

Panasonic®

Operating Instructions and Cook Book Steam Combination Microwave Oven Household Use Only

INVERTER



Model No. **NN-DS59NB**

For more inspiration or recipe ideas, please follow:
<https://www.theideaskitchen.com.au/>

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

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

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

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

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

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

MODEL NUMBER _____

SERIAL NUMBER _____

DATE OF PURCHASE _____

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READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs
INSPECTION FOR DAMAGE:

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

- 1. The door fits squarely, securely and opens and closes smoothly.
- 2. The door hinges are in good condition.
- 3. The metal plates of a metal seal on the door are neither buckled nor deformed.
- 4. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS:

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

- 1. Never tamper with or deactivate the interlocking devices on the door.
- 2. Never poke an object, particularly a metal object, 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. 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.
- 7. Always use the oven with the cookware recommended by the manufacturer.
- 8. 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.
- 9. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
- 10. 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.
- 11. 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.

- 12. Children should be supervised to ensure that they do not play with the appliance.
- 13. 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.
- 14. The surfaces are liable to get hot during use.
- 15. The appliance must not be installed behind a decorative door in order to avoid overheating.

Practical Hints:

- 1. For initial use of **Grill, Oven, Steam** and **Combination**, if you see white smoke arise, it is not a malfunction.
- 2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during **Grill, Oven, Steam** and **Combination**. Use care when opening or closing door and when inserting or removing food and accessory.
- 3. The oven has heating elements situated in the top and in the base of the oven. After using the **Grill, Oven**, and **Combination** modes, the ceiling will be very hot.
- 4. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- 5. The accessible parts may become hot when **Grill, Oven, Steam** and **Combination** is in use. Children should be kept away.
- 6. Before using **Grill, Oven**, and **Combination** functions for the first time, operate the oven without food and accessory on **Oven** 220 °C for 10 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.



Caution! Hot surfaces!

Important Instructions

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

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

Circuits

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

Earthing Instructions

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

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

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

(This statement applicable only to New Zealand.)

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

(This statement applicable only to South Africa)

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.

After using **Oven** mode, it is recommended to open the door of the oven to accelerate the cooling down process and shorten fan running time.

WARNING

- The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
- If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
- 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.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- Liquids or other foods must not be heated in sealed containers since they are liable to explode, at the same time it should avoid the boiling liquids splash.
- 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.
- When the appliance is operated in the **Grill, Oven, Steam** and **Combination** modes, children should only use the oven under adult supervision due to the temperatures generated.

Installation and General Instructions

General Use

- In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
- If smoke is observed, tap **Stop/Cancel** and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
- The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming keys, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
- Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
- Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
- Do not use newspapers or paper bags for cooking.
- Do not hit or strike control panel. Damage to controls may occur.
- POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the oven. The oven can be very hot after removing the cooking container from the oven.
- Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
- Do not cook food directly on the base of oven unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
- DO NOT** use this oven to heat chemicals or other non-food products. **DO NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
- When using the **Combination with microwave** mode, never place any aluminum or metal container directly on the Grill Tray.
- Do not use the Grill Tray when cooking in the **Microwave** mode only.
- 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.
- Do not leave the microwave unattended while reheating or cooking food in disposable containers made of plastic, paper or other combustible materials, as these types of containers can ignite if overheated.
- Metallic containers for food and beverages are not allowed during microwave cooking.
- Only use utensils that are suitable for use in microwave ovens.

Placement of the Oven

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

- The oven must be placed on a flat, stable surface, more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow, **i.e. 5 cm at one side, the other being open; 25 cm clear over the top; 10 cm at the rear. Do not remove feet.**
 - Do not block air vents. If they are blocked during operation, the oven may be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Do not place a cloth on top of the unit during **Grill, Oven, Steam** and **Combination** cooking as the top of the oven gets very hot. Also allow sufficient space on back and both sides of the oven.
 - Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - Do not operate oven when room humidity is too high.
- This oven was manufactured for household use only.

Food

- Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
- Do not attempt to deep fat fry in your microwave oven.
- Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
- Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
- When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:
 - Avoid using straight-sided containers with narrow necks.
 - Do not overheat.
 - Stir the liquid before placing the container in the oven and again halfway through cooking time.

- After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
 - Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
 - As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.
- DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
 - COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
 - It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
 - Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
 - When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
 - The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

Microwaves and How They Work

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

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

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

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

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection

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

Transmission

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

Absorption

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

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

How to Test a Container for Safe

Microwave Oven Use

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE: Fill a 1-cup glass measure with cool water and place it in the microwave oven alongside the empty container to be tested; **heat one (1) minute at 1000 W.** If the container is microwave oven safe (transparent to microwave energy), the container should remain comfortably cool, the water in glass measure should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

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

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®. **Dinnerware** can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned. **Several types of glassware and dinnerware** are not recommended for use in the microwave oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Microwaves and How They Work

(continued)

Plastic

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on **1000 W.** These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, DO NOT use wire twistties to close bag. They can act as an antenna and cause arcing (sparks). DO NOT COOK IN PLASTIC FOOD STORAGE BAGS. **Cling Film** such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing cling film "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns. Loosen plastic but let dish stand, covered.

Jars and Bottles

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

Metal

Metal cookware or utensils, or those with metallic trim, should NOT be used in the microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing". Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly. Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to shield areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur. Metal twist-ties, either paper or plastic coated, should NOT be used in the microwave oven. Frozen dinner trays can be used in the microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily available and give the same result. Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only. Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven.

Straw, Wicker and Wood

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

Cookware and Utensil Chart

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

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

Cookware and Utensil Chart

(continued)

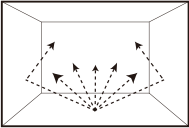
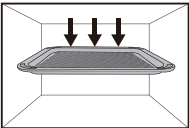
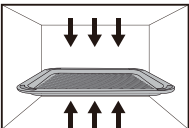
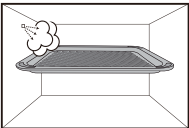
	Combination			
	Combi 1, 2 (Grill + Microwave)	Combi 3, 4 (Steam + Microwave)	Combi 5 (Steam + Grill)	Combi 6 (Steam + Oven)
Aluminium foil	for shielding	for shielding	yes	yes
Ceramic Plate	yes	yes	yes	yes
Browning Dish	no	no	no	no
Brown paper bags	no	no	no	no
Dinnerware				
oven/microwave safe	yes	yes	yes	yes
non-oven/microwave safe	no	no	no	no
Disposable				
paperboard containers	yes*	no	no	no
Glassware				
oven glassware & ceramic	yes	yes	yes	yes
non-heat resistant	no	no	no	no
Metal cookware	no	no	yes	yes
Metal twist-ties	no	no	yes	yes
Oven cooking bag	yes	yes	yes	yes
Paper towels and napkins	no	no	no	no
Plastic defrosting rack	no	no	no	no
Plastic dishes				
microwave safe	no	yes	no	no
non microwave safe	no	no	no	no
Microwave safe plastic wrap	no	not required	no	no
Straw, wicker, wood	no	yes	no	no
Thermometers				
microwave safe	no	no	no	no
conventional	no	no	no	no
Waxed paper	yes	yes	yes	yes
Silicon bakeware	yes*	yes*	yes*	yes*

