Operating Instruction and Cook Book
Microwave Oven
Household Use Only

Model Number: NN-ST641W

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.

The serial number of this product may be found on the left 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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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 door fits squarely and securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. 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:
1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g., fast food foil containers, touch the side of the oven.
5. 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.
7. Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer’s literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. 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.

Important Instructions

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:
1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars and sealed baby bottles with teat) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven if it is not working properly or if it has been damaged or dropped.
6. 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.
7. 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.

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 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)

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

(This statement applicable only to New Zealand.)

WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
b) It is 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.
c) If the supply cord of this appliance is damaged, it must be replaced by a qualified service technician with the special cord available only from the manufacturer.
d) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
e) Liquids or other foods must not be heated in sealed containers since they are liable to explode.
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.
Installation and General Instructions

General Use
1. 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.
2. 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.
4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike the Control Panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the 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.
9. Do not cook food directly on Glass Tray 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. 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
1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. Allow 15 cm of space on the top of the oven, 10 cm at the back, and 5 cm on both sides. If one side of the oven is placed flush to wall, the other side or top must not be blocked. Do not remove feet. Also allow sufficient space on back and both sides of the oven.
   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.
   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.
2. This oven was manufactured for household use only.
3. This oven is also designed for installation into a wall cabinet, use the proper trim kit available from a local Panasonic dealer. Follow all instructions packed with the kit.

Circuits
Your microwave oven should be operated on a separate 10 A circuit from other appliances. 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.

Food
1. 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.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell and whole hard-boiled eggs (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages, in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of hot liquid. To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) 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.
8. 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.
9. 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.
10. 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.

- 3 -
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.

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 “arching”. 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.
**Glass Tray**
1. Do not operate the oven without the Roller Ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute another Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on Glass Tray. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensil on Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal.
6. Glass Tray can rotate in either direction.

**Waveguide Cover**
Do not remove. It is not packaging material and must remain in place.

**Oven Air Vents**

**Oven Window with Vapor Barrier Film (do not remove)**

**Caution Label**

**Oven Air Vents**

**Control Panel**
- The control panels are covered with removable protective film to prevent scratches during shipping. Small bubbles may appear under this film. When this happens, remove film carefully. (Hint - apply masking or clear tape to an exposed corner and pull gently to remove.)

**Identification Plate**
The model number and serial number are displayed here.

**Roller Ring**
1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise and scratching of painted surface.
2. The Roller Ring must always be used together with the Glass Tray for cooking.

**Door Safety Lock System**

**Door Release Button**
Press to open the door. 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 Pad is pressed. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

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

**NOTE:**
The above illustration is for reference only.
Control Panel

When a 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 Pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.

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 Pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.
Let's Start To Use Your Oven!

1 Plug in
Plug into a properly earthed electrical outlet.

2 Open Door
Open the door and place container with food in a dish on Glass Tray in the oven. Then close the door.

3 Select Power Level
eg. Medium
Press Power Level Pad three times.
(see page 10 for Micro Power chart)

4 Set Time
eg. 12 minute 35 seconds
Press Time Pads

5 Press
Start
To Set Clock

You can use the oven without setting the clock.

1 Press \textit{Clock} once

Colon will blink in Display Window.

2 Enter Time of Day

Enter time of day using Time Pads e.g. 12:35
Clock is a 12 hour display. There isn’t a.m. or p.m. setting.

<table>
<thead>
<tr>
<th>once</th>
<th>10min</th>
<th>1min</th>
<th>twice</th>
</tr>
</thead>
<tbody>
<tr>
<td>three times</td>
<td>10sec</td>
<td>1sec</td>
<td>five times</td>
</tr>
</tbody>
</table>

Time appears in the Display Window, colon is blinking.
Verify time of day in the Display Window.

3 Press \textit{Clock}

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

NOTES:
1. Oven will not operate while colon is still blinking.
2. To reset time of day, repeat step 1 through 3.
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.

To set

Colon or time of day is displayed

\text{Press 3 times.}

Display Window

To cancel

Display Window

\text{Press 3 times.}

Colon or time of day is displayed

NOTE: To set or cancel child safety lock, \textit{Start} pad or \textit{Stop/Reset} pad must be pressed 3 times within 10 seconds.
To Cook/Reheat/Defrost by Micro Power and Time

1 Select Power Level

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

Note: When selecting High on the first stage, you can start from step 2.

2 Set Cooking Time

(High: up to 30 minutes, other powers: up to 99 minutes and 59 seconds for a single stage)

Press

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 14)

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

Press

<table>
<thead>
<tr>
<th>Press</th>
<th>POWER LEVEL</th>
<th>WATTAGE</th>
<th>EXAMPLE OF USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1x</td>
<td>High</td>
<td>1110 W</td>
<td>Boil water. Cook fresh fruit, vegetables, rice, pasta and noodles.</td>
</tr>
<tr>
<td>3x</td>
<td>Med</td>
<td>600 W</td>
<td>Cook cakes, desserts. Heat milk.</td>
</tr>
<tr>
<td>4x</td>
<td>Med-Low</td>
<td>400 W</td>
<td>Cook pot roasts, casseroles and meatloaves, melt chocolate. Cook eggs and cheeses. Cook fish.</td>
</tr>
<tr>
<td>5x</td>
<td>Def</td>
<td>300 W</td>
<td>Thaw foods.</td>
</tr>
<tr>
<td>6x</td>
<td>Low</td>
<td>100 W</td>
<td>Keep cooked foods warm, simmer slowly.</td>
</tr>
</tbody>
</table>

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.
To Defrost

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

1 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 ~ 3.0 kg). For best results, the minimum recommended weight is 0.2 kg.

2 Press
Defrost time appears in the Display Window and begins to count down.

NOTE:
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.
For further information, refer to next page.

To Defrost by Micro Power and Time Setting
This feature allows you to defrost meat, poultry and seafood by Deforst and time.

step 1 step 2 step 3

Press five times to select Defrost (Defrost power level, refer to page 10)
Set time according to chart on 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):

<table>
<thead>
<tr>
<th>FOOD</th>
<th>APPROX. TIME (minutes per 500 g)</th>
<th>INSTRUCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEAT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minced Beef</td>
<td>7 - 9</td>
<td>Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.</td>
</tr>
<tr>
<td>Roast: Topside</td>
<td>8 - 10</td>
<td>Turn meat over two to three times during defrosting.</td>
</tr>
<tr>
<td>Beef Tenderloin</td>
<td>8 - 10</td>
<td></td>
</tr>
<tr>
<td>Chuck or Rump</td>
<td>8 - 10</td>
<td>Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.</td>
</tr>
<tr>
<td>Sirloin, rolled</td>
<td>8 - 10</td>
<td></td>
</tr>
<tr>
<td>Steak</td>
<td>6 - 8</td>
<td>Large roasts may still be icy in centre. Let stand.</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>7 - 9</td>
<td></td>
</tr>
<tr>
<td><strong>Pork/Lamb</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roast</td>
<td>8 - 10</td>
<td>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.</td>
</tr>
<tr>
<td>Chops</td>
<td>6 - 8</td>
<td></td>
</tr>
<tr>
<td>Ribs</td>
<td>6 - 8</td>
<td>Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces.</td>
</tr>
<tr>
<td><strong>POULTRY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>whole</td>
<td>8 - 10</td>
<td>Rinse poultry under cold water to remove ice crystals. Let stand 5 to 10 minutes, before cooking.</td>
</tr>
<tr>
<td>pieces</td>
<td>7 - 9</td>
<td></td>
</tr>
<tr>
<td>fillets</td>
<td>7 - 9</td>
<td></td>
</tr>
<tr>
<td>Duck</td>
<td>7 - 9</td>
<td></td>
</tr>
<tr>
<td>Turkey</td>
<td>8 - 10</td>
<td></td>
</tr>
<tr>
<td><strong>FISH &amp; SHELLFISH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish Fillets</td>
<td>8 - 10</td>
<td>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.</td>
</tr>
<tr>
<td>Whole Fish</td>
<td>7 - 9</td>
<td>Let stand, 5 to 10 minutes, before cooking.</td>
</tr>
<tr>
<td>Crabmeat</td>
<td>6 - 8</td>
<td></td>
</tr>
<tr>
<td>Lobster Tails</td>
<td>6 - 8</td>
<td></td>
</tr>
<tr>
<td>Sea Scallops</td>
<td>6 - 8</td>
<td></td>
</tr>
<tr>
<td>Green Prawns</td>
<td>6 - 8</td>
<td></td>
</tr>
</tbody>
</table>
To Cook Using Auto Reheat / Auto Cook

Auto Reheat and Auto Cook allows you to cook foods without selecting times and power levels. Only set desired menu number and Serving/Weight, the oven will cook your food automatically.

To Cook Using Auto Reheat or Frozen Reheat

1. Press [Auto Reheat] or [Frozen Reheat]

   until the desired weight appears in the Display Window.

<table>
<thead>
<tr>
<th>No of taps</th>
<th>Display</th>
<th>RECOMMENDED FOOD WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>250 g</td>
<td>200 - 300 g</td>
</tr>
<tr>
<td>2</td>
<td>450 g</td>
<td>400 - 500 g</td>
</tr>
<tr>
<td>3</td>
<td>650 g</td>
<td>600 - 700 g</td>
</tr>
<tr>
<td>4</td>
<td>850 g</td>
<td>800 - 900 g</td>
</tr>
</tbody>
</table>

2. Press [Start]

   Reheating time appears in the Display Window and begins to count down.

To Cook Using Auto Cook

1. Select desired menu number

   Press the appropriate pad until the desired menu number appears in the display window. (see below chart)


   [2 Frozen Veg] press twice for frozen Veg

   Menu number appears in the display window.

2. Select desired Serving/Weight

   Press the Serving/Weight pad until the desired number of weight appears in the display window. (see below chart)

<table>
<thead>
<tr>
<th>Menu number</th>
<th>Category</th>
<th>Serving/Weight Pad</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1 tap 2 taps 3 taps 4 taps</td>
</tr>
<tr>
<td>1</td>
<td>Vegetables</td>
<td>120 g 180 g 250 g 370 g</td>
</tr>
<tr>
<td>2</td>
<td>Frozen Veg.</td>
<td>120 g 250 g 500 g 750 g</td>
</tr>
<tr>
<td>3</td>
<td>Potatoes</td>
<td>250 g 370 g 500 g 900 g</td>
</tr>
<tr>
<td>4</td>
<td>Legumes</td>
<td>1 cup 2 cups 3 cups 4 cups</td>
</tr>
<tr>
<td>5</td>
<td>Fresh Pasta</td>
<td>250 g 375 g 500 g 625 g</td>
</tr>
<tr>
<td>6</td>
<td>Dried Pasta</td>
<td>150 g 250 g 375 g 500 g</td>
</tr>
<tr>
<td>7</td>
<td>Noodles</td>
<td>200 g 350 g 500 g 800 g</td>
</tr>
<tr>
<td>8</td>
<td>Rice</td>
<td>1 cup 1.5 cups 2 cups 2.5 cups</td>
</tr>
<tr>
<td>9</td>
<td>Fish</td>
<td>120 g 250 g 370 g 500 g</td>
</tr>
<tr>
<td>10</td>
<td>Curries</td>
<td>250 g 500 g 750 g —</td>
</tr>
<tr>
<td>11</td>
<td>Chicken Pcs.</td>
<td>0.4 kg 0.6 kg 0.8 kg 1.0 kg</td>
</tr>
</tbody>
</table>

3. Press [Start]

   The time appears in the Display Window and begins to count down.

   Note:
   For information on individual categories refer to each chapter in the cookbook section.
3-Stages Setting

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

E.g.: Continually set [High] 2 minutes, [Med] 3 minutes and [Low] 2 minutes.

1. Press once to select “High”.
2. Set as 2 minutes using Time Pad.
3. Press 3 times to select “Med”.
4. Set as 3 minutes using Time Pad.
5. Press 6 times to select “Low”.
6. Set as 2 minutes using Time Pad.

7. Press once. The time will count down at the first stage in the display window.

NOTES:
1. When operating, two beeps will sound between each stage.
2. This feature is not available for Turbo Defrost, Auto Cook and Reheat function.

INGREDIENT CONVERSION CHART

<table>
<thead>
<tr>
<th>INGREDIENT CONVERSION CHART</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup</td>
</tr>
<tr>
<td>½ cup</td>
</tr>
<tr>
<td>⅓ cup</td>
</tr>
<tr>
<td>⅔ cup</td>
</tr>
<tr>
<td>½ cup</td>
</tr>
<tr>
<td>1 cup</td>
</tr>
<tr>
<td>1¼ cups</td>
</tr>
<tr>
<td>1½ cups</td>
</tr>
<tr>
<td>2 cups</td>
</tr>
<tr>
<td>3 cup</td>
</tr>
<tr>
<td>3½ cups</td>
</tr>
<tr>
<td>4 cups</td>
</tr>
<tr>
<td>6 cups</td>
</tr>
<tr>
<td>8 cups</td>
</tr>
</tbody>
</table>

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

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

To Use as a Kitchen Timer

Press once.  
Set desired amount of time.  
(up to 99 minutes and 59 seconds)  
Press Start.  
Time will count down without oven operating.

To Set Standing Time

Press once.  
Set the desired cooking programme.  
(see Page 10)  
Press Start.  
Cooking will start. After cooking, standing time will count down without oven operating.

To Set Delay Start

Press once.  
Set desired amount of delay time.  
(up to 99 minutes and 59 seconds)  
Press Start.  
Delayed time will count down without oven operating. Then cooking will 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.
Before Requesting Service

THESE THINGS ARE NORMAL

<table>
<thead>
<tr>
<th>PROBLEM</th>
<th>POSSIBLE CAUSE</th>
<th>REMEDY</th>
</tr>
</thead>
<tbody>
<tr>
<td>The oven causes interference with my TV.</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Steam accumulates on the oven door and warm air comes from the oven vents.</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>I accidentally ran my microwave oven without any food in it.</td>
<td>Running the oven empty for a short time will not damage the oven. However, we do not recommend this.</td>
<td></td>
</tr>
</tbody>
</table>

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

- PROBLEM -

Oven will not turn on.

