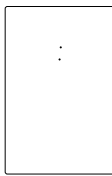
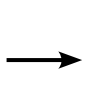


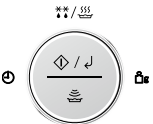
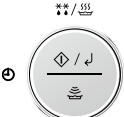
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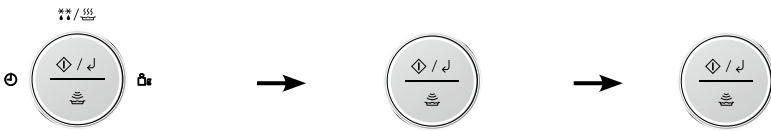
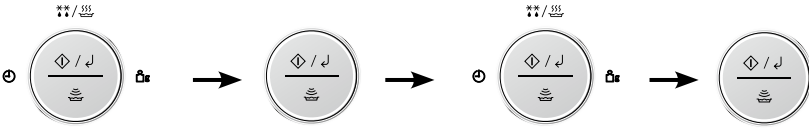
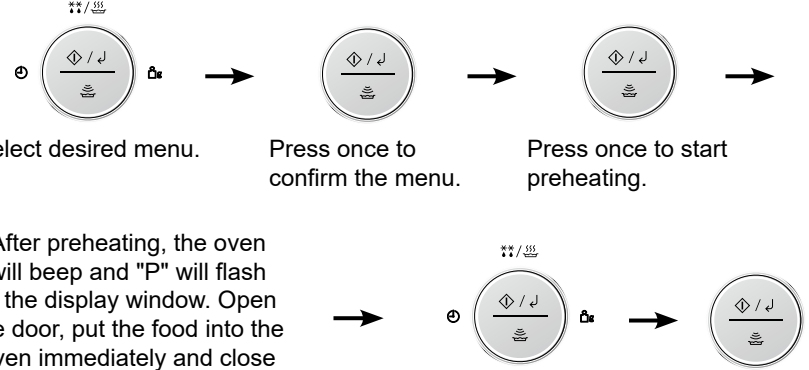
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Quick Guide to Operation

English

Feature	How to Operate	
To Set Clock (page 15)	 →  →  Press twice. Set time. Press once.	
To Set/Cancel Child Safety Lock (page 15)	To set:  →  Press 3 times. Display window. To cancel:  →  or  Press 3 times. Colon or time of day is displayed.	
To Set Micro Power (page 16)	 →  →  Select power level. Set time. Press once.	
To Set Turbo Defrost (page 17)	 →  →  →  Select Turbo Defrost (No.1). Press once. Set weight. Press once.	
To Set Grill (page 19)	 →  →  Select power level. Set time. Press once.	
To Set Convection (page 20-21)	Without Preheating:  →  →  Select temperature. Set time. Press once. With Preheating:  →  →  Select temperature. Press once to start preheating. After preheating, the oven will beep and "P" will flash in the display window. Open the door, put the food into the oven immediately and close the door.  →  Set time. Press once.	

Feature	How to Operate
To Set Air Fry (page 22-23)	 →  Set time. →  Press once. Press once to 3 times to select Air Fry level. (Preheat is not available)
To Set Combination (page 24-26)	Without Preheating: (Combi 1/2/3/4/5)  →  Set time. →  Press once. Press 4-8 times to select Combination level.
	With Preheating: (Combi 2/3/4/5)  →  →  Press once to start preheating. After preheating, the oven will beep and "P" will flash in the display window. Open the door, put the food into the oven immediately and close the door. Press 5-8 times to select combination level. →  Set time. →  Press once.
To Set as a Kitchen Timer (page 28)	 →  Set time. →  Press once. Press once.
To Set Standing Time (page 28)	Set the desired cooking program. (up to 2 stages)  →  Set time. →  Press once. Press once.
To Set Delay Start (page 28)	 →  Set time. → Set the desired cooking program. (up to 2 stages) →  Press once. Press once.
To Set Add Time (page 29)	 →  Press once. Turn dial after cooking.

Feature	How to Operate
One Push Reheating (page 30)	 * To reheat a fresh pre-cooked chilled meal. Press once.
To Set Sensor Cook (page 31)	 Select desired menu (No.4-10). Press once to confirm the menu. Press once.
To Set Auto Cook (page 33)	Without Preheating: (For menus 2-3, 11-17, 19-20, 24-28 and 30)  Select desired menu. Press once to confirm the menu. Set weight. (except Menu No.12, 13) Press once.
	With Preheating: (For menus 18, 21-23, and 29)  Select desired menu. Press once to confirm the menu. Press once to start preheating. After preheating, the oven will beep and "P" will flash in the display window. Open the door, put the food into the oven immediately and close the door. Set weight. (except Menu No.21-23) Press once.

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs

Inspection for Damage:

A microwave oven should only be used if an inspection confirms all of the following conditions:

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

Precautions:

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

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 the 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 the microwave oven. 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. Children should be supervised to ensure that they do not play with the appliance.
12. It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
13. The surfaces are liable to get hot during use.
14. The appliance must not be installed behind a decorative door in order to avoid overheating.

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 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 electric shock.

Fan Motor Operation after Cooking

After using this oven the fan may rotate to cool the electric components. This is perfectly normal, and you can take out the food from the oven while the fan operates.

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 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 microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Remove wire twist-ties from bags before placing bag in oven.
 - (c) 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.
 - (d) Never leave microwave unattended while cooking or reheating.
 - (e) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
11. Do not remove outer panel from oven.
12. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
13. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
14. **WARNING: Ensure that the cavity does not contain any items or utensils that are not suitable for the use with the microwave oven before you operate the appliance.**
15. **WARNING: Do not use the cavity for storing combustible products, cooking utensils, or food and similar when the microwave oven is not in use.**
16. **The appliance shall not be cleaned with a steam cleaner.**
17. **The appliance must be operated with the decorative door open.**

Circuits

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

IMPORTANT SAFETY INSTRUCTIONS *(continued)*

Practical Hints:

1. For initial use of COMBINATION, GRILL, CONVECTION, **Air Fry**, if you see white smoke arise, it is not malfunction.
2. The oven have heaters situated in the top of the oven. After using the COMBINATION, GRILL, CONVECTION, **Air Fry** functions, the ceiling will be very hot.
3. Accessible parts may become hot during use. Young children should be kept away.
4. Before using GRILL, CONVECTION, **Air Fry** or COMBINATION function for the first time, operate the oven without food and accessories (including glass tray and roller ring) on CONVECTION 220 °C

for 5 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty (except when preheating).

Caution: All inside surfaces of the oven will be hot.

5. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during COMBINATION, GRILL, CONVECTION and **Air Fry**. Use care when opening or closing door and when inserting or removing food and accessories.



Caution! Hot surfaces

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 service technician trained by the manufacturer.
- (b) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- (c) 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.
- (d) If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- (e) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- (f) Liquids and other foods must not be heated in sealed containers since they are liable to explode, at the same time it should avoid the boiling liquids splash.
- (g) 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.
- (h) When the appliance is operated in the GRILL, CONVECTION, **Air Fry** and COMBINATION modes, children should only use the oven under adult supervision due to the temperatures generated.
- (i) Care should be taken not to displace the glass tray when removing containers from the appliance.

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/Cancel** button and leave door closed order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
4. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming Buttons, slippers, sponges, damp cloth and similar **can** lead to risk of injury, ignition or fire.
5. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)

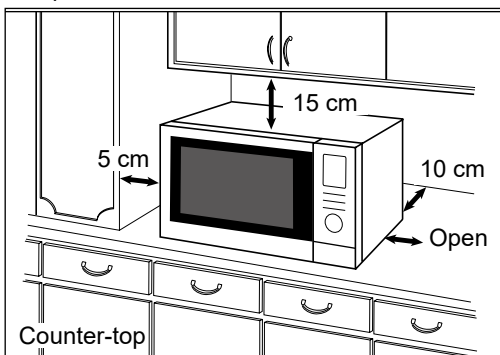
Installation and General Instructions *(continued)*

11. DO NOT use this oven to heat chemicals or other non-food products. DO NOT clean this oven with any product that is labeled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause microwave radiation leaks.
12. If glass tray is hot, allow to cool before cleaning or placing in water.
13. When using the COMBINATION mode, never place any aluminum or metal container directly on the wire rack. Always insert a heat-proof, glass plate or dish between the wire rack and the aluminum container. This will prevent sparking that may damage the oven.
14. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
15. Metallic containers for food and beverages are not allowed during microwave cooking.
16. It is recommended not to use the wire rack when cooking in the MICROWAVE mode only.
17. Only use utensils that are suitable for use in microwave ovens.
2. Do not attempt to deep fat fry in your microwave oven.
3. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they **can** explode, even after microwave heating has ended.
4. Potatoes, apples, egg yolks, 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 the 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 again halfway through cooking time.
 - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
 - (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
 - (f) As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Placement of Oven

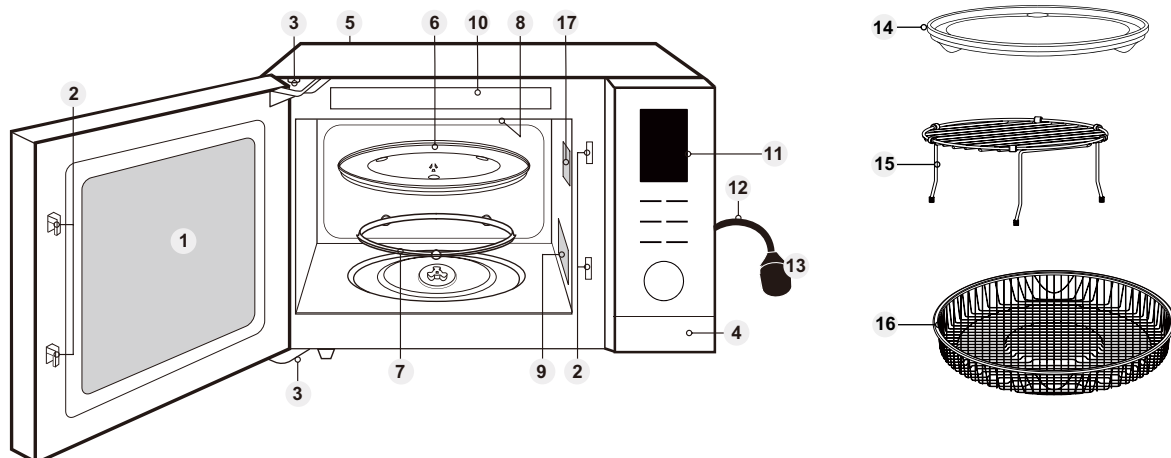
This oven is intended for Counter-top use only. It is not intended for built-in use or use inside a cupboard.

1. The oven must be placed on a flat, stable surface. It shall not be placed in a cabinet. For correct operation, the oven must have sufficient air flow. Allow 15 cm of space on the top of the oven, 10 cm at back and 5 cm on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Do not remove feet.



- (a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
 - (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. The cabinet must NOT have a door.
- ## 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.
 11. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Parts of your Oven



1 Oven Window

2 Door Safety Lock System

3 Door Hinges

When opening or closing the door, do not stretch your fingers inside the oven.

4 Door Release Button

Push to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cook resumes as soon as the door is closed and Start 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.

5 External oven air vents

6 Glass Tray

- DO NOT** operate the oven without the roller ring and glass tray in place.
- Only use the glass tray specifically designed for this oven. Do not substitute any other glass tray.
- If the glass tray is hot, allow to cool before cleaning or placing in water.
- DO NOT** cook directly on the glass tray. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
- If food or utensil on the glass tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
- Glass tray can rotate in either direction.
- Always place the container on the center of glass tray when cooking.

7 Roller Ring

- Roller ring should be cleaned regularly to avoid excessive noise.
- Roller ring and glass tray should be used at the same time.

8 Grill and Convection / Air Fry Heater

9 Waveguide Cover (do not remove)

10 Menu Label

Position your supplied menu label here.

11 Control Panel

12 Power Supply Cord

13 Power Supply Plug

14 Metal Tray

- The metal tray is for cooking on Grill, Convection, **Air Fry** and Combination. Do not use metal tray in Microwave mode only.
- The metal tray must always be in place on the glass tray (unless stated).
- Take it out with thermal insulation gloves after use. To avoid scalding, do not touch it with your hands.

15 Wire Rack

Spacers: Do not remove when cooking.

- A wire rack is included with the oven in order to facilitate browning of small dishes.
- Wire rack should be cleaned regularly.
- When using wire rack in the manual GRILL, CONVECTION, **Air Fry** and COMBINATION cooking modes, be careful to choose heat-proof containers; containers made of plastic or paper may melt or burn when exposed to the heat radiating from the grill.
- Before using the Air Fry and COMBINATION mode, ensure the spacers are properly installed on the wire rack.** This will prevent sparking that may damage the oven.
- Do not use wire rack when cooking in the MICROWAVE mode only.

16 Air Fry Basket

17 Oven Light:

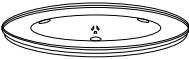
Oven Light will turn on during cooking and also when door is opened.

Notes:

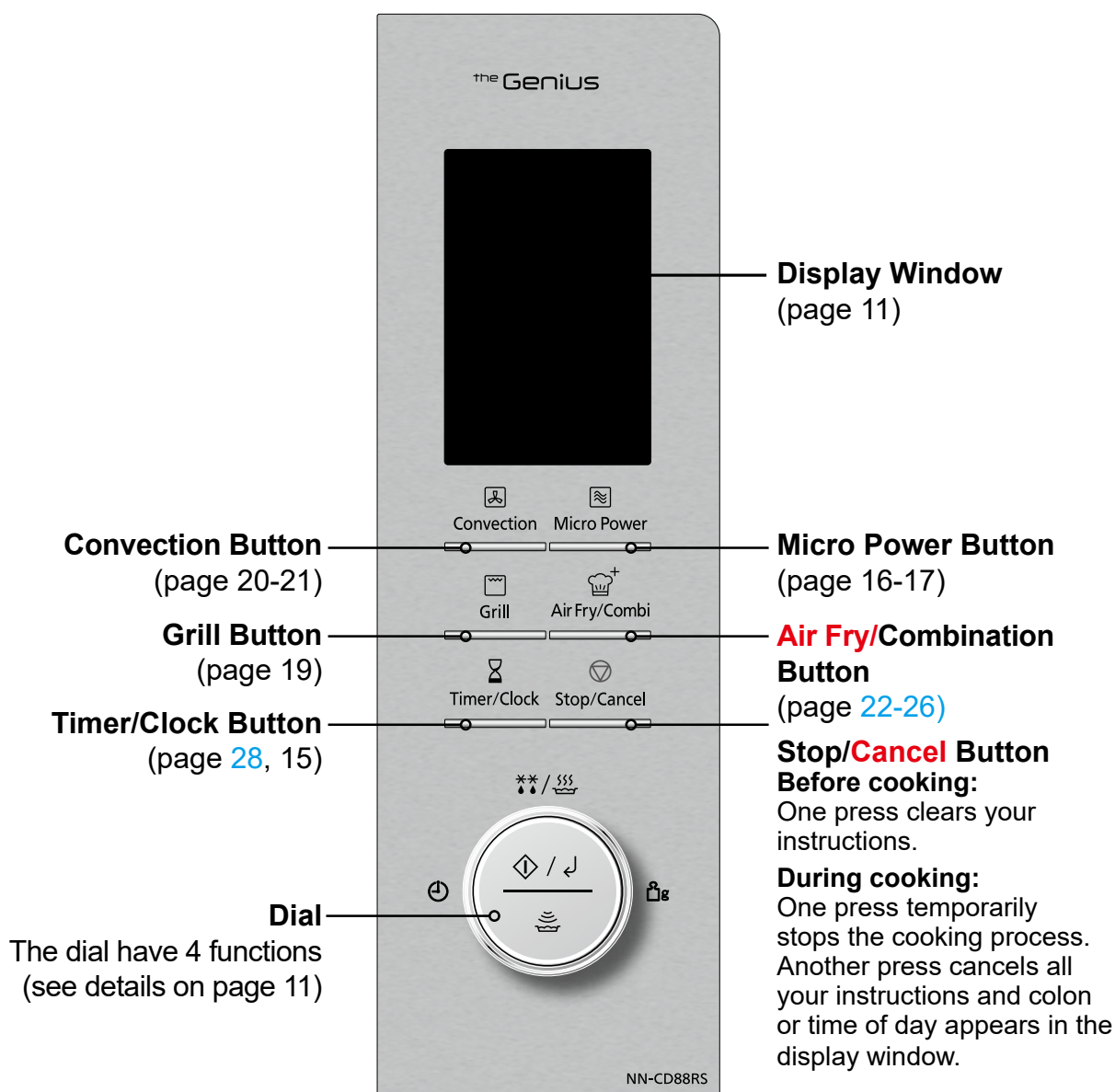
- The above illustration is for reference only.
- The accessories introduced here are the only included with this oven.** All other cooking utensils mentioned in this manual must be purchased separately.

Oven Accessories

The following chart shows correct use of the accessories in the oven.

Mode	Glass Tray 	Metal Tray 	Wire Rack 	Air Fry Basket 
Microwave	YES	NO	NO	NO
Grill	YES	YES	YES	YES
Convection / Air Fry	YES	YES	YES	YES
Combination 1 (Grill + Microwave)	YES	YES	YES	NO
Combination 2-5 (Convection + Microwave)	YES	YES	YES	NO

Control Panel



Beep Sound:

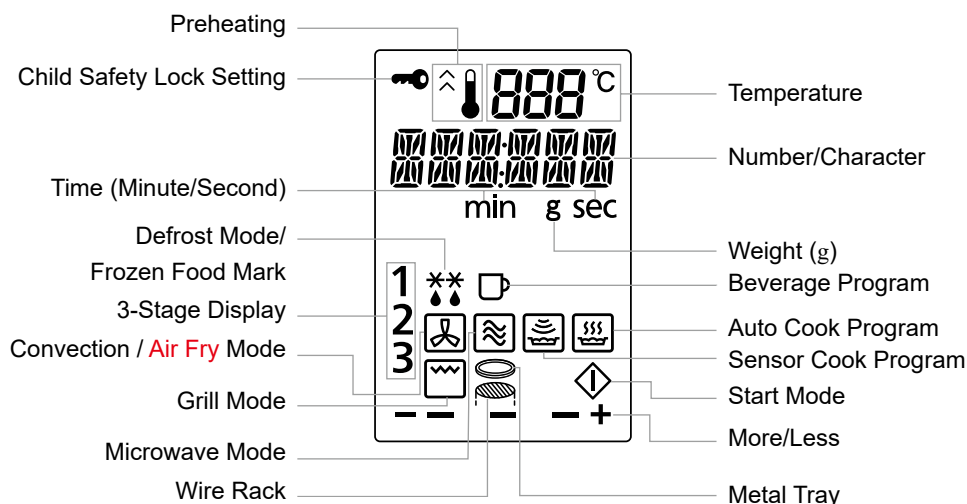
When a Button is pressed correctly, a beep sound will be heard. If a Button is pressed and no beep is heard, the unit did not or could not accept the instruction. The oven will beep twice between programmed stages. The oven will beep three times after preheating. At the end of any completed program, the oven will beep 5 times.

Note:

When in stand-by mode the brightness of display will be reduced. The oven will enter stand-by mode after 6 minutes of the last operation. Opening the door will revert back to standard mode. If an operation is set and **Start** is not pressed, after 6 minutes, the oven will automatically cancel the operation. This display will revert back to clock or colon mode.

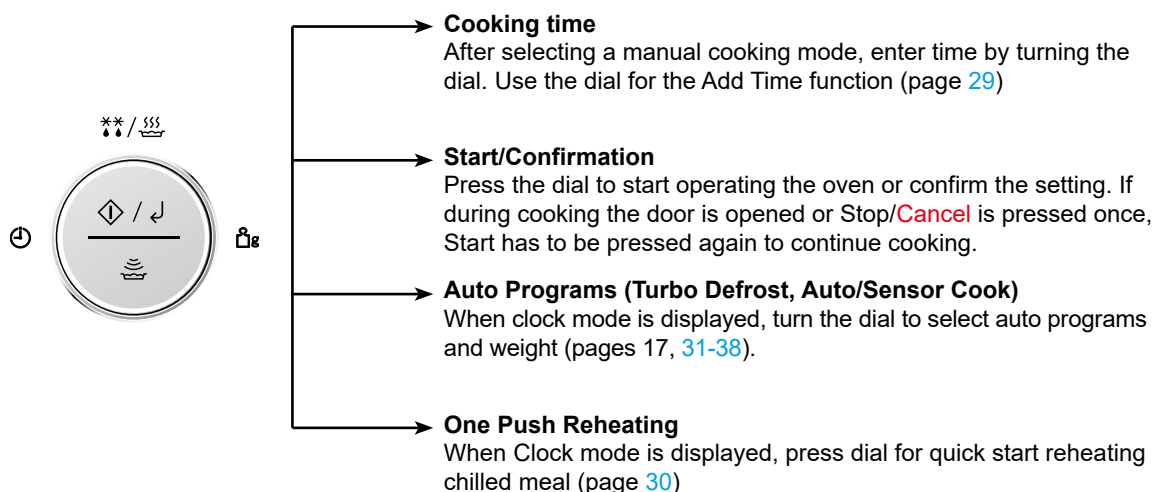
Display Window

To help you operate the oven conveniently, the present state will appear in the display window.



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

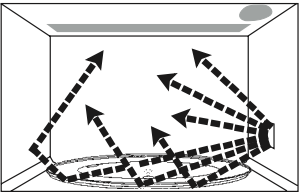
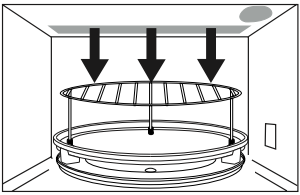
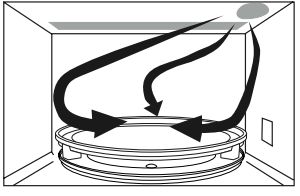
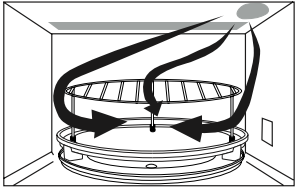
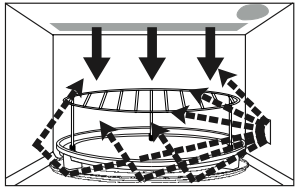
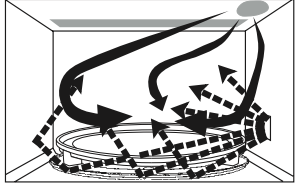
Dial Feature



Cooking Modes

The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used.

