/4 cup cocoa

½ teaspoon bicarbonate of soda

Pinch salt

Chocolate Icing:

<sup>2</sup>/<sub>3</sub> cup (100 g) dark chocolate melts

50 butter

2 cups (340 g) icing sugar mixture, sifted

2 tablespoons milk

1 teaspoon vanilla essence

Method:

Grease a square (20 cm base) microwave-safe dish. Line the base with non-stick paper allowing the paper to extend up and over two sides of the dish. Place butter and sugar into a medium size bowl and beat with an electric mixer until pale and creamy. Beat in egg, sour cream and vanilla until mixed

thoroughly.

Sift together, flour, cocoa, bicarb soda and salt. Stir into creamed mixture with a large metal spoon until well mixed. Mixture will be firm.

Spread evenly into the prepared dish using the back of a spoon to smooth top of mixture.

Cook on Medium for 7 minutes or until centre is just cooked.

Spread with icing while still warm and allow to cool completely before slicing.

# **Chocolate Icing:**

Place chocolate and butter into a medium microwave-safe bowl. Cook on Medium for 1 minute and 30 seconds, stir halfway through cooking. Stir in remaining ingredients and beat with a wooden spoon until smooth.

### LEMON FRIANDS O

Makes: 8 Ingredients:

180 gunsalted butter250 gicing sugar80 gplain flour125 galmond meal2lemons, zested5egg whites1 tablespoonlemon juice1 teaspoonvanilla

# Method:

Lightly grease a 6-hole friand pan. Place the butter in a 2-litre dish and heat on Medium for 2 to 3 minutes. Set aside to cool. Preheat oven to 180 °C with metal tray in position.

Sift the icing sugar into a bowl and stir in the almond meal and lemon zest.

In a clean bowl whisk the egg whites until just frothy. Add the dry ingredients along with the butter, lemon juice and vanilla. Fold the mixture to combine. Fill the moulds ¾ full and bake at 180 °C for 15 to 20 minutes or until golden and a skewer when inserted comes out clean. Allow to cool for 5 minutes before turning out. Serve completely cooled, dusted with icing sugar.

# **BLUEBERRY MUFFINS** O

Makes: Approximately 12

Ingredients:

12 muffin cups 320 g self raising flour 130 g soft brown sugar 100 g blueberry

2 eggs 90 g melted butter 350 ml full cream milk

50 g roasted almond (chopped)

# Method:

Whisk eggs in a mixing bowl for 1 minutes, next add milk and butter and mix well. Leave aside. Sift flour in a mixing bowl, stir in sugar and make a well in the centre. Stir in milk mixture and leave aside for about ½ hour.

Add blueberry into batter. Preheat oven at 210 °C till hot. Scoop batter into muffin cup( $\frac{2}{3}$  cup), top with almond, bake at 210 °C for about 20-25 minute son lower shelf.

# LACE BISCUITS O

Makes: 18 to 20 biscuits

### Ingredients:

2 tablespoons liquid glucose brown sugar 1/4 cup 60 g butter, melted ⅓ cup plain flour

60 g almonds, finely chopped

#### Method:

Combine glucose and sugar in a 1-litre casserole dish. Cook on Medium for 2 to 3 minutes. Add melted butter to glucose mixture. Stir in flour and almonds. Mix well.

# To Cook by Oven:

Preheat oven to 180 °C. Place small teaspoonful of mixture 8 cm apart onto the greased metal tray. Place into shelf support and cook on 180 °C for 8 to 10 minutes. Stand for 1 minute before removing biscuits from tray, 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 O

Makes: 24 biscuits

### Ingredients:

125 g butter, melted golden syrup 2 tablespoons bicarbonate of soda 1 teaspoon

hot water 2 tablespoons rolled oats 1 cup 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 metal tray, allowing room for spreading. Cook on 160 °C for 12 to 14 minutes. Leave on the tray for a few minutes, then transfer to wire cake rack until biscuits are cool. Repeat with remaining mixture.

# CHOCOLATE CHIP COOKIES O

Makes: 30 large cookies

### Ingredients:

250 g butter 1 cup brown sugar 1 cup caster sugar 1 teaspoon vanilla essence

2 eaas

3 cups self-raising flour 250 g choc bits

#### Method:

### To Cook by Oven:

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 metal tray. Cook on 180 °C for 12 to 15 minutes or until golden brown.

# CINNAMON CRISPS O

Makes: Approximately 25

# Ingredients:

125 g butter 1 cup caster sugar 1 teaspoon vanilla essence 2

egg

21/2 cups self-raising flour 2 teaspoons cinnamon

### Method:

# To Cook by Oven:

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 metal tray. Cook on 180 °C for 12 to 15 minutes or until golden brown.