PROBLEM: The oven is not plugged in securely.

POSSIBLE CAUSE: The oven is not plugged in securely.

REMEDY: Remove plug from outlet, wait 10 seconds and re-insert.

POSSIBLE CAUSE: Circuit breaker or fuse is tripped or blown.

REMEDY: Reset circuit breaker or replace fuse.

POSSIBLE CAUSE: There is a problem with the outlet.

REMEDY: Plug another appliance into the outlet to check if the outlet is working.

- PROBLEM -

Oven will not start cooking.

PROBLEM: Start Pad was not pressed after programming

POSSIBLE CAUSE: Start Pad was not pressed after programming

REMEDY: Press Start Pad.

POSSIBLE CAUSE: Another program has already been entered into the oven.

REMEDY: Press Stop/Reset Pad to cancel the previous program and program again.

POSSIBLE CAUSE: The program has not been entered correctly.

REMEDY: Program oven again according to the Operating Instructions.

POSSIBLE CAUSE: Stop/Reset Pad has been pressed accidentally.

REMEDY: Program oven again.

- PROBLEM -

When the oven is turning on, there is noise coming from Glass Tray.

PROBLEM: The roller ring and oven bottom are dirty.

POSSIBLE CAUSE: The roller ring and oven bottom are dirty.

REMEDY: Clean these parts according to care of your oven (See next page).

- PROBLEM -

The word “Child” appears in the Display Window.

PROBLEM: The Child Lock was activated by pressing Start Pad 3 times.

POSSIBLE CAUSE: The Child Lock was activated by pressing Start Pad 3 times.

REMEDY: Deactivate Lock by pressing Stop/Reset Pad 3 times.

- PROBLEM -

“H97”, “H98” or “H00” appears in the Display Window.

PROBLEM: The display indicates a problem with microwave generation system.

POSSIBLE CAUSE: The display indicates a problem with microwave generation system.

REMEDY: Contact the specified service centre.

If it seems there is a problem with the oven, contact an authorized Service Centre.
Care of your Microwave Oven

**Note:** The oven should be cleaned regularly and any food deposits removed. 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.

**BEFORE CLEANING:**
Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

**AFTER CLEANING:**
Be sure to replace the Roller Ring and Glass Tray in the proper position and press **Stop/Reset** Pad to clear the Display Window.

**Inside of the oven:**
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.

**Glass Tray:**
Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a nonabrasive nylon mesh scouring pad and a non-abrasive cleanser.

**Outside oven surfaces and back vents.**
Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.

**Control Panel:**
- May be covered with removable protective film to prevent scratches during shipping. Small bubbles may appear under this film. When this happens, remove film carefully. *(Hint - apply masking or clear tape to an exposed corner and pull gently to remove.)*
- If it becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel.

**Oven Door:**
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or of microwave leakage.

**Roller Ring and oven cavity floor:**
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

**Technical Specifications**

<table>
<thead>
<tr>
<th>Specification</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Supply</td>
<td>230 - 240 V, 50 Hz</td>
</tr>
<tr>
<td>Power Consumption*</td>
<td>4.4 A 1,000 W</td>
</tr>
<tr>
<td>Output*</td>
<td>1,100 W</td>
</tr>
<tr>
<td>Outside Dimensions (W x H x D)</td>
<td>525 mm (W) x 310 mm (H) x 388 mm (D)</td>
</tr>
<tr>
<td>Oven Cavity Dimensions (W x H x D)</td>
<td>355 mm (W) x 251 mm (H) x 365 mm (D)</td>
</tr>
<tr>
<td>Overall Cavity Volume</td>
<td>32 L</td>
</tr>
<tr>
<td>Glass Tray Diameter</td>
<td>Ø340 mm</td>
</tr>
<tr>
<td>Operating Frequency</td>
<td>2,450 MHz</td>
</tr>
<tr>
<td>Uncrated Weight</td>
<td>Approx. 11.5 kg</td>
</tr>
</tbody>
</table>

**Trim Kit**

<table>
<thead>
<tr>
<th>Specification</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model Number</td>
<td>NN-TK611SWQP</td>
</tr>
<tr>
<td>Outside Dimensions</td>
<td>596 mm (W) x 410 mm (H)</td>
</tr>
<tr>
<td>Cabinet Opening</td>
<td>562 mm (W) x 395 mm (H) x 480 mm (D)</td>
</tr>
</tbody>
</table>

*IEC Test Procedure
Specifications subject to change without notice.
As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.
Panasonic Warranty

Home Appliance 12 Month Warranty from Date of Purchase

1. Subject to the conditions of this warranty Panasonic or its Authorised Service Centre will perform necessary service on the product without charge for parts or labour, if in the opinion of Panasonic, the product is found to be faulty within the warranty period. For 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
   (b) Microwave Oven cook plates.
   (c) User replaceable Batteries
   (d) Kneader mounting shaft unit and from wear and tear in normal use
   (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,
   - Bend 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 / 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

<table>
<thead>
<tr>
<th>Feature</th>
<th>How to Operate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>To Set Clock</strong></td>
<td>Clock → 10min 1min</td>
</tr>
<tr>
<td><em>(page 9)</em></td>
<td>10sec 1sec → Clock</td>
</tr>
<tr>
<td>Once</td>
<td>Press once</td>
</tr>
<tr>
<td><strong>To Set/Cancel Child Safety Lock</strong></td>
<td>3 times. Display</td>
</tr>
<tr>
<td><em>(page 9)</em></td>
<td>To set: Child → Stop/Reset: Child</td>
</tr>
<tr>
<td><strong>To Cook/Reheat/Defrost by Micro Power and Time Setting</strong></td>
<td>3 times. Display</td>
</tr>
<tr>
<td><em>(page 10)</em></td>
<td>To set: Micro Power → 10min 1min</td>
</tr>
<tr>
<td><strong>To Cook/Reheat or Frozen Reheat Pads</strong></td>
<td>10sec 1sec → Start</td>
</tr>
<tr>
<td><em>(page 13)</em></td>
<td>Select power.</td>
</tr>
<tr>
<td><strong>To Cook using “Auto Cook” Pads</strong></td>
<td>Press until desired menu number appears, e.g.</td>
</tr>
<tr>
<td><em>(page 13)</em></td>
<td>1. Vegetables 2. Frozen Veg → Serving/Weight</td>
</tr>
<tr>
<td><strong>To Cook using “Auto Reheat” or “Frozen Reheat” Pads</strong></td>
<td>Press until desired</td>
</tr>
<tr>
<td><em>(page 13)</em></td>
<td>Serving/Weight → Start</td>
</tr>
<tr>
<td><strong>To Use Turbo Defrost Pad</strong></td>
<td>Enter weight.</td>
</tr>
<tr>
<td><em>(page 11)</em></td>
<td>Turbo Defrost 1.0kg 0.1kg → Start</td>
</tr>
<tr>
<td><strong>To Use as a Kitchen Timer</strong></td>
<td>Once: Set time.</td>
</tr>
<tr>
<td><em>(page 15)</em></td>
<td>Set time.</td>
</tr>
<tr>
<td><strong>To Set Standing Time</strong></td>
<td>Once: Set time.</td>
</tr>
<tr>
<td><em>(page 15)</em></td>
<td>Set the desired cooking programme. (see Page 10)</td>
</tr>
<tr>
<td><strong>To Set Delay Start</strong></td>
<td>Once: Set time.</td>
</tr>
<tr>
<td><em>(page 15)</em></td>
<td>Set the desired cooking programme. (see Page 10)</td>
</tr>
</tbody>
</table>
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 the 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.

### 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, nuts or potatoes. Rearrange pieces from the centre to the edge of the dish.

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

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

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

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 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 comflour 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.

Select recipes that convert easily to microwave cooking such as casseroles, 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.
1. 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.
6. Cook the gravy with the retained meat juices, stock and thickening.
7. 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, 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 vegetable cooking chart on page 40. Fresh and frozen vegetables can be mixed on a vegetable platter, but remember frozen vegetables 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 500g.
• Use the same Power Level recommended in the original recipe.
• Increase the cooking times by: 1⁄3 of original cooking time for 6 servings; and an extra 1⁄2 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 1⁄2 to 2⁄3 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. 6 minutes would be adjusted by 36 seconds. 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).
Converting Recipes from Other Sources

One of the most common uses for a microwave oven is to reheat food. Your Panasonic microwave allows you to either reheat by placing food into the oven and you choose the micro power level and length of heating time or you may reheat automatically by using the AUTO REHEAT Pad or FROZEN REHEAT Pad on your microwave. Following are some directions for reheating pre-cooked foods from either frozen refrigerator temperature or room temperature.

General rules for reheating foods by Micro Power

- Many convenience foods contain heating instructions on the packaging. It is best to follow these instructions, being sure to check the wattage of the oven they used and adjust the cooking time if necessary (decrease cooking time by 10% for every 100 watts more powerful your oven is).
- If package directions are not available, follow the recommendations in the charts on the following pages.
- All foods must be pre-cooked; raw foods will not cook through during reheating times and if consumed may cause illness.
- Do not reheat in foil containers, cans or plastic containers as incorrect heating times will result. Place foods into microwave safe bowls or onto dinner-plates before heating.
- Most foods can be heated on High but consider if the food is delicate in structure like baked custard or you have a large quantity, a lower power level for slightly longer may be gentler.
- Cover foods with plastic wrap if you require a steamed effect or leave uncovered for a drier surface, e.g. Crumbed foods.

Note: when cooking by Auto Cook all food must be covered.

- Stir or re-arrange foods during heating as this will help food heat evenly. Stir after heating and let stand for 2 to 3 minutes. Check temperatures before adding extra heating time and ensure food is hot. If food is not heated enough, consumption may cause illness.

Caution:
Pastry items which have a filling that is high in fat, sugar or moisture will become hotter in the centre and the pastry may only feel warm. Ensure you allow it to stand for several minutes before eating.

Reheating by Auto Cook

- Minimum weight 250 g / Maximum weight 850 g
- Foods weighting less than 250 g and more than 850 g should be heated by micro power and time.
- Auto Cook has 2 settings, one for heating frozen foods and one for heating foods from refrigerator or room temperature.
- Suitable foods include casseroles, plated dinners, soups, stews, pasta dishes (except lasagne) and canned foods.
- Do not reheat bread or pastry items, raw or uncooked foods or beverages.
- Cover foods loosely with plastic wrap or a lid, which does not snap seal.
- During the cooking time, the oven will 'beep' and prompt you to rearrange or stir. At the end of cooking time, stir the food, check it is hot and allow standing 2 to 3 minutes.

To Operate: Press

Auto Reheat or Frozen Reheat

Keep pressing to select weight, then Press Start.
### Reheating by Micro Power - Frozen Pre-cooked Foods

<table>
<thead>
<tr>
<th>FROZEN ITEM (Pre-cooked)</th>
<th>POWER</th>
<th>TIME (in minutes)</th>
<th>SPECIAL INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAD &amp; BAKED PRODUCT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread 1 slice</td>
<td>Med-High</td>
<td>10 - 15 sec</td>
<td>Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper. Place on paper towel to absorb moisture.</td>
</tr>
<tr>
<td>1 loaf</td>
<td>Med-High</td>
<td>1 - 3</td>
<td></td>
</tr>
<tr>
<td>6 rolls</td>
<td>Med-High</td>
<td>1 - 2</td>
<td></td>
</tr>
<tr>
<td>Cheesecake (450 g)</td>
<td>Defrost</td>
<td>5 - 7</td>
<td>Remove from container. Defrost on plate.</td>
</tr>
<tr>
<td>Muffins - 4 (400 g)</td>
<td>Med-High</td>
<td>1½ - 2</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>Scones - 6 (400 g)</td>
<td>Med-High</td>
<td>1½ - 2</td>
<td>Defrost on paper lined plate. Stand 2 minutes.</td>
</tr>
<tr>
<td>PIES</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit Pie (600 g)</td>
<td>Defrost then Med-High</td>
<td>5 - 7</td>
<td>Remove from foil container and place uncovered into a pie dish.</td>
</tr>
<tr>
<td>Meat Pie (175 g)</td>
<td>Med-High</td>
<td>4 - 5</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>Pizza (350 g)</td>
<td>High</td>
<td>5 - 7</td>
<td>Remove from package and place onto paper towel or follow manufacturer’s instructions.</td>
</tr>
<tr>
<td>FROZEN MEAL</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish in Sauce (200 g)</td>
<td>Med</td>
<td>5 - 7</td>
<td>Pierce corner of bag. Heat on a plate.</td>
</tr>
<tr>
<td>Frozen Casserole (500 g)</td>
<td>High</td>
<td>9 - 11</td>
<td>Pierce pouch. Heat on a plate or bowl.</td>
</tr>
<tr>
<td>Lasagne (500 g)</td>
<td>High</td>
<td>11 - 13</td>
<td>Remove from foil container, place into serving dish.</td>
</tr>
<tr>
<td>Plated style dinner (320 g)</td>
<td>Med</td>
<td>8 - 10</td>
<td>Remove foil cover and replace with plastic wrap.</td>
</tr>
<tr>
<td>MISCELLANEOUS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Pieces (500 g)</td>
<td>Med-High</td>
<td>8 - 10</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>Chicken Nuggets (12)</td>
<td>Med-High</td>
<td>3 - 4</td>
<td></td>
</tr>
<tr>
<td>Croissants - 4 (200 g)</td>
<td>Defrost then High</td>
<td>1 - 1½</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>Fish Fingers - 8 (200 g)</td>
<td>Defrost then High</td>
<td>2 - 4</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>Sausage Rolls (225 g)</td>
<td>Med</td>
<td>2 - 3</td>
<td>Place onto paper towel lined plate.</td>
</tr>
</tbody>
</table>
IMPORTANT POINTS TO CONSIDER WHEN REHEATING COLD FOODS

STARTING TEMPERATURE —
Foods taken from the refrigerator will take longer to reheat than foods from room temperature.