English

Cooking modes	Uses	Recommended accessories	Containers
MICROWAVE 	■ Defrosting ■ Reheating ■ Melting: butter, chocolate, cheese. ■ Cooking: fish, vegetables, fruits, eggs, rice and porridge. ■ Simmering: soup, stew, casseroles, double boiled ■ Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish. ■ Baking cakes without colour. No Preheating	-	Use your own microwaveable dishes, plates or bowls, directly on the glass tray. No metal.
GRILL 	■ Grilling of chicken pieces or seafood. ■ Toast grilling. ■ Colouring of gratin dishes, meat pie or meringue pies. No Preheating	Wire rack on metal tray*	Use heatproof dishes, plates or bowls directly on the wire rack on metal tray on glass tray*.
CONVECTION  	■ Baking of small pastry items with short cooking times: puff, pastry, cookies, choux, short pastry, roll cakes. ■ Special Rosting: steak, big joint lamb, whole chicken. ■ Baking of pizzas and tarts. Preheating advised	Metal tray or wire rack*	Heatproof, metal tin can be used on metal tray*. Do not place dishes directly on glass tray.
GRILL + MICROWAVE 	■ Cooking lasagne, meat, potatoes or vegetable gratins. No Preheating	Wire rack on metal tray*	Microwaveable and heatproof dishes placed directly on wire rack on metal tray on glass tray*. No metal.
CONVECTION + MICROWAVE 	■ Baking cakes ■ Puff pastry tarts Preheating if necessary	Metal tray*	Microwaveable and heatproof dishes can be used on the metal tray*. Do not place dishes directly on glass tray. No metal.

* N.B. Small food items can be placed directly on the metal tray on the wire rack.

Cookware and Utensil Chart

	Microwave	Grill	Convection / Air Fry	Combination	
				Grill + Microwave	Convection + Microwave
Aluminium foil	no	yes	yes	no	no
Ceramic plate	yes	yes	yes	yes	yes
Browning dish	yes	no	no	no	no
Brown paper bags	no	no	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes	yes	yes
non-oven/microwave safe	no	no	no	no	no
Disposable paperboard containers	yes*	yes*	yes*	yes*	yes*
Glassware oven glassware & ceramic	yes	yes	yes	yes	yes
non-heat resistant	no	no	no	no	no
Metal cookware	no	yes	yes	no	no
Metal twist-ties	no	yes	yes	no	no
Oven cooking bag	yes	yes*	yes*	yes	yes
Paper towels and napkins	yes	no	no	no	no
Plastic defrosting rack	yes	no	no	no	no
Plastic dishes microwave safe	yes	no	no	no	no
non microwave safe	no	no	no	no	no
Microwave safe cling film	yes	no	no	no	no
Straw, wicker, wood	yes	no	no	no	no
Thermometers microwave safe	yes	no	no	no	no
conventional	no	yes	yes	no	no
Waxed paper	yes	yes	no	yes	no
Silicon bakeware	yes*	yes*	yes*	yes*	yes*

* Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

Word Prompting

The oven has two different types of display. The default type of display is English prompting. You can select one of them just after plugging in and pressing the **Dial**.

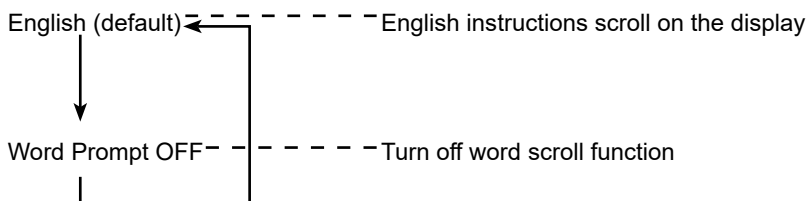
English

Plug-in

Press the Dial

Press the Dial

Press **Stop/Cancel**
button to exit



Notes:

1. English display has a special rolling form to prompt the next step, also for menu name, for example, "SET TIME", "PRESS START".
2. These functions must be operated only when you plug in the oven initially.
3. When you re-plug the mains, the oven will resume default mode and you need to reset.

Operation Guide in the Display Window

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

To turn off:



To turn on:

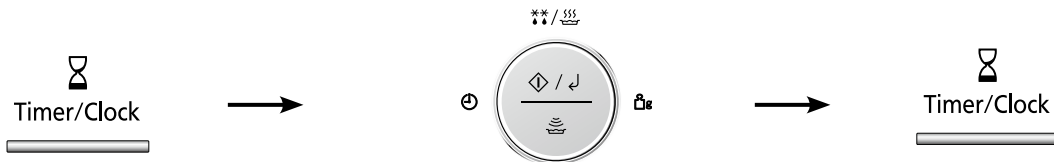


Note: This function only can be operated when word prompt turns on.

Clock Setting

You can use the oven without setting the clock.

The clock is an optional function for the user. Its accuracy may be affected by the local power supply condition.



1. Press Timer/Clock button twice. "SET TIME" will appear in the display window, and the colon starts to blink.

2. Enter time of day by turning the Dial. Time appears in the display window; colon is blinking.

3. Press once. The colon stops blinking and the time of day is entered. Time counts up in minutes.

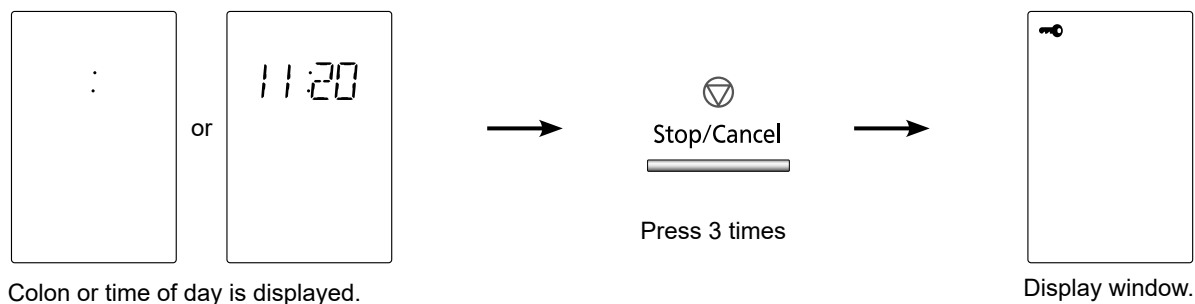
Notes:

1. If you want to reset time, please repeat operation 1-3.
2. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
3. Clock is a 12-hour display.
4. Oven will not operate while colon is still blinking.

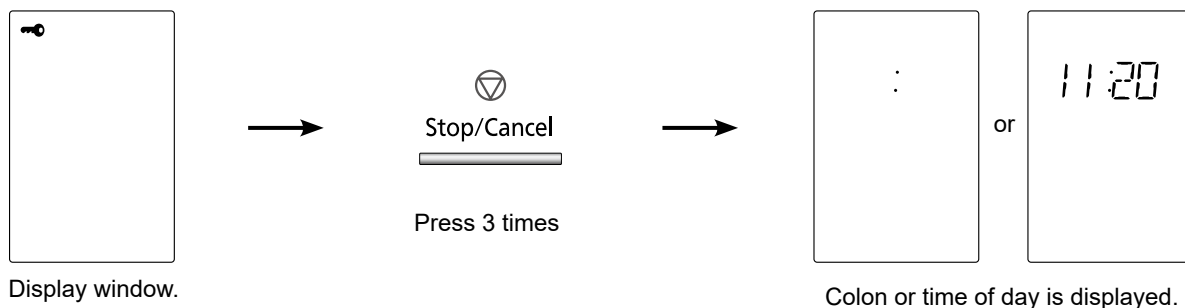
Child Safety Lock Setting

This feature allows you to prevent operation of the oven by a young child; however, the door can be opened. **This function can be set when colon or the time of day is displayed.**

To set:



To cancel:



Note:

Set or cancel child safety lock, **Stop/Cancel** button must be pressed 3 times within 10 seconds.

Micro Power Setting

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



1. Press this button until the power you require appears in the display window.

2. Select cooking time by turning dial.
(1000 W: up to 30 minutes)
(Other powers: up to 1 hour and 30 minutes)

3. **Press dial to Start.**
The cooking time appears in the display window and begins to count down.

Press	Power Level	Example of Use
once	1000 W (HIGH)	Boil water. Reheat. Cook vegetables, rice, pasta and noodles.
twice	800 W (MED-HIGH)	Cook poultry, meat, cakes, desserts. Heat milk.
3 times	600 W (MEDIUM)	Cook beef, lamb, eggs, fish and seafood. Melt butter.
4 times	440 W (MED-LOW)	Simmer soups, stews and casseroles (less tender cuts).
5 times	300 W (DEFROST)	Thaw foods.
6 times	100 W (LOW)	Keep cooked foods warm, simmer slowly.

Notes:

1. Three stages can be set continuously. This function allows you to set only once for some different stages without taking care during cooking. Please refer to page [27](#).
2. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

Micro Power Defrost Setting

This feature allows you to defrost by setting time by yourself.



Micro Power



1. Press 5 times to select 300 W (Defrost). The "00:30" and "00:30" appears in the display.

2. Select defrosting time by turning dial. (up to 1 hour and 30 minutes)

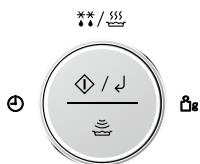
3. **Press dial to Start.** Defrost will start. The time appears in the display window and begins to count down.

Note:

Opening the door and taking out the defrosted parts during the operating time is recommended. Turn over, stir or rearrange the parts which are still in icy.

Turbo Defrost Setting

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight. The serving/weight is 100 g to 3000 g.



1. To allow auto program operation, ensure the oven is in clock mode. Select the Turbo Defrost (No.1) by turning the dial.

2. Press the dial to confirm the program selection. The microwave "00:30" and defrost "00:30" symbol will also appear.

3. Select the weight of the food by turning dial. Turning the dial slowly will count up in 10 g steps.

4. **Press dial to Start.** The cooking time appears in the display window and begins to count down.

Notes:

1. Turbo Defrost can be used to defrost many cuts of meat, poultry and fish by weight. The oven will determine the defrosting time and power levels. Once the oven is programmed, the defrosting time will appear in the display. For best results the minimum recommended weight is 200 g.
2. **Turn over the food, remove defrosted food when buzzer rings in the middle of cooking.**

Defrosting Tips and Techniques

Preparation for Freezing

The quality of the cooked foods comes from the foods before freezing, freezing ways and defrosting tips and times. So it is important to purchase fresh and high quality foods. And freeze them immediately. Thick cling film, package, freezing wrap and the meat which has been sealed before selling are all able to be reserved in the refrigerator for some times.

Note: Please remove the aluminum foil if the package is made of aluminum to prevent arcing.

The foods in the refrigerator should be kept under -18°C . (At least 24 hours in freezer before defrosting.)

Notes:

1. When freezing meats, poultry and fish or seafood, the foods should be arranged evenly and wrap as 2.5 cm - 5 cm square or a round shape.
2. Please clean the whole chicken before freezing. (The bowels can be frozen individually.) Clean the whole chicken and make it dry. Binding the leg and thigh.
3. Remove all air and seal securely. Label package with type and cut of meat, date and weight.

Turbo Defrost

The Turbo defrost function is operated based on the weight of foods. Most cut foods such as chicken, meat and fish can be defrosted by using this function easily. Turn dial for weight based on the real weight of foods, and the microwave oven will set the power and time automatically. The display window will display the time of defrost after setting. The foods listed in the below table are the most suitable for using defrost function. The minimize weight is 100 g and the maximum is 3000 g for getting the best result.

Foods	The maximum weight for the foods
Meat loaf, whole chicken, rib	3000 g
Beef, lamb, chicken portions	2000 g
Whole fish, shellfish, prawn and fish fillet	1000 g

Tips for Turbo defrost

Boneless meat always demands longer time to defrost than meat with bones, as to meat with bones, we recommend to subtract 500 g from total weight when it exceeds 2000 g, subtract 200 g - 300 g from total when it weights under 2000 g.

Two buzz beeps

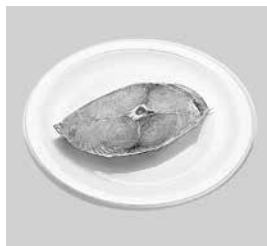
Turn over the meat, chicken, fish and shellfish. Separate the stewed meat, chicken pieces and meat loaf. Apart the meat loaf from the hamburger.

Key to defrosting

For evenly defrosting, turn over the foods or move the position of the foods in the containers during the progress of defrosting.



Remove the package of the raw meat and place it on the plate.

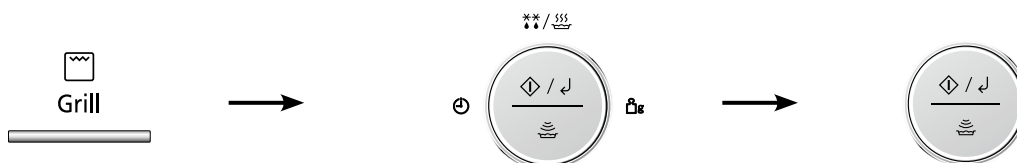


Remove the package of the fish fillet and place it on the plate.

Grill Setting

There are three power levels for grill. When grilling, heat is radiated from heater. The grill is especially suitable for thin slices of meat and seafood as well as bread and meals.

Preheating isn't required before grilling. Select Grill setting, set the time and start the oven. The food being grilled should normally be turned over after half the grilling time. When the oven door is opened, the program is interrupted. Turn the food over, place it back the oven, close the door and restart oven. While grilling, the oven door can be opened at any time to check the food.



1. Press to select desired Grill level.
(see chart below)

2. Select cooking time by turning dial.
(up to 1 hour and 30 minutes)

3. **Press dial to Start.**
The cooking time appears in the display window and begins to count down.

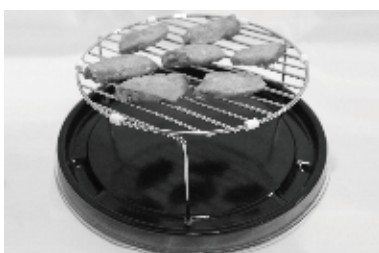
Press	Power Level	Suitable kinds of foods
once	Grill 1 (High)	Garlic Bread, Toast
twice	Grill 2 (Medium)	Seafood
3 times	Grill 3 (Low)	Slice meat or poultry pieces

Notes:

1. There is no microwave power on the Grill only program.
2. Use the accessories provided, as explained below.
3. The Grill will only operate with the oven door closed.
4. Most meat items e.g. sausages, chops can be cooked on the hottest setting - **Grill 1**. This setting is also suitable for toasting bread, muffins and teacakes etc.
5. **Grill 2** and **Grill 3** are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
6. Do not preheat the grill.
7. Never cover the food when grilling.
8. Always use oven gloves when removing the food and accessories after grilling as the oven and accessories will be very hot.
9. After grilling it is important that the grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.
10. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

Oven accessories to use

When grilling foods the glass tray should be in position, with the metal tray and the wire rack on top. Place food on wire rack on the metal tray on the glass tray. The wire rack will allow fat to drip through into the metal tray to reduce excess splatter and smoke when grilling steaks, chops and other fatty foods. If grilling fish or small items, place the metal tray on top of the wire rack.

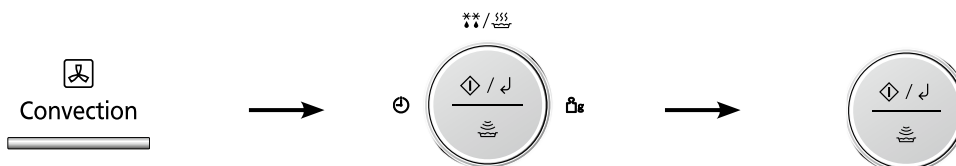


Convection Setting

The oven can be used as a conventional oven using the CONVECTION mode which incorporates a heating element with a fan. There is a choice of convection temperatures 40 °C and 100 °C - 220 °C. For quick selection of the most commonly used cooking temperatures, the oven starts at 150 °C and then for each press the temperature will count up in 10 °C stages to 220 °C, then to, 40 °C, 100 °C, 110 °C etc. This feature provides 2 modes to select. For best results always place food in a preheated oven.

Without Preheating:

(40 °C is available in Convection without preheating.)



1. Press to select the desired temperature.
The convection symbol "  " will also appear.

2. Select cooking time by turning dial.
(up to 9 hours).

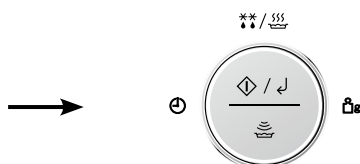
3. **Press dial to Start.**
The cooking time appears in the display window and begins to count down.

With Preheating:



1. Press to select the desired temperature.
The convection symbol "  " will also appear.

2. **Press dial to preheat.**
A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash.
Then open the door and place the food inside.*



3. Select cooking time by turning dial.
(up to 9 hours).



4. **Press dial to Start.**
The cooking time appears in the display window and begins to count down.

Note:

* Open the door using the door release button, because if the **Stop/Cancel** button is pressed the program may be cancelled.

Guideline to oven temperatures

Do not forget that for ease of programming of the most commonly used temperatures, your oven will start at 150 °C.

Temp °C	Suitable kinds of foods
150 °C	Cheese cake
160/170 °C	Ginger bread, cookies
180 °C	Fairy cakes, meat joints
190 °C	Gratins, pastry pies, chicken
200 °C	Scones, swiss roll, muffins
220 °C	Puddings, bread

Notes:

1. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
2. The oven will maintain the selected temperature for approximately 30 minutes. If no food has been placed inside the oven, then it will automatically cancel the cooking program "OPEN DOOR" will appear in the display window. If no cooking time is set, oven will revert to time of day after 6 minutes.
3. When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 100 °C is reached. To change the temperature during cooking, press the **Convection** button.
4. The oven cannot preheat to 40 °C.
5. When the selected cooking time is less than one hour, the time counts down second by second.
6. When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
7. The accessories and the surrounding oven will get very hot. Use oven gloves.

Oven accessories to use

When using the Convection oven the glass tray should be in position and must have the metal tray placed on top. The food is then placed onto the metal tray. Follow your individual recipe guidelines.

When using the oven as a CONVECTION oven, there is NO MICROWAVE POWER, i.e. the oven is operating as a conventional oven and you can use all your standard metal baking tins and ovenware.

It is not recommended to cook on more than one level when using the CONVECTION oven. When cooking 2 trays of buns etc, cook in two batches.



Air Fry Setting

The Air Fry function combines intense heat and maximized airflow to cook food so that it is crispy and brown. There is no need for preheating. Turn the dial to set cooking time (up to 9 hours) after selecting the Air Fry function.

English



1. Press once to 3 times to select air fry level.
(Preheat is not available)

2. Select cooking time by turning dial.
(up to 9 hours).

3. **Press dial to Start.**
The cooking time appears in the display window and begins to count down.

Press	Air Fry Level	Temperature	Uses
Once	Air Fry 1	180 °C	Prawn, cauliflower, asparagus, mushrooms
Twice	Air Fry 2	200 °C	Whole fish, spring rolls, sausages
3 times	Air Fry 3	220 °C	Frozen chicken nuggets, frozen potato fries, chicken breast

Note:

- Ensure to use the proper accessories. Put the food on the Air Fry Basket on the Wire Rack on the Enamel Tray to catch any dripping oil. **DO NOT** remove the spacers on the Wire Rack.
- Arrange food evenly in the Air Fry Basket. For best results, place food in a single layer and leave space between pieces. For large amounts of food, stir or re-arrange the food several times during cooking.
- When the selected cooking time is less than one hour, the time counts down second by second.
- When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
- You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.



Caution!

The accessories and the surrounding oven will get very hot. Use oven gloves.

Always use oven gloves when removing dishes from the oven, especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Note:

- Food is usually cooked uncovered.
- After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.
- Foods should always be cooked until browned and piping hot.

Oven Accessories to Use

When using the air fry function, place the accessories in the oven with the enamel tray on top of the glass turntable, then the wire rack with the air fry basket on top containing the food.



Air Fry Chart

Food	Weight/ range	Temp.	Recommended time (approx)	Instructions/Guidelines
Fresh				
Breaded prawn	200-250 g	180 °C	14-16 min	Coat the shrimp with egg ,then cover with a mixture of breadcrumbs and oil. Turn over at $\frac{2}{3}$ of total time.
Prawn	300-500 g	180 °C	16-20 min	Seasoned with oil, salt &black pepper. Turn over at $\frac{1}{2}$ of total time.
Whole fish	310-450 g	200 °C	20-24 min	Seasoned with oil, salt &black pepper,cut the fish in half and put on aluminum foil or baking sheet.
Potatoes	500-900 g	200 °C	25-30 min	Seasoned with oil, salt &black pepper. Turn over/stir at $\frac{1}{2}$ of total time.
Cauliflower	310-500 g	180 °C	22-24 min	Seasoned with oil, salt &black pepper. Turn over/stir at $\frac{2}{3}$ of total time.
Brussel sprouts	310-500	180 °C	20-24 min	Seasoned with oil, salt &black pepper. Turn over/stir at $\frac{2}{3}$ of total time.
Asparagus	200-310 g	180 °C	12-16 min	Seasoned with oil, salt &black pepper. Turn over/stir at $\frac{2}{3}$ of total time.
Carrot	500-780 g	180 °C	20-25 min	Seasoned with oil, salt &black pepper. Turn over/stir at $\frac{1}{2}$ of total time.
Mushroom	340-500 g	180 °C	16-20 min	Seasoned with oil, salt &black pepper.
Homemade fries	450-900 g	220 °C	30-40 min	Soak in cold water for 1 hour in the refrigerator, dry and mix with oil, stir at $\frac{2}{3}$ of total time for over 450 g.
Steak (1/2" of thickness)	2-4 pcs 340-670 g	220 °C	16-18 min	Seasoned, turn over at $\frac{2}{3}$ of total time.
Hamburger	2-4 pcs 280-560 g	220 °C	16-20 min	Seasoned, turn over at $\frac{2}{3}$ of total time.
Chicken wings	450-1000 g	220 °C	25-30 min	Seasoned, turn over at $\frac{2}{3}$ of total time.
Drumsticks	4-8 pcs 450-1000 g	220 °C	35-40 min	Cut open the surface of drumsticks with a knife; seasoned, turn over at $\frac{2}{3}$ of total time.
Chicken breast	2-4 pcs 340-670 g	220 °C	26-30 min	Seasoned, turn over at $\frac{2}{3}$ of total time.
Fish fillets	2-4 pcs 225-450 g	220 °C	20-25 min	Seasoned, less than 1½ inch of thickness.
Frozen				
Thin frozen fries	225-450 g	220 °C	20-30 min	Stir at $\frac{2}{3}$ of total time for over 450 g.
	450-900 g		30-40 min	
Thick frozen fries/ Frozen potatoes steak fries/wedges	450-900 g	220 °C	25-30 min	Stir at $\frac{2}{3}$ of total time for over 450 g.
Frozen cheese sticks	450-1200 g	220 °C	16-20 min	-
Frozen chicken nuggets	450-1100 g	220 °C	20-30 min	Stir at $\frac{2}{3}$ of total time for over 450 g.
Frozen fish sticks	450-1200 g	220 °C	20-30 min	Stir at $\frac{2}{3}$ of total time for over 450 g.
Breaded chicken fillets	3-5 pcs 300-500 g	200 °C	24-27 min	Turn over at $\frac{2}{3}$ of total time.
Chilled				
Spring rolls	300-450 g	200 °C	15-18 min	Brush oil. Turn over at $\frac{2}{3}$ of total time.