# LEMON POPPY SEED COOKIES O

Makes: Approximately 25

# Ingredients:

125 g butter caster sugar 1 cup 1 tablespoon lemon zest 1 tablespoon poppy seeds 1 tablespoon lemon juice 2 eggs

1½ cups self-raising flour

#### Method:

### To cook by Oven:

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 metal tray. Cook on 180 °C for 12 to 15 minutes or until golden in color.

# SPEEDY CHOCOLATE BIT SLICE O

Makes: 1 × 20 cm slice pan

### Ingredients:

90 g butter melted
125 g sweet biscuit crumbs
250 g packet chocolate bits
1 cup shredded coconut
1 cup chopped nuts

400 g sweetened condensed milk

### Method:

Preheat oven to 180 °C. Grease and paper line a 20 cm square pan. Pour butter into prepared pan. Sprinkle evenly with biscuits followed by chocolate bits, shredded coconut and nuts. Pour over condensed milk. Place on metal tray and cook for 30 to 35 minutes.

# PEANUT AND SULTANA SLICE O

Makes: 19 × 28 cm pan

# Ingredients:

185 gbutter½ cupcaster sugar½ cupsultanas

1 cup raw unsalted peanuts

1 cup coconut 1 cup plain flour

### Method:

Preheat oven to 180 °C. Grease and paper line a  $19 \times 28$  cm lamington pan. Melt butter on High for 1 to 2 minutes. Stir in sugar, sultanas, peanuts and coconut, then sifted flour. Press mixture into base of pan and cook on Oven 180 °C for 30 to 35 minutes.

# CHOCOLATE BROWNIES O

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 Medium-High power for 2 to 3 minutes, stirring once. Stir in sugar, vanilla, eggs, flour and nuts. Spread into prepared pan. Cook on metal tray for 25 to 30 minutes. Allow to cool, remove from pan and sprinkle with icing sugar. Cut into small squares.

# APRICOT HONEY SLICE

Makes: 20 squares

### Ingredients:

185 g butter 2 tablespoons honey

250 g ginger nut biscuits, crushed

½ cup chopped pecans

½ cup coconut

1 cup chopped dried apricots

#### Method:

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

### PACKET CAKE

Serves: 4 to 6

# Ingredients:

1 packet cake mix (360 g) ingredients as recommended by manufactures

#### Method:

Mix cake and other ingredients with a metal spoon. DO NOT OVER BEAT. Pour into 20 cm round dish that has been lightly greased and lined. Cook on Medium for 7 to 9 minutes. Stand and allow to cool before removing.

#### Variations:

1 tablespoon jam added to batter before cooking. Half the water suggested by manufacturer and add 1 cup sour cream to batter. Halve a cup chopped nuts, ¼ cup brown sugar and 1 teaspoon cinnamon. Mix and place on base of cake dish before adding batter to cake pan.

2 tablespoons honey and 30 g butter melted in glass jug, cook on High for 30 to 60 seconds. Pour over just baked butter cake. Sprinkle with cinnamon. Serve warm with cream or custard as a dessert or cold with cream as a tea cake.

A quarter of a cup toasted muesli mixed with 1 tablespoon marmalade placed in the base of the dish.

**Tip**: Packet cakes are best mixed by hand as the microwaves will do the aerating.

# CARAMEL COCONUT SLICE O

Makes: 19 × 28 cm pan

Ingredients:

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

Filling:

400 g sweetened condensed milk

2 tablespoons golden syrup 1/3 cup brown sugar 40 g butter

Topping:

2 eggs 

½ cup caster sugar 
2 cups coconut

#### Method:

Grease and paper line a 19 × 28 cm lamington pan. Melt butter in a bowl on High for 1 to 2 minutes. Sift flours into bowl, stir in coconut, sugar and butter. Press over base of prepared pan. Spread filling over base and sprinkle with topping. Preheat oven to 180 °C. Cook on Oven 180 °C for 30 to 35 minutes. To prepare filling, place all ingredients in a bowl and cook on Medium-High for 3 to 5 minutes, stirring twice 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

2 cups natural mu 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 High for 1 to 2 minutes. Add muesli, coconut and sultanas, mix well. Press into an 18 cm  $\times$  28 cm flat dish. Cook on High for 4 to 5 minutes. Mark into squares and cool in dish. When cool drizzle with melted chocolate.