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

Cooking Modes

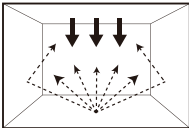
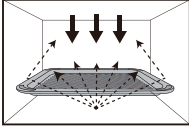
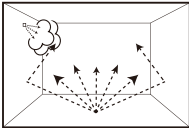
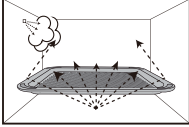
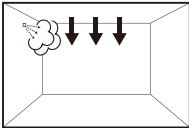
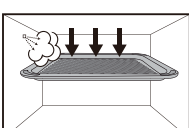
The diagrams shown below are examples of the accessory. It may vary depending on recipe/dish used.

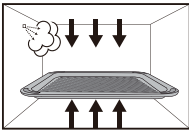
The icon "  " in below chart means **Grill Tray**.

Cooking modes		
MICROWAVE  Accessory -	Uses	■ Defrosting ■ Reheating ■ Melting: butter, chocolate, cheese. ■ Cooking fish, vegetables, fruits, eggs. ■ Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish. ■ Baking cakes without colour. No preheating
	Containers	Use your own Pyrex® dishes, plates or bowls, directly on the base of the oven. Microwaveable, no metal.
GRILL  Accessory 	Uses	■ Grilling of meat or fish. ■ Toast grilling. ■ Colouring of gratin dishes or meringue pies. No preheating
	Containers	Heatproof, metal tin can be used on Grill Tray in lower or upper shelf positions.
OVEN  Accessory 	Uses	■ Baking of small items with short cooking times: puff pastry, cookies, roll cakes, scones. ■ Special baking: bread rolls or brioches, sponge cakes. ■ Baking of pizzas and tarts. Preheating advised
	Containers	Heatproof, metal tin can be used on Grill Tray in lower or upper shelf positions. Do not place dishes directly on base of oven.
STEAM  Accessory 	Uses	■ Cooking fish, vegetables, chicken, rice, and potatoes. No Preheating
	Containers	Heatproof container can be used on Grill Tray in upper or lower shelf positions.

Cooking Modes

(continued)

Cooking modes		
Combi 1, 2 (Grill + Microwave)   Accessory 	Uses	■ Cooking lasagne, meat, potatoes or vegetable gratins. No Preheating
	Containers	Place food directly on Grill Tray in upper or lower shelf positions or place food in a microwaveable dish on the base of the oven, no metal.
Combi 3, 4 (Steam + Microwave)   Accessory 	Uses	■ Cooking fish, vegetables, chicken, rice, and potatoes. No Preheating
	Containers	Place food directly on Grill Tray in upper or lower shelf positions or place food in a microwaveable dish on the base of the oven, no metal.
Combi 5 (Steam + Grill)   Accessory 	Uses	■ Gratins ■ Kebabs ■ Fish fillets ■ Whole fish ■ Part baked bread No Preheating
	Containers	Heatproof dishes can be used on the Grill Tray in the lower or upper shelf positions or directly on the base of the oven.

Cooking modes		
Combi 6 (Steam + Oven)  Accessory 	Uses	■ Baking cakes ■ Pastry tarts Preheating advised
	Containers	Heatproof dishes can be used on the Grill Tray in the lower or upper shelf positions. Do not place dishes directly on base of oven.

Oven Accessory

The oven comes equipped with an accessory, the Grill Tray. Always follow the directions given for use of the accessory. The accessory has a number of uses:



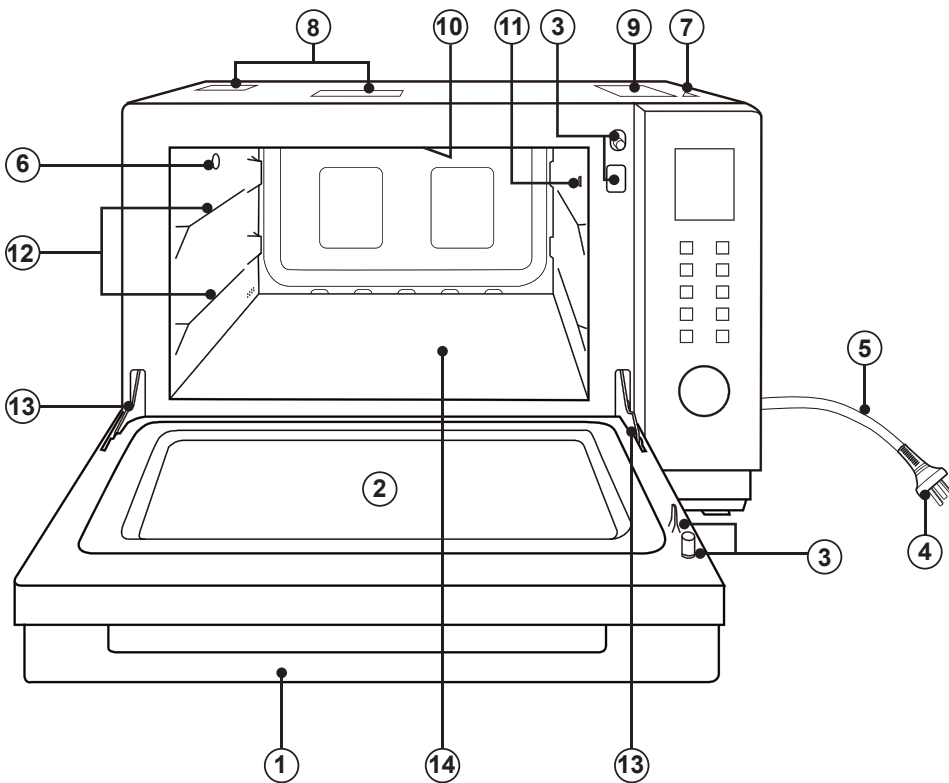
Grill Tray

- Do not pre-heat.
- **Always use oven gloves when handling the hot tray.**
- Ensure all food packaging is removed before cooking.
- Do not place any heat-sensitive materials on the hot tray as this may cause burning.
- For correct use of the Grill Tray for each cooking mode, see pages 12-14.