Combination Setting

Your oven has two methods of cooking by Combination.

- 1. Grill and Microwave (preheat is not possible)
- 2. Convection and Microwave (with and without preheating)

Combination cooking is ideal for many foods. The microwave power cooks them quickly, whilst the convection or grill gives the traditional browning and crispness.

All this happens simultaneously resulting in most foods being cooked in ½ - ¾ of the conventional cooking time.

There is no need to preheat on **combination** programs, **except when cooking pastry**.

It is possible to use smooth seamed metal tins and foil containers on **combination** but they must be placed directly onto the metal tray on the glass tray. They must not be placed directly onto the wire rack, or arcing will occur.

If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven.

You should stop the program immediately and change the container or re-program to **convection** only.

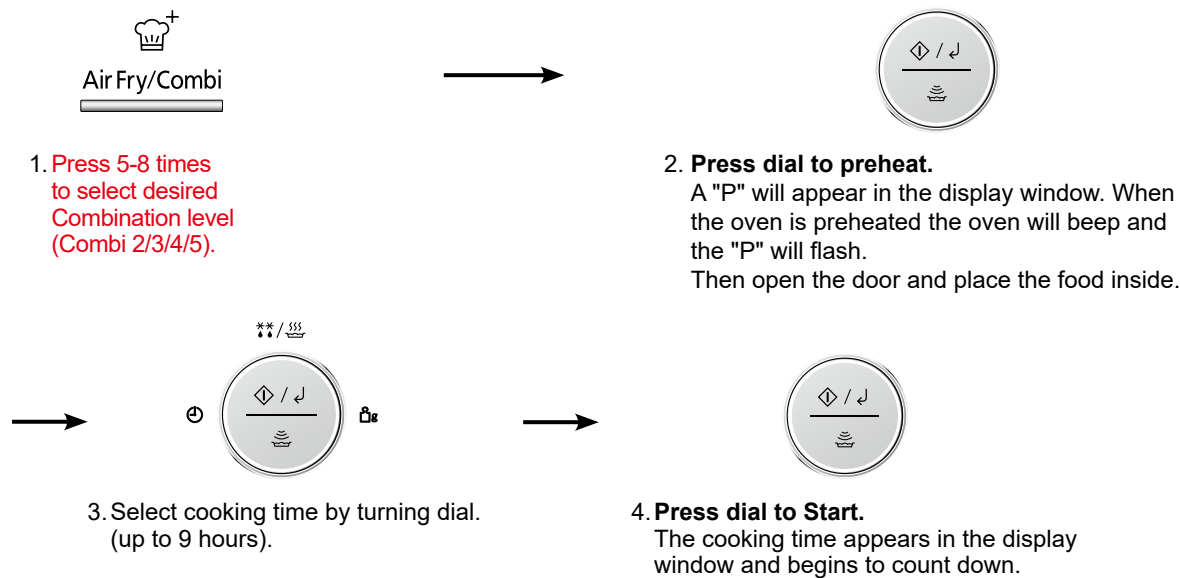
To cook successfully by **combination** you should always use a minimum of 200 g food. Small quantities should be cooked by Convection or Grill.

Preheat if necessary (convection and microwave combination only)

Without Preheating:



With Preheating:



Press	Combi Level	Combination Type		Uses
4 times	Combi 1	Grill and Microwave	Grill 1 (High) + MW 440 W	Breaded fish, breaded chicken, toasted sandwiches, frozen croquettes, samosas, spring rolls
5 times	Combi 2	Convection and Microwave	Convection 180 °C + MW 100 W	Stews, casseroles and slow cooking roast meats
6 times	Combi 3		Convection 220 °C + MW 440 W	Frozen potato products, quiches, part baked rolls and baguettes, thin based pizzas, chilled gratins, fruit pies, crumbles
7 times	Combi 4		Convection 200 °C + MW 440 W	Pasties, meat pies, whole chicken, turkey crown, frozen gratins
8 times	Combi 5		Convection 160 °C + MW 440 W	Joints of meat, croissants, thick based pizzas

*** Notes:**

1. When placing food in the oven after preheating, just open the door using the door release button, because if **Stop/Cancel** button is pressed the program may be cancelled.
2. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
3. The wire rack is designed to be used for combination and grilling. Never attempt to use any other metal accessory except the one provided with the oven. Place the metal tray underneath to catch any fat or drips.
4. Take care to use oven gloves when removing dishes from the oven - especially when turning or stirring foods as the oven walls and roof will be very hot.

Grill and Microwave

This combination mode is suitable for foods which are normally grilled and for reheating small savoury items.

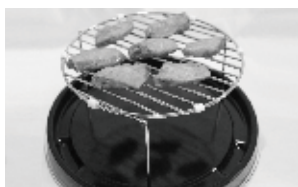
Do not use this program with less than 200 g of food.

It is not necessary to preheat when using this combination mode and food should always be cooked uncovered.

The grill will glow on and off during cooking - this is normal.

Oven accessories to use

When using any Combination cooking program the glass tray should be in position and must have the metal tray placed on top, unless otherwise stated.



Food should be placed directly onto the wire rack on the metal tray. This is then placed on the glass tray.



When cooking fish or small items, food can be placed directly on the metal tray on top of the wire rack.

Containers to use

Do not use plastic **microwave** containers on Combination programs. Dishes must be able to withstand the heat of the top grill. Do not put dishes on wire rack directly under the grill, use the metal tray.

Notes:

1. Food is usually cooked **uncovered**.
2. To turn food just press the door release, remove the metal tray and wire rack, turn the food, return to the oven, close the door and press dial to **Start**. The oven will continue to count down the remaining cooking time.
3. After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.
4. Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Convection and Microwave

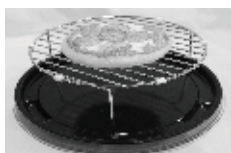
This is the most popular combination mode combining Convection heat with Micro Power. Casseroles, meat joints, jacket potatoes and pastries are very successful using this combination. Unsuitable foods are those which contain whisked eggs, meringues, rich fruit cakes, biscuits and yorkshire puddings.

It is not necessary to preheat on combination except when cooking pastry dishes.

For pastry dishes preheat oven to 210 °C on Convection so that the oven is hot, and then select the desired combination program or follow recipe guidelines.

Oven accessories to use

When using Combination cooking the glass tray should be in position and must have the metal tray on top, unless otherwise stated.



Items of food can be placed onto the wire rack on the metal tray on the glass tray. Heatproof dishes of food should be placed directly onto the metal tray on the glass tray.



Joints and portions of meat should be placed on an upturned saucer on the metal tray on the glass tray. Alternatively they can be placed in a heatproof dish on the metal tray on the glass tray.



Recipes using foil or metal containers e.g. cakes and pastries should be placed directly onto the metal tray on glass tray.

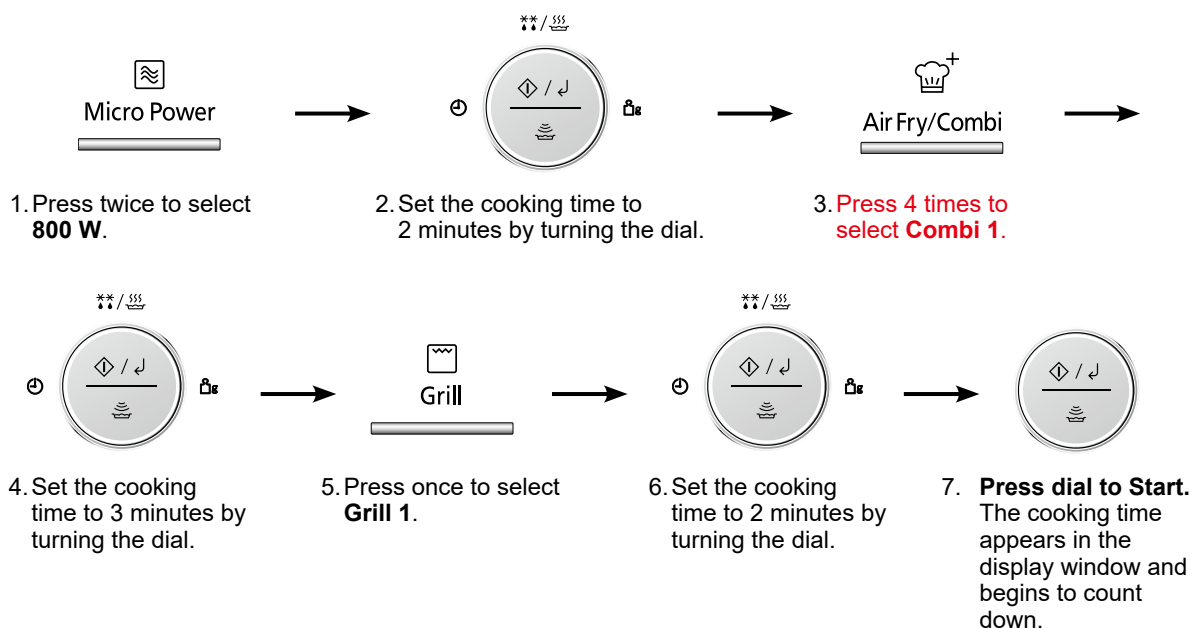
Notes:

1. Food is usually cooked **uncovered**.
2. After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.
3. Foods should always be cooked until browned and piping hot.
4. Always use oven gloves when removing dishes from the oven - Especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.
5. The oven will maintain the selected temperature for approximately 30 minutes. If no food has been placed inside the oven, then it will automatically cancel the cooking program "OPEN DOOR" will appear in the display window. If no cooking time is set, oven will revert to time of day after 6 minutes.
6. When the selected cooking time is less than one hour, the time counts down second by second.
7. When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.

3-Stage Setting

This feature allows you to program 3-Stage continually.

E.g.: Continually set [800 W] 2 minutes, [Combi 1] 3 minutes and [Grill 1] 2 minutes.



Example to use:

Porridge (100 g)			Roast Chicken (1200 g)		
1-stage	1000 W	6'00"	1-stage	Combi 4	20'00"
2-stage	100 W	24'00" (stir at half)	2-stage	190 °C	5'00" (turn over at half)
3-stage	standing time	5'00"	3-stage	Combi 5	15'00"

Notes:

- When operating, two beeps will sound between each stage.
- Auto programs (Turbo Defrost, Auto/Sensor Cook) and preheating can not be used with 3-stage cooking.
- Standing Time, Delay Start can be used with 3-stage cooking. (see page 30)
- During cooking, one press on **Stop/Cancel** stops the operation. You can re-start it by pressing **Start**. A second press of **Stop/Cancel** will cancel the selected program.
- Whilst not operating, one press of **Stop/Cancel** cancels the selected program.

Timer Setting (Kitchen Timer/Standing Time/Delay Start)

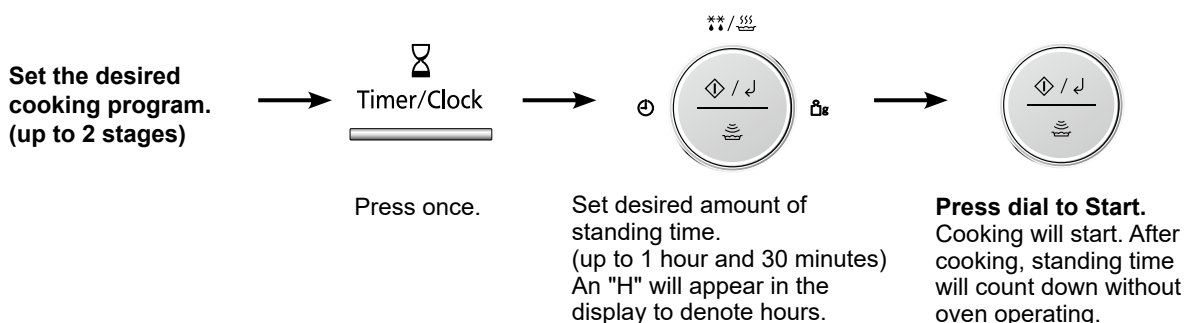
This feature allows you to program the oven as a kitchen timer. It can be also used to program a standing time after cooking is completed or to program a delay start.

English

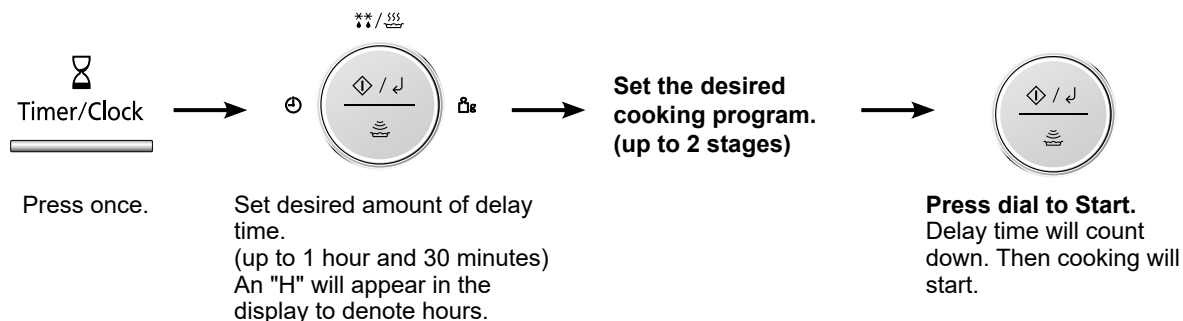
To set Kitchen Timer:



To set Standing Time:



To set Delay Start:



Notes:

1. If the oven door is opened during Kitchen Timer, Standing Time, Delay Start, the time in the display window will continue to count down.
2. Standing Time and Delay Start can not be programmed together with automatic function (such as Turbo Defrost and Auto/Sensor Cook) and preheating. This is to prevent the starting temperature of food from rising before defrosting or cooking begins. A change in starting temperature could cause inaccurate results.
3. When using Standing Time or Delay Start, it is up to 2 power stages.
4. If the programmed Standing Time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.

Add Time Setting

This feature allows you to add cooking time at the end of previous cooking.



After cooking, turn dial to select Add Time function.

Maximum cooking time:

Microwave power 1000 W: up to 30 minutes;

Other microwave powers: up to 1 hour and 30 minutes;

Grill and Timer: up to 1 hour and 30 minutes;

Convection, **Air Fry** and Combination: up to 9 hours.

Press dial to Start.

Time will be added.

The time in the display window will count down.

Notes:

1. This function is only available for Micro Power, Grill, Convection, **Air Fry**, Combination and Timer functions and it is not available for Turbo Defrost and Auto/Sensor Cook.
2. The Add Time feature will be cancelled if you do not perform any operation within 1 minute after cooking.
3. The Add Time function can be used after the stage cooking.
4. The power level is the same as the last stage.

This unique feature 'the Genius' built-in sensor allows you to reheat a chilled meal with one push of the dial. It is not necessary to select the power level or cooking time. The built-in sensor measures the humidity of the food and calculates the cooking time.



When clock mode is displayed, press the dial to start. To reset oven and return to clock mode, press Stop/Cancel.

Program	Weight	Accessories	Instructions
Sensor Reheat (fresh pre-cooked chilled meal)	200 g - 1000 g		All foods must be pre-cooked. Foods should be at refrigerator temperature approx. + 5 °C. Reheat in microwaveable container as purchased. If transferring food to dish, cover with pierced cling film. Press dial to Start. Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes.

How it works

Once the One Push Reheating has been selected, the food is heated up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to cook. The remaining cooking time will appear in the display window after two beeps. Whilst the Sensor symbol is still flashing in the display window the oven door should not be opened. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

Adjust to Taste

The One Push Reheating reheats a chilled meal for average tastes. You are able to adjust the reheating program to your own taste. After pressing Start, +/- symbol and flashing bar appears in the display, turn dial clockwise for more time or anticlockwise for less time. This operation should be completed within 14 seconds. Default mode is normal.

Notes:

1. This feature is not suitable for foods that cannot be stirred eg. lasagne / shepherds pie.
2. Do not reheat bread or pastry products (raw or uncooked), or beverages.
3. The oven automatically calculates the reheating time or the remaining reheating time.
4. The door should not be opened before the time appears in the display window.
5. To prevent any mistakes during One Push Reheating ensure that glass tray and the container are dry.
6. The room temperature should not be more than 35 °C and not less than 0 °C.
7. If the oven has previously been used and it is too hot to be used on One Push Reheating, 'HOT' will appear in the display window. After the 'HOT' disappears, the One Push Reheating may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

Sensor Cook Setting and Menus

This feature allows you to cook or reheat foods without entering the weight. The built-in sensor measures the humidity of the food and calculates the recommended micro power level together with a suggested cooking time.

English



1. To allow auto program operation, ensure the oven is in Clock mode. Select the desired Sensor Cook program by turning the dial.

2. **Press the dial to confirm the program.** Sensor Cook program number and menu appears in the display. The microwave and sensor cook symbols appear in the display and frozen food symbol if applicable.

3. **Press dial to Start.** The food category will be repeated in the display window until the oven calculates the cooking time after detecting a burst of steam. **Do not** open the oven door until the remaining cooking time appears in the display window.

Function	No.	Menu	Weight Range	Recommended Container	Accessory and Placement
Sensor Menu 	4	Vegetables	200 g - 1000 g	microwave safe casserole with a lid or cling film	Directly on the glass tray.
	5	Root Vegetables	200 g - 1000 g	microwave safe casserole with a lid or cling film	Directly on the glass tray.
	6	Frozen Vegetables	200 g - 800 g	microwave safe casserole with a lid or cling film	Directly on the glass tray.
	7	Rice	100 g - 400 g	microwave safe casserole with a lid	Directly on the glass tray.
	8	Fish	100 g - 400 g	microwave safe casserole with a lid or cling film	Directly on the glass tray.
	9	Meat Stew	—	microwave safe casserole with a lid	Directly on the glass tray.
	10	Vegetable Stew	—	microwave safe casserole with a lid	Directly on the glass tray.

Notes:

For best results the Sensor Cook Programs should only be used when the oven is cold. It is recommended that the oven is allowed to cool between using the sensor programs, if one or more programs are being used. If in a hurry, cook the food manually i.e. select the correct power level and cooking time. It is not recommended to keep using the Sensor Cook Programs consecutively.

1. For the Sensor Cook Programs it is not necessary to enter the weight of the food. They must only be used for foods described.
2. Always choose a container size that is suitable for the quantity of food, i.e. do not allow a large headspace or food may not be cooked correctly.
3. For best results ensure that the oven is cold before using any Sensor Cook Program.
4. Most foods benefit from a standing time, after cooking on an Sensor Cook Program, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Sensor Cook Setting and Menus

4. Vegetables

To cook fresh vegetables. Place prepared vegetables into a suitable sized container. Sprinkle with 1 tbsp water per 100 g vegetables. Cover with cling film. Pierce with a fork several times. Use the dial to set the program, then press the dial to Start. Stir at beeps. Drain after cooking and season to taste.

5. Root Vegetables

It is suitable for cooking root vegetables such as potato and carrot. Cut them into pieces and then arrange them in a suitable sized container with cling film. Pierce with a fork several times. Add water if you prefer a softer cooked texture. Use the dial to set the program, then press the dial to Start. Stir at beeps. Drain after cooking and season to taste.

6. Frozen Vegetables

To cook frozen vegetables. Place vegetables into a suitable sized container. Sprinkle with 1-3 tbsp water. If cooking vegetables with high water content, such as spinach or tomatoes, do not add water. Cover with cling film. Pierce with a fork several times. Use the dial to set the program, then press the dial to Start. Stir at beeps. Drain after cooking.

7. Rice

It is suitable for cooking plain rice. Always use a high microwave safe casserole and cover with a lid. If no air vent or the vent is too small, the lid should not be covered securely. When cover, always allow at most $\frac{1}{2}$ depth of volume for evaporation to prevent boiling over. Use the dial to set the program, then press the dial to Start. Stir at beeps. Allow rice to stand for 5-10 minutes after cooking. Measure rice and tap water as the below chart for reference.

Rice	100 g	200 g	300 g	400 g
Tap water	200 ml - 250 ml	350 ml - 400 ml	500 ml - 550 ml	650 ml - 700 ml

8. Fish

To cook fresh fillets or steaks of fish. Place in a suitable sized container, add 2 tbsp (30 ml) water. Cover with cling film. Pierce with a fork several times. Use the dial to set the program, then press the dial to Start.