# LEMON COCONUT MERINGUE SLICE O

Makes: 19 × 28 cm pan

Ingredients:

90 g butter ½ cup caster sugar 3/4 cup plain flour cornflour ⅓ cup 400 g condensed milk 2 eggs, separated grated lemon rind 2 teaspoons ½ cup lemon juice 1/4 cup caster sugar, extra ½ cup desiccated coconut ½ cup slivered almonds

#### Method:

Grease and paper line a 19 × 28 cm lamington pan. Cream together butter and sugar. Gradually add sifted flours and knead lightly until combined. Spread over base of prepared pan. Combine condensed milk, egg yolks, lemon rind and juice in a bowl, cook on Medium-High for 3 to 4 minutes, stirring twice. Spread over base. 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. Preheat oven to Oven 180 °C. Cook on Oven 180 °C for 35 to 40 minutes.

# HONEY ALMOND BROWNIES O

Makes: 6

### Ingredients:

125 g butter

200 g white chocolate

3/4 cup sugar 1/4 cup honey

2 teaspoons vanilla essence

2 eggs1 cup plain flour

3/4 cup blanched almonds

# Method:

Melt butter and chocolate in a bowl on Medium-High 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 Oven:

Preheat oven to 180  $^{\circ}$ C. Place on metal tray and cook on 180  $^{\circ}$ C for 35 to 40 minutes. Cool completely before removing from a pan.



Apple Jalousie

# APPLE JALOUSIE O

Makes: 2 slices Ingredients:

3 cooking apples,

peeled and sliced thinly

1/4 teaspoon cinnamon

pinch nutmeg

2 sheets ready rolled puff pastry

egg, lightly beaten caster sugar

#### Method:

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

Preheat oven to 210 °C. Cut sheets of pastry in half. Place 2 halves of pastry side by side on greased metal tray. 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 into shelf support and cook on 210 °C for 15 to 20 minutes.

# HONEY OATY SLICE O

Makes: 27 × 17 cm Swiss roll pan

Ingredients:

1 cup rolled oats
1 cup plain flour
3/4 cup coconut
3/4 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 High for 1 to 2 minutes, stir in bicarbonate of soda. Pour over dry ingredients, stir until well combined. Press into pan. Preheat oven to 180 °C. Cook on Oven 180 °C for 25 to 30 minutes, cool before cutting.

# CHOCOLATE PEANUT BUTTER CHEESECAKE O

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 1/4 cup sour cream

## Method:

Melt butter in a 1 litre casserole dish on High for 30 to 40 seconds. Add crushed biscuits and combine. Press biscuit mixture evenly over base and sides of a greased 20 cm spring form tin. Refrigerate until firm. Preheat oven to Oven 160 °C. Place filling ingredients into a mixing bowl, beat until mixture is combined. Pour mixture into chilled biscuit base. Place in oven, on metal tray, cook on Oven 180 °C for 80 to 90 minutes. Allow to cool and spread with topping.

# Topping:

Melt chocolate in a 2-cup jug on Medium-High for 1 to 2 minutes. Stir in sour cream. Spread over cheesecake.

# APRICOT CHEESECAKE O

Serves: 8 to 10 Ingredients:

250 g plain biscuits 90 g butter 1/4 cup apricot jam 250 g ricotta cheese

1 cup chopped dried apricots

2 eggs 1/2 cup caster sugar 300 ml cream 2 tablespoons flour

vanilla essence 1 teaspoon

#### Method:

Crush or process biscuits until fine. Melt butter in a bowl on Medium-High for 1 to 11/2 minutes. Combine with biscuit crumbs and press onto the base of a 25cm spring form tin. Warm jam in a small bowl on Medium-High for 30 seconds. Spread jam over biscuit base. Sprinkle with apricots Refrigerate while making filling.

### To Cook by Oven:

Preheat oven to 160 °C. Beat together the remaining ingredients until well combined and pour into the biscuit base. Place on metal tray and cook on 160 °C for 80 to 90 minutes. Refrigerate until cold before slicing.

If desired, decorate with whipped cream, drained canned apricot halves and roughly chopped pecans.

# **CHERRY KUECHEN**

Serves: 6 to 8 Ingredients:

1 pkt (340 g) buttercake mix toasted coconut ½ cup melted butter 125 g

1 egg

Filling:

425 g can pitted cherries, drained

Topping:

300 ml carton sour cream

2 tablespoons sugar ½ teaspoon cinnamon

## Method:

Combine dry cake mix, coconut, melted butter and egg. Press into 27 cm flan dish. Cook on High for 4 minutes. Arrange cherries over base. Combine sour cream, egg and sugar and pour over cherries. Sprinkle with cinnamon. Cook on Medium for 10 to 12 minutes. Allow to cool.