Care of the Grill Tray

1. Never use any sharp utensils on the tray as this will damage the non-stick surface.
2. After use, wash the tray in hot soapy water and rinse in hot water. Do not use any abrasive cleaning substances or scouring pads as this will damage the surface of the tray.
3. **The Grill Tray is dishwasher safe.**

Cooking modes	Grill Tray	Position
Microwave	×	-
Grill	✓	
Oven	✓	
Steam	✓	
Combi 1,2	✓	
Combi 3,4	✓	
Combi 5	✓	
Combi 6	✓	



- ① **Door handle**
Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing the programmed settings. The cooking is resumed as soon as the door is closed and the **Dial** is pressed. The oven lamp lights as soon as the oven door is opened.

② **Oven window**

③ **Door safety lock system**
To prevent injury, do not insert finger, knife, spoon or other object into the latch hole.

④ **Power supply plug**

⑤ **Power supply cord**

⑥ **Steam outlet**

⑦ **Warning symbol**
- ⑧ **Warning label**

⑨ **Menu label**
Position your supplied menu label.

⑩ **Grill elements**

⑪ **LED light**
Oven Light will turn on during cooking and also when door is opened.

⑫ **Shelf positions**

⑬ **Door hinges**
To prevent injury when opening or closing the door, keep fingers away from the door hinges.

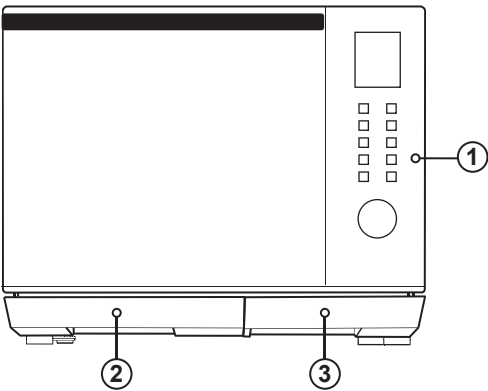
⑭ **Flat table**
If the flat table is hot, allow cooling down before cleaning.
Do not directly place the food on the flat table. Place it on a container or container rack special for the microwave oven.

Note:
The above illustration is for reference only.

Feature Diagram

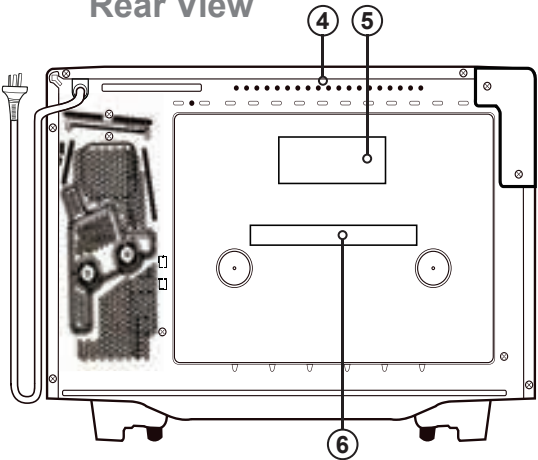
(continued)

Front View

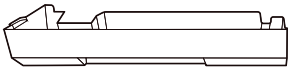


- 1. Control panel
- 2. Drip tray
- 3. Water tank

Rear View

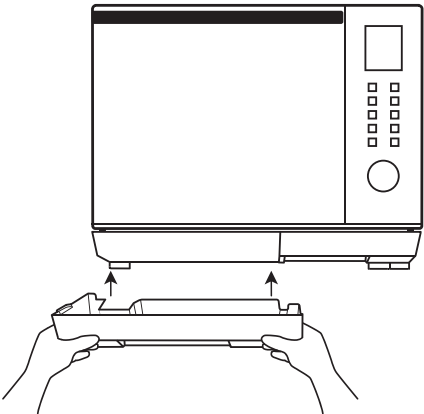


- 4. Air vent exhaust
- 5. Warning label
- 6. Identification label



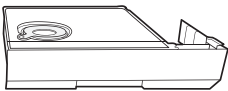
Drip Tray

- Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
- Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
- To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Re-position the drip tray by clicking back onto the legs.
- Do not use a dishwasher to clean the drip tray.**



Re-position the drip tray by clicking back onto the legs.