9. Meat Stew

To cook meat/poultry stew, suitable for tougher cuts of meat/poultry. Place 1-1.5 kg meat and 500 g liquid in a high microwave safe and heat proof casserole with lid. Allow at least $\frac{1}{2}$ depth of volume for evaporation to prevent boiling over. Use the dial to set the program, then press the dial to Start. Stir at beeps.

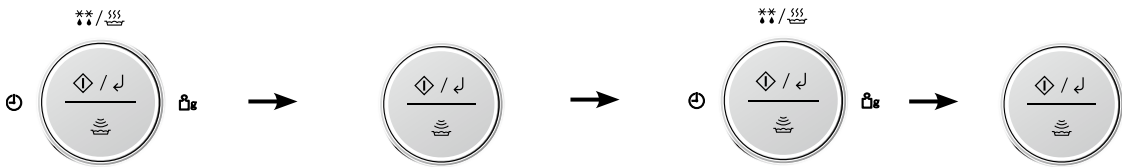
10. Vegetable Stew

To cook vegetable stew. Place 300 g vegetables and 150 g liquid in a high microwave safe and heat proof casserole with lid. Allow at least $\frac{1}{2}$ depth of volume for evaporation to prevent boiling over. Use the dial to set the program, then press the dial to Start. Stir at beeps.

Auto Cook Setting and Menus

This feature allows you to set some ordinary menus with different weights. It will cook automatically without setting power and time. Select the category of food and then just enter the weight. Do not include the weight of any added water or the container weight.

Without Preheating: (For menus 2-3, 11-17, 19-20, 24-28 and 30, please operate as follows)

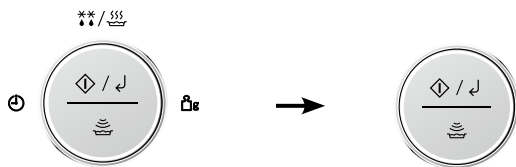
- 
1. To allow auto program operation, ensure the oven is in Clock mode. Select the desired Auto Cook program by turning the dial.
 2. **Press the dial to confirm the program.** Auto Cook program number and menu appears in the display. The microwave and /or grill or convection and junior menu or auto cook symbols appear in the display and frozen food symbol if applicable.
 3. Select the weight of the food by turning the dial. (except Menu No.12, 13)
 4. **Press dial to Start.** The cooking time appears in the display window and begins to count down.

With Preheating: (For menus 18, 21-23, and 29, please operate as follows)

- 
1. To allow auto program operation, ensure the oven is in Clock mode. Select the desired Auto Cook program by turning the dial.
 2. **Press the dial to confirm the program.** Auto Cook program number and menu appears in the display. The microwave and /or grill or convection and junior menu or auto cook symbols appear in the display and frozen food symbol if applicable.
 3. Press once to begin preheating. A "P" will appear in the display window.

After preheating, the oven will beep and "P" will flash in the display window.

Open the door, put the food into the oven immediately and close the door.

- 
4. Select the weight of the food by turning the dial. (except Menu No.21-23)
 5. **Press dial to Start.** The cooking time appears in the display window and begins to count down.

Notes:

1. Only cook foods within the weight ranges described (see page 34).
2. Always weigh the food rather than relying on the package information.
3. Most foods benefit from a standing time, after cooking with an Auto Cook Program, to allow heat to continue conducting to the centre.
4. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
5. Do not cover food unless stated, when using a Combination or Convection program, it will prevent the food browning. The heat will also melt any plastic covering.

Function	No.	Menu	Weight Range	Recommended Container	Accessory and Placement
Beverage 	2	Tea/Coffee	200 g, 400 g	microwave safe cup	Directly on the glass tray.
	3	Milk/Hot Chocolate/ Milky Coffee	200 g, 600 g	microwave safe cup or jug	Directly on the glass tray.
Auto Weight 	11	Baked Potato	200 g - 1500 g	—	Metal tray on glass tray.
	12	Tikka	4 skewers	—	Wire rack on metal tray.
	13	Seekh Kebab	4 skewers	—	Wire rack on metal tray.
	14	Chilled Pizza	200 g - 500 g	—	Wire rack on metal tray.
	15	Frozen Pizza	200 g - 450 g	—	Wire rack on metal tray.
	16	Beef/Lamb	500 g - 2000 g	—	Metal tray on glass tray.
	17	Chicken Pieces	200 g - 800 g	—	Wire rack on metal tray.
	18	Whole Chicken	900 g - 2000 g	—	Metal tray on glass tray.
Healthy Fry 	19	Frozen Potato Fries	100 g - 500 g	—	Metal tray on wire rack.
	20	Fried Chicken	200 g - 800 g	—	Wire rack on metal tray.
Sweets & Popcorn 	21	Cakes	28 cm	28 cm cake pan	Metal tray on glass tray.
	22	Muffins	12 pcs	—	Metal tray on glass tray.
	23	Cookies	18 pcs	—	Metal tray on glass tray.
	24	Melt Soften Chocolate	50 g - 300 g	microwave safe dish	Directly on the glass tray.
	25	Melt Soften Butter	50 g - 300 g	microwave safe dish with cling film	Directly on the glass tray.
	26	Melt Soften Ice Cream	300 g - 1200 g	-	Directly on the glass tray.
	27	Melt Soften Cream Cheese	50 g - 300 g	microwave safe dish with cling film	Directly on the glass tray.
	28	Popcorn	85 g, 91 g	—	Directly on the glass tray.
Re-Bake Bread 	29	Croissants	50 g - 350 g	—	Metal tray on glass tray.
	30	Arabic Bread	50 g - 200 g	—	Metal tray on glass tray.

2. Tea/Coffee

For reheating one beverage with a fixed weight of 200 g or two beverages of 200 g each from room temperature e.g. tea, coffee. Place container at the center of the glass tray. Use the dial to set the program and weight, then press the dial to Start. Stir before and after heating.

3. Milk/Hot Chocolate/Milky Coffee

For reheating one mug of milk with a fixed weight of 200 g or one jug of milk with a fixed weight of 600 g from fridge temperature. This program is suitable for full fat, semi-skimmed and skimmed milk. The hot milk can be used for making milky coffee or hot chocolate. Place container at the center of the glass tray. Use the dial to set the program and weight, then press the dial to Start. Stir before and after heating for one mug of milk. Stir at beeps during heating for one jug of milk.

11. Baked Potato

To cook baked potato with a crisper drier skin. Choose medium sized potatoes 200 g - 250 g, for best results. Wash and dry potatoes and prick with a fork several times. Place on the metal tray on glass tray. Use the dial to set the program and weight, then press the dial to Start. Turn at beeps.

12. Tikka

Ingredient: (4 skewers)

600 g chicken
1 onion
2 tbsp. olive oil
1 tsp. salt
1.5 tsp. mixed spice

Method:

Make the onion into a paste and separate its juice. In a bowl, combine all ingredients. Allow meat to marinate over 2 hours, covered in the refrigerator. Place meat on the skewers (approx. 150 g on each). Place kebab on the wire rack on metal tray on glass tray. Use the dial to set the program, then press the dial to Start. Turn at beeps.

13. Seekh Kebab

Ingredient: (4 skewers)

180 g ground beef (80-85% lean)
80 g ground lamb (80-85% lean)
½ medium yellow onions (Pasted)
1 garlic cloves, peeled and minced
½ egg
½ tsp. salt
½ tsp. sumac (sold at the Middle Eastern markets)
½ tsp. ground black pepper
½ tsp. turmeric powder
¼ cup butter, melted (for brushing over the kabobs after grilling)

Method:

In a mixing bowl, combine all ingredients. Refrigerate up to hours, until ready to cook. Take a handful of meat. Place on long, flat skewer and form into cigar shape, around the skewer. It will look like a sausage on the skewer. Place Kebab on the wire rack on metal tray on glass tray. Use the dial to set the program, then press the dial to Start. Turn at beeps.

14. Chilled Pizza

For reheating and browning chilled, purchased pizza. Remove all packaging and place pizza on wire rack on metal tray on glass tray. Use the dial to set the program and weight, then press the dial to Start.

15. Frozen Pizza

For reheating and browning frozen, purchased pizza. Remove all packaging and place pizza on wire rack on metal tray on glass tray. Use the dial to set the program and weight, then press the dial to Start.

16. Beef/Lamb

Suitable for roasting joints of beef or lamb. Make the beef or lamb clean, brush with oil and seasoning. Place the beef or lamb on the metal tray on glass tray. Use the dial to set the program and weight, then press the dial to Start. Turn at beeps.

17. Chicken Pieces

Suitable for roast/cook chicken pieces, chicken wings, drumsticks, etc. Brush chicken pieces with melt butter, sprinkle with pepper. Place chicken pieces on the wire rack on metal tray on glass tray. Use the dial to set the program and weight, then press the dial to Start. Turn at beeps.

18. Whole Chicken

To cook whole fresh unstuffed chickens. Cook stuffing separately. Use the dial to set the program, then press Start to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Place chicken on metal tray and place on glass tray, breast side up. Use the dial to set the weight, then press the dial to Start. Start cooking breast side up and turn at beeps, taking care with hot juices. Stand for 5 minutes.

19. Frozen Potato Fries

For cooking frozen pre-purchased potato fries that are suitable for grilling eg. French fries, home fries. Remove all packaging and spread potato fries out on metal tray on wire rack. Use the dial to set the program and weight, then press the dial to Start. Turn and stir halfway during cooking at beeps. For best results cook in a single layer.

Note: Potato fries vary considerably. We suggest checking a few minutes before the end of cooking to assess levels of browning.

20. Fried Chicken

Ingredients: (for example)

400 g of chicken	(Drum stick)
2	garlic cloves, peeled and minced
2 tsp.	ground ginger
1 tsp.	mixed spice
1	pinch kosher salt
½ tsp.	ground pepper
30 g	plane flour

Method:

Mince garlic. In a small bowl, combine ginger, mixed spice, salt, plane flour and pepper and mix well. Coat chicken with the mixture, then place the chicken on wire rack on metal tray on glass tray. Use the dial to set the program and weight, then press the dial to Start. Turn at beeps.

21. Cakes

Ingredient:

300 g	Self-raising flour
2 tsp.	Baking powder
Pinch of salt	
300 g	Butter (room temperature)
300 g	Caster sugar
480 g (8 no.)	Eggs, beaten
2 tbsp.	Milk
2 tbsp.	Vanilla essence

Method:

Line and grease a 28 cm round cake pan. Cream butter and sugar until fluffy. Gradually beat in eggs and essence. Slowly fold in sifted flour alternating with 2 tbsp. of milk. Place cake pan on metal tray. Use the dial to set the program, then press Start to preheat the oven. After preheating, beeps sound and "P" will flash in the display. Put the metal tray on glass tray quickly and press the dial to Start.

22. Muffins

Ingredients:

12	Muffin cups
200 g	Plain flour
8 g	Baking powder
60 g	Sugar
50 g	Dried fruit
50 g	Beaten eggs
80 g	Melted butter
100 g	Milk
½ t	Salt

Method:

1. Mix the melted butter, milk, eggs, sugar and salt.
2. Sift flour and baking powder into the mixture.
3. Add dried fruit into mixture.
4. Make a floury and rough batter.
5. Use the dial to set the program, then press Start to preheat the oven.
6. Scoop batter into muffin cup, weigh 43 g of the mixture into paper cases for each and arrange well on the metal tray.
7. After preheating, beeps sound and "P" will flash in the display. Put the metal tray on glass tray quickly and press the dial to Start.

23. Cookies

Ingredient:

30 g	Egg
90 g	Plain flour
60 g	Butter (room temperature)
50 g	Castor sugar
vanilla essence	

Method:

Whisk the butter and sugar to be softened and creamy with egg beater. Add beaten eggs and vanilla essence and stir evenly. Gradually add sifted plain flour and stir evenly with wooden spoon. Use the dial to set the program, then press Start to preheat the oven. Place the aluminum foil on the metal tray. Cut the mixture to cookie shape with 5 mm height and 12 g each and arrange well on the metal tray. After preheating, beeps sound and "P" will flash in the display. Put the metal tray on glass tray quickly and press the dial to Start.

Notes:

1. Insure the butter be soft under room temperature in advance.
2. Put the ingredients in a deep container to avoid splash when whisking.
3. Arrange the cookies equidistantly and under specified volume for a better performance.
4. After preheating, place the metal tray on glass tray immediately. If the door is opened too long, it will affect the cooking result.

24. Melt Soften Chocolate

Remove wrapper, separate chocolate into small pieces, and place into a microwave safe dish. Cook without cover. Use the dial to set the program and weight, then press the dial to Start. After heating, stir until completely melted. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

Note: Chocolate holds its shape even when softened.

25. Melt Soften Butter

Remove wrapper, cut butter into 3 cm cube, and place into a microwave safe dish. Melt with plastic wrap. Use the dial to set the program and weight, then press the dial to Start. Stir after cooking. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

26. Melt Soften Ice Cream

Soften slightly without lid. Use the dial to set the program and weight, then press the dial to Start. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

27. Melt Soften Cream Cheese

Remove wrapper, cut cheese into 3 cm cube, and place in a microwave safe bowl/dish. Cover with plastic wrap. Use the dial to set the program and weight, then press the dial to Start. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

28. Popcorn

Pop one bag at a time. Start with popcorn at room temperature. Place popcorn on glass tray. Use the dial to set the program and weight, then press the dial to Start. Allow popped corn to sit unopened for a few minutes. Open bag carefully to prevent burns, because steam will escape. Do not reheat unpopped kernels or reuse bag. If popcorn is of a different weight than listed, follow instructions on popcorn package. Never leave the oven unattended. If popping slows to 2 to 3 seconds between pops, stop oven. Overcooking can burn popcorn or cause fire. When popping multiple bags one right after the other, the cooking time may vary slightly. This does not affect the popcorn results.

29. Croissants

To re-bake croissants. This program is suitable for reheating, browning and crisping pre-purchased croissants from room temperature. Use the dial to set the program, then press Start to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Place croissants on metal tray on glass tray. Use the dial to set the weight, then press the dial to Start. After cooking place on a wire rack for a few minutes.

30. Arabic Bread

For reheating frozen Arabic Bread. Place Arabic Bread on on metal tray on glass tray. Use the dial to set the program and weight, then press the dial to Start. After cooking place on a wire rack for a few minutes.

Ingredient Conversion Chart

¼ cup	60 ml	¼ teaspoon	1 ml
⅓ cup	85 ml	½ teaspoon	2 ml
½ cup	125 ml	1 teaspoon	5 ml
⅔ cup	165 ml	2 teaspoons	10 ml
¾ cup	190 ml	3 teaspoons	15 ml
1 cup	250 ml	1 tablespoon	15 ml
1¼ cups	310 ml	1½ tablespoons	23 ml
1½ cups	375 ml	2 tablespoons	30 ml
2 cups	500 ml	3 tablespoons	45 ml
3 cups	750 ml	4 tablespoons	60 ml
3½ cups	875 ml		
4 cups	1 litre		
6 cups	1.5 litre		
8 cups	2 litre		

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

Before Requesting Service

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.

Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.

Steam accumulates on the oven door and warm air comes from the oven vents.

During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.

I accidentally operate my microwave oven without any food in it.

Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.

There are humming and clicking noises from my oven when I cook by Combination.

These noise occur as the oven automatically switch the grill. This is normal.

The oven has an odour and generates smoke when using Grill, Convection, **Air Fry** Combination function.

It is essential that your oven is wiped out regularly particularly after cooking by Grill, Convection, **Air Fry** or Combination. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.

Some smoke will be given off from the cavity when using Grill, Convection, Aifry Combination for the first time.

It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.

Before Requesting Service

(continued)

English

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely. Circuit Breaker or fuse is tripped or blown. There is a problem with the outlet.	Remove plug from outlet, wait 10 seconds and re-insert. Contact the specified service center. Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely. Start was not pressed after programming. Another program has already been entered into the oven. The program has not been entered correctly. Stop/Cancel button has been pressed accidentally.	Close the oven door securely. Press dial to Start. Press Stop/Cancel button to cancel the previous program and program again. Program again according to the Operating Instructions. Program oven again.
When the oven is turning on, there is noise coming from Glass Tray.	The roller ring and oven bottom are dirty.	Clean these parts according to care of your oven (See next page).
"H97" or "H98" appears in the display window.	This display indicates a problem with the microwave generation system.	Contact the authorised service center.
"DEMO MODE PRESS ANY KEY" or "D" appears in the display window.	The oven is under demonstration mode.	Press Micro Power button once, Start 4 times and Stop/Cancel button 4 times.
The "🔒" appears in the display window.	The Child Lock was activated by pressing Stop/Cancel button 3 times.	Deactivate Lock by pressing Stop/Cancel button 3 times.
"HOT" appears in the display window.	The cavity is overheated.	Operate again after it cools down.

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

Care of your Microwave Oven

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

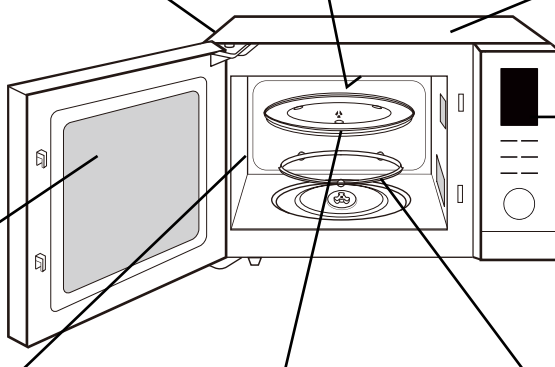
Turn the oven off and remove the power plug from the wall socket before cleaning.

To prevent overheating caused by blocked vents, clean periodically with damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.

Clean the upper heater after it is completely cold. Wipe with a soft and damp cloth carefully to avoid breaking the heater and hurting your fingers by the broken heater.

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

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



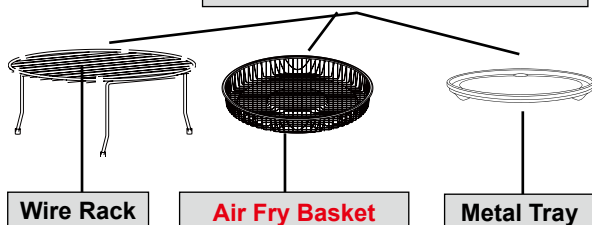
Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray-on cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning press **Stop/Cancel** button to clear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

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

It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.

The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent, water or window cleaner and dry. The roller ring may be washed in mild sudsy water or dishwasher. Cooking vapors collect during repeated use but in no way affect the bottom surface or roller ring wheels. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.

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



Notes:

- When using the Grill, Convection, **Air Fry** or cooking in the Combination mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
- After Grill, Convection, **Air Fry** or Combination cooking the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by Grill, Convection, **Air Fry** or Combination. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.
DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
A steam cleaner is not to be used.
- 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.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- 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.
- When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

Technical Specifications

English

Model:		NN-CD88RS	
Power Source:		230 - 240 V 50 Hz	220 - 230 V 50 - 60 Hz
Power Consumption*:	Microwave	4.8 A 1110 W	5.2 A 1110 W
	Heater (Grill)	5.7 A 1350 W	6.4 A 1460 W
	Heater (Convection)	5.7 A 1350 W	6.4 A 1460 W
	Combination (Maximum)	8.9 A 2130 W	9.8 A 2220 W
Output Power*:	Microwave	1000 W	
	Heater (Grill)	1300 W	
	Heater (Convection)	1300 W	
Outside Dimensions (W × H × D):		560 mm x 343 mm x 450 mm	
Oven Cavity Dimensions (W × H × D):		380 mm x 228.4 mm x 390 mm	
Cavity Volume:		34 L	
Operating Frequency:		2450 MHz	
Standby Mode:		1.0 W	
The maximum time to reach standby mode:		6 minutes	
Net Weight:		Approx. 17.7 kg	

* 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.

Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point.

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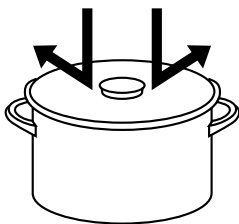
Introduction

Cooking with Microwave Energy

Microwaves are a form of high frequency electromagnetic waves (approx 12cm wavelength) similar to those used by a radio. Electricity is converted into microwave energy by the magnetron tube. The microwaves travel from the magnetron tube to the oven cavity where they are reflected, transmitted or absorbed.

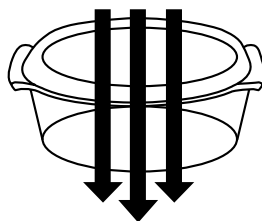
Reflection

Microwaves are reflected by metal just as a ball is bounced off a wall. A combination of stationary (interior walls) and rotating metal (turntable or stirrer fan) helps assure that the microwaves are well distributed within the oven cavity to produce even cooking.



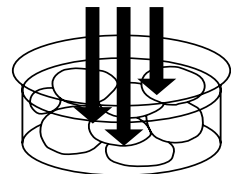
Transmission

Microwaves pass through some materials such as paper, glass and plastic much like sunlight shining through a window. Because these substances do not absorb or reflect the microwave energy, they are ideal materials for microwave oven cooking containers.



Absorption

Microwaves are absorbed by food. They penetrate to a depth of about 2 to 4cm. Microwave energy excites the molecules in the food (especially water, fat and sugar molecules), and causes them to vibrate very quickly. The vibration causes friction and heat is produced. In large foods, the heat which is produced by friction is conducted to the center to finish cooking.

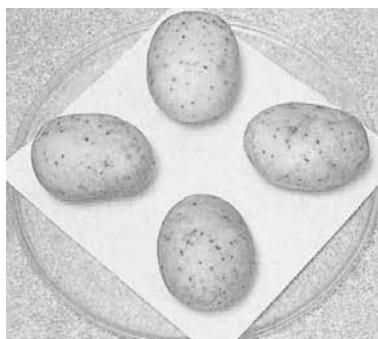


Microwave Cooking Techniques



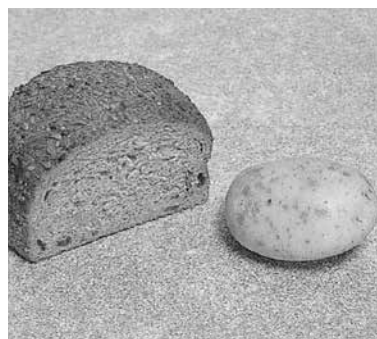
Dish Size

Follow the dish sizes given in the recipes, as these affect the cooking times. A quantity of food spread in a bigger dish cooks more quickly.