# CHOUX PUFFS O S

Makes: 12 Ingredients:

120 ml water 40 g butter pinch salt 80 g flour 2 eaas

#### Method:

Place water and butter into a medium bowl. Heat on High for 2 minutes or until butter is melted and water is boiling. Stir in sifted flour and cook on High for a further 1 minute until mixture forms a ball. Allow standing for 5 minutes. Preheat oven to 220 °C. Beat eggs lightly with a fork in a separate bowl. Add gradually to flour mixture, beating well between each addition to achieve a smooth paste. Spoon or pipe mixture into rounds onto the greased metal tray, leaving space between each puff.

Fill water tank. Place metal tray into the shelf support position. Close door and set time for 20 minutes. Press Start then press and hold the Steam & Micro Power button until 1 minute is displayed. This will steam the oven cavity and help improve volume of the puffs. Bake at 220 °C for 15 to 20 minutes until golden and well puffed. Allow cooling. Cut puffs in half and fill with sweetened cream or custard. Replace tops and dust with icing sugar.

# BAKED CUSTARD S

Serves: 4 Ingredients:

400 ml milk

3 eggs, lightly beaten

1/4 cup sugar

1 teaspoon vanilla essence pinch ground nutmeg

### Method:

Place milk into a 1-litre dish. Cook on High for 2 minutes. Add sugar and vanilla and whisk well to combine. Strain mixture into 4 × 200 ml custard cups. Fill water tank and place custard cups onto the base of the oven. Cook on Micro steam for 10 minutes. Rotate cups and refill water tank. Cook for a further 10 minutes on Micro steam or until just set. Allow to cool slightly before serving.

# INDIVIDUAL CHRISTMAS PUDDING S

Makes: 8 Ingredients:

100 g sultanas 150 g raisins 50 g craisins

100 gdales, chopped100 gdried figs, chopped50 gglace ginger, chopped

½ cup brandy 125 g butter

3/4 cup firmly packed brown sugar

2 eggs
½ teaspoon cinnamon
½ teaspoon mixed spice
½ teaspoon nutmeg
½ cup plain flour
½ cup pie apple

¾ cup fresh breadcrumbs1 tablespoon golden syrup1 tablespoon parisienne essence

#### Method:

Place all dried fruits and brandy into a 2-litre bowl. Mix and cook uncovered on Medium-Low for 10 minutes. Stir halfway through cooking. Cool. Beat butter and sugar in a large bowl with an electric mixer until light and fluffy. Add eggs, one at a time, beating between each addition. Stir in cooled fruits, then remaining ingredients. Grease 4 × 200 ml microwave-safe cups. Place half a cup of mixture into each cup, pushing mixture in firmly. Smooth over the top of puddings with the back of a spoon. Place cups onto base of microwave oven. Fill water tank and cook uncovered or Micro steam Low for 15 minutes. Refill water tank and cook for a further 10 minutes. Stand for 5 minutes before turning out. Repeat with remaining mixture. Serve with cream or custard.

# BUTTERSCOTCH PUDDING O

Serves: 4 to 6

Ingredients:

3/4 cup self-raising flour, sifted 400 g sweetened condensed milk

30 g butter

1 teaspoon vanilla essence

½ cup milk

1 cup brown sugar 1¼ cups boiling water

Method:

Place condensed milk into a 1-litre casserole dish and cook on Medium for 6 to 7 minutes, stirring twice during cooking. Stir in butter, vanilla essence and milk, stir until butter has melted. Cool slightly.

### To Cook by Oven:

Preheat oven to 200 °C. Add milk mixture to sifted flour, mix well. Pour mixture into a greased deep 20 cm cake pan. Sprinkle top with brown sugar and gently pour boiling water over mixture. Place on metal tray and cook on 200 °C for 30 to 40 minutes. Serve.

# BREAD AND BUTTER PUDDING MC

Serves: 4 to 6 Ingredients:

⅓ cup sultanas ¼ cup rum

70 g butter, softened 10 sliced fruit loaf

4 eggs 1⅓ cup brown sugar

#### Method:

Grease a 1.5-litre shallow microwave oven safe dish. Combine sultanas and rum in a small bowl. Heat on High for 1 minute. Set aside. Butter both sides of all bread slices. Remove the crusts and cut into triangles. Beat together eggs, milk, cream, add liquid from drained sultanas. Laver one third of the bread evenly over the base of the 1.5-litre microwave-safe dish. Sprinkle with half the sultanas and one third of the brown sugar. Repeat with another layer of bread, sultanas and brown sugar and top with the remaining bread. Pour about two thirds of the egg mixture over the bread and allow to stand for 20 minutes until the liquid is absorbed. Pour over the remaining egg mixture and sprinkle with brown sugar. Place on wire rack set on glass tray. Cook on Combination 3 power for 20 to 25 minutes. Allow to stand for 10 minutes before serving with cream or ice cream.