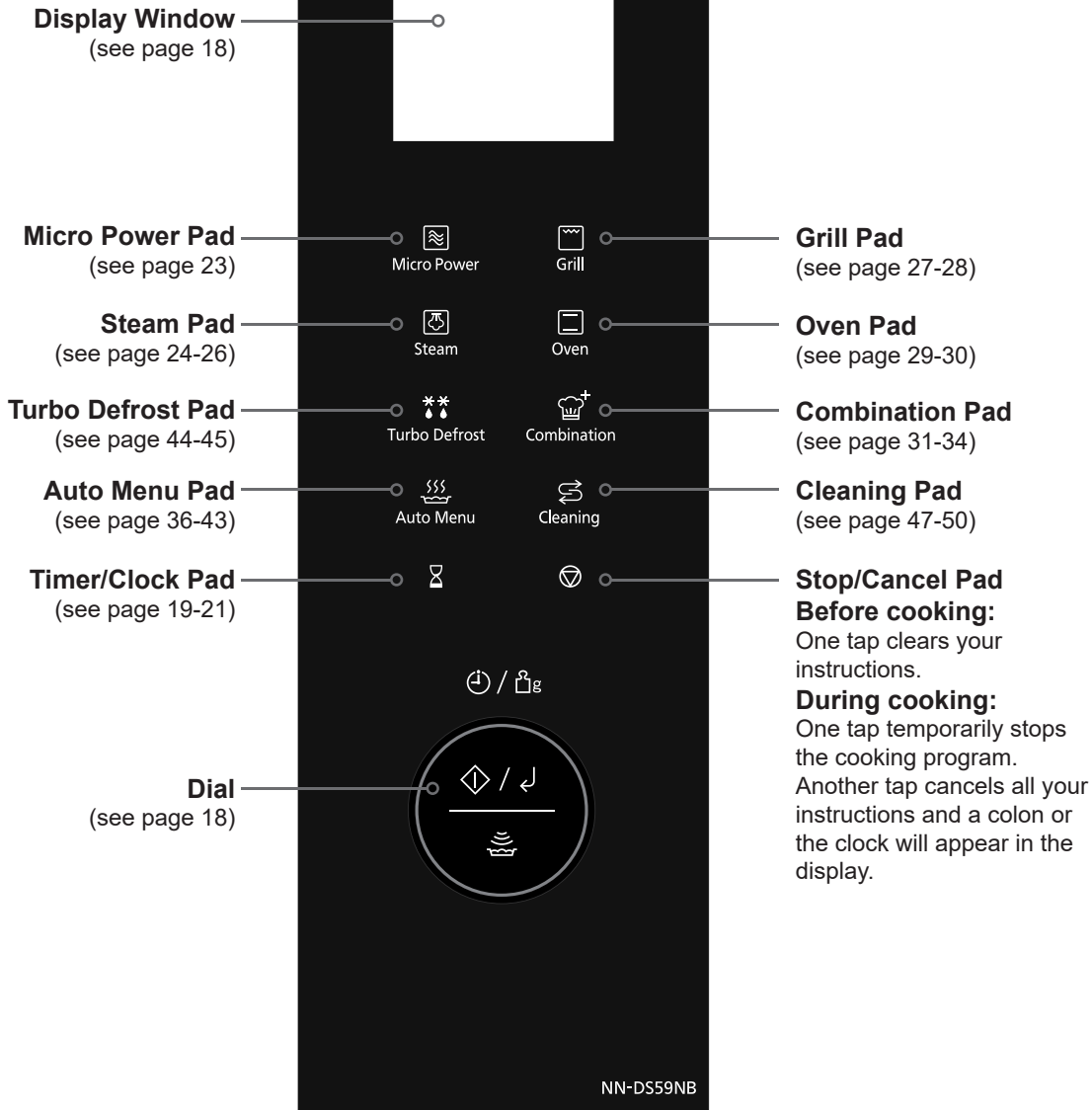
Water Tank



Carefully remove the water tank from the oven. Remove the lid and fill with tap water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week. See page 25 for reference.

Note:
The above illustration is for reference only.

Control Panel

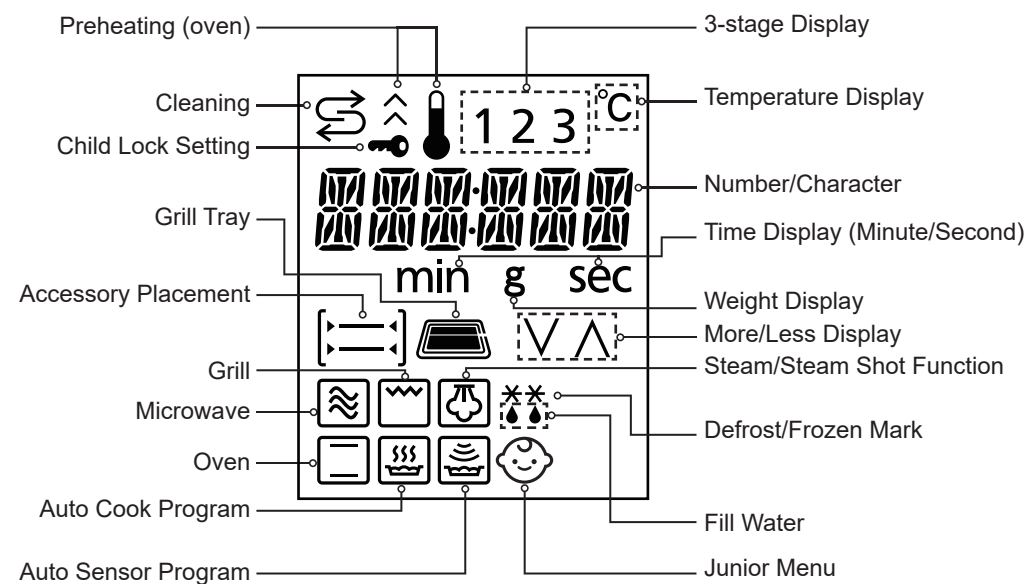


Beep Sound:
A beep sounds when a pad is tapped. If this beep does not sound, you may have turned off the beep choice, you can turn it on by turning the **Dial** after first plugged in, (see page 22). When the oven changes from one function to another or remind you to stir food during cooking, two beeps sound. After the completion of the preheating on **Oven**, or certain **Combination** mode, three beeps sound. After completion of the preheating on some auto menus, a long beep sounds. After completion of cooking, five beeps sound.

Note:
If an operation is set and the **Dial** is not pressed within 6 minutes, the oven will automatically cancel the operation. The display will revert back to colon or clock mode.

Display Window

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



How to Use the Dial

The Dial has the following 4 functions:



- 1 Power/Time/Weight/Temperature/Menu Selection**
Select the power, time, weight, temperature or auto menu by turning the Dial.

- 2 Add Time**
Use the Dial for the add time function (see page 21).

- 3 Start/Set**
Press the Dial to start operating the oven or confirm the setting. If during cooking the door is opened or **Stop/Cancel** is tapped once, the Dial has to be pressed again to continue cooking.

- 4 One Push Reheating**
When clock or colon is displayed, press the Dial for quick start reheating chilled meal (see page 36-37).



Let's Start To Use Your Oven!

1 Plug in.

When the oven is first plugged in, "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" appears in display window.

2 Tap twice.

"SET HOUR" appears in the display window.

3 Turn the Dial to select the hour.



4 Press the Dial to confirm the selection.



"SET MIN" appears in the display window.

5 Turn the Dial to select the minute.



6 Press the Dial to confirm the selection.



Time of day is now locked into the display.

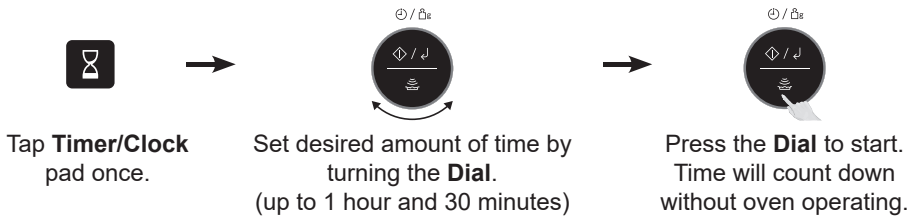
Notes:

1. If you want to reset time, please repeat step 2-6.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 12 hour clock.