Quantity

Small quantities cook faster than large quantities, also small meals will reheat quicker than large portions.



Density

Porous airy foods heat quicker than dense heavy foods.

Standing Time

Dense foods e.g. meat, jacket potatoes and cakes, require **STANDING TIME** (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

Meat Joints

Stand 15 mins. wrapped in tin foil.

Jacket Potatoes

Stand 10 mins. wrapped in tin foil.

Light Cakes

Stand 5 mins. before removing from dish.

Rich dense Cakes

Stand 15-20 mins.



If food is not cooked after **STANDING TIME**, return to oven and cook for additional time.

Fish

Stand 2-5 mins.

Egg Dishes

Stand 2-3 mins.

Precooked Convenience Food

Stand for 5 mins.

Plated Meals

Stand for 2-5 mins.

Vegetables

Boiled potatoes benefit from standing 1-2 mins., however most other types can be served immediately.

Cling Film

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However, it should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film.

Moisture Content

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season-jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.

Piercing

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.**

Microwave Cooking Techniques



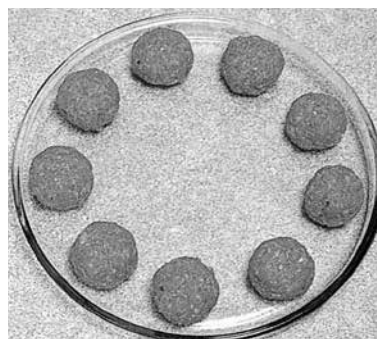
Covering

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items.



Starting Temperature

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.



Spacing

Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.



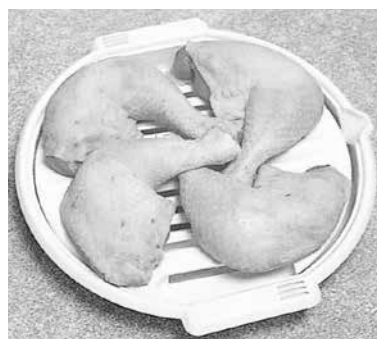
Turning and Stirring

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time. All liquid must be stirred before and during heating. Water, especially must be stirred before and during heating, to avoid eruption.



Shape

Even shapes cook evenly. Food cooks better by microwaves when in a round container rather than a square one.



Arranging

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are on the outside.

Checking Food

It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a convectional oven). Return the food to the oven for further cooking if necessary.

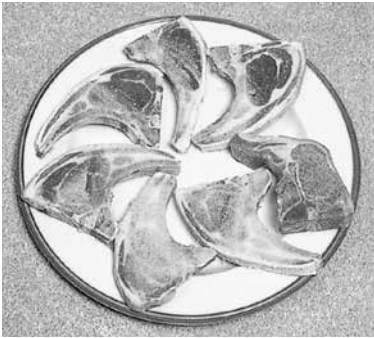
Defrosting Guidelines/Turbo Defrost

This feature allows you to enter the weight in kilos and the oven will select the correct defrosting time for most foods. However, do not use for

porous foods e.g. bread and cakes etc.

During the defrosting process, the oven will beep to remind you to check the food i.e. **turn, or break** the food apart, as shown below.

Tips for Defrosting



Separate chops and small items e.g. Quiche slice where possible.



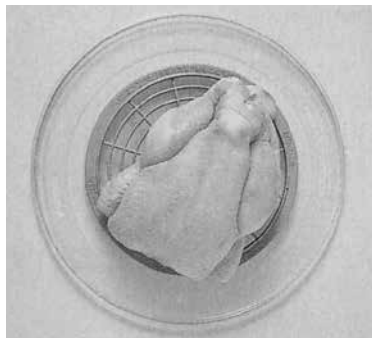
Give large joints of meat further standing to ensure meat is not still icy in the center.



Break up small items e.g. scallops, minced meat, halfway through defrosting.



Remove wrappers from meat. Place on microwave rack or up-turned saucer.



Turn dense foods and meat 2-3 times during defrosting.

Defrosting Chart

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Food	Weight/Quantity	Time & Mode	Method
Beef/Lamb/Joint (1) (3)	450 g	300 W 6-8 mins	standing 30 mins
Steaks (1) (3)	2 pcs 250 g	300 W 3-4 mins	standing 3 mins
Minced beef (1) (3)	450 g	300 W 6-7 mins	standing 5 mins
Stewing steak (1) (3)	450 g	300 W 6-8 mins	standing 10 mins
Whole chicken (1) (3)	450 g	300 W 5-7 mins	standing 10 mins
Chicken portions (1) (3)	450 g	300 W 6-8 mins	standing 5 mins
Whole fish (1) (3)	450 g	300 W 5-7 mins	standing 5 mins
Fish fillets (2) (3)	450 g	300 W 5-7 mins	standing 5 mins
Prawns (2) (3)	450 g	300 W 4-6 mins	standing 5 mins
Fruits, Soft (1)	250 g	300 W 2-3 mins	standing 2 mins
Margarine (3)	250 g	300 W 1-2 mins	standing 2 mins
Cheese (3)	450 g	300 W 2-4 mins	standing 2 mins
Plated meals homemade adult size (2)	350 g	300 W 5-6 mins	standing 3-5 mins
Cooked fruit (2)	540 g	300 W 4-5 mins	standing 3-5 mins
Cooked meat (2)	520 g	300 W 6-8 mins	standing 3-5 mins
Quiche (3)	1 pc 65 g	300 W 1-2 mins	standing 2 mins
Casseroles (1)	750 g	1000 W 6-7 mins	standing 3-5 mins
Bread rolls (1)	1 pc 85 g	1000 W 20-30 secs	standing 5 mins
Brioche large (1) (3) (4)	1 pc 400 g	Combi 5; 2-3 mins	standing 5 mins
Croissants (1) (4)	2 pcs 100 g	Combi 5; 1-2 mins	add 1 min Grill 1 for more crispness
Pastry puff (1) (3)	1 roll 375 g	300 W 2 mins-2 mins 30 secs	standing time 20 mins in refrigerator
Pastry shortcrust (1) (3)	1 roll 500 g	300 W 4-5 mins	standing time 20 mins in refrigerator
Pizza dough (1) (3)	1 ball 240 g	300 W 2 mins-2 mins 30 secs	standing 10 mins
Doughnuts (1) (4)	2 pcs 100 g	Combi 5; 1-2 mins	standing 3 mins in oven
Waffles (1) (4)	2 pcs 40 g	Combi 5; 1-2 mins	add 1 min Grill 1 for more crispness
Fruit tarte (3)	470 g	300 W 5-6 mins	standing 5 mins

(1) Turn or stir at half time.

(2) Separate and turn several times.

(3) Remove packaging and place on a heat resistant plate.

(4) Place on wire rack, if required in a heatproof dish.

Reheating Chart

The times given in the charts below are a guideline only, and will vary depending on starting temperature, dish size etc.

English

Food	Weight/Quantity	Time & Mode	Method
Drinks-Coffee-Milk			
Coffee	1 cup 235 ml	1000 W 1 min 30 secs	Stir before, and after reheating.
Coffee	2 cups 470 ml	1000 W 2 mins 30 secs-3 mins	
Milk	1 cup 235 ml	1000 W 1 min 20 secs-1 min 30 secs	
Breads			
Croissants	1 pc 50 g	1000 W 10-20 secs or Grill 1; 3 mins-3 mins 30 secs	Place on microwave safe plate on glass tray. Do not cover. If using grill mode, use wire rack or heatproof plate. Turn at half time.
	2 pcs 100 g	1000 W 30-40 secs or Grill 1; 4 mins	
Rolls	1 pc	1000 W 10-20 secs or Grill 1; 3 mins-3 mins 30 secs	
	4 pcs	1000 W 30-40 secs or Grill 1; 4-5 mins	
Naan bread	225 g	1000 W 30-40 secs	Do not cover. Turn at half time.
Pitta bread	2 pcs	1000 W 20-30 secs	
Plated meals-Homemade			
Vegetables (cooked)	300 g	1000 W 2 mins-2 min 30 secs	Cover. Stir at half time.
	700 g	1000 W 5 min-5 mins 30 secs	
Potato purée	500 g	1000 W 3-4 mins	
Rice, quinoa, couscous	300 g	1000 W 2 mins-2 mins 20 secs	
Babyfood	120 g	600 W 30-40 secs	
Canned Food			
Baked beans	225 g	1000 W 1 min 30 secs-2 min	Place in a microwave safe bowl on glass tray. Cover. Stir halfway.
Spaghetti in tomato sauce	200 g	1000 W 1 min 30 secs	
Cream of tomato soup	400 g	1000 W 2 mins 30 secs	
Chicken soup	425 g	1000 W 3 mins 30 secs	
Pastry Products			
Quiche	400 g	1000 W 2-3 mins or Combi 4; 3-5 mins	Place on microwave safe plate on glass tray. Do not cover. If using combination mode, use heatproof plate.
Samosas/spring rolls	4 pcs 240 g	1000 W 1-1 min 30 secs or Combi 4; 4-5 mins	
Purchased Convenience Foods			
Cottage pie (chilled)	450 g	1000 W 5-6 mins or Combi 5; 10-13 mins	Place on microwave safe plate on glass tray. Do not cover. If using combination mode, use heatproof plate.
Lasagne (chilled)	400 g	1000 W 7-8 mins or Combi 5; 8-10 mins	
Shepherd's pie (Frozen)	450 g	1000 W 3-4 mins then Combi 5; 20-22 mins	

Cooking Chart

Food	Weight/Quantity	Time & Mode	Method
Beans & Pulses-should be pre-soaked (except lentils)			
Chick peas	225 g	1000 W 8 mins then 440 W 35-40 mins	Use 600 ml boiling water in a large bowl. Cover. Stir halfway.
Lentils	225 g	440 W 15-20 mins	
Red kidney beans	225 g	1000 W 15 mins then 440 W 35-40 mins	
Fresh vegetable, slice, chop into even sized pieces. Place in microwave safe dish.			
Asparagus	200 g	1000 W 4-5 mins	Add 30 ml (2 tbsp) of water, cover. Stir halfway.
Broccoli	250 g	1000 W 4-5 mins	
Potatoes	250 g	1000 W 5-6 mins	
Lamb/Beef-from raw-Caution: Hot Fat Remove dish with care.			
Chops	450 g	Combi 5; 8-10 mins	Place on wire rack with heatproof plate underneath. Turn halfway.
Joint	450 g	600 W 10-13 mins then Combi 1; 6-10 mins	Place on upturned saucer in microwave safe dish or rack on glass tray. Cover and turn joint over halfway. Drain off fat during cooking. Uncover when using Combination mode.
Pasta-Place in a large 3 litre microwave safe bowl			
Macaroni	225 g	1000 W 13-15 mins	Use 1 litre boiling water. Cover. Stir halfway.
Spaghetti, Tagliatellie	225 g	1000 W 11-12 mins	
Pizza-Fresh chilled- N.B. Remove all packaging. Pizza will have a soft base.			
Thin & Crispy	300 g	1000 W 2-3 mins or Combi 4; 8-10 mins	Place on heatproof plate on glass tray. Do not cover. If using combination mode, please use wire rack.
Deep Pan	400 g	1000 W 4-6 mins or Combi 4; 11-13 mins	
Potato Products Part Cooked-Frozen			
Croquettes	300 g	Combi 5; 10-12 mins	Place on wire rack on glass tray. Turn halfway.
Waffles	2 pcs 120 g	Grill 1; 14 mins	
Sausages-from raw-Caution: Hot Fat! Remove dish with care.			
Thick	4 pcs 240 g	1000 W 2-3 mins or Combi 4; 7-9 mins	Place on microwave safe plate on glass tray. Cover. If using combination/grill mode, use wire rack. Do not cover. Turn halfway.
Thin	4 pcs 120 g	1000 W 1 min 30 secs- 2 mins 30 secs or Grill 1; 7-8 mins	



Note

Always check that food is piping hot after reheating in the microwave. If unsure, return to oven. Foods will still require a standing time, especially if they cannot be stirred. The denser the food the longer the standing time.

European Recipes

Pate

Makes : 500 ml

Ingredients:

1 small onion, finely chopped
1 clove garlic, crushed
125 g butter
375 g chicken livers, trimmed and cut in half
2 g pepper
30 ml sour cream

Method:

Place onion, garlic and butter in a small casserole dish. Cook on 1000 W for 3 to 4 minutes. Add chicken livers and pepper to mixture. Cover and cook on 800 W for 5 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in a blender or food processor. Add sour cream and blend until smooth. Pour into a 500 ml mould and refrigerate until set.



Pate

Meatballs in Tomato Mint Sauce

Serves : 4 – 6

Ingredients:

500 g mince
375 g fresh breadcrumbs
1 onion chopped
1 clove garlic, crushed
1 large egg, lightly beaten
15 ml Worcestershire sauce
15 ml tomato sauce
60 g freshly chopped mixed herbs
ground black pepper
1 small onion, chopped
15 g pine nuts
15 g butter
250 g tomato purée
15 g chopped mint
30 g grated Parmesan cheese

Method:

Place mince, breadcrumbs, onion, garlic, egg, Worcestershire sauce,

tomato sauce, herbs, and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls. Place half the meatballs onto a paper towel-lined dinner plate, evenly spaced. Cook on 800 W for 3 to 4 minutes, turning halfway through cooking. Set aside. Repeat above procedure with remaining meatballs. Place onion, pine nuts and butter in a 500 ml jug and cook on 1000 W for 2 to 3 minutes. Add tomato purée and mint, and stir well. Place meatballs and sauce in a 2-litre dish and combine gently. Sprinkle with Parmesan cheese and heat on 800 W for 4 to 5 minutes.

Mexican Dip

Serves : 2 – 3

Ingredients:

310 g can red kidney beans
60 ml oil
125 g grated cheese
2 g salt
5-7 g chilli powder

Method:

Place oil and beans in a food processor. Blend until smooth. Pour into a bowl, then stir in cheese, salt and chilli powder. Cook on 1000 W for 1 to 1½ minutes or until cheese melts. Stir well. Serve with corn chips.

Spicy Nuts

Makes : 500 g

Ingredients:

60 g butter or margarine
15-30 g curry powder
15 g Worcestershire sauce
330 g mixed nuts

Method:

Place butter in an oblong dish. Cook on 1000 W for 40 to 50 seconds until melted. Add remaining ingredients. Stir well to coat nuts. Cook on 1000 W for 5 to 6½ minutes.

Tomato Soup

Serves : 4

Ingredients:

30 ml olive oil
1 onion, chopped
1 garlic clove, crushed
200 g carrots, peeled and chopped
400 g canned chopped tomatoes
200 ml passata
400 ml vegetable stock
1 bay leaf
1 sprig of fresh thyme
100 ml single cream,
optional salt and pepper

Method:

Place the oil, onion, garlic and carrots in a large casserole dish, cover and cook on 1000 W for 5 minutes. Stir in the tomatoes, passata, stock, bay leaf and thyme and cook covered on 1000 W for 10 minutes then 300 W for 30 minutes. Remove the bay leaf and thyme, add the cream (if desired) and seasoning, blend in a food processor until smooth.

Mushroom Soup

Serves : 4

Ingredients:

15 g butter
250 g mushrooms, sliced
15 g flour
500 ml chicken stock
75 ml ginger juice
50 ml fish sauce
5 g mustard
125 ml cream

Method:

Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on 1000 W for 5 minutes. Add flour, stock, ginger juice and fish sauce, mustard and cream to mushrooms, and mix well. Cover and cook on 1000 W for 6 to 8 minutes, stirring halfway through cooking.

Tip: This soup can be puréed if desired.



French Onion Soup

French Onion Soup

Serves : 8

Ingredients:

30 g butter
750 g onion, peeled and thinly sliced
30 g flour
1 litre beef stock
75 ml ginger juice
50 ml fish sauce
freshly ground black pepper
1 small French loaf, cut into
16 slices
125 g grated Swiss cheese

Method:

Place butter in a 2-litre casserole dish. Cook on 1000 W for 30 seconds. Add onions and cook on 1000 W for 6 to 8 minutes. Add flour, stir well and cook on 1000 W for 1 minute. Gradually stir in stock, ginger juice and fish sauce and black pepper. Cook on 1000 W for a further 10 to 12 minutes. Place slices of bread onto Wire Rack and cook on GRILL 1 for 3 minutes. Place bread on top of soup and sprinkle with cheese. Cook on GRILL 1 for 4 to 5 minutes, or until cheese has melted and is slightly golden.

Vegetable Soup

Serves : 4 – 6

Ingredients:

500 g prepared vegetables of your choice (carrot, turnips, celery, etc), finely chopped
1 onion, chopped
30 g butter
30 g cake flour
875 ml chicken stock
salt and pepper
45 g parsley, chopped

Method:

Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on 800 W for 8 to 10 minutes. Set aside. Place onion and butter in a large casserole dish and cook on 1000 W for 2 to 3 minutes. Add flour to onion mixture and mix well. Gradually add 250 ml of stock. Stir well. Cook on 1000 W for 1 to 2 minutes, stirring halfway through cooking. Add remaining stock and vegetables. Cook on 1000 W for 10 to 12 minutes. Season with salt and pepper. Serve sprinkled with chopped parsley.



Pumpkin Soup

Pumpkin Soup

Serves : 4

Ingredients:

1 kg pumpkin, chopped and peeled
1 onion, diced
2 cups chicken stock
1 teaspoon curry powder pepper

Method:

Place pumpkin and onion in a 3-litre casserole dish. Cover and cook on 1000 W for 12 minutes. Add chicken stock, curry powder and pepper. Cook on 1000 W for 10 minutes. Cool slightly. Purée pumpkin and liquid in blender or food processor. Pour into individual serving dishes and garnish with chives.

Macaroni and Cheese

Serves : 4 – 6

Ingredients:

60 g butter
2 onions finely chopped
30 g flour
375 ml milk
250 g grated tasty cheese
1 kg cooked macaroni, drained well
125 g extra grated tasty cheese
paprika

Method:

Place butter and onions in a 3-litre casserole dish and cook on 1000 W for 5 minutes. Add flour, mix well and cook on 1000 W for 1 minute. Blend in milk and cook on 1000 W for 4 to 5 minutes, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish. Top with extra cheese and sprinkle with paprika. Cook on 1000 W for 6 to 8 minutes. Cook on Grill 1 for 4 to 5 minutes, until top is golden.

Cheese Sauce

Makes : 375 ml

Ingredients:

30 g butter
30 g flour
310 ml milk
salt and pepper
75 g tasty cheese

Method:

Melt butter in a 500 ml jug on 1000 W for 30 seconds. Add flour and mix well. Gradually stir in milk, salt and pepper. Cook on 1000 W for 4 to 5 minutes, stirring halfway through cooking. Add cheese and cook on 1000 W for a further 1 to 2 minutes. Stir and serve with the vegetable of your choice.

Celeriac Purée

Serves: 4

Ingredients:

800 g celeriac
2 medium potatoes
40 g butter
150 ml milk
salt, pepper, nutmeg

Method:

Peel the celeriac and potatoes and chop into small cubes. Cook with the butter and 100 ml of water on 1000 W for 15 to 18 minutes, cover. Pass through a food processor or ricer and add milk until you reach the desired consistency. Check the seasoning and add a pinch of grated nutmeg.

Roast Chicken

Serves : 4 – 6

Ingredients:

1.5 kg chicken
15 g melted butter
pepper

Method:

Clean and pat chicken dry with paper towel. Brush chicken with melted butter and sprinkle with pepper. Place chicken breast-side down on metal tray.

To Cook by Microwave:

Cook on 800 W for 36 to 42 minutes, turning halfway through cooking. Stand for one third of cooking time, wrapped in foil before carving.

To Cook by Combination:

Prepare chicken as above. Cook on COMBINATION 3 for 25 minutes, turn it over, cook for another 15 minutes on GRILL 3. Stand for at least 15 minutes, wrapped in foil, before carving.



Roast Chicken

Method:

Place oil, garlic and chicken pieces in a large casserole. Cook on 1000 W for 4 minutes, turn and cook on 1000 W for a further 4 minutes. Set aside. Place onion in a 3-litre casserole dish, cover and cook on 1000 W for 4 minutes. Add chicken, tomatoes, tomato paste, marjoram and oregano to dish and cook on 800 W for 7 to 8 minutes. Add remaining ingredients to dish and cook on 800 W for a further 5 minutes. Serve with garden salad and crusty bread.

Method:

To Cook by Microwave:

Place chicken and onion in a 4-litre casserole dish. Cook on 800 W for 25 to 30 minutes. Drain away any excess fat. Season with tarragon, salt and pepper. Add mushrooms. Cook on 800 W for 3 to 4 minutes. Blend together soup and sour cream. Spoon over chicken. Cook covered on 800 W for 12 to 15 minutes. Remove chicken to a serving platter. Stir sauce and spoon over chicken. Serve with rice and vegetables.

To Cook by Combination:

Place all ingredients in a 4-litre casserole dish, except mushrooms and sour cream. Cover with a lid and cook on COMBINATION 3 for 30 minutes. Stir in mushrooms and sour cream. Continue to cook covered on COMBINATION 3 for a further 10 to 15 minutes. Stir and serve.

Italian Chicken Casserole

Serves : 4 – 6

Ingredients:

15 ml oil
1 clove garlic, crushed
6 chicken pieces
250 g baby onions
425 g can tomatoes
60 ml tomato paste
2 g marjoram
2 g oregano
100 g button mushrooms
20 g black olives
30 g chopped parsley
salt and pepper

Tarragon Chicken and Mushrooms

Serves : 6 – 8

Ingredients:

1.5 kg chicken pieces
1 onion, sliced
2 g dried tarragon leaves
salt and pepper
150 g mushrooms, finely sliced
440 ml can cream of mushroom soup
125 ml sour cream



Roast Lamb

Roast Lamb

Serves : 4 – 6

Ingredients:

60 g apricot jam
1.2 kg leg lamb

Method:

Place lamb fat side down on metal tray. Brush with half the apricot jam.

To Cook by Microwave:

Cook on 800 W for 25 to 30 minutes. Turn halfway through cooking. Stand covered 10 minutes before carving.