# CHIFFON CAKE O

Serves: 4 to 6

Ingredients:

100 g plain flour (sifted) % teaspoon baking powder (sifted)

4 egg white
3 egg yolk
100 ml coconut milk
20 g vegetable oil
120 g castor sugar
3/4 teaspoon cream of tartar
3/4 tablespoon pandan juice

a drop green colouring

### Method:

Beat egg white for 30 seconds. Next add cream of tartar and sugar, beat till stiff on high speed. Leave aside. Beat flour, baking powder, oil, coconut milk, pandan juice, colouring and egg yolk for about 1-2 minutes, till smooth. Slowly fold flour mixture into egg white. Pour batter into chiffon cake tin, bake in a preheated oven at 160 °C for about 1 hour on the lower shelf.

Note: Do not grease tin before baking.

### BANANA COCONUT CREAMED RICE

Serves: 4
Ingredients:

1 cup arborio rice 400 ml coconut milk 20 g unsalted butter

½ cup sugar

100 ml coconut milk, extra to serve

1 banana, to serve

½ cup shredded coconut, toasted

### Method:

Wash and drain rice. Place rice, 300 ml of coconut milk, 300 ml water, butter and sugar into a 2.5L deep microwave-safe bowl or jug, stir to combine. Microwave uncovered on High for 21 minutes, stirring every 7 minutes. Remove and stir well, stand for 5 minutes.

**Note**: Rice will absorb excess liquid on standing. Serve warm in individual bowls drizzled with extra coconut milk, banana slices and shredded coconut.

# BANANA PUDDINGS WITH BUTTERSCOTCH SAUCE S

Serves: 6
Ingredients:

100 g unsalted butter, softened

½ cup brown sugar

1 egg ½ cup milk

1½ cups self-raising flour ½ teaspoon ground nutmeg

1 large banana, mashed

Sauce:

100 g butter ½ cup brown sugar

200 g sweetened condensed milk

250 ml cream

Method:

Cream together butter and sugar until light. Mix in egg. Sift flour and nutmeg and stir into creamed mixture with milk. Thoroughly mix then stir through mashed banana.

Grease 6 × 200 ml capacity pudding cups. Divide mixture evenly between the pudding cups filling to approximately ¾ full. Smooth tops. Fill water tank and place cups onto base of the oven. Cook on Micro steam for 15 minutes. Refill water tank and cook for a further 10 minutes or until puddings are firm to touch. Allow to stand whilst making sauce.

#### Sauce:

Place all ingredients into a microwave-safe bowl. Cook on High for 2 minutes. Stir and cook on High for a further 2 to 3 minutes or until slightly thickened. Unmould puddings from cups and serve with butterscotch sauce.

# PECAN AND MAPLE SYRUP PUDDING S

Makes: 6 Ingredients:

100 g butter, softened ½ cup caster sugar

eggs eggs

½ teaspoon vanilla essence
1½ cups self-raising flour
100 g pecans, chopped
½ teaspoon ground cinnamon

Grated rind of

½ lemon ⅓ cup milk

½ cup maple syrup

### Method:

Cream together butter and sugar until light. Mix in eggs and vanilla. Sift flour and combine with three-quarters of the pecans, cinnamon and all the lemon rind. Fold into creamed mixture with milk until batter is smooth.

Grease 6 × 200 ml pudding cups. Divide remaining pecans evenly into the base of the cups. Pour approximately 1 tablespoon of maple syrup into the base of each pudding cup on top of the pecans. Three-quarter fill each cup with batter and smooth the top.

Fill water tank and place cups onto the base of the oven. Cook on Micro steam Low for 15 minutes. Refill water tank and cook for a further 10 to 15 minutes or until firm. Allow to stand for 5 minutes before turning out.

# TIRAMISU

Serves: 4 to 6

Ingredients:

1 tablespoon ground coffee beans

2 tablespoons rum

500 g pkt sponge finger biscuits

3 eggs, separated

2 tablespoons sugar

100 g dark chocolate 500 g mascarpone cheese

2 tablespoons cocoa

#### Method:

Prepare 2 cups of slightly sweetened espresso coffee using ground coffee beans. Combine coffee and rum into a wide bowl and quickly dip sponge biscuits into the mixture, making sure they are wet but not dripping. Set aside. Melt chocolate on Medium for 1 to 2 minutes. Allow to cool slightly. Beat together egg yolks and sugar and add the mascarpone cheese, stir until smooth. Beat the egg whites until they hold stiff peaks and fold into the cheese mixture. Arrange ½ of the sponge biscuits into the base of a dish, top with ½ the cheese mixture, repeat layers ending with biscuits. Cover and refrigerate for at least 5 hours. Dust liberally with cocoa before slicing to serve.