Using the Timer

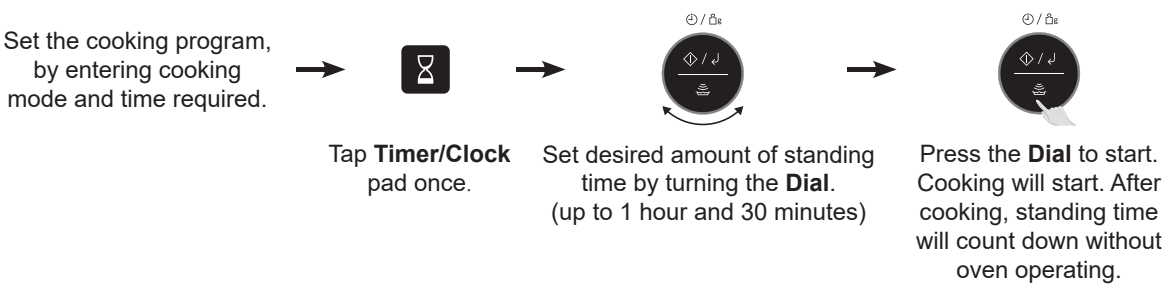
To Set Kitchen Timer

By using the Timer, you can program the oven as a kitchen timer.



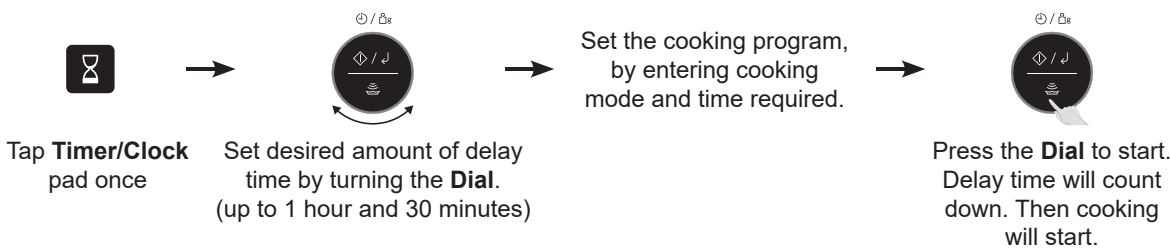
To Set Standing Time

By using the Timer, you can program standing time after cooking is completed.



To Set Delay Start

By using the timer, you are able to program delay start cooking.

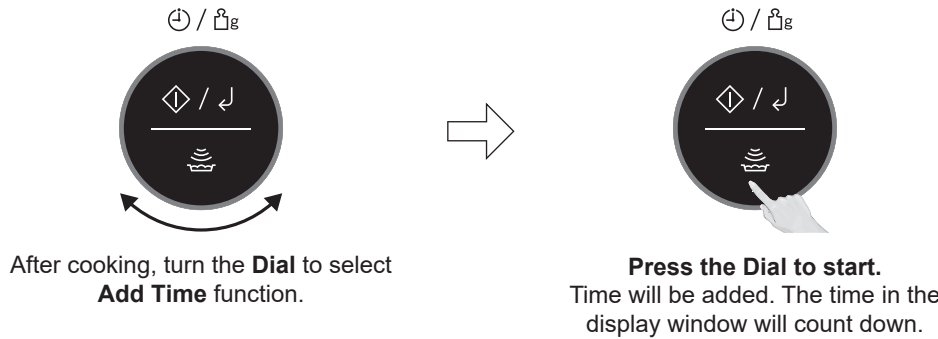


Notes:

1. Three-stage cooking can be programmed including kitchen timer, standing time or delay start cooking.
2. If the oven door is opened during the kitchen timer, standing time or delay time, the time in the display window will continue to count down.
3. If the programmed kitchen timer, standing time or delay 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.
4. Standing time and delay start can not be programmed together with **Auto programs**, **Oven** and **Combi 5, 6** function. 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 and/or food may deteriorate.
5. When using standing time or delay start, it's up to 2 power stages.

Using the Add Time Function

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



Modes	Maximum cooking time
Micro Power 1000 W, Steam	30 minutes
Other microwave powers, Grill	1 hour and 30 minutes
Oven (30-90 °C)	9 hours
Oven (100 - 220 °C)	1 hour and 30 minutes
Timer	1 hour and 30 minutes
Combination 1,2	1 hour and 30 minutes
Combination 3,4	30 minutes
Combination 5,6	1 hour

Notes:

1. This function is only available for **Micro Power, Grill, Oven, Steam, Combination and Timer** functions and it is not available for Auto programs.
2. The Add Time function is only available within 1 minute after cooking.
3. The Add Time function can be used after the 3-stage cooking. The power level is the same as the last stage.

Operation Guide Setting

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:



Child Lock

Using this system will make the oven controls inoperable; however, the door can be opened. Child lock can be set when the display shows a colon or the time.

To activate:

Tap  pad 3 times.

The time of day or colon will disappear. Actual time will not be lost. "🔒" is indicated in the display.

To deactivate:

Tap  pad 3 times.

The time of day or colon will reappear in the display.

Note:

To activate or cancel child lock, **Stop/Cancel** pad must be tapped 3 times within a 10 second period. Child Lock can be set when a colon or the time of day is displayed.

Beep Choice

The oven has both "Beep On" and "Beep Off" mode. This unique function of your Panasonic microwave oven allows you to establish the initial non-cooking features of your oven.

1 Press the Dial after first plugged in.



"BEEP ON/OFF" scrolls across display window. The default mode is "ON".

2 Turn the Dial.



The mode changes to "OFF".

3 After setting, tap pad to exit.

Notes:

1. The choice can be selected only when you plug-in the oven.
2. Tap **Stop/Cancel** pad, it will revert to initial mode.

Microwave Cooking and Defrosting

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

1 Open Door.

Open the door and place container with food on flat table in the oven. Then close the door.

2 Tap once.

The microwave symbol "🔊" will appear. When you select 270 W, "❄️" will also appear.

3 Select Power Level.

Turn the **Dial** until the power you require appears in the display window. (see chart below)

Power Level	Example of Use
1000 W (High)	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.
800 W (Med High)	Cook fish and seafood, meat, poultry, eggs and cakes.
600 W (Medium)	Cook cakes, stew food, and melt butter and chocolate.
440 W (Low)	Cook tough meat, stew soup and soften butter.
300 W (Simmer)	Simmer, stew.
270 W (Defrost)	Defrost meat, poultry or seafood.
100 W (Warm)	Keep food warm and soften ice cream.

4 Press the Dial to confirm the selection.



5 Select the cooking time by turning the Dial.



Maximum cooking time for 1000 W is 30 minutes, and for other power levels, it is 1 hour 30 minutes.