Quantity —
One serving heats faster than several servings. When heating large quantities, stir food to ensure even heating. It is quicker to heat individual plates of food than large quantities in a casserole dish.

Plated Dinners —
Arrange foods with the most dense items towards the outside of the plate. Cover meats with sauces/gravies if desired, spread out mashed potatoes or rice so it heats more evenly. When assembling plates of leftover foods, use foods which have a similar starting temperature.

Covering Foods —
Most foods need to be covered with one sheet of absorbent paper towel to hold in the heat and prevent splattering without steaming. When more moisture is desired, cover with plastic wrap.

Heating —
Reheating is usually done on High, however, if food has a more delicate texture, like a baked custard, a lower power setting should be used. Medium for a little longer will be gentler on the food. An average plate of food would generally take 1 to 3 minutes to heat depending on the density of the food. Place it in for the minimum time and add extra heating time if required. Ensure food is hot by feeling the bottom of the plate in the centre. If the plate is cool, food may be warm but will lose heat quickly as the plate will absorb the heat and taste cold when served. If food is not heated enough, consumption may cause illness.

Elevation —
Elevate pastries and breads on a small plastic rack with paper towel under the food to prevent it from becoming soggy.

Caution:
Pastry items which have a filling that is high in fat, sugar or moisture will become hotter in the centre and the pastry may only feel warm. Ensure you allow it to stand for several minutes before eating.

IMPORTANT POINTS TO CONSIDER WHEN REHEATING FOODS FROM THE FREEZER

VOLUME —
The greater the volume and the more dense the item, the longer it takes to reheat. E.g. frozen cake will take less time than frozen casserole.

LARGE VOLUME —
Large, dense, frozen precooked foods are best thawed on defrost until icy in the centre then heated on Medium-High. This prevents overcooking of the edges. Stirring is often needed to distribute heat evenly.

Commercial frozen foods —
These foods should be removed from their foil containers if possible and placed into suitable microwave safe containers. If a foil container is used in the microwave oven it shouldn’t be more than 4 cm high and must not touch the interior of the microwave oven. Remove the cover from the tray and replace with paper towel or plastic wrap to prevent splattering.

Foods to be served at room temperature —
For best results, defrost for a short time and allow to stand to complete thawing, e.g. frozen cake.

Vacuum sealed pouches —
Pierce pouches, bags before heating to allow steam to escape. This prevents bursting.

Containers —
Use dishes about the same volume of the food or slightly larger to allow for stirring. Remove or release snap seal lids otherwise they will pop during heating and may disfigure.

Pies and pastries —
Pies and pastries that contain raw pastry and filling cannot be cooked in the microwave oven. Precooked products can be thawed and heated. Place them on a sheet of paper towel and elevate on plastic rack for best results. For added crispness place under the grill or in a hot oven for few minutes. Pastry items can become tough and rubbery if overheated, remember to allow 5 minutes standing then test before adding extra heating time.
**PUMPKIN SOUP**

Serves: 4

Ingredients:
- 1 kg pumpkin diced
- 1 onion, diced
- 2 cups chicken stock
- 1 teaspoon curry powder
- pepper

Method:
Place pumpkin, onion and curry powder in a 2-litre casserole dish. Cover and cook on High for 12 minutes. Add chicken stock and pepper. Cook on High for 10 minutes. Cool slightly. Purée pumpkin and liquid in blender or food processor. Pour into individual serving dishes and garnish with chives.

**SHORT AND LONG SOUP**

Serves: 4

Ingredients:
- 200 g fresh singapore noodles
- 12 (200 g) frozen mini dim sims
- 4 green onions, sliced
- 1 litre chicken stock
- 1 teaspoon crushed garlic
- ½ teaspoon chopped fresh ginger
- 2 tablespoons soy sauce
- 1 chicken breast, cooked and sliced
- 4 baby bok choy, quartered
- 1 cup bean sprouts
- 2 tablespoons dried onion (optional)

Method:
Place all ingredients except bok choy and bean sprouts in a 4 litre casserole dish and cook on High for 10 minutes. Add bok choy and cook on High for 2 minutes. Serve in individual bowls topped with bean sprouts and onion.

**PEA AND HAM SOUP**

Serves: 6

Ingredients:
- 2½ cups green split peas
- 850 g smoked ham hock
- 1 medium onion, chopped
- 1 tablespoon fresh thyme leaves
- 1 bay leaf
- 6 cups chicken stock
- ½ cup frozen peas

Method:
Wash split peas and place in a 2-litre capacity 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 capacity 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 Med-High and cook for 15 minutes. Skim top of soup and cook on Med-High for a further 30 minutes. Remove ham bone and bay leaf and stir in frozen peas. Cook on Med-High for 10 minutes. Blend half the soup and return to the bowl, stirring through the remaining soup. Serve hot with crusty bread.

**CHICKEN AND PUDDING SOUP**

Serves: 4

Ingredients:
- 1 kg chicken, diced
- 2 cups chicken stock
- 1 medium onion, diced
- 1 cup rice
- 1 cup beef stock
- 4 cups milk

Method:
Place chicken, onion, rice, chicken stock, beef stock and milk into a casserole dish. Cover and cook on High for 10 minutes. Reduce power to Med-High and cook for 15 minutes. Stir and simmer for 5 to 10 minutes longer to thicken. Add additional milk if required. Serve piping hot.

**HINT:**
To cook 1 double chicken breast. Place onto a dinner plate. Cover and cook on Med-High for 8 to 10 minutes.

**POTATO AND LEEK SOUP**

Serves: 4 to 6

Ingredients:
- 1 kg potatoes, peeled and diced
- 2 medium thinly sliced leeks
- 1 tablespoon fresh thyme
- pepper
- 3 cups chicken stock
- 150 ml cream

Method:
Place potatoes, leeks, thyme and pepper in 4-litre casserole dish. Cover and cook on High for 8 minutes. Stir in chicken stock. Cover and cook on High for 14 to 16 minutes. Purée soup mixture. Stir in cream and serve hot or cold in individual bowls.

**To cook by Auto Cook:**
Place potatoes, leeks, thyme and pepper in a 4-litre dish. Cover potatoes, leeks, thyme and pepper in 4-litre dish. Cover and cook on High for 10 minutes. Stir in chicken stock. Cover and cook on High for 14 to 16 minutes. Purée soup mixture. Stir in cream and serve hot or cold in individual bowls.

**POTATOES**

Press Serving/Weight Pad to select 900g, then press start.
**CHICKEN AND PRAWN LAKSA**

Serves: 4

**Ingredients:**

**Soup:**
- 2 tablespoons laksa paste
- 400 ml coconut milk
- 1 litre chicken stock
- 1 tablespoon soy sauce
- fresh ground black pepper

**Laksa:**
- 250 g rice noodles
- 8 cups boiling water
- 1 bunch coriander, leaves chopped
- 4 small red chillies, seeds removed and finely chopped
- ½ cup bean sprouts
- 4 lime wedges
- 1 tablespoon peanut oil
- 400 g cooked chicken tenderloins, sliced
- 12 green king prawns, peeled

**Method:**

**Soup:**
Place the laksa paste, coconut milk, stock, soy sauce and pepper into a 3-litre dish and cook covered on High for 8 to 10 minutes.

**Laksa:**
Place the noodles and water in a 4 litre dish. Cover and cook on High for 2 to 3 minutes, stirring halfway through. Drain well and divide between 4 deep bowls. Place the coriander, chillies, bean sprouts and lime on top. Place the peanut oil and prawns in a 1-litre dish and cook on Med-High for 3 to 5 minutes, stirring halfway through. Add the chicken and prawns to each individual bowl and set aside.

**To serve:**
Heat soup on High for 2 minutes. Pour the hot soup over the ingredients in the 4 bowls and serve.

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**NUTS AND BOLTS**

Serves: 6 to 8

**Ingredients:**
- 80 g butter
- 2 teaspoons curry powder
- 2 tablespoons worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon garlic powder
- 100 g packet mixed rice crackers
- 100 g fried noodles
- 200 g salted peanuts
- 125 g packet pretzel sticks
- ½ cup Nutri-Grain

**Method:**
Place butter, curry, worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on High for 1 to 2 minutes. Add remaining ingredients, mix well and cook on High for 4 to 5 minutes. Stir twice through cooking. Allow to cool. Place in a bowl and serve with drinks. Store in an airtight container once cool.

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**NACHOS SUPREME**

Serves: 4 to 6

**Ingredients:**
- 500 g topside mince
- 35 g packet taco seasoning mix
- ½ cup tomato paste
- 1 teaspoon Mexican chilli powder
- 310 g red kidney beans, mashed in liquid
- 180 g packet corn chips
- 1 avocado
- ½ cup sour cream
- ½ cup grated cheese
- paprika

**Method:**
Place meat in a 2-litre dish. Cook on Med-High for 6 minutes, stirring halfway through. Mix with fork, breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on Med-High for 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 with paprika. Heat on Med-High for 3 to 4 minutes.

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**ZUCCHINI SLICE**

Serves: 4 to 6

**Ingredients:**
- 4 rashers bacon, diced
- 1 onion, diced
- 2 cups grated zucchini
- 2 cups grated carrot
- 1 cup grated tasty cheese
- 1 cup self raising flour
- 5 eggs, lightly beaten
- 125 ml vegetable oil
- 1 tablespoon fresh chopped parsley
- salt and pepper

**Method:**
Lightly grease a 25 cm square microwave safe dish. Place bacon and onion in a 2-litre casserole dish and cook on 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 parsley. Add to bacon mixture season with salt and pepper and stir until combined. Pour into prepared dish. Cook on Med-High for 22 to 24 minutes.
Directions for Cooking Fish and Shellfish by Micro Power

Clean fish before starting the recipe. Arrange fish in a single layer, overlap thin fillet ends to prevent overcooking. Prawns and scallops should be placed in a single layer.

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, fish fillets or scallops.

<table>
<thead>
<tr>
<th>FISH OR SHELLFISH</th>
<th>AMOUNT</th>
<th>POWER</th>
<th>APPROX. COOKING TIME (in minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Fillets</td>
<td>500 g</td>
<td>Med</td>
<td>8 to 10</td>
</tr>
<tr>
<td>Scallops (sea)</td>
<td>500 g</td>
<td>Med</td>
<td>6 to 8</td>
</tr>
<tr>
<td>Green Prawns medium size (shelled and cleaned)</td>
<td>500 g</td>
<td>Med</td>
<td>7 to 9</td>
</tr>
<tr>
<td>Whole Fish (stuffed or unstuffed)</td>
<td>500 g to 600 g</td>
<td>Med</td>
<td>7 to 10</td>
</tr>
</tbody>
</table>

DIRECTIONS FOR COOKING FISH BY AUTO COOK

- Minimum weight 120 g / Maximum weight 500 g
- Suitable for cooking whole fish and fish fillets.
- Select fish suitable for microwave cooking and place in a single layer in a shallow dish, with skin-side down.
- Add butter, spices, herbs, or lemon juice to flavour.
- Overlap thin edges of fillets to prevent overcooking.
- Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking.
- During the cooking time, the oven will ‘beep’ and prompt you to turn over/rearrange.
- Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

To Operate:
Select Fish, press Serving/Weight Pad to select weight required, then press Start.

LEMON PEPPER FISH

Serves: 2

Ingredients:
- 350 g fish fillets
- ¼ cup lemon juice
- 1 teaspoon cracked black pepper

Method:
Place fish, lemon juice and cracked black pepper in 1-litre casserole dish. Cook on Med for 4 to 6 minutes. Let stand for 3 minutes before serving.

To cook by Auto Cook:
Prepare as above. Cover with plastic wrap. Select Fish, press to Serving/Weight Pad select 370 g, then Start.

LEMON PEPPER FISH

Serves: 2

Ingredients:
- 350 g fish fillets
- ¼ cup lemon juice
- 1 teaspoon cracked black pepper

Method:
Place fish, lemon juice and cracked black pepper in 1-litre casserole dish. Cook on Med for 4 to 6 minutes. Let stand for 3 minutes before serving.

To cook by Auto Cook:
Prepare as above. Cover with plastic wrap. Select Fish, press to Serving/Weight Pad select 370 g, then Start.

GARLIC & CHILLI PRAWNS

Serves: 4

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

Method:
Peel and de-vein prawns leaving tails in tact, set aside. Place onion, butter, garlic and chilli into a 3Litre microwave safe dish. Cook on High for 4 minutes, stir halfway through cooking. Add prawns and mix to combine. Cook on Med-High for 3 minutes. Stir in capsicum and snow peas, cover and cook on Med-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.
SPICED WHOLE BREAM
Serves: 2
Ingredients:
- 2 x 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
- 2 green onions, sliced

Method:
Clean and scale fish, 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. Cook on Medium-Low for 12 to 15 minutes.

SALMON STEAKS WITH LIME BUTTER
Serves: 4
Ingredients:
- 30 g butter
- 1 clove garlic, crushed
- 1 teaspoon grated fresh ginger
- 1 teaspoon grated lime rind
- 2 tablespoons lime juice
- ½ teaspoon sugar
- 500 g salmon, steaks

Method:
Place butter, garlic, ginger, lime rind, juice and sugar in a shallow dish. Cook on Med-High for 1 to 2 minutes. Stir halfway through cooking. Add salmon steaks and coat with sauce. Cover and cook on Med for 5 to 7 minutes. Stand for 2 to 3 minutes before serving.

To cook by Auto Cook:
Prepare as above. Cover with plastic wrap. Select Fish, press Serving/Weight Pad to select 500g, then press start.