# BAKED ALASKA SURPRISE O

Serves: 4 to 6 Ingredients:

10 to 12 sponge finger biscuits

or

1 round sponge cake

punnet strawberries,

hulled and cut in half

1 tablespoon caster sugar
2 tablespoons fruit liqueur
1-litre vanilla ice cream
4 egg whites
3/4 cup caster sugar
caster sugar
vanilla ice cream
egg whites
caster sugar, extra

½ cup almonds, chopped (optional)

### Method:

1

Line the base of a 23 cm round flan 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 Oven:

Preheat oven to 220 °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 220 °C on metal tray for 5 to 8 minutes. Serve immediately.

# PAVLOVA O

Serves: 8 to 10 Ingredients:

4 egg whites

pinch of salt caster sugar

1¼ cups caster sug 2 teaspoons vinegar 2 tablespoons cornflour

Topping:

300 ml cream

1 punnet strawberries,

hulled and cut in half

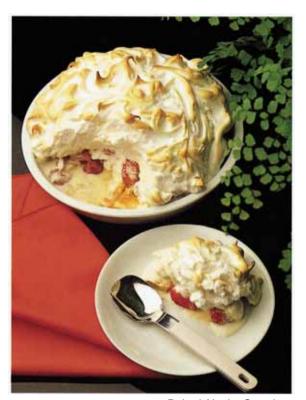
2 passionfruit

# Method:

Preheat oven to 140 °C. Grease and line the metal tray. 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 high on the metal tray. Place into shelf support and cook on 140 °C for 60 to 70 minutes. Allow to cool.

# Filling:

Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.



Baked Alaska Surprise

# CINNAMON POACHED PEARS A

Serves: 4

Ingredients:

½ cup water ¼ cup sugar

½ teaspoon ground cinnamon

pears, peeled and sliced

### Method:

Combine water and sugar in a 2-litre dish. Stir to dissolve sugar. Add the pears and select Auto menu 21 (Fruit Poached), select weight 500  $\rm g$  and then press Start.

# RHUBARB, APPLE & GINGER COMPOTE A

Serves: 4

Ingredients:

300 g rhubarb, trimmed cut to 3 cm

lengths

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 High for 6 minutes or until fruit is softened.

### To Cook by Auto Menu:

Select Auto Menu 21 (Fruit Poached), then select 500 g weight and then press Start.

# LEMON MERINGUE PIE O

Serves: 4 to 6 Ingredients:

Pastry:

1 cup plain flour
2 tablespoons caster sugar
75 g butter
1 egg yolk
2 teaspoons milk

Filling:

2½ tablespoons cornflour ½ cup caster sugar 150 ml water

juice and grated rind of 2 lemons

3 eggs, separated ⅓ cup caster sugar, extra

# Method: Pastry:

Stir flour and sugar together in a bowl. Rub in butter until mixture resembles fine breadcrumbs. Add egg yolk and milk and knead lightly. Wrap and chill for 10 to 15 minutes.

### Filling:

Place cornflour and sugar into a 1-litre casserole dish. Gradually add water, stirring. Add lemon rind. Cook on High for 2 to 3 minutes, until boiling. Add yolks and lemon juice and mix well. Cook on Medium-High for a further 2 to 3 minutes. Stir halfway through. Set aside.

Preheat oven to 180 °C. Roll out pastry to fit a 20 cm pie plate. Prick base. Cook on metal tray for 10 to 12 minutes. Beat egg whites until soft peaks form. Gradually beat in extra caster sugar, one tablespoonful at a time. Preheat oven to 180 °C. Place lemon filling into cooked pastry case and top with meringue. Cook on metal tray for 10 to 12 minutes until meringue is golden in colour.

#### Tip:

It is necessary to preheat oven again when placing lemon mixture and meringue into pie shell.

# PEACH CRUMBLE MC

Serves: 4 to 6 Ingredients:

70 g butter
½ cup flour
¼ cup sugar

1 cup toasted muesli ½ cup shredded coconut

½ teaspoon cinnamon

810 g can peaches, drained

#### Method:

Place butter in a 2-litre bowl. Cook on High for 40 to 60 seconds. Mix in flour, sugar, muesli, coconut and cinnamon. Place the peaches in a 2-litre shallow microwave-safe dish, top with crumble mixture. Place on wire rack and cook on Combination 3 for 20 minutes.