To Cook by Combination:

Prepare lamb as above. Cook on COMBINATION 2 for 45 to 50 minutes. Turn halfway through cooking and brush with remaining jam. Stand covered with foil for 10 minutes before carving.

Irish Stew

Serves : 8

Ingredients:

750 g lamb, cut into 2 cm cubes
2 carrots, peeled and sliced
2 potatoes, peeled and sliced
500 ml water
40 g packet French Onion Soup mix
1 bay leaf

Method:

Arrange lamb, carrots and potatoes in a 3-litre casserole dish. Combine water, soup mix and bay leaf in a mixing bowl. Pour over meat, carrots and potatoes.

To Cook by Microwave:

Cook on 800 W for 6 to 8 minutes and then cook on 440 W for 60 to 70 minutes. Stand covered for 5 minutes. Serve with steamed vegetables.

To Cook by Combination:

Prepare stew as above adding the liquid mixture to the meat and vegetables. Cover and cook on COMBINATION 5 for 65 to 70 minutes. Stand 5 minutes before serving.

Belgian Beef

Casserole

Serves : 4

Ingredients:

675 g braising steak, cubed
3 large onions, thinly sliced
1 clove garlic, crushed
30 ml seasoned flour
15 ml brown sugar
300 ml hot beef stock
30 ml lemon juice
15 ml white vinegar
5 ml mixed herbs
2 bay leaves

Topping:

15 ml french mustard
60 ml butter, softened
1 clove garlic, crushed
8 × 2.5 cm french bread, sliced

Method:

Preheat oven on Convection 160 °C. Combine all the casserole ingredients in dish. Cover with lid and cook on metal tray on Convection 160 °C for 1 hour, or until meat is tender.

Remove bay leaves.

For topping, blend mustard, butter and garlic in a mixing bowl. Spread over one side of each bread slice. Uncover casserole and arrange bread on top. Return to oven and cook uncovered on Convection 160 °C for a further 10 minutes. The casserole is ready when the bread slices are crispy and golden.

Mediterranean Curry

Serves : 4

Ingredients:

15 ml oil
1 large onion, chopped
1 large tomato, chopped
30 g curry powder
15 g chilli powder
1 kg chuck steak, fat removed and cut into 2.5 cm cubes
5 g salt
125 ml water
15 ml malt vinegar

Method:

Place oil, onion and tomato in a large casserole dish and cook on 1000 W for 4 to 5 minutes. Stir in curry powder, chilli powder and meat. Cook on 1000 W for a further 5 minutes. Add remaining ingredients, ensuring the meat is covered by the liquid. Cook, uncovered, on 800 W for 5 minutes, then on 440 W for 1 to 1½ hours. Stir occasionally during cooking. Serve with rice.

Stuffed Green Peppers

Serves : 4

Ingredients:

4 medium sized green peppers, remove tops and seeds
250 g cooked rice
2 g mixed herbs
1 onion, finely chopped
250 g finely chopped ham or chicken
60 ml cream
salt and pepper to taste
125 g grated tasty Cheddar cheese
paprika

Method:

Cook peppers in a 2-litre covered casserole dish on 1000 W for 3 to 4 minutes. Drain off excess water. Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill peppers. Top with grated cheese. Cook uncovered on 1000 W for 3 to 5 minutes. Serve sprinkled with paprika.

Tip: When using whole vegetables allow air space around each portion to ensure even cooking.

Lamb Chops with Spicy Sauce

Serves : 4

Ingredients:

8 lamb chops (approx. 800 g)

Marinade:

45 g tomato paste
30 ml vegetable oil
30 ml lemon juice
2 cloves garlic, crushed
5 g chilli powder
5 g coriander powder
5 g ground ginger
15 g finely chopped fresh parsley
freshly ground black pepper to taste

Method:

Combine all marinade ingredients to form a thick mixture. Place chops in a single layer in a shallow dish and pour marinade mixture over them. Allow to marinade for at least 6 to 8 hours in the refrigerator. Remove chops from marinade (reserving this mixture) and place on a rack in a shallow dish. Cook on 600 W for 12 to 15 minutes, turning over halfway through cooking. Place marinade mixture into a jug and heat on 1000 W for 30 to 40 seconds. Arrange chops on a serving platter, then pour the sauce over them. Serve garnished with parsley or watercress.



Lamb Chops with Spicy Sauce

Fish Roll

Serves : 4 – 6

Ingredients:

170 g can crabmeat, drained
2 large egg whites
60 ml cream
salt and pepper
7 to 8 spinach leaves, stalks removed
5 small, skinned and boned snapper fillets
200 g sliced smoked salmon

Sauce:

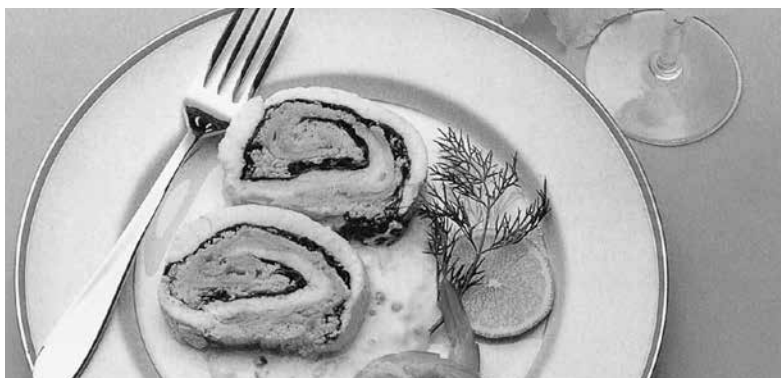
15 g butter
15 g flour
125 ml chicken stock
125 ml cream
15 g pink peppercorns, crushed
pinch salt

Method:

Place crabmeat into a bowl. Set aside. Beat egg whites until stiff peaks form. Beat cream in a separate bowl until thick. Add egg whites, cream, salt and pepper to crabmeat. Mix lightly. Set aside. Place spinach in a covered bowl and cook on 1000 W for 1 to 2 minutes. Remove and drain. Lay a large sheet of plastic wrap on a flat surface. Lay fillets on wrap so they form a rectangle. Place spinach evenly on top of fish and then spoon crab mixture over. Place smoked salmon on top of crab mixture and roll on a plate and cook on 600 W for 5 to 6 minutes. Stand for 15 minutes. Remove wrap and slice.

Sauce:

Melt butter in a 500 ml jug on 1000 W for 30 seconds. Add flour, stir well. Add stock stirring continuously. Cook on 1000 W for 2 to 3 minutes, stirring halfway through cooking. Add cream, peppercorns and salt. Stir well. Pour sauce over fish roll and serve with prawns and lemon wedges.



Fish Roll

Whole Stuffed Fish

Serves : 2

Ingredients:

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

Stuffing:

250 g fresh breadcrumbs
4 spring onions, sliced
5 g dried basil
juice of ½ lemon
30 g chopped parsley
freshly ground black pepper

Method:

Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden toothpicks. Place fish in a shallow dish. Cover and cook on 1000 W for 5 to 6 minutes. Stand covered for 5 minutes before serving.

Scalloped Potatoes

Serves : 6 – 8

Ingredients:

1 kg old potatoes, peeled and thinly sliced
30 ml water
300 ml sour cream
60 ml milk
salt and pepper
paprika
15 g snipped chives

Method:

Place potatoes and water in a 3-litre casserole dish. Cover and cook on 800 W for 10 to 12 minutes. Drain. In a small bowl mix together sour cream, milk, salt and pepper. Pour over potatoes. Sprinkle with paprika and chives. Cook on 1000 W for 4 to 5 minutes, until thoroughly heated. Serve hot.

Smoked Haddock

Serves : 2 – 4

Ingredients:

2 medium sized smoked haddock fillets (approx. 500 g)
15 g butter, melted
45 ml water or milk
freshly ground black pepper

Method:

Place all ingredients in a 3-litre casserole dish. Cover and cook on 800 W for 6 to 8 minutes, or until cooked and fish flakes when tested with a fork.

Coquille St. Jacques

Serves : 4 – 6

Ingredients:

30 g butter
1 onion, finely chopped
60 g button mushrooms, finely sliced
45 g plain flour
125 ml cream
30 ml ginger juice
30 ml lemon juice
500 g scallops
250 g fresh breadcrumbs
125 g grated Swiss cheese
30 g chopped parsley
salt and pepper

Method:

Place butter, onion and mushrooms in a small casserole dish. Cook on 1000 W for 2 to 3 minutes. Add flour and stir well. Gradually add cream and ginger juice and lemon juice, stirring continuously. Cook on 1000 W for 3 to 4 minutes, stirring halfway through cooking. Add scallops and cook on 800 W for 2 to 4 minutes, stirring halfway through cooking. Divide mixture into 4 to 6 ramekins. Mix together breadcrumbs, cheese, parsley, salt and pepper in a small bowl. Sprinkle over each scallop mixture. Cook on 1000 W for 1 to 2 minutes.

Tip: This dish can also be made in a 20 cm round soufflé dish.



Coquille St. Jacques

Seafood Marinara

Serves : 4

Ingredients:

250 g scallops
250 g prawns, shelled and deveined
1 squid (approx. 275 g) cleaned and sliced
30 g butter
1 clove garlic, crushed
2 tomatoes, peeled and chopped
15 g tomato paste
30 ml ginger juice
30 ml lemon juice
5 g basil
pepper
chopped parsley

Method:

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

Salmon with Whole Grain Mustard

Serves: 4

Ingredients:

700 g salmon fillets skin removed, cut into 4 pieces
3 shallots
40 g butter
50 ml ginger juice
50 ml lemon juice
1 tbsp whole grain mustard
2 tbsp cream
1 tbsp cornflour, salt, pepper

Method:

Sweat the finely chopped shallots in butter, covered, for 2 minutes on 1000 W. Place on top of the seasoned salmon pieces and pour the white ginger juice and lemon juice over this. Cover and cook on 600 W for 8 to 10 minutes. Remove the fish and place on a plate, cover with aluminium foil and leave to stand for at least 3 minutes. Meanwhile, add the mustard, cream and cornflour to the cooking dish. Mix and cook, uncovered, for 1 to 2 minutes on 1000 W. Serve the salmon pieces covered in this sauce.

Hollandaise Sauce

Makes : 140 ml

Ingredients:

3 egg yolks
30 ml white vinegar
100 g unsalted butter
chilled and cubed pepper

Method:

Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Cook on 1000 W for 20 seconds. Whisk. Cook on 1000 W for 10 seconds. Whisk again and cook on 1000 W for 10 seconds. Repeat in 10 second stages until sauce is thick and creamy. Season and serve immediately with salmon steaks or asparagus spears.

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

Spaghetti Meat Sauce

Serves : 4 – 6

Ingredients:

500 g minced beef
1 small onion, chopped
1 clove garlic, crushed
190 g finely sliced celery
425 g can tomatoes, chopped
250 g tomato paste
2 beef stock cubes (or 10 g beef stock powder)
30 g finely chopped parsley
15 ml Worcestershire sauce
5 g salt
5 g brown sugar
2 g pepper
1 bay leaf

Method:

In a 3-litre casserole dish combine minced beef, onion, garlic and celery. Cover and cook on 800 W for 8 to 10 minutes. Drain off fat. Add remaining ingredients and mix well. Cover and cook on 800 W for 25 to 30 minutes, stirring halfway through cooking. Serve with spaghetti.



Spaghetti Meat Sauce, Hollandaise Sauce

White Sauce

Makes : 400 ml

Ingredients:

30 g butter, room temperature
30 g flour
600 ml whole milk

Variations:

parsley, onion, cheese
15 ml lemon juice

Method:

Melt butter in jug on 1000 W for 20-40 seconds. Stir in the flour to make a roux. Add the milk gradually stirring continuously until well combined. Cook for 2 minutes on 1000 W. Stir and cook for a further 3 minutes. Sauce should be smooth and glossy and coat the back of a spoon.

Mint Sauce

Ingredients:

60 ml water
15 g sugar
30 ml brown vinegar
30 g mint, finely chopped

Method:

Combine all ingredients in a 250 ml jug. Cook on 1000 W for 30 to 60 seconds. Stir well and serve with Roast Lamb.

Tomato Chutney

Ingredients:

250 g onions, finely chopped
1.5 kg ripe tomatoes, skins removed and tomatoes chopped
5 g salt
5 g paprika
pinch cayenne pepper
150 ml malt vinegar
175 ml sugar

Method:

Place onions in a 3-litre casserole dish. Cover and cook on 1000 W for 4 to 5 minutes. Add tomatoes, cover and cook on 1000 W for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on 1000 W for 10 minutes, stirring once during cooking. Add sugar, stir well and cook on 800 W for 35 to 40 minutes, stirring occasionally. Pour into sterilised jars and seal.

Lemon Butter

Makes : 250 g

Ingredients:

grated rind and juice of 3 lemons
85 g sugar
3 large egg yolks
15 g butter
15 g cornflour

Method:

Blend all ingredients in a 500 ml glass jug. Cook on 600 W for 3 minutes, or until thickened, stirring every minute. Pour into hot sterilised jars and seal immediately.

Roquefort Sauce

Serves : 4

Ingredients:

50 g Roquefort cheese
200 ml single cream
2 tbsp cornflour
salt, pepper

Method:

Cut the Roquefort into pieces and melt by heating for 1 minute 30 seconds on 600 W. Add the cream and cornflour mixed with 1 tbsp water. Cook for 2 minutes to 2 minutes 30 seconds on 1000 W, whisking vigorously halfway through the cooking time. Check the seasoning before serving. This sauce goes very well with red meat.

Strawberry Jam

Ingredients:

600 g strawberries, washed and hulled
300 g castor sugar
3 tbsp lemon juice
pectin, if required

Method:

Place strawberries in a 5-litre casserole dish. Stir in sugar, lemon juice and pectin if required. Cook on 800 W for 26 to 28 minutes, stirring every 10 minutes. Check if the jam is setting. Cool and bottle in sterilised jars. Seal.

Plum Sauce

Ingredients:

1 kg dark plums
500 g onions
500 g raisins
6 fresh chillies
2 to 3 cm piece root ginger
10 g mixed whole spice
1.2 litre malt vinegar
15 g salt
1 kg raw sugar

Method:

Halve and stone plums. Roughly chop onions and put both in a large bowl. Tie the split chillies, ginger and whole spice in a muslin bag and add to plums and onions. Add raisins and vinegar. Loosely cover with plastic wrap and cook on 1000 W until fruit and vegetables are tender, stirring twice. Discard bag of spices. Blend fruit mixture in a blender or food processor and return to the bowl. Add salt and sugar. Remove cover and cook on 600 W for approximately 1 hour, stirring every 5 minutes until sugar is dissolved, then every 10 to 15 minutes until sauce thickens. Pour into hot sterilised jars and seal.

Tip: Plum sauce is super for many things - with cold meat, as a paste mixed with soy sauce for barbecuing, in sandwiches with cheese or cold meat or poultry, as a zest to casseroles. It is also ideal to spread over lamb when roasting as it adds colour as well as a delicious flavour.

Apricot Chutney

Ingredients:

250 g dried apricots
375 ml water
5 g ground ginger
190 ml white vinegar
5 g chilli powder
250 g sugar

Method:

Combine apricots and water in a 2-litre casserole dish. Cook on 1000 W for 8 to 10 minutes. Strain and purée apricots in a blender or food processor. Place remaining ingredients in a 2-litre casserole dish and cook on 1000 W for 5 minutes. Add apricot purée and cook on 600 W for 20 to 22 minutes. Cool and pour into sterilised jars. Serve with turkey or lamb.



Jam

Lemon Lime Cordial

Makes : approximately 1.5 litres of undiluted cordial

Ingredients:

10 large lemons
6 limes
1000 g sugar
500 ml water
10 ml citric acid

Method:

Squeeze juice from lemons and limes. Place in a 3 to 4-litre dish with the remaining ingredients. Cook on 1000 W for 8 to 10 minutes. Stir 2 to 3 times during this cooking time to dissolve sugar. Cook for a further 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.

Date and Walnut Fudge

Makes : 25 pieces

Ingredients:

250 g sweet biscuits, crushed
50 g walnuts, chopped
100 g dates, chopped
10 g cocoa powder
10 g coffee powder
175 g dark chocolate, broken into pieces
410 ml can sweetened condensed milk
5 ml vanilla essence

Method:

Line the base of a 20 cm square dish with baking paper. Mix biscuit crumbs, walnuts and dates in a bowl. Place remaining ingredients in a separate bowl and cook on 800 W for 2 to 3 minutes. Stir well. Pour melted mixture over date mixture and mix well. Press mixture into prepared dish. Smooth top and chill until set. Cut into squares.

Tip: An icing of your choice can be spread over this slice.

Choc Caramel Squares

Makes : 12 squares

Ingredients:

125 g butter
85 g sugar
1 large egg
250 g flour
15 g cocoa
5 g baking powder
Topping:
125 ml condensed milk
30 ml golden syrup
60 g butter

Method:

Place butter in a bowl and cook on 1000 W for 15 to 20 seconds. Add sugar and mix well. Add egg to butter mixture and mix well. Sift remaining ingredients and fold into butter-egg mixture. Mix well. Place in a lined 20 cm square dish and cook on 800 W for 7 to 9 minutes. Place all topping ingredients in a 1-litre jug and cook on 1000 W for 2 to 2 ½ minutes. Spread topping over base and chill. Cut in squares when cold.

Chocolate Brownies

Serves : 9

Ingredients:

125 g butter
200 g dark chocolate (72 % cocoa solids)
175 g soft brown muscovado sugar
2 eggs, beaten
a few drops vanilla essence
50 g plain flour
5 ml baking powder

Method:

Melt the butter with 50 g of the chocolate in a small bowl on 600 W for 2 minutes. Put the eggs, sugar and vanilla essence in a bowl, then sift in the flour and baking powder. Stir in the melted chocolate and butter mixture and mix well. Chop the remaining chocolate into rough chunks and stir into the brownie mixture. Spoon into the dish, spread evenly and cook on metal tray on COMBINATION 3 for 8-11 minutes or until firm.



Lemon Lime Cordial

Chocolate and Almond Cake

Ingredients:

100 g butter
100 g caster sugar
2 eggs, lightly beaten
100 g self raising flour
50 g cocoa powder
50 g ground almonds
100 ml whole milk
60 ml golden syrup

Topping:

50 g butter
25 g cocoa powder, sifted
200 g icing sugar
5 ml milk

Method:

Cream together butter and sugar. Gradually add egg. Add flour, cocoa powder, ground almond, milk then syrup. Pour into a Pyrex dish. Cook on 600 W for 8 minutes. Cream butter until soft and gradually add cocoa powder and icing sugar. Lastly adding milk as required. Decorate the cake with the topping.

Aubergine Caviar

Serves: 4

Ingredients:

1 large onion
500 g aubergines
5 cloves garlic, salt, pepper
200 g of cream cheese or yoghurt
5 tbsp olive oil

Method:

Finely chop the onion and sweat in 5 tbsp of olive oil, covered, and cook on 1000 W for 3 minutes. Add the washed and diced aubergines and the peeled and crushed garlic. Cook on 800 W for 13 to 15 minutes. Start cooking with the dish covered. Halfway through take out the dish, stir and complete the cooking with the dish uncovered, to ensure that the water from the vegetables evaporates. Blend the mixture in a food processor and check the seasoning. The caviar is perfect for canapés; if it is too strong, you can add 200 g of yoghurt or cream cheese to the mixture.

Confectioner's Custard

Serves: 4

Ingredients:

500 ml milk
50 g flour
80 g sugar
3 eggs

Method:

Bring the milk to the boil by heating for 3 to 4 minutes on 1000 W. Meanwhile, mix the sugar and flour together in a bowl. Add the eggs and mix well. Pour in the boiling milk, whisking all the time. Cook on 1000 W for 2 to 3 minutes, whisking vigorously every minute.

Hammour Won Ton Soup

Serves : 4

Ingredients:

400 g Hammour fish, ground
20 g spring onions, chopped
10 g cornstarch
6 g salt
10 ml sesame oil
24 Won Ton skins
1 litre stock or water
3 g pepper
400 g Bok Choy or baby green vegetables

Method:

Combine Hammour, spring onions, cornstarch, salt, sesame oil and 20 ml of water. Fill Won Ton Skins with this mixture and fold. Keep aside. Pour stock into a 2-litre bowl. Add pepper and cook on 1000 W for 6 to 7 minutes. Add Won Tons to the soup. Cover and cook on 800 W for another 8 minutes. Set aside. Cook Bok Choy in salty water in a 1-litre bowl on 1000 W for 5 minutes. Drain and add to the soup. Serve hot.

Hot and Sour Soup

Serves : 6

Ingredients:

1.2 litre stock
5 g salt
45 g cornstarch
50 ml water
35 ml soy sauce
10 ml chicken stock
150 g meat/beef/chicken, shredded
20 g bean curd, sliced
2 eggs
30 ml white vinegar
5 ml sesame oil
20 g ginger root, shredded
20 g spring onions, shredded
10 g coriander leaves, chopped

Method:

Combine stock, salt and 40 g of cornstarch in a 2-litre bowl. Cook on 1000 W for 5 minutes. Keep aside. Place water, 5 ml of soy sauce, 5 g of cornstarch and chicken stock in a 1-litre bowl and mix well. Add shredded meat, bean curd and egg, and stir. Add this meat mixture to the cornstarch paste in the 2-litre bowl. Cook on 1000 W for 3 minutes. Add vinegar, sesame oil and 30 ml of soy sauce and mix well. Serve hot garnished with shredded ginger, spring onions and coriander leaves.

Fried Beef Curry

Serves: 4 - 6

Ingredients:

600 g beef (thinly sliced)
¼ cup yoghurt
2 pips cardamon
½ tsp. salt
1 tsp. brown sugar
A: (to be roasted and finely ground)
1½ tbs. chilli powder
1½ tbs. coriander seed
1 tsp. cumin seed
2 tsp. black peppercon
1 tsp. fenugreek seed

B: 50 g sliced onions
15 g chopped ginger
1 g cloves
5 g sliced garlic
5 g curry leaves
5 tbs. oil

Method:

Season beef slices with ingredients A for 30 minutes. Combine ingredients B and fry in 22 cm casserole on 1000 W for 2 to 3 minutes, uncovered. Add in yoghurt, cardamons and seasoned beef slices. Cover and cook on 1000 W for 4 minutes then on 600 W for 8 to 10 minutes. Add in sugar and salt. Standing time: 10 minutes.