6 Press the Dial to start.



The cooking program will start and the time in the display will count down.

Notes:

1. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
2. Do not attempt to use microwave only with any metal container in the oven.
3. Do not place food directly on the flat table. Place in a microwaveable or glass dish. Foods reheated or cooked by microwave only should be covered with a lid or pierced cling film, unless otherwise stated.
4. Three stages can be set continuously. This feature allows you to set only once for some different stages without taking care during cooking. Please refer to page 35.
5. Standing time can be programmed after microwave power and time setting. Refer to using the timer page 20.
6. After using the oven, the fan may rotate to cool the electric components and "COOL" appears in the display window. This is perfectly normal, and you can take out the food from the oven while the fan operates.
7. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

Steam Cooking

The oven can be programmed as a steamer to cook vegetables, fish, chicken and rice. There are 2 different steam settings available: **Steam 1** (max) and **Steam 2** (low).

1 Tap  once.

2 Select the power level.



Turn the **Dial** until the power you require appears in the display window. **Steam1** (max), **Steam 2** (low).

Power Level	Example to use
Steam 1 (max)	Vegetable, chicken, meat, etc.
Steam 2 (low)	Seafood, poached egg, souffle, etc.

3 Press the Dial to confirm the selection.



4 Select the cooking time by turning the Dial.



Maximum cooking time is 30 minutes.

5 Press the Dial to start.



The cooking program will start and the time in the display will count down.

Notes:

1. Fill the water tank before using the Steam function.
2. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, press the **Dial** to start. The oven will not continue cooking until the water tank has been re-filled and the **Dial** pressed.
4. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill the water tank at any time during cooking, without having to tap **Stop/Cancel** pad first.
6. It is necessary to wipe the excess water in the cavity after steam cooking.

Caution:

1. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
2. When removing the food or Grill Tray, hot water may drip from the oven top.
3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.
4. Take care when removing the drip tray. Wipe any water that drips from the left side of the oven. This is normal.

Steam Cooking

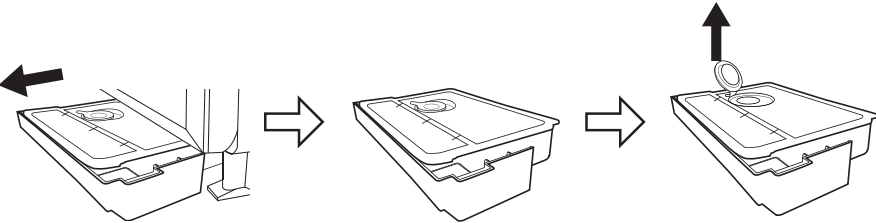
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Guidelines:

1. There is no microwave power on the steam only program.
2. Use the Grill Tray provided, as explained below.
3. The steam will only operate with the oven door closed.
4. Always use oven gloves when removing the food and Grill Tray after steaming as they will be very hot.

Guidelines for water tank

Carefully remove the water tank from the oven. Remove the lid and fill with tap water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week.



Oven Accessory to Use

When **steaming**, place food directly on the Grill Tray in the upper shelf position. For steaming larger food items, place the Grill Tray in the lower shelf position. During steaming, cooking juices collect in the watercourse of the tray.

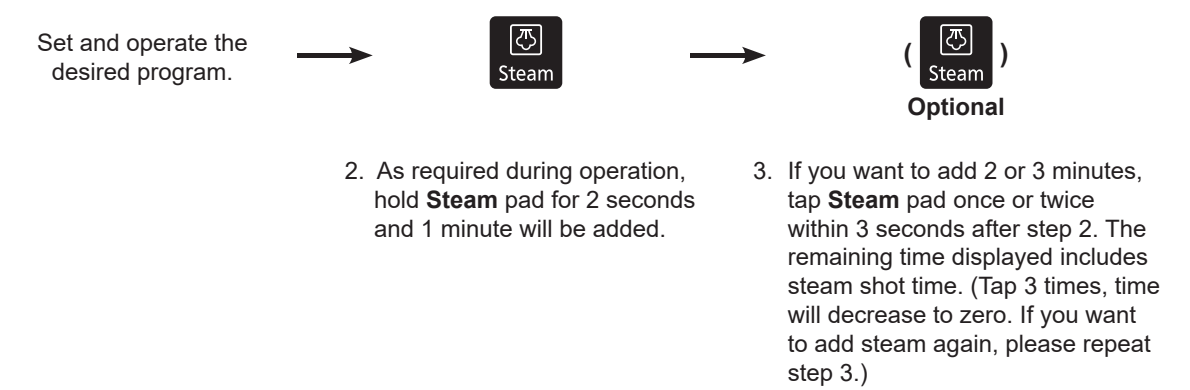
Use oven gloves when removing the Grill Tray as it will be very hot, and so will the roof and walls of the oven.



*When **steaming**, place food directly on the Grill Tray in the upper shelf position.*

Steam Shot

This feature allows you to add steam during cooking (up to 3 minutes). Adding steam during cooking enhances the heat distribution and aids the rising process of breads, cakes and pastries. There are 5 modes that you can use steam shot: **Microwave, Grill, Oven, Combi 1, Combi 2.**



- Notes:**
- 1. Steam shot is not available during preheating mode.
 - 2. **Fill the water tank before use.**
 - 3. The original program still counts down when operating steam shot.
 - 4. The steam shot time can not exceed the remaining cooking time.
 - 5. If adding 2 or 3 minutes, **Steam** pad must be tapped once or twice within a 3 second time period.
 - 6. Wipe away excess water in the cavity and around the water tank after cooking with steam.

- Caution:**
- 1. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
 - 2. When removing the food or Grill Tray, hot water may drip from the oven top.
 - 3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Example to use:

Food	Cooking Mode	Steam Shot
Pastries	Oven	$\frac{2}{3}$ total time add 3 mins steam shot
Breads	Oven	$\frac{2}{3}$ total time add 3 mins steam shot
Sponge cakes	Oven	$\frac{1}{2}$ total time add 3 mins steam shot
Part baked rolls	Oven or Grill	$\frac{2}{3}$ total time add 3 mins steam shot

Grilling

The grill system on the oven gives fast efficient cooking for a wide variety of foods e.g. chops, sausages, steaks, toast, etc.

1 Tap  **Grill** once.

2 Select Power Level.



Turn the **Dial** until the power you require appears in the display window. **Grill 1** (High), **Grill 2** (Medium), **Grill 3** (Low).

Power Level	Suitable kinds of foods
Grill 1 (High)	Toasting bread, muffins and teacakes etc.
Grill 2 (Medium)	Thin seafood.
Grill 3 (Low)	Slice of poultry or meat.