# APPLE PIE O

Serves: 6 to 8 Ingredients:

Pastry:

185 gbutter½ cupcaster sugar1 tablespoonlemon juice1egg1½ cupsplain flour1 cupself-raising flour

Filling:

800 g pie apples

½ cup caster sugar

1 teaspoon arrowroot

1 teaspoon cinnamon

#### Method:

Preheat oven to Oven on180 °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 ¾ 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 metal tray. Cook on 180 °C for 40 to 50 minutes.

# GRAPE FRUIT FLAVOUR CUP CAKE O

Serves: 6

Ingredients:

80 g unsalted butter (chopped)

50 g brown sugar

2 medium eggs (100 g) beaten

1 tablespoon lemon juice

a little grapefruit jam (for garnishing)

A:

100 g plain flour 2 g baking powder

# Method:

Beat the butter until it becomes white, add brown sugar gradually and mix them well, add beaten eggs gradually and stir. Gradually add sifted A and stir evenly using wooden spoon, add the lemon juice and mix. Cut the mixture into 6 equal parts and put them into a 6 cupcake tray.

Select "oven" to preheat at 180 °C. After preheating, put the cup cake on the oven and put the oven on the lower shelf to cook for about 17-18 minutes.

Garnish the finish with grapefruit jam.

# COFFEE LIQUEUR

Makes: 3 cups **Ingredients:** 

1½ cups hot tap water
2 cups sugar
⅓ cup instant coffee
2 cups vodka

3 teaspoons vanilla essence

### Method:

Pour water into a 4-litre casserole dish. Cook on High for 2 to 3 minutes. Add remaining ingredients except vodka and stir well. Cook on Medium for 30 to 35 minutes. Cool slightly and mix in vodka. Pour into an airtight container and stand for 4 days before serving. Serve in liqueur glasses.

# **LEMON LIME CORDIAL**

Makes: approximately 1.5-litre of undiluted cordisl

Ingredients:

10 large lemons

6 limes
4 cups sugar
2 cups water
2 teaspoons citric acid

# Method:

Squeeze juice from lemons and limes. Place in a 4-litre dish with the remaining ingredients. Cook on High for 8 to 10 minutes. Stir every 2 to 3 minutes during this cooking time to dissolve sugar. Cook on High for 25 to 30 minutes, or until the mixture has become a syrupy consistency. Set aside to cool. Pour into bottles and seal. Store in the refrigerator and serve with cold water, soda or mineral water and fresh mint leaves if desired.

# GINGER TEA

Serves: 2
Ingredients:

5 cm piece ginger
1 lemon, sliced
2 teabags
1 cup mint leaves
2 cups water

# Method:

Peel and slice ginger and place into a 2-cup jug with remaining ingredients. Heat on High for 3 to 4 minutes. Allow standing for 5 minutes to infuse. Strain and serve.

# **CARAMEL SAUCE**

Makes: 2 cups Ingredients:

400 g condensed milk 1/4 cup brown sugar 2 tablespoons golden syrup 300 ml cream

#### Method:

In a 2-litre jug mix all ingredients except cream. Cook on High for 3 minutes, stirring halfway through the cooking time and cook on Medium-Low for 3 minutes. Mix well and then stir in cream. Serve warm or cold.

# **CHOCOLATE MACADAMIA NUT SAUCE**

Makes: 1 cup Ingredients:

200 g dark chocolate

½ cup cream

½ cup macadamia nuts, chopped finely

Method:

Place chocolate and cream in a 2-cup pyrex jug, melt on High for 1 to 2 minutes. Mix well and stir in macadamia nuts. Serve hot over ice cream.

# **SWEET BERRY SAUCE**

Makes: approximately 3 cups

Ingredients:

½ cup caster sugar ½ cup water

500 g mixed berries

2 tablespoons water 1 tablespoon arrowroot

#### Method:

Combine sugar and water in a 1.5-litre bowl and cook on High for 3 to 5 minutes, stir once during cooking to dissolve sugar. Add berries and cook on High for 3 to 4 minutes. Blend water and arrowroot and add to berry mixture. Cook on High for 2 minutes. Serve hot or cold with ice cream.

### 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 High for 30 to 60 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 High for 40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on High for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on High for 30 to 60 seconds.

# **CHINESE SWEET & SOUR SAUCE**

Makes: 4 cups Ingredients:

1/2 cucumber ½ cup cornflour ½ cup brown sugar 1 cup chicken stock ½ cup drv sherry 2 tablespoons white vinegar 2 tablespoons sov sauce 2 tablespoons tomato paste

410 g pineapple pieces and juice ½ red capsicum, diagonally sliced 1 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 High for 10 to 12 minutes, stirring every 2 minutes. Serve with ham steaks, pork chops or chicken.