SALMON MORNAY
Serves: 4
Ingredients:
- 40 g butter
- 1 onion, diced
- ¼ cup flour
- 1 tablespoon chopped fresh parsley
- ½ teaspoon prepared mustard
- 1½ cups milk
- 440 g can salmon and liquid
- ½ cup fresh bread crumbs
- ½ cup grated cheese

Method:
Place butter and onion in a 4-cup jug. Cook on High for 1 minute. 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 through salmon and liquid into sauce. Pour into serving dish and top with bread crumbs and cheese. Cook for further 4 to 5 minutes on High power.

OYSTER SOUP
Serves: 4 to 6
Ingredients:
- 30 g butter
- 2 tablespoons flour
- 2 cups chicken stock
- 1⁄2 cup cream
- 20 bottled oysters, drained
- salt and white pepper
- snipped chives to garnish

Method:
Place butter in 2-litre casserole dish and cook on High for 1 minute. Add flour, stir well and cook on High for 30 seconds. Gradually add stock, stirring continuously. Cook on High for 5 to 7 minutes, stirring halfway through cooking. Add cream, oysters, salt and pepper. Cook on Medium-High for 1 to 2 minutes. Spoon into individual dishes and garnish with chives.

GARLIC PRAWNS
Serves: 2
Ingredients:
- 60 g butter
- 2 clove garlic, crushed
- 1 tablespoon lemon juice
- 1 tablespoon chopped parsley
- 500 g peeled green prawns

Method:
Place butter and garlic in a 1-litre dish and cook on High for 30 to 50 seconds. Add lemon juice, parsley and prawns. Cook on Med-High for 5 to 7 minutes, stirring halfway through cooking. Serve in individual ramekins.

SEAFOOD MARINARA
Serves: 4
Ingredients:
- 750 g Marinara mix
- 2 tablespoons butter
- 1 clove garlic, crushed
- 2 tomatoes, peeled and chopped
- 1 tablespoon tomato paste
- ¼ cup white wine
- ¼ cup fresh basil leaves, chopped
- pepper

Method:
Place marinara mix into a 2-litre casserole dish. Set aside. Place butter and garlic in 1-litre casserole dish. Cook on Med-High for 1 minute. Add remaining ingredients (except seafood), to dish and cook on High for 5 minutes. Purée tomato mixture in blender or food processor and pour over seafood. Cook on Med-High for 7 to 9 minutes, stir halfway through cooking. Stand for 5 minutes. Serve with salad and pasta.
Cooking Whole Poultry by Micro Power

Season as desired, but salt after cooking. Browning sauce mixed with equal parts of butter will enhance the appearance. Poultry must be unstuffed. Tie legs together with cotton string. Place on a 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 equalize 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 juices for making gravy. Less-tender birds should be cooked in liquid such as soup or broth. Use $\frac{3}{4}$ cup per 500g of poultry. Use an oven cooking bag or a covered casserole. Select a covered casserole deep enough so that bird does not touch the lid. 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 on top of bag.

Cooking Poultry Pieces by Micro Power

Cover with wax paper or paper towel. Use the chart below to determine recommended minimum cooking times. Arrange pieces skin-side down and evenly spread in a shallow dish. Turn or rearrange halfway through cooking. Shield wing tips, drumstick ends etc., if required.

Multiply the weight of the poultry by the minimum recommended minutes per 500 g. See chart below. Programme Micro Power and Time. After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometer inserted into the 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 after standing time. During cooking, it may be necessary to shield legs, wings and the breast bone with foil to prevent overcooking. Wooden toothpicks can be used to hold foil in place.

Cooking Poultry by Micro Power

<table>
<thead>
<tr>
<th>POULTRY</th>
<th>POWER</th>
<th>TEMPERATURE AFTER COOKING</th>
<th>APPROX. COOKING TIME (minutes per 500 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickens</td>
<td>Med-High</td>
<td>87°C</td>
<td>10 to 15</td>
</tr>
<tr>
<td>Chicken (pieces)</td>
<td>Med-High</td>
<td>87°C</td>
<td>8 to 10</td>
</tr>
<tr>
<td>Turkey</td>
<td>Med-High</td>
<td>87°C</td>
<td>12 to 17</td>
</tr>
<tr>
<td>Duck</td>
<td>Med-High</td>
<td>87°C</td>
<td>10 to 15</td>
</tr>
</tbody>
</table>
COOKING CHICKEN PIECES BY AUTO COOK

• Minimum weight 400g / Maximum weight 1.0kg
• Suitable for cooking chicken pieces such as wings, drumsticks, thighs, half breasts etc.
• Chicken pieces should be thawed completely before cooking.
• Marinate chicken pieces prior to cooking, for added flavour and colour.
• Arrange chicken pieces in a single layer in a dish with the thickest portions at the edge of the dish.
• Halfway through the cooking time, the oven will ‘beep’ and prompt you to turn over and rearrange the chicken pieces.
• At the end of cooking, stand covered, for 5 to 10 minutes before serving.

To Operate:
Select Chicken Pcs., press Serving/Weight Pad to select weight required, then press Start.

COOKING EGGS BY MICRO POWER

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

Poached Eggs: The membrane on egg yolks must be pierced before cooking, otherwise steam will build up and cause yolk to pop.

Scrambled Eggs: Slightly undercook scrambled eggs as they will finish cooking during standing.

SCRAMBLED EGGS

Serves: 2
Ingredients:
2 x 60 g eggs
2 tablespoons milk
pinch of salt

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

POACHED EGGS

Serves: 2
Ingredients:
2 x 60 g eggs
½ cup hot tap water
dash of vinegar
pinch of salt

Method:
Place one quarter of cup of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls. Heat water on High for 30 - 60 seconds. Break egg into the water and with toothpick pierce the egg yolk twice and egg white several times. Cover dishes with plastic wrap and cook on Med-High for 1 to 1½ minutes. Stand, covered, for 1 minute before serving.

Note: The size of the eggs will alter cooking time.

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
1 teaspoon ground cardamom
1 teaspoon turmeric
1 teaspoon ground cumin
½ teaspoon ground cinnamon
¼ cup tomato paste
1 kg chicken thigh fillets
1 small eggplant, diced
⅓ 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.
**GREEN PEPPERCORN CHICKEN**

Serves: 4

**Ingredients:**
- 500 g sliced chicken breast fillets
- 2 tablespoons green peppercorns
- 1 tablespoon seeded mustard
- 1 teaspoon chicken stock powder
- 2 tablespoons lemon juice
- ½ cup cream

**Method:**
Place chicken in a 3-litre casserole dish. Cook on Med-High for 8 to 10 minutes stirring halfway through cooking. Mix together peppercorns, mustard, stock powder, lemon juice and cream. Pour over chicken, stir. Cook on High for 2 to 3 minutes.

**ROAST CHICKEN**

Serves: 4 to 6

**Ingredients:**
- 1.5 kg chicken
- 2 tablespoons melted butter
- seasonings of your choice
- lemon, pepper, seasoned salt, etc.

**Method:**
Clean and pat dry chicken with paper towel. Brush chicken with melted butter and sprinkle with seasoning. Place chicken, breast-side down, on rack in 3-litre dish. Cook on Med-High for 30 to 35 minutes. Turn halfway through cooking.

**BACON AND EGG IN A CUP**

Serves: 1

**Ingredients:**
- 2 slices bacon
- 1 x 60 g egg
- 1 tablespoon grated cheddar cheese

**Method:**
Place bacon on a dinner plate between 2 sheets of paper towel cook on 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.

**BACON AND EGG IN A CUP**

Serves: 1

**Ingredients:**
- 2 slices bacon
- 1 x 60 g egg
- 1 tablespoon grated cheddar cheese

**Method:**
Place bacon on a dinner plate between 2 sheets of paper towel cook on 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.

**CHICKEN CACCIAIORE**

Serves: 4

**Ingredients:**
- 400 g can diced tomatoes
- ½ cup tomato paste
- 1 teaspoon minced garlic
- 1 onion, diced
- 2 teaspoons dried oregano
- 1 kg chicken drumsticks
- ⅓ cup red capsicum, sliced

**Method:**
Place all ingredients in a 2-litre casserole dish. Stir until combined. Cover and cook on Med-High for 10 to 12 minutes. Turn chicken and stir. Cook on Med-High for 10 to 12 minutes.

**HINT:**
After cooking whole poultry, cover with foil to retain heat while finishing the remainder of the meal.

**THAI CHICKEN WINGS**

Serves: 3 to 4

**Ingredients:**
- 1 kg chicken wings
- 2 tablespoons soy sauce
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 1 teaspoon crushed garlic
- 1 teaspoon crushed ginger
- 1 teaspoon crushed chilli

**Method:**
Place wings into a shallow dish. Combine remaining ingredients and pour over wings. Marinate for at least 2 hours in the refrigerator. Cook on Med-High for 15 to 20 minutes, rearranging halfway through cooking.

**To cook by Auto Cook:**
Prepare as above. Select Chicken Pcs., press Serving/Weight Pad to select 1.0 kg, then press Start.
APRICOT NECTAR CHICKEN

Serves: 4

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

Method:
Place all ingredients except chicken legs into a 3-litre dish. Mix well to combine. Add chicken legs and stir to coat with sauce. Cook on Med-High for 20 to 25 minutes, stirring halfway through cooking.

CHICKEN SAN CHOY BAU

Serves: 4 to 6

Ingredients:
- 10 dried shiitake mushrooms
- 1 clove garlic, chopped
- 500g minced chicken
- 10 water chestnuts, finely chopped
- 227g can bamboo shoots, chopped
- ½ cup soy sauce
- 1 tablespoon oyster sauce
- 2 tablespoons dry sherry
- ½ cup ground black pepper
- 1 small 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 40 to 50 seconds. Add chicken and cook on Med-High for 5 to 6 minutes. Add remaining ingredients except lettuce and cook on Med-High for 5 to 6 minutes. Separate lettuce leaves. place tablespoons of mixture into each lettuce leaf. Serve immediately.

CHICKEN ROLLS WITH HONEY MUSTARD

Serves: 4 to 6

Ingredients:
- 8 chicken thigh fillets
- 16 prunes, pitted
- 8 green onions, sliced
- 4 rashers rindless bacon, halved lengthwise

Honey Mustard Glaze
- 1 tablespoon brown sugar
- 1 tablespoon French Mustard
- 1 tablespoon honey
- 10 g butter, melted

Method:
Open out each thigh fillet and trim away fat. Place 2 prunes, some spring 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 Med-High for 16 to 20 minutes, turning halfway through cooking.

CHICKEN AND ASPARAGUS RISOTTO

Serves: 4

Ingredients:
- 300 g fresh asparagus, chopped
- 2 tablespoons olive oil
- ½ cup arborio rice
- 1 clove garlic, crushed
- 4 cups boiling chicken stock
- 2 cups coarsely chopped cooked chicken
- ¼ cup grated fresh parmesan cheese
- ¼ cup cream

Method:
Place asparagus into 2-litre dish and cook on High for 1 minute. Set aside. Place oil, rice and garlic in a large microwave safe bowl. Cook 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 2 minutes. Stand for 5 minutes. Serve topped with extra parmesan and black pepper.

HONEY SESAME DRUMSTICKS

Serves: 4

Ingredients:
- 1 kg chicken drumsticks
- 1 teaspoon chopped ginger
- 1 clove garlic, chopped
- 1/4 cup honey
- 2 tablespoons sesame seeds

Method:
Place all ingredients in 2-litre bowl, stir until combined. Marinate for at least 2 hours or overnight. Remove chicken from marinade and place in shallow dish with the meatiest ends to the outside. Cook on Med-High for 15 to 18 minutes, turning once during cooking.

To cook by Auto Cook:
Prepare as above. Select Chicken Pcs, press Serving/Weight Pad to select 1.0 kg, then press Start.

CHICKEN WINGS IN LEMON SAUCE

Serves: 4 to 6

Ingredients:
- 1 kg chicken wings
- ½ cup soy sauce
- 1 teaspoon ginger powder
- 2 cloves garlic, crushed
- ¼ cup lemon juice

Method:
Place chicken wings in 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinate for 1 to 2 hours in the refrigerator. Cook, covered, on Med-High for 15 to 20 minutes. Serve hot with rice.

To cook by Auto Cook:
Prepare as above. Select Chicken Pcs., press Serving/Weight Pad to select 1.0 kg, then press Start.
Meat

Cooking Tender Cuts of Meat using Micro Power

For best results, select roasts that are uniform in shape.
Place meat on a microwave rack in a suitable dish. Beef rib roast should be placed cut-side down.
Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking, turn roasts. 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 resshield edges. If desired, glaze last 10 to 20 minutes of cooking. 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 500g. Programme Micro Power and Time.
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 around the bones. Foil should extend about 5 cm down from bones. The shank and thin ends of boneless roasts should also be shielded. Make sure foil does not touch the sides of the oven, as arcing may occur. 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. 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.

Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use ½ to 2 cups 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 500g as suggested in the chart below. Programme Power and Time. Turn meat over halfway through cooking. Meat should be tender when cooked.