3 Press the Dial to confirm the selection.



4 Select the cooking time by turning the Dial.



Maximum cooking time is 1 hour and 30 minutes.

5 Press the Dial to start.



The cooking program will start and the time in the display will count down.

Notes:

1. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
2. There is no microwave power on the **Grill** only program.
3. Use the Grill Tray provided, as explained.
4. The **Grill** will only operate with the oven door closed.
5. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting **Grill 1**. This setting is also suitable for toasting bread, muffins and teacakes etc.
6. **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.
7. **Never cover the food when grilling.**
8. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
9. After grilling, it is important that the Grill Tray is 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. When using the grill to cook foods, the cooking times will be similar to traditional grilling.

Place food on Grill Tray

The Grill Tray will allow fat and juices to drip into the watercourse to reduce excess splatter and smoke when grilling.

Most foods require turning halfway during cooking. When turning food, open oven door and carefully remove the Grill Tray by holding firmly.

After turning, return food to the oven, close door and press the **Dial** to start. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.

Oven Accessory to Use

When grilling fish, chops or small food items, the Grill Tray should be placed in the upper shelf position. For larger food items, the Grill Tray should be in the lower shelf position.



For grilling small foods use the Grill Tray in the upper shelf position.

The oven can be used as an oven using the oven mode which uses top and bottom heat. For best results always place food in a preheated oven. When using oven mode, the Grill Tray can be placed in the upper or lower shelf position.

See individual guidelines on page 30 for recommended use. **Do not pre-heat on oven mode with the Grill Tray in position.**

- 1 Tap  once.

- 2 Select the oven temperature.



Turn the **Dial** to select the oven temperature. The oven starts at 150 °C and the temperature will count up in 10 °C stages up to 220 °C then back to 30 °C in anticlockwise direction.

- 3 Press the Dial to confirm the selection.



- 4 Press the Dial to preheat. (*except for 30-60 °C*)



When the actual temperature reaches the set temperature, the oven will beep. Then open the door and place the food inside. (** Skip this step when preheat is not required.*)

- 5 Select the cooking time by turning the Dial.



Maximum cooking time for 30-90 °C is 9 hours, and for 100-220 °C, it is 1 hour and 30 minutes.

- 6 Press the Dial to start.



Note: Check that only the oven symbol "  " is still in the display. If the microwave symbol "  " is displayed this is incorrect and the program should be cancelled. Reselect the oven setting.

Caution!

The Grill Tray and surrounding oven will get very hot. Use oven gloves.

Notes:

- 1. If the oven has previously been used and it is too hot to ferment dough on 30/40 °C, 'HOT' will appear in the display window. Please wait until the cavity cools down. After the 'HOT' disappears, 30/40 °C may be used again, otherwise you can ferment dough at room temperature.
- 2. Open the door using the pull down door because if **Stop/Cancel** pad is tapped the program may be cancelled.
- 3. The oven can not preheat to 30-60 °C.
- 4. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
- 5. When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 70 °C is reached. You can change the preheating temperature by turning the **Dial**.
- 6. After pressing the **Dial**, the selected temperature can be recalled and changed. Tap **Oven** pad once to indicate the temperature in the display window. You can change the temperature by turning the **Dial** While the temperature is recalled in the display window.
- 7. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.

Guideline to Oven Temperatures

For best results always place food in a preheated oven.
Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150 °C and count up in 10 °C stages to 220 °C then back to 30 °C in anticlockwise direction. Food is generally cooked uncovered - unless it is stated in the instructions or recipe.

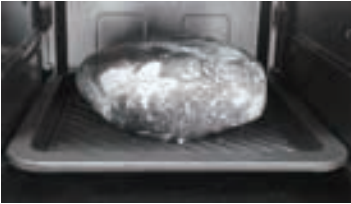
Temp °C	Use
30/40 °C	Proving bread or pizza dough
50 °C	Warming dishes
60/70 °C	Dried fruits, beef jerky
80/90 °C	Slow cooking
100 °C	Pavlova
110 °C	Meringues
140 °C	Rich fruit cake
150/160 °C	Macaroons
160/170 °C	Casseroles, small tarts, cookies
180 °C	Victoria sandwich, fairy cakes, meat-joints
190 °C	Gratins, lasagne, pastry pies, chicken
200 °C	Stuffed peppers, scones, swiss roll, muffins
210 °C	Vegetable parcels, bread, garlic bread
220 °C	Baking pizza, air fry style cooking for drumsticks, pork chops, and sweet potatoes etc.

Oven Accessory to Use

In **oven** mode, you can cook food directly on the Grill Tray in the upper or lower shelf position. Or you can place your standard metal baking tins and ovenware on the Grill Tray in the lower shelf position. Do not place tins and ovenware directly on the base of the oven in **oven** mode.

Roasting meat

Grill Tray in lower shelf position.



Baking

Grill Tray in lower shelf position.



You can use the Grill Tray for baking dish for roasting potatoes or vegetables, and for baking fairy cakes, scones and cookies. It is also ideal for re-heating pre-baked convenience pastry items.

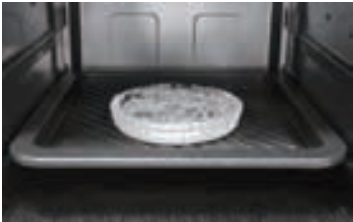
Roasting Vegetables / Potatoes

Grill Tray in lower shelf position.



Reheating

Grill Tray in lower shelf position.



On the base of the oven in your own microwaveable and heatproof dishes, this mode is suitable for cooking lasagne, gratins, meat, potatoes.

To cook successfully by this **combination** you should always use a minimum of 200 g food. Small quantities should be cooked by **Oven, Grill or Steam**. It is not possible to preheat when using this **combination** mode and food should always be cooked uncovered.

Combination Level	Combination Type	Uses
Combi 1	Grill 1 + MW 300 W	Breaded chicken, ready meal with gratin tops, meat pies and pastries.
Combi 2	Grill 2 + MW 300 W	

1 Tap  **Combination** once.

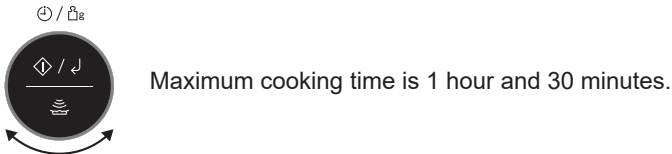
2 Turn the Dial until the power you require appears in the display window.