# HOLLANDAISE SAUCE

Makes: ¾ cup Ingredients:

60 g butter
2 tablespoons lemon juice
2 egg yolks
1/4 cup cream
1/2 teaspoon mustard
1/4 teaspoon salt

### Method:

Place butter in a 2-cup jug, cook on High for 40 seconds. Add lemon juice, egg yolks and cream, mix well. Cook on Medium for 60 to 90 seconds. Add mustard and salt, mix until smooth. Serve with eggs, vegetables or fish dishes.

### **BRANDY SAUCE**

Makes: 1½ cups

Ingredients:

2 tablespoons butter
2 tablespoons comflour
3 tablespoons sugar
2 tablespoons golden syrup

1 cup milk 1/4 cup brandy

### Method:

In a 1-litre pyrex jug melt butter on High for 20 to 30 seconds. Blend in comflour, sugar and golden syrup and cook on High for 50 to 60 seconds. Add milk gradually and cook on Medium 3 to 4 minutes. Stirring halfway through cooking. Stir in brandy. Serve hot with fruit or Christmas pudding.

### STRAWBERRY JAM

Makes: Approximately 600 ml

Ingredients:

1 kg strawberries, washed and hulled

1 kg caster sugar

pectin if required

#### Method:

Place strawberries in a 4-litre casserole dish. Cover and cook on High for 5 minutes. Stir in sugar and pectin if required. Cook on Medium-High for 25 to 30 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

### SWEET APRICOT JAM

Makes: 3 cups Ingredients:

750 g dried apricots, cut in quarters

 $\begin{array}{lll} 1800 \text{ ml} & \text{water} \\ 1.3 \text{ kg} & \text{sugar} \\ 2 \text{ tablespoons} & \text{pectin} \end{array}$ 

# 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 High for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on High for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

### RHUBARB AND BERRY JAM

Makes: 1½ cups Ingredients:

2 cups chopped rhubarb 1½ cups berries, fresh or frozen

2 tablespoons orange juice 1 cup caster sugar

### Method:

Combine rhubarb, berries and orange juice in a 3-litre casserole dish. Cook on High for 8 to 10 minutes, stirring twice during cooking. Add sugar, stir until dissolved, cook on High for a further 10 to 15 minutes, stirring every 5 minutes. Pour into sterilised jars, and seal.



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 High for 20 minutes. Strain. Add sugar to mixture with rind, mix well and cook on High for a further 30 minutes or until marmalade has set. Pour into clean sterilised jars.

**Tip:** To warm sugar - Place sugar in a 2-litre casserole dish and cook on High for 1 to 1½ minutes.

#### RHUBARB AND APPLE CONSERVE

Make: 2 cups **Ingredients:** 

350 g rhubarb, chopped

3 medium sized apples, grated

2 tablespoons water 1 cup caster sugar 2 tablespoons lemon juice

#### Method:

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

### **LEMON BUTTER**

Makes: 1 cup Ingredients:

½ cup lemon juice
1 tablespoon lemon rind
⅓ cup sugar
3 egg yolks
1 tablespoon butter
1 tablespoon cornflour

Method:

Blend all ingredients in a 4-cup glass jug. Cook on Medium for 3 to 4 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

### **PASSIONFRUIT 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 Medium-High 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 High for 6 minutes, stirring halfway through cooking. Add sugar, vinegar and spices, mix well. Cover and cook on High for 15 minutes. Pour into sterilised jars and seal.

# TOMATO CHUTNEY

Makes: 4 cups Ingredients:

250 g onion, finely chopped

1.5 kg ripe tomatoes, skins removed and

tomatoes chopped

1 teaspoon salt

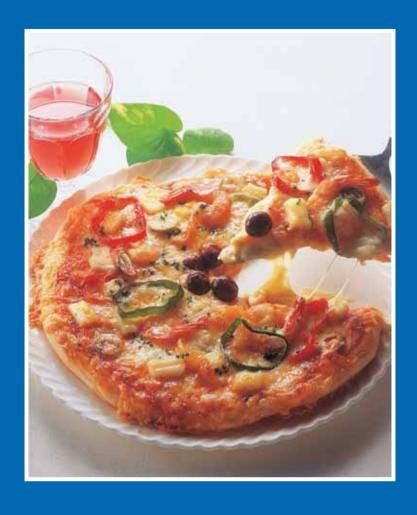
1 teaspoon paprika

pinch cayenne pepper

150 ml malt vinegar 175 g sugar

# Method:

Place onions in a 3-litre dish. Cover and cook on High for 4 to 5 minutes. Add tomatoes and cover and cook on High for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on High for 10 minutes, stirring halfway through cooking. Add sugar, stir well and cook on High for 35 to 40 minutes, stirring occasionally. Pour into sterilized jars and seal.



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