Meat Chart for Microwave Cooking

<table>
<thead>
<tr>
<th>MEAT</th>
<th>POWER</th>
<th>APPROX. COOKING TIME (minutes per 500 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasts Medium</td>
<td>Med-High</td>
<td>10 to 12</td>
</tr>
<tr>
<td>Rare</td>
<td>Med-High</td>
<td>12 to 14</td>
</tr>
<tr>
<td>Medium</td>
<td>Med-High</td>
<td>14 to 16</td>
</tr>
<tr>
<td>Well</td>
<td>Med-High</td>
<td>25 to 30</td>
</tr>
<tr>
<td>Pot Roast</td>
<td>Defrost</td>
<td></td>
</tr>
<tr>
<td>Pork</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg of Pork</td>
<td>Med-High</td>
<td>11 to 13</td>
</tr>
<tr>
<td>Loin of Pork</td>
<td>Med-High</td>
<td>11 to 13</td>
</tr>
<tr>
<td>Ham Canned (fully cooked)</td>
<td>Med-High</td>
<td>4 to 5</td>
</tr>
<tr>
<td>Lamb</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>Med-High</td>
<td>8 to 10</td>
</tr>
<tr>
<td>Well</td>
<td>Med-High</td>
<td>12 to 14</td>
</tr>
</tbody>
</table>
**COOKING CURRIES BY AUTO COOK**

- Minimum weight 250 g / Maximum weight 750 g (weight of only meat)
- See chart below for quantities to use.
- Cut meat and vegetables into even size pieces.
- Place curry paste, meat, onion and hard vegetable into a suitable size casserole dish, do not use plastic dishes. Cover with plastic wrap. Select curries then Start.
- When the oven beeps add remaining ingredients including liquid and continue to cook, uncovered by pressing Start.
- At the end of cooking time, allow to stand for 5-10 minutes.

**To Operate:**
Select Curries, press Serving/Weight Pad to select the weight of Meat used, then press Start.

---

**THAI BEEF CURRY**
Serves: 4 to 6

**Ingredients:**
- 1 onion, thinly sliced
- 2 tablespoons Thai green curry paste
- 500 g thinly sliced lean beef
- ½ red capsicum, thinly sliced
- 1 carrot, thinly sliced
- 1 zucchini, sliced
- 200 g broccoli, broken into flowerets
- 1 cup coconut milk
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 2 tablespoons shredded fresh basil
- ½ cup roasted unsalted peanuts

**Method:**
Place the onion and curry paste into a 4-litre dish. Cook on High for 2 to 3 minutes. Add the beef and cook on High for 4 to 6 minutes, stirring halfway through cooking. Add the vegetables and coconut milk and cook on High for 6 to 8 minutes. Mix in the soy sauce, lemon juice and basil and serve sprinkled with peanuts.

---

**LAMB KORMA**
Serves: 4

**Ingredients:**
- 500 g lamb, cubed
- ½ cup korma curry paste
- 2 large carrots sliced
- 250 ml tomato puree
- 250 ml beef stock
- 2 tablespoons natural yoghurt

**Method:**
Place onion, lamb, curry paste and carrot in a 3-litre casserole dish. Cook on High for 6 minutes. Add tomato puree and beef stock and stir, cook on Med for 40 minutes, stirring once during cooking. Stir in yoghurt and serve with basmati rice.

**To cook by Auto Cook:**
Select Curries, press Serving/Weight Pad to select 500 g of meat used, then press Start.

---

**MUSSAMAN BEEF CURRY**
Serves: 4

**Ingredients:**
- 500 g round steak diced
- ½ 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, beef stock and brown sugar, stir, cook on Med for 40 minutes. Stir once during cooking serve with jasmine rice.

**To cook by Auto Cook:**
Select Curries, press Serving/Weight to select the 500 g of meat used, then press Start.

---

**General Guide to Curries for Auto Cook**

<table>
<thead>
<tr>
<th>Serves</th>
<th>Weight of meat</th>
<th>Amount of liquid (coconut milk, stock)</th>
<th>Weight of hard vegetables</th>
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<tbody>
<tr>
<td>2</td>
<td>250 g</td>
<td>375 ml</td>
<td>200 g</td>
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<tr>
<td>4</td>
<td>500 g</td>
<td>500 ml</td>
<td>400 g</td>
</tr>
<tr>
<td>6</td>
<td>750 g</td>
<td>750 ml</td>
<td>600 g</td>
</tr>
</tbody>
</table>
**BEEF BOURGUIGNONNE**

Serves: 4 to 6

**Ingredients:**
- 750 g diced chuck steak
- 4 rashers bacon
- 6 pickling, onions
- 2 cloves garlic, minced
- ½ cup red wine
- 400 ml tomato puree
- ½ cup beef stock
- 1 teaspoon minced chilli
- 1 teaspoon dried tarragon
- 250 g button mushrooms, halved

**Method:**
Place all ingredients except mushroom in a 3-litre casserole dish, stir until combined. Cover and cook on Med-High for 14 to 16 minutes. Stir and cook on Med for 28 to 30 minutes. Stir and add mushrooms halfway through cooking.

**ITALIAN BEEF CASSEROLE WITH POLENTA DUMPLINGS**

Serves 4 to 6

**Ingredients:**
- ⅔ cup polenta
- 300 ml boiling water
- ¼ cup grated Parmesan cheese
- 1 onion, sliced
- 2 cloves garlic, crushed
- 1 kg diced beef
- 1 cup flour
- 1 cup beef stock
- 1 red capsicum, de-seeded, roasted, peeled and sliced
- 800 g can crushed tomatoes
- 1 tablespoon fresh oregano, chopped
- 2 tablespoons pre-prepared pesto

**Method:**
Pour polenta into boiling water and stir until well combined. Cook on High for 2 minutes or until mixture leaves the sides of the dish. Stir in Parmesan cheese and allow to cool. Place remaining ingredients, except pesto, into a 3-litre casserole dish. Stir well and cook on high for 10 minutes. Stir and continue cooking on Medium for 35 to 40 minutes, stir several times during cooking. Shape polenta into 12 balls and place them on top of the casserole. Cook on medium for 10 minutes. Serve casserole topped with pesto.

**FRENCH ONION BEEF CASSEROLE**

Serves: 4

**Ingredients:**
- 100 g onion, chopped
- 1 teaspoon minced garlic
- 200 g diced potatoes
- 600 g beef, diced
- 100 g carrots, diced
- ½ cup tomato paste
- 1½ cups beef stock
- 100 g whole button mushrooms
- ¼ 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 Med for 28 to 30 minutes. Add mushrooms and frozen peas. Stir cook on Med for 14 to 15 minutes.

**GOULASH**

Serves: 4

**Ingredients:**
- 1 onion, chopped
- 1 clove garlic, crushed
- 1 tablespoon butter
- 2 tablespoons tomato paste
- 1 teaspoon paprika
- 500 g lamb, diced
- 1 small capsicum, diced
- 1 cup beef stock
- 2 tablespoons flour
- 2 tablespoons water
- 2 tablespoons sour cream

**Method:**
Place onion, garlic and butter in 3-litre casserole dish. Cook on High for 1 to 2 minutes. Add tomato paste and paprika. Cook on High for a further 2 minutes. Add lamb, capsicum and stock. Cover and cook on Med-High for 25 to 30 minutes, stirring halfway through cooking. Mix flour with 2 tablespoons of water and stir into goulash mixture. Cook on High for 1 to 2 minutes. Stir in sour cream and serve with pasta and rice.

**HINT:**
It is better to cook meat for a lesser time in a recipe and add extra time if needed. This will prevent over cooking.
SPAGHETTI MEAT SAUCE
Serves: 4 to 6
Ingredients:
- 500 g minced beef
- 1 onion, chopped
- 1 clove garlic, minced
- 425 g can tomatoes
- 1 cup tomato paste
- 2 beef stock cubes
- 1 teaspoon dried mixed herbs
- 1/2 teaspoon pepper

Method:
Combine all ingredients in a 3-litre casserole dish. Cook on High for 7 minutes, stir. Cook on Med-High for 14 to 16 minutes. Stir halfway through cooking. Serve with spaghetti.

BEEF STROGANOFF
Serves: 4
Ingredients:
- 1 onion, sliced
- 1 clove garlic, minced
- 750 g rump steak sliced thinly
- 2 tablespoons tomato sauce
- 2 tablespoons worcestershire sauce
- 1 beef stock cube
- 1 teaspoon paprika
- 1/2 cup sour cream
- 200 g sliced mushrooms

Method:
Place all ingredients (except sour cream and mushrooms) in a 3-litre casserole dish. Stir until combined. Cover and cook on Med-High for 7 to 9 minutes, stirring once during cooking. Add mushrooms. Stir and cook on Med-High for 4 to 5 minutes. Stir through sour cream.

CHINESE BEEF AND VEGETABLES
Serves: 4 to 6
Ingredients:
- 500 g rump steak sliced
- 1 teaspoon chopped ginger
- 1 clove garlic, chopped
- 1 tablespoon soy sauce
- 1/2 cup Hoisin sauce
- 1/2 cup sweet chilli sauce
- 3 cups sliced vegetables

Method:
Place steak, ginger and garlic in a 3-litre casserole dish. Cook on High for 1 minute. Add soy sauce, Hoisin sauce and chilli sauce to meet mixture. Cook on High for 4 to 5 minutes. Add the vegetables, cover and cook on High for 3 to 5 minutes, stirring halfway through cooking. Let stand for 5 minutes before serving.

CHILLI BEEF
Serves: 4
Ingredients:
- 500 g topside beef mince
- 1 teaspoon minced garlic
- 35 g chilli seasoning mix
- 400 g tomato purée
- 400 g kidney beans, drained

Method:
Place all ingredients in a 3-litre dish. Mix well. Cook on Medium-High for 15 to 17 minutes. Stir halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

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

Method:
Place lamb fat side down on rack set in a 3-litre dish. Brush with mustard and rosemary. Cook on Med-High for 30 to 35 minutes, turn halfway through cooking. Stand, covered, for 15 minutes before slicing.

GINGERED PORK STIR FRY
Serves: 4
Ingredients:
- 500 g sliced lean pork
- 1/4 cup teriyaki sauce
- 1 tablespoon honey
- 2 teaspoons minced ginger
- 2 teaspoons cornflour
- 1 onion, sliced
- 300 g sugar snap peas, trimmed
- 1 zucchini, sliced
- 1/2 red capsicum, sliced
- 2 green onions, sliced
- 1/2 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 Med-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.
Vegetables and Legumes

Cooking Fresh Vegetables By Micro Power

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. 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.

Cooking Fresh Vegetables by Micro Power

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

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>QUANTITY</th>
<th>COOKING PROCEDURE</th>
<th>APPROX. COOKING TIME (in minutes) on High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>250 g</td>
<td>Covered dish with ¼ cup water</td>
<td>1 to 3</td>
</tr>
<tr>
<td>Beans (finely sliced)</td>
<td>250 g</td>
<td>Covered dish with ¼ cup water</td>
<td>3 to 5</td>
</tr>
<tr>
<td>Beetroot</td>
<td>4 whole (1 kg)</td>
<td>Covered with 1 cup water in 4-litre dish. Stand after cooking - 5 mins.</td>
<td>14 to 18</td>
</tr>
<tr>
<td>Broccoli</td>
<td>500 g</td>
<td>Covered dish with ¼ cup water</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>250 g</td>
<td>Covered dish with ¼ cup water</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Cabbage</td>
<td>500 g</td>
<td>Shredded, with ¼ cup water in covered dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Carrots</td>
<td>4 (sliced finely) 250 g</td>
<td>With ¼ cup water in covered dish.</td>
<td>5 to 6</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>500 g</td>
<td>With ¼ cup water in covered dish.</td>
<td>6 to 7</td>
</tr>
<tr>
<td>Celery</td>
<td>6 stalks (400 g) cut in 1 cm pieces</td>
<td>With ¼ cup water in covered dish.</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Corn</td>
<td>2 cobs (500 g) 4 cobs (1 kg)</td>
<td>Brush with melted butter and cook in covered dish.</td>
<td>4 to 6 (10 to 12)</td>
</tr>
<tr>
<td>Eggplant</td>
<td>1 (500 g)</td>
<td>Dice with ¼ cup water in covered dish.</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>250 g (sliced)</td>
<td>Cook with 2 tablespoons butter in covered dish.</td>
<td>2 to 4</td>
</tr>
<tr>
<td>Onions</td>
<td>3 (200 g)</td>
<td>Cut in quarters with ¼ cup water in covered dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Peas</td>
<td>250 g</td>
<td>Shell peas and place with ¼ cup water in covered dish.</td>
<td>3 to 5</td>
</tr>
<tr>
<td>Potatoes-Mashed -Jacket</td>
<td>500 g 3 Med</td>
<td>Peeled and quartered with ¼ cup water. Covered. Cook uncovered on paper towel lined plate.</td>
<td>8 to 10 (7 to 9)</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>500 g</td>
<td>Peeled and cut into uniform pieces with ¼ cup water in covered dish.</td>
<td>7 to 9</td>
</tr>
<tr>
<td>Spinach/Silver Beef</td>
<td>250 g</td>
<td>Remove stem, cut leaves into small pieces. Cook with ¼ cup water in covered dish.</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>500 g</td>
<td>In serving size pieces with 2 tablespoons butter in covered dish.</td>
<td>7 to 9</td>
</tr>
<tr>
<td>Turnips</td>
<td>500 g</td>
<td>Peeled and sliced finely with ¼ cup water in covered dish.</td>
<td>6 to 8</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>2 (300 g)</td>
<td>Sliced and cooked covered.</td>
<td>2 to 4</td>
</tr>
<tr>
<td>Zucchini</td>
<td>500 g</td>
<td>Cut in 2 cm pieces in covered dish.</td>
<td>5 to 7</td>
</tr>
</tbody>
</table>
Vegetables and Legumes

Cooking Frozen Vegetables By Micro Power

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in a pouch should be placed on 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. Halfway through cooking, stir, turn vegetables over or rearrange. Stir after cooking. Allow to stand for 2 to 3 minutes before serving.