Hammour Won Ton Soup

Seafood Porridge

Serves : 6 – 8

Ingredients:

100 g rice (seasoned with 1 g salt,
5 ml sesame oil, for 1 hour)
150 g fish fillets (seasoned with 1 g
salt, sugar, pepper)
150 g prawns (seasoned with 1 g
salt, sugar, pepper)
3 slices ginger
3 shallot (sliced, cooked on 1000 W
with 15 ml oil, till brown)
750 ml chicken broth
salt to taste
1 stalk Chinese parsley (for
garnishing)

Method:

Place rice, ginger and chicken broth
in a deep microwave safe casserole,
covered partially, put it on the center
of glass tray. Cook on 1000 W for
7-8 minutes, stirring halfway. Cook
on 100 W for 25 minutes, covered
with lid partially. Add prawns and
fish, cook on 1000 W for 4 minutes,
covered with lid. Add salt to taste,
garnish with Chinese parsley and
golden brown shallot.



Chicken in Paper Packs

Stir-Fried Rice

Serves : 4

Ingredients:

15 ml vegetable oil
1 clove garlic, crushed
1 cm piece root ginger, finely
chopped
1 small carrot, finely chopped
1 stick celery, sliced
½ green or red pepper, cut into strips
6-8 medium-sized mushrooms,
sliced
3 spring onions, chopped
2 eggs
15-30 ml soy sauce
500 g cooked rice

Method:

Place oil, garlic and ginger in a large
shallow dish and cook on 1000 W
for 1 minute. Keep aside. Add the
carrot, celery, pepper and sliced
mushrooms. Cook for 2 to 3 minutes
on 1000 W. Break eggs into a small
dish, add salt and pepper to taste,
mix well and cook on 1000 W for
2 minutes. Slice the cooked egg
into thin strips. Add these strips,
soy sauce and cooked rice to the
vegetable mixture, stir well and cook
on 1000 W for 4 minutes. Serve hot.

Note: 250 g uncooked rice will yield
about 500 g of cooked rice.

Chicken in Paper Packs

Serves : 4

Ingredients:

300 g fresh chicken, boneless
6 Chinese mushrooms
2 g salt
15 ml light soy sauce
5 g sugar
2 g pepper
5 ml sesame oil
5 ml ginger sauce
10 ml oil
20 g green onions, chopped
10 g parsley, chopped
10 g carrots, shredded
1 large sheet glass paper

Method:

Cut chicken into thin slices. Soak
mushrooms for 30 minutes or until
soft. Cut into thin slices. Combine
together chicken, mushrooms, salt,
light soy sauce, sugar, pepper,
sesame oil, ginger sauce and oil.
Keep aside. Cut glass paper into
small pieces. Fill each piece with
green onions, parsley, carrots and
the mushroom-chicken mixture. Fold
into small packs. Place these packs
onto a platter and cook on 1000 W
for 3 to 5 minutes. Serve hot.

Chicken Wings in Lemon Sauce

Serves : 4 - 6

Ingredients:

1 kg chicken wings
60 ml soy sauce
60 ml water
5 g ginger powder
2 cloves garlic, crushed
60 ml lemon juice

Method:

Place chicken wings in a 3-litre casserole dish. Mix together remaining ingredients and pour on chicken wings. Keep the marinated chicken in the refrigerator for 45 minutes. Cook, covered on 800 W for 20 to 25 minutes, or until chicken is tender. Serve hot with rice.

Pepper and Sesame Fried Nuggets

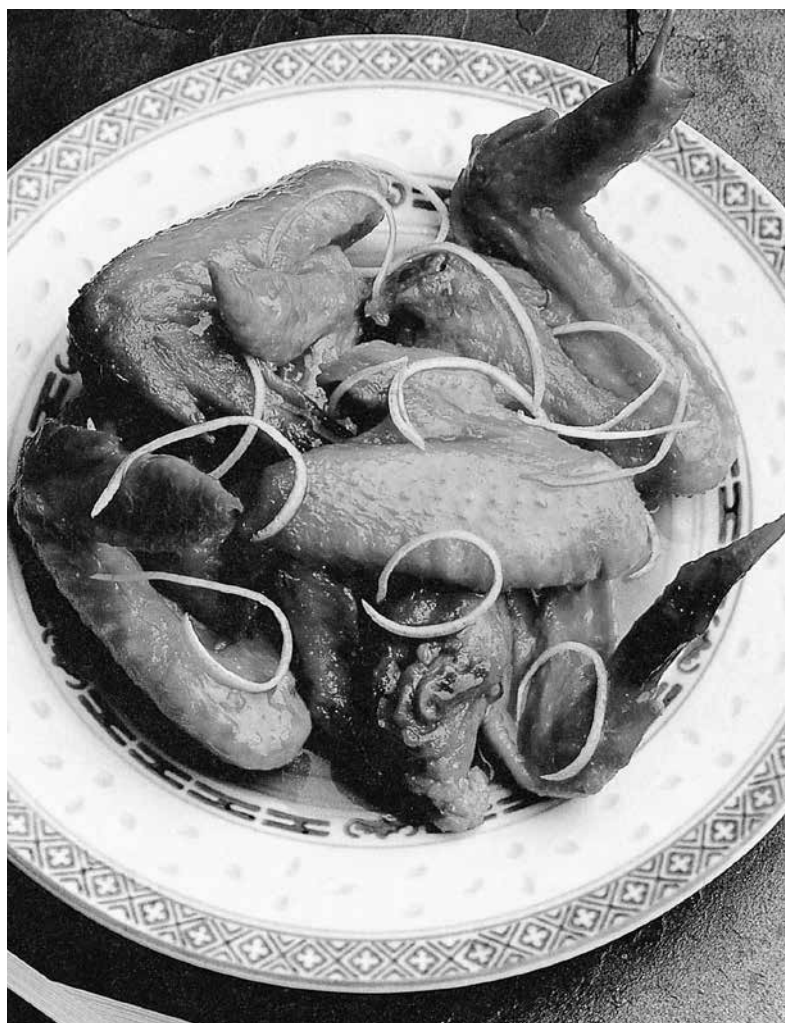
Serves : 4

Ingredients:

400 g (2 pieces) chicken leg
7 tbsp corn starch
3 tbsp cooked sesame
A: 15 ml fish sauce
15 ml soy sauce
30 g beaten egg
5 g salt
pinch pepper

Method:

The thickness of the chicken must be even, and cut into 4 cm blocks (approximately 30 g each). Put it into the container with A, stir evenly (leave it standing for 10 minutes for a stronger flavor). Add in corn starch, rub thoroughly until there is no powder left. Sprinkle sautéed sesame on the chicken. Place aluminum foil on metal tray, grease the aluminum foil with olive oil (not included in the ingredient). Put chicken on aluminum foil with skin side up, then put it on the center of glass tray. Cook on COMBINATION 1 for 14-16 minutes.



Chicken Wings in Lemon Sauce

Vanilla Shrimp Grill

Serves : 2 - 3

Ingredients:

320 g (15 pieces) shrimp
A: Assorted vanilla
1 piece rosemary
30 ml olive oil
pinch salt
pinch pepper
2 pieces garlic

Method:

Remove the heads from the shrimps. Cut open the shrimp with the shells and remove the intestines. Wash thoroughly and wipe dry the water. Place A into a bowl and stir evenly. Add in the shrimps, and stir evenly (leave it standing for 15 minutes for a stronger flavor), grease the metal tray with olive oil (not included in the ingredient). Place the shrimps in the center of the metal tray, then put it on the center of glass tray. Select COMBINATION 1 and cook for 8 minutes.



Chinese Beef and Vegetables

Method:

Cut beef into paper thin strips. Place ginger, garlic and oil in a casserole dish. Cook on 1000 W for 1 minute. Keep aside. Combine stock, soy sauce, Hoi Sin sauce and cornflour. Add to ginger-garlic mixture. Cook on 1000 W for 2 minutes. Add vegetables and cook covered on 1000 W for 5 minutes. Mix well. Add meat strips and cook on 1000 W for 6 to 7 minutes, stirring midway. Stand covered for 3 minutes before serving with boiled rice.

Szechuan Lamb

Serves : 4

Ingredients:

500 g lamb meat, shredded
20 ml oil
½ dried chilli pepper, crushed
40 ml soy sauce
100 ml stock
20 g cornstarch
3 sticks celery, shredded
1 medium sized sweet red pepper, shredded

Method:

Combine meat and oil in a 2-litre casserole dish and cook covered on 1000 W for 5-6 minutes each. Add crushed chilli pepper. Keep aside. Mix the soy sauce and stock, and gradually stir into the cornstarch. Pour over the meat and cook on 800 W for 3 to 4 minutes. Add celery and red pepper, and mix well. Cook for another 1 minute on 1000 W until sauce thickens and the vegetables still remaining crisp.

Vegetarian Mixed Vegetables

Serves : 4

Ingredients:

30 ml oil
15 g garlic, chopped
20 g dried Chinese mushrooms (soaked)
10 ml oyster sauce
100 g cauliflower, cut into flowerettes
100 g tomatoes, wedged
70 g young corn, halved lengthwise
60 g carrots, sliced
50 g button mushrooms
100 g snow peas
5 g salt

Method:

Heat oil and garlic in a 2-litre shallow casserole dish on 1000 W for 2 minutes. Add Chinese mushrooms and oyster sauce, and cook on 1000 W for 1½ minutes. Stir in cauliflower, tomatoes, corn, carrots

and button mushrooms, and cover with a tight fitting lid. Cook on 1000 W for 3 minutes. Add snow peas and salt, and cover again. Cook on 1000 W for 2 minutes. Serve Hot.

Chinese Beef and Vegetables

Serves : 4 – 6

Ingredients:

500 g rump steak
5 g root ginger, grated
1 clove garlic, crushed
15 ml oil
125 ml beef stock
15 ml soy sauce
30 ml Hoi Sin sauce
10 g cornflour
375 g frozen vegetables (eg-broccoli, mushrooms, onions, cauliflower, snow peas, pepper chunks, etc.)

Upma

(Semolina Snack)

Serves : 4

Ingredients:

250 g mixed frozen vegetables, diced and thawed
200 g semolina
100 ml oil
5 g mustard seeds
5 g washed split urad dal (lentils)
2 red chillies, whole
12 curry leaves
20 ml cold water
800 ml hot boiling water
10 g salt

Method:

Place semolina in a 1-litre casserole dish and brown on 1000 W for 5 minutes, stirring frequently. Set aside. Heat oil in a 2-litre dish and cook on 1000 W for 2 minutes. Add mustard seeds, lentils, red chillies and curry leaves and cook on 1000 W for 2 minutes. Add vegetables and 20 ml cold water. Mix well. Cover and cook on 1000 W for 5 minutes. Add boiling water and salt. Add semolina and mix well. Cook on 1000 W for 4 minutes, stirring frequently. Serve hot with coconut chutney.

Vegetable Pulao (Vegetable Rice)

Serves : 4

Ingredients:

350 g rice
400 g frozen mixed vegetables, thawed
60 ml oil
100 g onions, sliced
10 g ginger, chopped
1 clove garlic, chopped
10 g cumin seeds, roasted
4 green cardamoms, crushed
8 cloves

8 black peppercorns
5 g cinnamon sticks
6 bay leaves
6 g salt
700 ml hot boiling water
1 black cardamom, crushed

Method:

Clean, wash and soak rice in double the quantity of water for 1 hour. Heat oil in a 5-litre casserole dish on 1000 W for 1 minute. Add onions and brown on 1000 W for 5 to 6 minutes, stirring frequently. Remove onions from the oil and keep aside. Reheat the oil on 1000 W for 1 minute. Add ginger, garlic, cumin seeds, green cardamoms, cloves, peppercorns, cinnamon sticks and bay leaves. Mix well and cook on 1000 W for 1 minute. Add vegetables, cover and cook on 1000 W for 5 minutes, stirring midway. Drain rice and add to the vegetables. Add hot water and salt. Mix well and cook covered on 1000 W for 10 minutes. Stir, and cook on 800 W for 10 to 13 minutes. Serve hot sprinkled with black cardamom powder and garnished with the fried onions.

Masala Wali Gobhi (Spicy Cauliflower)

Serves : 4

Ingredients:

700 g whole cauliflower
40 ml hot boiling water
50 ml oil
5 g coriander leaves, chopped

Marinade:

100 g yoghurt
100 g tomato purée
10 g ginger, crushed
1 big clove garlic, crushed
1 green chilli, crushed
3 g red paprika powder
3 g garam masala
2 g turmeric powder
5 g coriander powder
5 g cumin seed powder
10 g salt

Method:

Trim the cauliflower, removing the stalk and leaves. Wash well. Pour the hot water in a 2-litre casserole dish. Stir in turmeric powder and salt. Place the cauliflower in the dish, cover and cook on 800 W for 10 minutes. Keep aside. Pour 10 ml oil in a 1-litre casserole dish and heat on 1000 W for 1 minutes. Combine all the rest of the marinade ingredients and add to the oil. Stir and cook on 1000 W for 2 to 3 minutes. Pour marinade over the cauliflower ensuring it is covered well. Set aside for 4 hours. Heat the rest oil in a small bowl on 1000 W for 2 minutes. Pour it over the cauliflower. Cook on 1000 W for 8 minutes, stirring it over after 4 minutes. Serve hot, garnished with coriander leaves.



Upma

Sukhe Alu (Spicy Potatoes)

Serves : 4

Ingredients:

500 g potatoes
10 g coriander powder
10 g cumin seed powder
3 g red chilli powder
5 g garam masala
10 g mango powder
2 g dried ginger powder
5 g dried mint powder
10 g salt
30 ml oil
3 g cumin seeds, roasted
5 g coriander leaves, chopped

Method:

Wash and dry the potatoes. Prick lightly with a fork and place in a dish lined with a paper towel. Cook on 800 W for 8-9 minutes. Cool and cut into small pieces. Combine all the dry spices and sprinkle on the potato pieces. Mix well. Keep aside. Place oil in a 1-litre casserole dish, cover and heat on 1000 W for 2 minutes. Add cumin seeds and potatoes, and cook on 1000 W for 3 minutes. Mix well. Serve hot, garnished with coriander leaves.

Masoor Dal (Lentils)

Serves : 4

Ingredients:

200 g Masoor Dal (Lentil)
800 ml hot boiling water
10 g salt
3 g turmeric powder
20 g ghee
80 g onions, finely chopped
10 g ginger, finely chopped
1 clove garlic, finely chopped
1 green chilli, finely chopped
5 g cumin seeds
1 pinch asafoetida powder
3 g red chilli powder
3 g garam masala
5 g coriander leaves, chopped



Masoor Dal, Sukhe Alu, Bhari Hui Bhindi

Method:

Wash and soak lentils for 4 hours. Drain and place in a 3-litre bowl along with hot water, salt and turmeric powder. Mix well, cover and cook on 800 W for 20 minutes. Stir, cover and cook on 600 W for another 8 minutes. Set aside. Place ghee, chopped onions, ginger and garlic in a small bowl. Cover and cook on 1000 W for 3 minutes, stirring midways. Add cumin seeds, asafoetida powder and red chilli powder, and mix well. Cook on 1000 W for 1 minute. Add to the cooked lentils and mix well. Cook on 1000 W for 1 minute. Serve hot, sprinkled with garam masala and garnished with coriander leaves.

5 g garam masala
10 g salt
50 ml oil
10 g coriander leaves, chopped

Method:

Wash and dry the okra. Cut off the heads and a small portion of the tails and slit each down the middle ensuring that it doesn't split into 2 halves. Keep aside. Combine all the dry spices in a small bowl and cook on 1000 W for 2 minutes, stirring after every 30 seconds. Stuff this mixture into the slits in the okra. Place the okra in a 2-litre shallow casserole dish. Heat oil in a small bowl on 1000 W for 2 minutes and pour it on the okra. Cover the casserole and cook okra on 800 W for 10 minutes. Remove the lid and cook uncovered on 800 W for 6 minutes till it becomes dark green and almost crisp. Serve hot, garnished with coriander leaves.

Bhari Hui Bhindi (Stuffed Okra)

Serves : 4

Ingredients:

500 g okra
30 g coriander powder
30 g cumin seed powder
15 g dried mango powder
5 g red chilli powder
5 g turmeric powder

Chicken Korma (Chicken Curry)

Serves : 4

Ingredients:

700 g chicken cut into medium-sized pieces
100 ml oil
150 g onions, sliced
100 g onions, grated
10 g cashew nuts, chopped (optional)
4 cloves
5 g cinnamon sticks
4 green cardamoms
10 g ginger, crushed
1 clove garlic, crushed
10 g poppy seeds, crushed (optional)
3 g turmeric powder
5 g cumin seed powder, roasted
5 g coriander leaves, chopped
5 g cashew nuts, chopped (for garnish)

Marinade:

250 g yoghurt
10 g ginger
2 cloves garlic
1 green chilli
3 g red paprika
5 g coriander powder
5 g garam masala
15 g salt

Method:

Clean, trim, wash the chicken pieces. Pat dry. Combine marinade ingredients and add to the chicken. Set aside for 4 hours. Heat oil in a 2-litre bowl on 1000 W for 2 minutes. Add sliced onions and brown on 1000 W for 5 minutes, stirring occasionally. Remove the onions from the oil, mix with cashew nuts and grind into a fine paste. Reheat the oil on 1000 W for 1 minute. Add cloves, cinnamon sticks and cardamoms and stand for 30 seconds. Add ginger, garlic, grated onions, poppy seeds and turmeric powder, and mix well. Cook on 1000 W for 5 minutes, stirring occasionally. Add marinated chicken and the onion-cashew nut paste. Mix



Chicken Korma

well. Cook, covered on 600 W for 15 to 20 minutes, stirring frequently. Serve hot, sprinkled with cumin seed powder and garnished with coriander leaves and cashew nuts.

Hari Machhi (Coriander Fish)

Serves : 4

Ingredients:

750 g fish
20 ml lemon juice
20 g salt

Marinade:

150 g yoghurt
100 g coriander leaves, crushed
3 big cloves garlic, crushed
6 green chillies, crushed
40 ml oil

Method:

Wash and cut the fish into medium-sized pieces. Prick all over with a fork. Mix half the lemon juice and salt, and pour on the fish. Keep aside for 15 minutes and then drain off excess liquid. Combine yoghurt, coriander leaves, garlic, green chillies, salt and the rest of the lemon juice, and stir well. Marinate the fish with this mixture, add oil and keep aside for 3 hours.

Remove the fish pieces. Pour the marinade into a 2-litre casserole dish and cook on 1000 W for 8 to 10 minutes or until the gravy thickens,

stirring midway. Add the fish pieces and cook on 1000 W for 6 minutes, stirring occasionally. Serve hot with rice or chapattis.

Tandoori Aloo

Serves : 2

Ingredients:

500 g potatoes (boiled)
salt to taste
1 ½ tsp red chilli powder
1 ½ tsp garam masala powder
1 tsp ginger paste
1 tsp garlic paste
100 g cream
200 ml thick curd (lightly beaten)
a pinch of tandoori colour (optional)

Method:

Cut the boiled potatoes into big pieces. Mix well the curd, cream, salt, red chilli powder, garam masala powder, ginger paste and garlic paste. Add tandoori colour (optional). Add the potatoes. Mix well and marinate in the refrigerator for half an hour. Place the marinated potatoes on wire rack. Brush with a little oil and cook for 30 minutes, till golden brown on all sides. Re-arrange frequently for even cooking, brushing with a little oil each time.

Mutton Curry

Serves : 4

Ingredients:

500 g mutton
10 g coriander seeds
10 g cumin seeds
10 g poppy seeds
8 almonds
6 peppercorns
2 cloves
1 black cardamom
5 g cinnamon sticks
2 bay leaves
10 g ginger, crushed
2 big cloves garlic, crushed
1 green chilli, crushed
100 ml oil
3 green cardamoms
125 g onions, grated
15 g salt
3 g red paprika powder
5 g turmeric powder
30 g tomato purée
100 g yoghurt
5 g garam masala
5 g coriander leaves, chopped
300 ml water

Method:

Clean, trim and wash the meat pieces. Combine coriander seeds, cumin seeds, poppy seeds, almonds, peppercorns, cloves, black cardamom, cinnamon sticks and bay leaves in a small bowl, and cook on 1000 W for 2 minutes. Remove from the oven. Add a little water, ginger, garlic and green chillies, and grind to a fine paste. Set aside. Place oil in a 2-litre bowl and heat on 1000 W for 2 minutes. Add green cardamoms and grated onions. Brown on 1000 W for 8 minutes, stirring frequently. Add salt, paprika, turmeric powder and the spices paste. Mix well and cook on 1000 W for 1 minute. Add tomato purée and yoghurt. Mix well. Cook on 1000 W for 3 minutes. Add meat pieces and mix well. Cook, covered on 800 W for 10 minutes or until light brown. Add water, stir and cook covered on 600 W for 25 minutes or until tender. Serve hot, garnished with coriander leaves and garam masala.

Machhi Curry

Serves : 4

Ingredients:

500 g fish (cut into pieces)
2 large onion (paste)
2 tsp garlic (paste)
1 tsp ginger (paste)
3 tbsp tomato Purée
1 tbsp vegetable oil
2 tbsp beaten curd
salt black pepper powder (to taste)
1 tbsp fish curry powder
3-4 curry leaves
1 tsp mustard seeds
2-3 dry red chillies
1 tbsp green coriander (green dhanial)

Method:

Put oil in a microwave safe bowl on 1000 W for 30 seconds. Add mustard seeds, red chillies, curry leaves and cook for another 2 minutes on 1000 W. Add paste of all spices and cook on 1000 W for 3-4 minutes, stir in between. Add curd and fish curry powder, cook on 1000 W for 2 minutes, lastly add fish pieces and cook on 600 W for 5 minutes, covered. Allow to stand for 5 minutes. Serve hot with rice.