Cooking Frozen Vegetables by Micro Power

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>QUANTITY</th>
<th>COOKING PROCEDURE</th>
<th>APPROX. COOKING TIME (in minutes) on High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Broad Beans</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Broccoli (spears)</td>
<td>350 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Carrots (baby)</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>6 to 8</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>500 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Corn (½ cob)</td>
<td>125 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Corn (cobs)</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Peas</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Spinach</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>4 to 6</td>
</tr>
</tbody>
</table>

COOKING FROZEN VEGETABLES by Auto COOK

- Minimum weight 120 g / Maximum weight 750 g
- Suitable for heating varieties of frozen vegetables, including peas, beans, corn kernels, broccoli, cauliflower etc.
- Place larger pieces or quantities in a single layer for best results.
- Add 1 tablespoon to ⅛ cup water, if you prefer a softer cooked texture.
- Very icy vegetables that have frozen in a solid mass may require slightly longer cooking times.
- Place vegetables in an appropriate size dish. Use the following as a guide:

<table>
<thead>
<tr>
<th>Weight</th>
<th>Dish Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>120 g</td>
<td>500 ml</td>
</tr>
<tr>
<td>250 g</td>
<td>750 ml</td>
</tr>
<tr>
<td>500 g</td>
<td>1 litre</td>
</tr>
<tr>
<td>750 g</td>
<td>2 litre</td>
</tr>
</tbody>
</table>

- Cover with plastic wrap or a well fitting lid. Halfway through the cooking time, the oven will ‘beep’ and prompt you to stir and rearrange the vegetables.
- If desired, butter, herbs etc. may be added, but do not add salt until serving. (Salt dehydrates vegetables during cooking.)
- At the end of the cooking time, stir vegetables and let stand, covered, for 2 to 3 minutes.

To Operate:
Select Frozen Veg., press Serving/Weight Pad to select weight required, then press Start.
Vegetables and Legumes

Vegetables
- Minimum weight 120 g / Maximum weight 370 g
- Suitable for cooking all types of leaf, green and soft varieties of vegetables, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these.
- All vegetables should be trimmed or prepared and cut into evenly sized pieces.
- Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place in a suitable size dish.
- Butter, herbs, etc., may be added before heating, but do not salt vegetables until serving.
- Cover dishes securely with plastic wrap or a fitted lid.
- At the completion of heating, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

To Operate:
Select Vegetables, press Serving/Weight Pad to select weight required, then press Start.

Dried Beans or Peas by Micro Power

Place hot tap water in 4-litre dish. Bring hot water to the boil on High for 10 to 12 minutes. Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir. Allow to stand, covered, for 15 to 20 minutes.

Note: Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups cooked beans. Use in place of canned beans.

Cooking Dried Beans and Peas by Micro Power

<table>
<thead>
<tr>
<th>ITEM</th>
<th>CONTAINER</th>
<th>AMOUNT OF HOT WATER</th>
<th>APPROX. TIME TO BOIL HOT WATER on High (in minutes) COVERED</th>
<th>TO COOK BEANS on Defrost (in minutes) COVERED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lentils (250 g)</td>
<td>4-litre dish</td>
<td>2 litres</td>
<td>10 to 12</td>
<td>15 to 20</td>
</tr>
<tr>
<td>Soup Mix (250 g)</td>
<td>4-litre dish</td>
<td>2 litres</td>
<td>10 to 12</td>
<td>15 to 20</td>
</tr>
<tr>
<td>Split Peas or Lentils (250 g)</td>
<td>4-litre dish</td>
<td>2 litres</td>
<td>10 to 12</td>
<td>20 to 25</td>
</tr>
<tr>
<td>Beans (250 g) Soaked overnight</td>
<td>4-litre dish</td>
<td>2 litres</td>
<td>10 to 12</td>
<td>25 to 30</td>
</tr>
</tbody>
</table>

Potatoes
- Minimum weight 250 g / Maximum weight 900 g
- Suitable for cooking root vegetables such as potatoes, sweet potatoes, pumpkin, onions, swede, carrots, turnip and beetroot.
- All vegetables should be trimmed or prepared and cut into even sized pieces.
- Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place into an appropriate size dish and cover securely with plastic wrap or a fitted lid.
- If desired, butter, herbs etc. may be added but do not add salt until after cooking.
- During the cooking time, the oven will 'beep' and prompt you to stir/rearrange the vegetables.
- At the completion of cooking, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

To Operate:
Select Potatoes, press Serving/Weight Pad to select weight required, then press Start.
**Vegetables and Legumes**

**POTATO BAKE**

Serves: 4 to 6

**Ingredients:**
- 750 g peeled and sliced potatoes
- 300 ml cream
- ¼ cup milk
- 3 green onions, sliced
- 2 bacon rashers, chopped
- ½ cup grated cheese

**Method:**
Combine potatoes, cream and milk in a 2-litre casserole dish. Cook on High for 15 to 18 minutes. Top with green onions, bacon and cheese. Cook on High for 5 minutes.

**VEGETABLE FRITTATA**

Serves: 4 to 6

**Ingredients:**
- 400 g potatoes, thinly sliced
- ½ red capsicum, sliced into strips
- ½ green capsicum, sliced into strips
- 1 tomato, diced
- 4 eggs
- ½ cup sour cream
- ½ teaspoon cracked black pepper
- ½ cup grated tasty cheese

**Method:**
Place potatoes in a 2-litre shallow dish. Cook on High for 5 to 7 minutes. Arrange capsicum in a circular pattern on top of potato. Sprinkle with tomato and basil. Beat together eggs and sour cream in a jug. Pour over vegetables. Cook on Med-High for 3 to 5 minutes. Sprinkle with pepper and cheese and cook on Med-High for 7 to 9 minutes.

**CREAMED SPINACH**

Serves: 4

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

**Method:**
Cook washed spinach leaves, green onions and garlic in a covered 3-litre casserole dish on High for 5 to 7 minutes.

**To cook by Auto Cook:**
Prepare as above. Cover with plastic wrap. Select Vegetables, press Serving/Weight Pad to select 250 g, then press Start.

Drain well by squeezing between two dinner plates. Stir through sour cream. Season to taste. Cook on High for 1 to 2 minutes. Serve.

**ARDENNIS STYLE POTATOES**

Serves: 4

**Ingredients:**
- 4 medium sized potatoes
- 100 g ham, finely diced
- 3 tablespoons snipped chives
- 50 g butter
- ½ cup grated Cheddar cheese
- ground black pepper

**Method:**
Scrub potatoes, wash and pat dry with a paper towel. Prick skins and place on a dinner plate. Cook on High for 6 to 8 minutes.

**To cook by Auto Cook:**
Prepare as above. Cover with plastic wrap. Select Vegetables, press Serving/Weight Pad to select 120 g, then press Start.

Allow to cool slightly. Cut tops off potatoes and scoop out pulp from centre, leaving 1 to 2 cm in shell. Mash pulp and combine with remaining ingredients. Spoon filling back into potato shells. Place potatoes in a 2-litre casserole dish. Cook on High for 2 to 3 minutes.

**CAULIFLOWER AU GRATIN**

Serves: 4

**Ingredients:**
- 500 g trimmed cauliflower and cut into pieces
- 2 tablespoons water
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- ½ cup grated tasty cheese

**Method:**
Place cauliflower and water in a shallow casserole dish. Cover and cook on High for 6 to 8 minutes. Stand, covered, while making sauce. Place butter in a 4-cup glass jug. Cook on High for 1 to 2 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. Drain cauliflower and pour over sauce. Sprinkle with cheese. Cook on Med-High for 1 to 2 minutes.

**Note:** Depending on size and arrangement of cauliflower pieces, timing will vary.

**HINT:**
TO SKIN TOMATOES: Cut a cross into the tomato skin. Place 1 cup of hot tap water in a 2 cup jug or bowl and heat on High for 1½ minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds. Remove and repeat procedure with remaining tomatoes. The skin will loosen and can be easily removed.
**THAI VEGETABLE CURRY**

Serves: 4  
Ingredients:  
1 onion, sliced  
2 tablespoons green curry paste  
3 cups sliced vegetables  
440 g chick peas, drained  
1 cup coconut milk  
1 tablespoon lemon juice  
1 tablespoon soy sauce  
½ cup chopped nuts  

Method:  
Place onion and curry paste in a 3-litre casserole dish. Cook on High for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on High for 6 to 8 minutes. Sprinkle with chopped nuts. Serve with jasmine rice.

---

**CHEESY MASHED POTATOES**

Serves: 4  
Ingredients:  
500 g potatoes, peeled and diced  
½ cup water  
½ cup milk  
⅛ cup grated cheese  

Method:  
Place potatoes and water in a 2-litre casserole dish. Cover and cook on High for 10 minutes. Drain. Mash potatoes with milk and grated cheese. Mix well. Cook on High for 1 minute. Stir well before serving.

---

**TOMATO VEGETABLE CASSEROLE**

Serves: 4 to 6  
Ingredients:  
200 g mushrooms, sliced  
1 eggplant, chopped  
1 zucchini, sliced  
1 capsicum, sliced  
1 onion, sliced  
400 g can tomatoes  
½ cup tomato paste  
1 tablespoon chopped basil  
1 clove garlic, minced  

Method:  
Place mushrooms, eggplant, zucchini, capsicum and onion in a 3-litre casserole dish. Cover. Cook on Med-High for 10 minutes. Add tomatoes, tomato puree, herbs and garlic. Re-cover and cook on High for 8 to 10 minutes. Add remaining ingredients. Cover with plastic wrap. Cook on High for 8 to 10 minutes.

---

**SAVOURY BRUSSELS SPROUTS**

Serves: 4  
Ingredients:  
250 g brussels sprouts  
1 tablespoon butter  
150 g bacon, finely chopped  
1 onion, finely chopped  
1 teaspoon dill or basil  
1 teaspoon sugar  

Method:  
Wash and drain brussels sprouts. Cook in a covered 2-litre casserole dish on High for 4 to 5 minutes.  
To cook by Auto Cook:  
Prepare as above. Cover with plastic wrap. Select Vegetables, press Serving/Weight Pad to select 250 g, then press Start.  
Drain and set aside. Place remaining ingredients in separate 1-litre casserole dish. Cook on High for 3 to 5 minutes. Add brussels sprouts and cook on High for 1 to 2 minutes. Serve.

---

**HONEY GLAZED CARROTS AND SUGAR SNAP PEAS**

Serves: 4 to 6  
Ingredients:  
350 g carrots  
150 g sugar snap peas, trimmed  
2 tablespoons brown sugar  
2 teaspoons butter  
2 teaspoons honey  
1 tablespoon toasted sesame seeds  

Method:  
Peel and thinly slice carrots. Combine all ingredients in a 2-litre casserole dish. Cover and cook on High for 5 to 7 minutes, stirring halfway through cooking. Serve.

---

**PARMESAN ASPARAGUS**

Serves: 2 to 4  
Ingredients:  
1 bunch of asparagus spears  
2 tablespoons water  
1 tablespoon butter  
1 clove garlic, crushed  
1 tablespoon grated Parmesan cheese  

Method:  
Place asparagus and water in a 2-litre casserole dish. Cover and cook on High for 1 to 2 minutes. Drain. Place butter and garlic in a small dish and mix lightly. Cook on High for a further 1 minute. Add drained asparagus and mix lightly. Cook on High for a further 1 minute. Sprinkle Parmesan cheese over asparagus. Serve.

Tip:  
When placing asparagus in dish, place half the tips one way and half the tips in the opposite direction for more even cooking.
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
- 1 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 Med-High for 25 to 30 minutes. To Cook by Auto Cook:
Prepare as above, select Legumes, press Serving/Weight Pad to select 2 cups, then press Start. 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.

VEGETABLES AND LEGUMES

COOKING LEGUMES BY AUTO COOK

- Minimum weight 1 cup / Maximum weight 4 cups
- Suitable for cooking chickpeas, split peas dried beans and peas and brown rice.
- Cover legumes with cold water and soak overnight, drain.
- Place legumes and boiling water into an appropriate sized dish. (See table for quantities)

<table>
<thead>
<tr>
<th>Amount of Legumes</th>
<th>Amount of Boiling Water</th>
<th>Dish Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>3 cups</td>
<td>2 litre</td>
</tr>
<tr>
<td>2 cups</td>
<td>4 cups</td>
<td>3 litre</td>
</tr>
<tr>
<td>3 cups</td>
<td>6 cups</td>
<td>4 litre</td>
</tr>
<tr>
<td>4 cups</td>
<td>8 cups</td>
<td>4 litre</td>
</tr>
</tbody>
</table>

When cooking, leave it uncovered.
- Anytime during cooking the oven will beep and prompt you to stir. Remove covering.
- At the end of cooking time, allow legumes to stand for 5 minutes if required.

To Operate:
Select Legumes, press Serving/Weight Pad to select weight required, then press Start.

LENTIL HOT POT
Serves: 4 to 6

Ingredients:
- 900 g new potatoes
- 2 onions, diced
- 2 carrots, diced
- 3 stalks celery, sliced
- 3 cloves garlic, crushed
- 1 teaspoon curry powder
- 400 g can diced tomatoes
- 1 cup vegetable stock
- 2 tablespoon tomato paste
- ½ cup red lentils, washed
- ½ cup grated cheese
- paprika
- 1 tablespoon chopped parsley

Method:
Wash potatoes and place onto a paper towel lined plate. Cook on Med-High for 8 to 10 minutes. To Cook by Auto Cook:
Prepare as above, select Legumes, press Serving/Weight Pad to select 1 cup, then press Start. Place all ingredients in a 2 litre casserole dish. Stir and cook on Med-High for 18 to 20 minutes, stirring twice during cooking.

To cook by Auto Cook:
Prepare as above. Select Legumes, press Serving/Weight Pad to select 1 cup, then press Start.

HUMMUS

Ingredients:
- 1 cup chick peas, water for soaking
- 3 cups boiling water
- 2 tablespoons lemon juice
- 2 teaspoons turmeric
- ½ cup tahini (sesame paste)
- 4 cloves garlic, minced
- 2 tablespoons olive oil

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

To cook by Auto Cook:
Prepare as above. Select Legumes, press Serving/Weight Pad to select 2 cups, then press Start.