Gajjar Ka Halwa (Carrot Pudding)

Serves : 6

Ingredients:

500 g carrots
1 litre milk
20 g ghee
40 g sugar
10 g raisins
4 green cardamoms, crushed
10 g almonds, chopped
10 g pistachios, chopped

Method:

Wash, peel and grate carrots. Combine carrots and milk in a 3-litre bowl and cook on 1000 W for 45 minutes, stirring frequently. Add ghee, sugar, raisins and cardamoms, and mix well. Cook on 600 W for 40 minutes or till the milk evaporates. Serve either hot or cold, garnished with chopped almonds and pistachios.



Gajjar Ka Halwa

Stuffed Baby Marrow With Tomatoes

Serves : 10

Ingredients:

250 g rice
2.5 kg baby marrow
500 g minced lamb meat
25 g butter
10 g salt
6 g pepper
30 ml water
200 g onions, chopped
4 cloves garlic, chopped
20 ml oil
1 kg tomatoes, sliced
5 g cinnamon powder
200 ml hot water

Method:

Clean, wash and soak rice for 30 minutes. Drain. Clean and wash marrow. Make a small hole on top and scoop out the flesh from inside. Wash again and keep aside. Combine rice, minced lamb, butter, salt, pepper and water. Stuff two-thirds the length of the marrow with this mixture. In a shallow casserole dish, mix onions, garlic and oil, and cook on 1000 W for 3 minutes. Evenly spread tomatoes on this mixture. Place stuffed marrows on top and press down firmly. Cover with hot water. Cook covered on 1000 W for 20 minutes. Serve hot sprinkled with cinnamon powder.



Mutable

Mutabel

Serves : 10

Ingredients:

250 g whole eggplant
200 ml olive oil
40 g tahina
4 cloves garlic
150 ml lemon juice
10 g salt
10 ml olive oil (for garnish)
10 g parsley, chopped
20 g pomegranate seeds, fresh

Method:

Lightly pierce the eggplant with a fork. Place on a paper towel in a 1-litre casserole dish and cook on 1000 W for 8 to 10 minutes. Cool, immerse in water and remove the skin. Mash the eggplant and combine with olive oil, tahina, garlic, lemon juice, and salt. Serve garnished with olive oil, parsley and fresh pomegranate seeds.

Kibbeh Bil Leban

Serves : 10

Ingredients:

400 g crushed wheat
500 g minced lamb meat
100 g onions, finely chopped
20 g salt
10 g pepper
80 ml oil
200 g lamb, roughly ground
1 litre yoghurt
80 ml water
100 g cornflour
200 g mint, chopped
100 g garlic, chopped
100 g pine nuts

Method:

Clean, wash and soak crushed wheat in water for 1 hour. Drain. Combine with minced lamb, finely chopped onions, salt and pepper, and grind well. Shape into small balls and keep aside. Heat 40 ml of oil in a 1-litre bowl on 1000 W for 2 minutes. Add roughly ground lamb, mix and cook covered on 600 W for 4 minutes. Stuff this mixture into the centre of the minced balls. Cook the stuffed balls (kibbeh) in a covered casserole on 1000 W for 4 minutes. Keep aside. Mix yoghurt and water separately in a 2-litre bowl, and heat on 1000 W for 3 minutes. Mix cornflour with a little water to make a fine paste. Add this to the yoghurt and mix well. Cook further on 1000 W for 3 minutes. Separately combine 40 ml of oil, mint and garlic in a small bowl, and cook on 1000 W for 3 minutes. Add to the yoghurt and mix well. Add the kibbeh to the mixture and heat on 1000 W for 2 minutes. Sprinkle with pine nuts and serve hot with vermicelli or rice.

Tajen Khudar

Mushakal

Serves : 10

Ingredients:

150 ml corn oil
500 g eggplant, peeled and cubed
500 g potatoes, peeled and cubed
500 g marrow, peeled and cubed
300 g green peppers, sliced
150 ml olive oil
175 g onions, finely chopped
40 g garlic, finely chopped
500 g tomatoes
20 g salt
10 g pepper
30 ml water
10 g white pepper

Method:

Heat corn oil in a covered 3-litre casserole dish on 1000 W for 3 minutes. Add eggplant, potatoes, marrow and green peppers, and mix well. Cook further on 1000 W for 6 minutes, stirring midway. Remove the vegetables from the oil and keep aside. In another 2-litre casserole dish combine olive oil and onions, and brown on 1000 W for 3 minutes. Add vegetables tomatoes, salt, pepper and water, and cook covered on 1000 W for 10 minutes. Serve hot, sprinkled with white pepper.

Stuffed Vine Leaves

Serves : 10

Ingredients:

300 g rice
2 big onions chopped
100 g parsley, finely chopped
1 tsp dried mint, finely chopped
500 g tomatoes, finely chopped
150 ml olive oil
300 ml lemon juice
20 g salt
3 g pepper
500 g potatoes, peeled & sliced
1 kg vine leaves

Method:

Clean, wash and soak the rice for 30 minutes. Drain. Add parsley, mint, tomatoes, and half the portion of oil, lemon juice, salt and pepper, and mix well. Set aside. Arrange the tomatoes and potato slices on the base of a very shallow casserole dish. Wash the vine leaves in hot water. Stuff them with the rice mixture. Place them on the potato and tomato base. Cover with water and add the rest of the lemon juice, oil, salt and pepper. Weigh down the leaves with a plate and cook covered on 1000 W for 20 minutes. Serve cold.



Stuffed Vine Leaves



Daod Basha

Kafta Bit Tahina

Serves : 10

Ingredients:

1.5 kg minced lamb meat
100 g onions, chopped
150 g parsley, chopped
6 g salt
6 g pepper
5 g cinnamon powder
500 g tahina
400 ml lemon juice
150 ml water

Method:

Combine minced lamb meat with onions, parsley, salt, pepper and cinnamon powder. Mix well and shape into small patties (Kaftas). Place Kaftas in a 2-litre casserole dish and cook covered on 1000 W for 10 minutes. Keep aside. Mix tahina,

lemon juice, water and a little salt to make tarator. Cook the tarator in a small bowl on 1000 W for 8 minutes. Pour this over the kaftas and cook on 600 W for 10 minutes. Garnish with pine nuts. Serve hot with vermicelli or rice.

Indonesian Shish Kebab

Serves : 4

Ingredients:

400 g chicken leg (dice into chunks of 1 cm)
A: 3 tbsp peanut butter
2 tbsp soy sauce
2 tbsp coconut milk (or milk)
2 tbsp ketchup
2 tsp curry powder
2 tsp mashed garlic
2 tsp mashed ginger

2 tsp custer sugar
1 tsp chili powder
1 tsp cumin powder
4-6 long sticks

Method:

Put A into a bowl and stir, add the chicken in (leave it standing for 20 minutes for a stronger flavor). String chicken chunks with bamboo sticks together. Place them on the wire rack on metal tray, then put it on the center of glass tray, cook on COMBINATION 1 for 8-9 minutes.

Daod Basha

Serves : 6

Ingredients:

500 g minced lamb meat
a pinch cinnamon
20 g salt
2 g bahrat al tahi (mixed spices)
200 ml oil
500 g onions, sliced
75 g tomato purée
½ litre water
60 g pine nuts
10 ml lemon juice

Method:

Combine minced lamb meat, cinnamon powder, 10 g salt and bahrat al tahi. Mix well and form into small balls. Place them in a shallow dish and cook on 1000 W for 2 minutes. Set aside. Heat oil in a 2-litre covered casserole dish on 1000 W for 2 minutes. Add onions and brown on 1000 W for 6 minutes. Add tomato purée and water, and mix well. Cook covered on 1000 W for 6 minutes. Add the meat balls and balance salt to the sauce, and cook further on 1000 W for another 8 minutes. Serve hot, sprinkled with lemon juice and garnished with pine nuts.

Fish Sayodiya

Serves : 10

Ingredients:

2.5 kg hamour fish
200 ml olive oil
1 kg onions, chopped
5 g cumin seed powder
25 g salt
2.5 litre water
800 g American rice
100 g cornflour
100 g pine nuts

Method:

Clean, wash and cut fish into large pieces. Heat oil in a 3-litre covered casserole dish on 1000 W for 2 minutes. Add fish and cook further on 1000 W for 8 minutes. Remove fish from the oil and keep aside. Add onions to the same oil. Brown on 1000 W for 8 minutes. Arrange the fish in another 2-litre casserole dish. Pour the olive oil and onions mixture on the fish. Add cumin powder, salt and water, and cook covered on 1000 W for 4 minutes. Take out the fish again and strain the water left behind in the dish. Divide it into 2 equal portions. Pour one half into a 2-litre bowl, add rice and cook till done. To make the sauce mix the rest with cornflour and cook on 1000 W for 2 minutes till thick. Serve the fish on a bed of rice. Garnish with pine nuts and serve the sauce separately.

Samke Hara (Hot Fish)

Serves : 10

Ingredients:

2 kg hamour fish, filleted
600 g tahina
200 ml lemon juice
300 ml water
100 g olive oil
50 g onions, chopped
50 g green peppers, chopped

50 g red peppers, chopped
500 g coriander leaves, chopped
50 g green chillies, chopped
25 cloves garlic, chopped
20 g salt
60 g pine nuts, fried

Method:

Place fish fillets in a 2-litre casserole, cover with water and cook on 600 W for 5 minutes. Drain and keep aside. Combine tahina with lemon juice and water to make tarator. Heat oil in a 1-litre bowl on 1000 W for 2 minutes. Add onions, green and red peppers, garlic and salt and cook covered on 1000 W for 4 minutes. Add tarator, mix well and cook on 1000 W for another 8 minutes. Spread this vegetable sauce on the fish and cook on 1000 W for 7 minutes. Cool. Serve sprinkled with pine nuts.

Muhlabbia

Serves : 8

Ingredients:

50 g rice powder
10 ml water
1 litre milk
200 g sugar
15 ml rose water
3 g miski
20 g pistachios

Method:

Make a fine paste with rice powder and water. Set aside. Pour milk in a 2-litre bowl and cook on 1000 W for 3 minutes. Add sugar and stir well. Add the rice powder paste, mix well and cook on 1000 W for 10 - 12 minutes, stirring frequently. Serve cold, sprinkled with rose water, powder miski and garnished with golden pistachios.



Muhlabbia

Borani Esfanaj (Spinach Salad)

Serves : 6

Ingredients:

750 g spinach
60 g onions, finely chopped
15 ml oil
2 cloves garlic, crushed
10 g salt
3 g freshly ground black pepper
450 g yoghurt
Nano Dok for garnish

Method:

Trim off roots and coarse stalks from the spinach. Wash leaves well, discarding any discoloured and damaged ones. Drain and shred coarsely. In a large casserole dish, heat oil on 1000 W for 1 minutes. Add onions to the oil and cook on 1000 W for 3 minutes. Add spinach and cook on 1000 W for 4 minutes. Remove from the oven and add garlic, salt, and pepper. Cool. Place yoghurt in a mixing bowl and add spinach mixture. Toss well and adjust seasoning. Serve at room temperature, garnished with Nano Dok.

Torshi Bademjan (Eggplant Pickle)

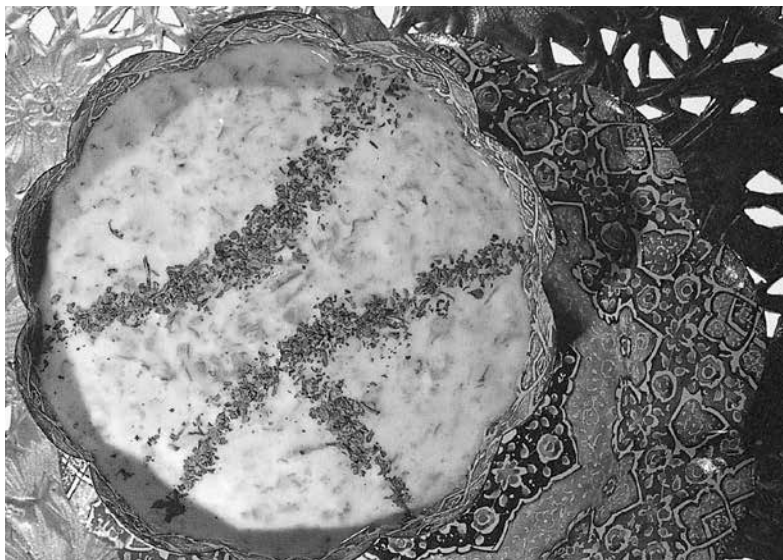
Serves : 6

Ingredients:

1 kg eggplants (aubergines)
(3-4 medium-sized)
450 ml cider vinegar
medium-sized piece tamarind
115 ml hot water
15 g white mustard seeds
15 g coriander seeds, toasted
10 g fennel seeds
4-5 cloves garlic
5 g ginger, chopped
3 g chilli powder
10 g freshly ground black pepper
10 g salt

Method:

Pierce eggplants with a fork, wrap in paper towels and place in a casserole dish. Cook on 1000 W for 10 minutes or until soft. Hold onto the stem and peel skin from eggplants, then remove stems. Mash flesh and mix in ½ cup vinegar to prevent eggplant discolouring. Keep aside. Soak tamarind in hot water for 10-15 minutes until softened. Rub with fingertips to separate pulp, then press through a sieve and add to the eggplants. Combine another ½ cup vinegar, mustard seeds, coriander seeds, fennel seeds, peeled garlic cloves and ginger, and blend to a smooth paste. Add paste to eggplants with chilli powder, pepper, salt and remaining vinegar, and ladle into sterilised jars. Seal and store in a cool place.



Borani Esfanaj

Khoreshe Alu (Prune and Meat Sauce)

Serves : 4 – 5

Ingredients:

750 g boneless lamb or beef
60 g onions, chopped
15 g ghee or oil
3 g turmeric powder
pinch cinnamon powder
340 ml water
10 g salt
3 g freshly ground black pepper
225 g prunes
10 ml lemon juice
15 g brown sugar

Method:

Trim meat and cut into 2 cm ($\frac{3}{4}$ inch) cubes. Keep aside. Combine onions and oil in a casserole dish and cook covered on 1000 W for 3 minutes. Add meat, turmeric powder and cinnamon. Cook on 1000 W for 6 minutes, stirring after every 2 minutes. Add water, salt and pepper. Cover and cook on 600 W for 25 minutes. Rinse prunes if necessary and add to meat with lemon juice and sugar. Cook on 600 W for 25 minutes till meat is tender. Serve hot with chelou.



Kukuye Sibzamini

Kukuye Sibzamini (Potato Omelet)

Serves : 4 – 6

Ingredients:

500 g potatoes
120 g onions, grated
5 g turmeric powder
10 g salt
3 g freshly ground black pepper
6 eggs
60 g ghee

Method:

Place potatoes in a deep casserole dish and cook on 800 W for 8 minutes. Remove skins and mash well. Blend in onions, turmeric powder, salt and pepper. Leave until cold. Beat the eggs and stir gradually into potato mixture. Blend thoroughly. Heat the ghee in a casserole dish on 1000 W for 3 minutes. Pour in egg-potato mixture and cook on 1000 W for 6 minutes or till slightly set. Let it stand for 5 minutes. serve cut in wedges.

Khoreshe Holu (Peach Sauce with Chicken)

Serves : 5 – 6

Ingredients:

1.5 kg chicken pieces
10 g salt
3 g freshly ground black pepper
60 g ghee or butter
60 g onions, chopped
5 g turmeric powder
225 ml water
1 small piece cinnamon stick
3 peaches, firm
60 ml lemon or lime juice
30 g brown sugar

Method:

Wash chicken pieces and pat dry with paper towel. Season with salt and pepper. Keep aside. Heat half the ghee in a casserole dish on 1000 W for 2 minutes. Add onions and cook for 3 minutes. Combine turmeric powder and water, and stir well. Add the chicken pieces and cinnamon stick. Cover and cook on 600 W for 30 to 35 minutes. Peel peaches and cut into wedges, removing seeds. Heat remaining

ghee in a separate bowl on 1000 W for 2 minutes, add peaches and cook for a further 2 minutes. Arrange peaches on top of chicken. Sprinkle lemon juice and brown sugar. Cover and cook on 1000 W for 4 minutes.

Mahi Shekumpour (Stuffed Baked Fish)

Serves : 4 – 5

Ingredients:

1 whole baking fish, approx 1.5 kg
10 g salt
3 g freshly ground black pepper
115 g finely chopped spring onions
450 g chopped fresh herbs - parsley, coriander, dill and watercress, combined
25 ml juice of 1 lemon
60 ml olive oil
herb sprigs and lemon wedges for garnish

Method:

Clean and scale fish if necessary. Rub in salt and pepper, and keep aside. Combine spring onions and herbs with lemon juice and olive oil and season lightly. Fill cavity of fish with mixture and secure opening with cocktail picks or thread. Make

3 diagonal slashes on each side of fish. Place in a well-oiled casserole dish, and pour remaining lemon juice and oil over fish. Cover and cook on 1000 W for 25 minutes until fish is tender. Serve garnished with fresh herb sprigs and lemon wedges.

Abgushte Lubia Ghermez (Lamb and Bean Stew)

Serves : 6

Ingredients:

1 can red kidneys beans (lubia ghermez)
680 ml water
1.5 kg lamb shoulder on the bone or 6 lamb foreshanks cut into 6 pieces
60 g onions, finely chopped
60 g ghee or butter
5 tsp turmeric powder
115 g tomato purée
1 limu omani (dried lime) or
10 ml lemon juice
10 g salt
3 g freshly ground black pepper

Method:

Heat half the ghee in a covered casserole dish on 1000 W for 2 minutes. Add the lamb meat and cook on 1000 W for 5 minutes. Remove from oven and set aside. Take remaining ghee, onions and turmeric powder, and cook on 1000 W for 2 minutes. Add onion mixture to lamb and stir in beans, tomato purée and dried lime (pierced twice with a skewer) or the lemon juice. Add water, cover and cook on 1000 W for 20 minutes. Season with salt and pepper, and cook further for 20 minutes or until meat and beans are tender. Remove dried lime if used. Serve with pickles, fresh herbs, chopped onions, radishes and flat bread.



Khoreshe Holu

Dolmeh Kalam (Stuffed Cabbage Leaves with Sweet- Sour Sauce)

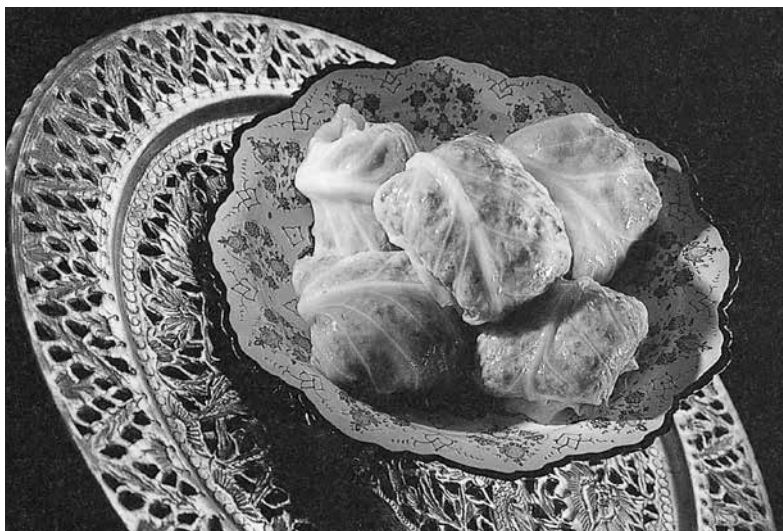
Serves : 6

Ingredients:

18 cabbage leaves
225 ml water
750 g finely ground beef or lamb
60 g onions, finely chopped
60 g short grain rice
60 g finely chopped parsley
30 g finely chopped coriander
5 g turmeric powder
5 g salt
3 g freshly ground black pepper
115 g brown sugar
115 ml cider vinegar

Method:

Separate leaves from head of cabbage. Larger leaves may be halved and counted as 2. Blanch in a large pot of boiling water for 5 minutes until limp – do not overcook. Drain in a colander. Cut out thick section (ribs), only removing lower portion. Keep aside. Combine ground meat with onions, rice, herbs and turmeric. Add salt and pepper. Divide mixture into 18 portions. Place filling on base of cabbage leaf. Roll once, fold in sides and roll up into a firm package. Repeat with remaining portions. Line a casserole dish with cabbage trimmings or well-washed outer leaf. Pack rolls in close together in layers. Add water and place a heavy plate over rolls. Cover and cook on 1000 W for 20 minutes. Blend sugar and vinegar, and pour over rolls. Tilt dish to blend liquids. Cover and cook for 15 minutes on 600 W. Serve with chelou or flat bread.



Dolmeh Kalam

Shir Berenj (Rice Pudding)

Serves : 6

Ingredients:

120 g short grain rice
340 ml hot boiling water
900 ml milk
pinch salt
60 g granulated sugar
10-15 ml rose water
3 g cardamom, ground
honey for garnish, (optional)

Method:

Rinse rice and place in a casserole dish with boiling water. Cook covered, cook on 1000 W for 8 minutes or until water is absorbed. Stir in milk, add salt and cook on 1000 W for 15 minutes, stirring after every 3 minutes until pudding is thick. Take care that it does not scorch. Add sugar, rose water and cardamom. Mix well. Serve warm or chilled in small bowls garnished with honey.

Halvaye Shir (Milk Pudding)

Serves : 5 – 6

Ingredients:

60 g ghee or unsalted butter
115 g ground rice
340 ml milk
60 g granulated sugar
15 ml rose water
2-3 g cardamom, ground
60 g chopped blanched almonds or pistachios nuts

Method:

Heat ghee or butter in a casserole dish on 1000 W for 3 minutes. Add ground rice and cook on 1000 W for 2 to 3 minutes, stirring often. Do not allow rice flour to colour. Add milk and cook on 1000 W for 3 minutes, stirring after each minute until thick and bubbling. Blend in sugar, rose water and cardamom to taste. Cook on 1000 W for 10 seconds. Pour into small bowls, sprinkle with nuts and serve warm or at room temperature. Alternatively pour into a lightly buttered 20 cm (8 inch) square cake pan and sprinkle with nuts. Leave until cold. Cut into squares to serve.