To Operate:
Select Legumes, press Serving/Weight Pad to select weight required, then press Start.
Follow directions in chart for recommended dish size, amounts of water and cooking time. Add grain to water. Add salt and butter according to package directions. Cook on High for time recommended in chart. Allow to stand, covered, before serving. For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>CONTAINER</th>
<th>AMOUNT OF WATER</th>
<th>APPROX. TIME TO COOK GRAIN on High UNCOVERED (in minutes)</th>
<th>STANDING TIME (in minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>RICE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quick Cook Brown (1 cup)</td>
<td>2-litre dish</td>
<td>1 1/3 cups</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>Brown (1 cup)</td>
<td>3-litre dish</td>
<td>3 cups</td>
<td>25 to 30</td>
<td>10</td>
</tr>
<tr>
<td>Long Grain (1 cup)</td>
<td>2-litre dish</td>
<td>2 cups</td>
<td>12 to 14</td>
<td>5</td>
</tr>
<tr>
<td>Short Grain (1 cup)</td>
<td>2-litre dish</td>
<td>2 cups</td>
<td>12 to 14</td>
<td>5</td>
</tr>
<tr>
<td>Jasmine (1 cup)</td>
<td>3-litre dish</td>
<td>2 cups</td>
<td>12 to 14</td>
<td>5</td>
</tr>
</tbody>
</table>

**SAUSAGE & BEAN STUFFED CAPSICUMS**

Serves: 4

**Ingredients:**
- 250 g thin Italian sausages
- 1 small onion, chopped
- 2 tablespoons tomato paste
- 1 tablespoon chopped parsley
- 440 g red kidney beans, drained
- 1/2 cup cooked long grain rice
- 4 medium red capsicum
- 1/4 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 1cm 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 12 to 14 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
PAELLA
Serves: 6 to 8
Ingredients:
500 g mussels
⅛ cup water
1 green capsicum, sliced
1 red capsicum, sliced
1 onion, sliced
1 clove garlic, crushed
2 tablespoons butter
2 cups long grain rice
400 g can peeled tomatoes, chopped
2 cups hot chicken stock
pinch saffron powder
11⁄2 cups cooked diced chicken
200 g peeled green prawns
Method:
Place mussels and water in a 3-litre dish. Cover and cook on Med-High for 3 to 5 minutes. Set aside.
Place capsicum, onion, garlic and butter into 4-litre dish and cook on High for 4 to 5 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. Cook on Med-High for 4 to 6 minutes. Stand for 10 minutes before serving.

FRAGRANT COCONUT RICE
Serves: 4 to 6
Ingredients:
1 onion, chopped
2 cups long grain rice
500 ml chicken stock
400 ml coconut milk
1 teaspoon turmeric
Method:
Place all ingredients in a 3-litre casserole dish. Stir. Cook on High for 15 to 18 minutes. Cover and let stand 10 minutes before serving.
To cook by Auto Cook:
Prepare as above. Select Rice, press Serving/Weight Pad to select 2 cups then press Start. When oven beeps, remove plastic wrap, stir.

SEASONED RICE
Serves: 4 to 6
Ingredients:
1 onion, chopped
2 cups long grain rice
1 teaspoon thyme
11⁄2 cups chicken stock
1⁄4 cup toasted slivered almonds
Method:
Place onion, rice, thyme and chicken stock in a 3-litre casserole dish. Cook on High for 14 to 16 minutes. Stir, cover, and let stand for 10 minutes. Stir through slivered almonds and serve hot.
To cook by Auto Cook:
Prepare as above. Select Rice, press Serving/Weight Pad to select 1 cup then press Start. When oven beeps, remove plastic wrap.

FRIED RICE
Serves: 4
Ingredients:
1 tablespoon sesame oil
1 clove garlic, crushed
1 cm piece of green ginger, finely chopped
1 small carrot, finely chopped
1 stick celery, sliced
½ green or red capsicum, cut in strips
2 eggs
4 green onions, chopped
black pepper
1 small can prawns
1 tablespoon soy sauce
6 cups cooked rice
Method:
Place oil, garlic and ginger in a large shallow dish and cook on High for 30 to 40 seconds. Add carrot, celery and capsicum. Cook a further 2 minutes on High. Break eggs into a small dish, add pepper to taste, mix well and cook on Med-High for 1 to 11⁄2 minutes. Slice into thin strips. Add eggs plus all remaining ingredients to vegetable mixture. Stir well and cook on High for 3 to 5 minutes to heat thoroughly. Serve.
Notes:
1. 1 cup uncooked rice will yield 2 cups cooked rice.
2. Cooked rice can be cooked using Auto Cook functions.

CHICKEN RISOTTO
Serves: 4
Ingredients:
1 onion, sliced
2 cups short grain rice
1 teaspoon dried oregano
1 teaspoon cracked black pepper
4 cups chicken stock
¼ green capsicum, sliced
¼ red capsicum, sliced
200 g mushrooms, sliced
½ cup frozen peas
2 cooked chicken breast fillets, sliced
¼ cup grated parmesan cheese
Method:
Place onion, rice, oregano, pepper and chicken stock into a 4-litre dish. Cook on High for 17 to 19 minutes. Add remaining ingredients, stir well and cook on High for 4 minutes. Serve.

HINT:
TO REHEAT 2 CUPS OF COOKED RICE:
Add 1 to 2 tablespoons of water or a knob of butter and cook on High for 2 to 3 minutes.
Cooking Pasta by Micro Power

Follow directions in chart 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 time recommended in chart.

Cook on High. Test pasta for desired cooking before adding more time. Slightly undercook pasta that will be heated again in casserole. Stir and let stand, uncovered, 5 minutes.

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

Cooking fresh and dried pasta by auto cook

**Fresh Pasta**
- Minimum weight 250 g / Maximum weight 625 g
- Suitable for cooking fresh pasta such as fettuccine, tagliatelle, tortellini, ravioli and agnolotti. (Gnocchi should be cooked by manual MICRO POWER.)
- Place pasta in an appropriate size dish with boiling water. Use the following as a guide. See chart below for dish size and quantities.

<table>
<thead>
<tr>
<th>Pasta</th>
<th>Boiling Water</th>
<th>Dish Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>250 g</td>
<td>5 cups</td>
<td>3 litre</td>
</tr>
<tr>
<td>375 g</td>
<td>6 cups</td>
<td>4 litre</td>
</tr>
<tr>
<td>500 g</td>
<td>8 cups</td>
<td>4 litre</td>
</tr>
<tr>
<td>625 g</td>
<td>8 cups</td>
<td>5 litre</td>
</tr>
</tbody>
</table>

During cooking, the oven will 'beep' and prompt you to stir halfway through the cooking time.
- At the end of the cooking time, let stand, covered, for 5 to 10 minutes, if required. Then drain.

**To Operate:**
Select Fresh Pasta. Press Serving/Weight Pad to select weight required, then press Start.

**Dried Pasta**
- Minimum weight 150 g / Maximum weight 500 g
- Suitable for cooking dried pasta such as spaghetti, fettucine, macaroni, penne, spiral etc.
- Place pasta in an appropriate size dish with boiling water. Use the following as a guide. See chart below for dish size and quantities.

<table>
<thead>
<tr>
<th>Pasta</th>
<th>Boiling Water</th>
<th>Dish Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 g</td>
<td>4 cups</td>
<td>3 litre</td>
</tr>
<tr>
<td>250 g</td>
<td>5 cups</td>
<td>3 litre</td>
</tr>
<tr>
<td>375 g</td>
<td>6 cups</td>
<td>4 litre</td>
</tr>
<tr>
<td>500 g</td>
<td>8 cups</td>
<td>4 litre</td>
</tr>
</tbody>
</table>

During cooking, the oven will 'beep' and prompt you to stir halfway through the cooking time.
- At the end of the cooking time, let stand, covered, for 5 to 10 minutes, if required. Then drain.

**To Operate:**
Select Dried Pasta. Press Serving/Weight Pad to select weight required, then press Start.
Penne Puttanesca

Serves: 4

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
- 200 g kalamata olives, pitted
- 8 anchovy fillets, drained and chopped
- ⅓ cup capers, drained and rinsed
- ⅓ cup flat leaf parsley, chopped
- 2 tablespoons finely shredded basil leaves

Method:
Place pasta and boiling water into a 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 minutes. Stir in chilli and tomatoes. Cover and cook on 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.

Spaghetti with Chilli Tomato Sauce

Serves: 4

Ingredients:
- 250 g spaghetti
- 4 cups boiling water
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 425 g can crushed tomatoes
- 2 teaspoons crushed chillies
- 2 tablespoons fresh chopped basil
- 1 teaspoon pepper

Method:
Place spaghetti and water in a 3-litre casserole dish. Cook on High for 12 to 14 minutes. Stand, covered, for 2 minutes. Drain. Place oil, onion and garlic in a 4-cup jug. Cook on High for 1 to 2 minutes. Add tomatoes, chillies, basil and pepper. Stir until combined. Cover and cook on Med-High for 10 to 15 minutes, stirring halfway through cooking. Serve with spaghetti.

To cook by Auto Cook:
Prepare as above. Select Dried Pasta, press Serving/Weight Pad to select 250 g, then press Start.

Creamy Bacon Sauce

Makes: Approximately 300 ml

Ingredients:
- 1 onion, chopped
- 3 bacon rasher, chopped
- 1 teaspoon minced garlic
- 300 ml cream
- ½ cup Parmesan cheese
- pepper
- 2 tablespoons chopped fresh parsley

Method:
Place onion, bacon and garlic in a 2-litre casserole dish. Cook on High for 4 to 5 minutes. Add cream, Parmesan cheese, pepper, parsley and stock. Mix well. Cook on High for 3 to 4 minutes. Serve with cooked Fettuccine.

Macaroni and Cheese

Serves: 4 to 6

Ingredients:
- 40g butter
- 1 onion, 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 onion in a 2-litre casserole dish and cook on High for 3 to 5 minutes. Add flour, mix well and add on High for 1 minute. Blend in milk and cook on High for 4 to 5 minutes, stirring halfway through cooking. Add cheese to sauce and season. Place macaroni and sauce in a 3-litre casserole dish. Mix well. Top with extra cheese and sprinkle with paprika. Cook on High for 6 to 8 minutes.
Cooking Dried Noodles by Micro power

Follow directions in chart recommended dish size, amount of water and cooking time. Add 1 tablespoon of oil to water to prevent noodles from sticking together. Add noodles and cook for time recommended in chart. Cook noodles on High. Test noodles for desired cooking before adding extra time. Slightly undercook noodles that will be cooked again in a stir-fry or recipe. Always drain noodles immediately after cooking or they may overcook on standing.

<table>
<thead>
<tr>
<th>ITEM CONTAINER</th>
<th>AMOUNT OF BOILING WATER</th>
<th>APPROX. TIME TO COOK NOODLES on High UNCOVERED (in minutes)</th>
<th>INSTRUCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 minutes noodles (85 g)</td>
<td>1-litre 500 ml</td>
<td>2 to 3</td>
<td>drain immediately</td>
</tr>
<tr>
<td>Long Life Asian Noodles (250 g)</td>
<td>3-litre 1 litre</td>
<td>5 to 6</td>
<td>drain immediately</td>
</tr>
<tr>
<td>Rice Vermicelli (125 g)</td>
<td>2-litre 1 litre</td>
<td>3 to 4</td>
<td>drain immediately</td>
</tr>
</tbody>
</table>

COOKING FRESH NOODLES BY AUTO COOK

• Minimum weight 200 g / Maximum weight 800 g
• Suitable for cooking fresh noodles such as Hokkien, Singapore, Udon, Soba, Rice noodles.
• Place noodles and boiling water as recommended in chart below in a suitable size dish.
• Cover securely with plastic wrap.
• The oven will beep during the cooking time and instruct you to “stir/remove cover”. There is no need to re-cover noodles.
• At the end of cooking time, drain and use as required.

To Operate:
Select Noodles, press Serving/Weight Pad to select the weight, then press Start.

TERIYAKI TOFU VEGETABLE NOODLES

Serves: 4

Ingredients:
1 tablespoon sesame oil
350 g firm tofu, diced
1 onion, cut into petals
300 g stir fry vegetables
1 tablespoon hoisin sauce
1 tablespoon teriyaki sauce
85 g 2 minute noodles
2 cups boiling water

Method:
Place oil, tofu and onion in a 3-litre dish and cook on High for 2 to 3 minutes. Add vegetables and sauces and cook on High for 3 to 4 minutes, stirring once during cooking. Place noodles and water in a 2-litre bowl and cook on High for 2 minutes. Stir and drain. Toss noodles through tofu and vegetables and serve.

SZECHUAN SALAD NOODLES

Ingredients:
350 g fresh Hokkien noodles
½ cup boiling water
250 g cooked chicken, shredded
½ cup roasted cashew nuts

Dressing:
4 green onions, finely sliced
2 tablespoons chopped coriander
2 cloves garlic, minced
2 tablespoons smooth peanut butter
2 tablespoons sweet chilli sauce
1 tablespoon soy sauce
1 tablespoon sweet sherry
2 teaspoons sesame oil
2 tablespoons olive oil
2 tablespoons chicken stock
10 toasted szechuan peppercorns, ground

Method:
Place noodles in a bowl with the boiling water. Cook on Med-High for 1 to 2 minutes. Drain and rinse under cold water. Drain well. Combine all dressing ingredients and whisk well. Combine noodles, chicken and cashew nuts and pour over dressing. Toss well to combine. Serve immediately.

To cook Noodles by Auto Cook:
Prepare as above. Select Noodles, press Serving/Weight Pad to select 350 g, then press Start.
Cakes, Desserts and slices can successfully be cooked in the microwave oven if a few simple rules are followed see individual recipes for instructions.

**Cooking Cakes by Micro Power**

- The texture of cakes cooked in the microwave oven is not the same as cakes cooked in a conventional oven, but it is a convenient way of cooking cakes.
- Do not use metal cake tins, plastic dishes and pyrex, give the best results when cooking cakes. Grease the dish and line with paper towel or bake paper to absorb excess moisture.
- Round or oval shaped dishes produce the most even cooking results. Square cakes may need the corners shielded with foil to prevent overcooking.
- Choose light coloured cakes that can be iced or substitute brown sugar for white sugar and sprinkle the top of cake with spices to give a darker appearance.
- Do not fill cake pans more than half full. Microwaved cakes rise substantially more than conventionally cooked cakes.
- Cakes need to be well mixed but do not over beat. Creaming with an electric mixer or food processor is not necessary. Use a fork to mix as the microwave aerates the mixture as it cooks.
- Do not cover cakes as the top will steam.
- Cakes should be removed from the oven just before they look cooked as the cooking process will finish during standing time.
- Chocolate cakes cook slightly faster than plain cakes.
- Cakes containing a large amount of whisked egg white will not cook successfully in the microwave oven.

**Packet Cake**

**Ingredients:**
1 packet cake mix (340 g)
Ingredients as recommended by manufacturer.

**Method:**
Mix cake and other ingredients with a metal spoon. DO NOT OVERBEAT. Pour into 20 cm round dish that has been lightly greased and lined with paper. Cook on High for 5 to 7 minutes. Stand and allow to cool before removing.

**Variations:**
- 1 tablespoon jam added to batter before cooking.
- Add 1 cup sour cream to batter and halve water suggested by manufacturer.
- Half a cup chopped nuts, 1/4 cup brown sugar and 1 teaspoon cinnamon. Mix and place on base of cake dish before cooking cake.
- Melt two tablespoons honey and 30 g butter in glass jug on High for 30 to 60 seconds. Pour over just baked buttercake. Sprinkle with cinnamon.
- A quarter cup of toasted muesli mixed with 1 tablespoon marmalade and placed in the base of the dish.

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

**Quick Mix Chocolate Cake**

**Serves:** 4 to 6

**Ingredients:**
1 cup self-raising flour
1 cup caster sugar
2 tablespoons cocoa
3 tablespoons butter, softened
2 eggs
1/3 cup milk

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

**Tip:** To soften butter cook on Med for 10 to 20 seconds.
**CHOCOLATE SELF SAUCING PUDDING**

Serves: 4

**Ingredients:**
- 1 cup self raising flour
- 1 tablespoon cocoa powder
- ½ cup caster sugar
- ½ cup milk
- 1 teaspoon vanilla essence
- 100 g chocolate
- 30 g butter
- 3/4 cup brown sugar
- 2 tablespoons cocoa, extra
- 3/4 cup water

**Method:**
Sift flour and cocoa into a 2-litre bowl. Add sugar, milk and vanilla essence. Mix well. Place chocolate and butter in a 2-cup pyrex jug and cook on Med-High for 1 to 1 1/2 minutes. Stir and add to mixture. Mix well. Spread mixture into base of 2-litre casserole dish. Combine brown sugar, cocoa and water in 2-cup jug. Pour evenly over pudding. Cook on High for 4 to 6 minutes.

---

**APPLE CRUMBLE**

Serves: 4

**Ingredients:**
- 780 g can pie apples
- ½ cup rolled oats
- ¼ cup plain flour
- ¼ cup desiccated coconut
- ½ cup brown sugar
- 1 teaspoon cinnamon
- 60 g butter

**Method:**
Place apples in the base of a 1-litre casserole dish. Place remaining ingredients (except butter) in mixing bowl. Melt butter in a 2-cup jug on High for 40 to 60 seconds. Combine melted butter with dry ingredients and mix well. Spread evenly over apples. Cook on High for 5 to 8 minutes.

**HINT:**
TO MELT CHOCOLATE:
Place 100 g broken chocolate in a 4-cup glass jug and heat on Med for 1 to 2 minutes. As chocolate holds its shape after heating, stir and stand before adding extra cooking time.

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**PEACH AND MUESLI CRUMBLE**

Serves: 6 to 8

**Ingredients:**
- 80 g butter
- 1 cup flour
- ½ cup caster sugar
- 1 cup toasted muesli
- ½ cup shredded coconut
- ½ teaspoon cinnamon
- 810 g peach slices, drained

**Method:**
Place butter in a 2-litre jug. Cook on Med-High for 1 minute. Add flour, sugar, muesli, coconut and cinnamon, stir until combined. Place peaches into a 1-litre casserole dish. Place crumble mixture on top of peaches and cook on High for 10 to 12 minutes. Serve with cream or ice cream.

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**APRICOT COBBLER**

Serves: 4 to 6

**Ingredients:**
- 800 g apricot halves
- 1 (340 g) packet butter cake mix
- ½ cup toasted coconut
- 70 g butter, melted

**Method:**
Arrange apricots on the base of a 20 cm casserole dish. Combine cake mix, toasted coconut and butter. Sprinkle cake mixture over apricots. Cook on High for 6 to 8 minutes.

---

**FRUIT MINCE**

Serves: 4

**Ingredients:**
- 250 g mixed dried fruit
- 400 g can crushed pineapple and juice
- 1 cooking apple peeled, cored and grated
- 1 cup brown sugar
- 1 tablespoon brandy
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 tablespoon cornflour
- ½ cup water

**Method:**
Combine all ingredients (except cornflour and water) in a 2-litre casserole dish. Cook on Med-High for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on High for 3 to 5 minutes. Stir. Cool. Bottle and seal or use immediately.
Cooking Fruit by Micro Power

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on turntable.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples - poached</td>
<td>500 g High 8 Add 300 ml of water. Only half fill dish. Cover.</td>
</tr>
<tr>
<td>Apples - stewed</td>
<td>500 g High 6 Only half fill dish. Cover.</td>
</tr>
<tr>
<td>Peaches - poached</td>
<td>500 g High 4 - 5 Add 300 ml of water. Only half fill dish. Cover.</td>
</tr>
<tr>
<td>Pears - poached</td>
<td>500 g High 6 - 7 Add 300 ml of water. Only half fill dish. Cover.</td>
</tr>
<tr>
<td>Plums - poached</td>
<td>500 g High 8 Add 300 ml of water. Only half fill dish. Cover.</td>
</tr>
<tr>
<td>Plums - stewed</td>
<td>500 g High 8 - 10 Add 30 ml (2 tbsp) of water. Only half fill dish. Cover.</td>
</tr>
<tr>
<td>Rhubarb - stewed</td>
<td>500 g High 5 Only half fill dish. Cover.</td>
</tr>
</tbody>
</table>

SWEET BERRY SAUCE
Makes: Approximately 2 cups

Ingredients:
- ½ cup caster sugar
- ½ cup water
- 500 g berries, halved if large
- 2 tablespoons water
- 1 tablespoon cornflour

Method:
Combine sugar and water in a 3-litre bowl. Cook on High for 2 to 3 minutes. Add berries. Cook on High for 3 to 4 minutes. Blend water and cornflour. Mix into berry sauce. Cook on High for 2 minutes. Serve hot or cold with ice cream.

CINNAMON POACHED PEARs
Serves: 4

Ingredients:
- ½ cup water
- ½ cup caster sugar
- ½ teaspoon cinnamon
- 4 pears, peeled and sliced

Method:
Combine water, caster sugar and cinnamon in a 1-litre jug. Cook on High for 2 minutes. Place the pears in a 2-litre dish. Pour over syrup and cover. Cook on High for 6 to 8 minutes.

Tip:
To soften butter cook on Med for 10 to 20 seconds.

STIRRED CUSTARD
Makes: Approximately 400 ml

Ingredients:
- 3 tablespoons sugar
- 2 tablespoons custard powder
- 1½ cups milk
- 2 egg yolks, lightly beaten
- 1 teaspoon vanilla essence

Method:
Combine sugar and custard powder in 4-cup jug. Gradually stir in milk until smooth. Cook on Med-High for 4 to 5 minutes, stirring halfway through cooking. Add egg yolks and mix well. Cook on Med-High for further 30 to 60 seconds. Add vanilla, stir well and serve.

FIGS IN RIESLING AND HONEY
Serves 4

Ingredients:
- 8 firm figs
- 1½ cups Riesling wine
- 80 ml honey
- 1 teaspoon lemon juice
- 1 teaspoon grated lemon rind
- 2 tablespoons chopped pistachio nuts

Method:
Wash and stem the figs place into a 2 litre dish. Combine Riesling, and honey and pour over figs. Cook on Med-High for 6 to 8 minutes. Remove figs from syrup, set aside. Add lemon juice and rind to syrup and cook on High for 3 to 4 minutes or until slightly reduced. Pour syrup over figs and allow to cool. Serve with ice cream or cream and sprinkle with pistachio nuts.

CHOCOLATE PATÉ
Makes 24 x 8 cm loaf tin

Ingredients:
- 300 g dark chocolate
- 400 g can condensed milk
- 1 cup brazl nuts
- ½ cup hazelnuts
- ½ cup glace cherries
- ½ cup sultanas

Method:
Break chocolate into pieces and place with condensed milk in a 2-litre dish. Cook on Med-High for 3 to 5 minutes, stirring twice during cooking. Fold through nuts and fruits. Line a 24 x 8 cm loaf tin with foil and pour in the mixture. Chill for several hours or until set. Turn out and serve thinly sliced.

Cakes, Desserts and Slices
CHOCOLATE BROWNIES
Makes: 1 x 20 cm square slice pan

Ingredients:
- 125 g butter
- 200 g chocolate
- 1 cup caster sugar
- 1 teaspoon vanilla essence
- 3 eggs
- 1 cup plain flour

Method:

RHUBARB, APPLE & GINGER COMPOTE
Serves: 4

Ingredients:
- 300 g rhubarb, trimmed cut to 3 cm lengths
- 2 apples, peeled, cored and diced
- 30 g crystallised ginger, thinly sliced
- 1/2 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 8 to 10 minutes or until fruit is softened.

MOCHA FUDGE
Makes: 64 x 2.5 cm square pieces

Ingredients:
- 395 g can sweetened condensed milk
- 300 g dark chocolate melts
- 1 teaspoon vanilla extract
- 1 teaspoon instant coffee powder
- 64 chocolate coated coffee beans

Method:
Grease a square (20 cm) cake pan, set aside. Place condensed milk and chocolate in a 1.5-litre microwave safe and heatproof bowl. Cook on Med-High for 2 minutes. Stir in vanilla and coffee. Mix until well combined. Cook on Med for 2 minutes. Stir and pour into prepared pan. Arrange coffee beans evenly over the fudge. Chill for 2 hours or until set. Cut into 2.5 cm squares to serve.

Tip:
Chocolate coated coffee beans are available from specialty coffee shops.

Preserving Precautions
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.

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.

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. Alternatively, a conventional meat thermometer may be used after the food is removed from the oven.

Sterilizing Jars
Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on HIGH power until water boils (approx.3 mins, for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

TOMATO CHUTNEY
Makes: 3 cups (750 ml)

Ingredients:
- 250 g onion, finely chopped
- 1.5 kg ripe tomato, skins removed and chopped
- 1 teaspoon salt
- 1 teaspoon paprika
- pinch cayenne pepper
- 150 ml malt vinegar
- 175 g sugar

Method:

LEMON BUTTER
Makes: 1 cup (250 ml)

Ingredients:
- 1/2 cup lemon juice
- 1 tablespoon lemon rind
- 1/2 cup sugar
- 3 egg yolks
- 1 tablespoon butter
- 1 tablespoon cornflour

Method:
Blend all ingredients in a 4-cup glass jug. Cook on Med-High for 4 to 5 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.
BASIC WHITE SAUCE
Makes: 1 cup

Ingredients:
- 2 tablespoons butter
- 2 tablespoons flour
- salt and white pepper
- 1 1/4 cups milk

Method:
Place butter in a 4-cup jug. Cook on High for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on High for 2 minutes, stirring every minute.

Tip: For cheese sauce, stir in 1/2 cup grated cheese once sauce has thickened.

GRAVY
Makes: 2 cups

Ingredients:
- 2 tablespoons dripping or pan juice
- 1 small onion, finely chopped
- 2 tablespoons flour
- 1 tablespoon tomato paste
- 1 1/2 cups beef stock
- salt and pepper

Method:
Place dripping or pan juices and onion in a 2-cup jug. Cook on High for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well. Cook on High for 2 minutes. Add remaining stock. Stir well and cook on High for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

CHEESE SAUCE
Makes: 1 1/2 cups

Ingredients:
- 40 g butter
- 2 tablespoons flour
- 1 1/2 cups milk
- 1/2 cup grated cheese

Method:
Melt butter in a 1-litre jug on High for 30 seconds. Add flour and mix well. Gradually stir in milk. Cook on High for 3 to 4 minutes. Stirring halfway through cooking. Add cheese and cook on High for a further 1 to 1 1/2 minute. Stir and serve with vegetables of your choice.

LEMON LIME CORDIAL
Makes: approximately 1.5 litres of undiluted cordial

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 3 to 4-litre dish with the remaining ingredients. Cook on High for 8 to 10 minutes. Stir 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.

RICHT CHOCOLATE SAUCE
Makes: 1 3/4 cups

Ingredients:
- 200 g chocolate pieces
- 300 ml cream

Method:
Combine chocolate and cream in a 1-litre jug. Cook on High for 2 minutes. Mix well. Serve over ice cream.

STRAWBERRY LIQUEUR
Makes: 750 ml

Ingredients:
- 500 g sugar
- 500 g washed and hulled strawberries
- 600 g brandy or whisky

Method:
Place sugar and strawberries in a 4-litre dish. Stir well. Cook on High for 15 minutes. Stir in brandy or whisky. Pour into an airtight container. Store refrigerated for 2 to 3 months. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

MINT SAUCE
Makes: Approximately 1/4 cup

Ingredients:
- 1/4 cup water
- 1 tablespoon sugar
- 2 tablespoons brown vinegar
- 2 tablespoons mint, finely chopped

Method:
Combine all ingredients in 1-cup jug. Cook on High for 30 to 60 seconds. Stir well and serve with Roast Lamb.

HINT: COOKING SAUCES:
When making some sauces in the microwave oven, less liquid may be needed as less evaporation occurs with a shorter cooking time.