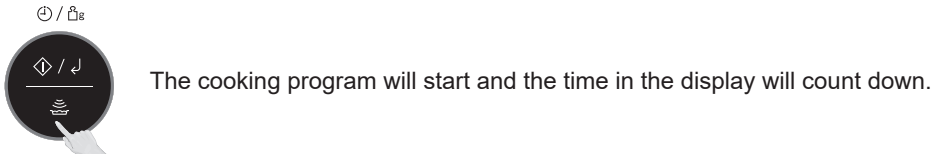
3 Press the Dial to confirm the selection.



4 Select the cooking time by turning the Dial.



5 Press the Dial to start.



Combination: Cooking with Steam (continued)

Oven Accessory to Use



Combi 3, 4: Steam + Microwave
Directly on the base of the oven in a microwaveable and heatproof dish or alternatively you can use the Grill Tray in either of the shelf positions.



Combi 5: Steam + Grill
Combi 6: Steam + Oven
Grill Tray in either of the shelf positions.

Notes:

1. Fill the water tank before using **steam combination** function.
2. The maximum time for cooking in **Combi 3, 4** is 30 minutes and maximum time for **Combi 5, 6** is 1 hour. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, press the **Dial** to start. The oven will not continue cooking until the water tank has been re-filled and the **Dial** pressed.
4. Preheating is only available For **Combi 6**.
5. You can change the cooking time during cooking if required. Turn the **Dial** to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
6. It is possible to refill water tank at any time during cooking, without having to tap **Stop/Cancel** pad first.
7. It is necessary to wipe the excess water in the cavity after **steam combination** cooking.

Guideline:

1. During and after cooking with **steam combination** function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
2. After each steam operation, carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs. (See page 16).

Caution!

1. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
2. When removing the food or Grill Tray, hot water may drip from the oven top.
3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.
4. Take care when removing the drip tray.

3-Stage Setting

This feature allows you to program 3-Stage continually.

E.g.: Continually set [600 W] 2 minutes, [1000 W] 3 minutes and [Grill 3] 2 minutes.

1	 Tap Micro Power pad once.	8	 Tap Grill pad once.
2	 Turn the Dial to select 600 W.	9	 Turn the Dial to select Grill 3 (Low).
3	 Press the Dial to confirm the selection.	10	 Press the Dial to confirm the selection.
4	 Select the cooking time to 2 minutes by turning the Dial.	11	 Select the cooking time to 2 minutes by turning the Dial.
5	 Tap Micro Power pad once.	12	 Press the Dial to start. The cooking program will start and the time in the display will count down.
6	 Press the Dial to confirm the selection.		
7	 Select the cooking time to 3 minutes by turning the Dial.		

Notes:

1. For 3-stage cooking, enter another cooking program before pressing the **Dial**.
2. During operation, tapping **Stop/Cancel** pad once will stop the operation. pressing the **Dial** will re-start the programmed operation. Tapping **Stop/Cancel** pad twice will stop and clear the programmed operation.
3. Whilst not operating, tapping **Stop/Cancel** pad will clear the selected program.
4. **Auto programs, Oven** and **Combi 5, 6** cannot be used with this function.
5. If multiple cooking includes **Steam** or **Steam Combination** mode, the maximum setting time is 30 minutes. Fill water tank before use.

Sensor Reheat Programs

One Push Reheating

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 microwave power level together with a cooking time.

When clock or colon is displayed, press the Dial to start.
To reset oven and return to clock or colon, tap **Stop/Cancel pad**.



Program	Weight*/ Placement	Instructions
Reheat a fresh pre-cooked chilled meal 	200 - 1000 g Base of oven	To reheat a chilled pre-cooked meal . All foods must be pre-cooked and at refrigerator temperature approx. +5 °C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the center and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Press Dial to start the program. 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. Meals in irregular bowl shaped containers may need longer cooking.

* Recommend weight range

Note:
Press the **Dial** in two minutes right after the door was closed, otherwise One Push Reheating Function will be rejected and beeps will sound. Open the door and close it again will release the One Push Reheating Function.

NO.1 FROZEN MEAL

This unique feature allows you to simply reheat a frozen meal. It is not necessary to select the power level, weight or cooking time. The built-in sensor measures the humidity of the food and calculates the microwave power level together with a cooking time.

1 Tap  once.

2 Press the Dial to confirm the program.



3 Press the Dial to start.



Sensor Reheat Programs

(continued)

No.	Program	Weight*/ Placement	Instructions
1	FROZEN MEAL 	200 - 1000 g Base of oven	To reheat a frozen pre-cooked meal. All foods must be pre-cooked and frozen (-18 °C). Reheat in container as purchased. Pierce covering film with a sharp knife once in the center and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Select program number 1. Start to cook. Stir at beeps and cut any blocks into pieces. 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. Meals in irregular bowl shaped containers may need longer cooking.

* Recommend weight range

How it Works

Once the Sensor Reheat Program has been selected and **the Dial** is pressed the food is heating 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 reheat. The remaining cooking time will appear in the display window after two beeps. Whilst the sensor program is still 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 Sensor Reheat Program reheats a chilled meal or a frozen meal for average tastes. You are able to adjust the Sensor Reheat Program to your own taste. After pressing the **Dial**, " V / ^ "symbol 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 / macaroni cheese.
2. The oven automatically calculates the reheating time or the remaining reheating time.
3. The door should not be opened before the time appears in the display window.
4. To prevent any mistakes during Sensor Reheat Programs ensure that base of oven and the container are dry.
5. The room temperature should not be more than 35 °C and not less than 0 °C.
6. If the oven has previously been used and it is too hot to be used on Sensor Reheat Programs, 'HOT' will appear in the display window. After the 'HOT' disappears, the Sensor Reheat Programs may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

Auto Programs

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

1 Tap  once.

2 Turn the Dial to select the food category.



3 Press the Dial to confirm the selection.



4 Press the Dial to start preheating (No.12 only).



5 Select the serving/weight by turning the Dial.



The Dial will count up in 10 g steps (except for No.21&22).

6 Press the Dial to start.



The cooking program will start and the time in the display will count down.

Notes:

1. For menu No.1, please skip step 2, 4, 5.
2. For menu No. 17, please skip step 4, 5.
3. Step 4 is only available for menu No.12.

Auto Programs

(continued)

Guidelines:

1. The auto programs must only be used for foods described.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package weight information.
4. Always use the Grill Tray as indicated.
5. For larger weights on the auto steam programs chicken breasts and rice, it will be necessary to re-fill the water tank during cooking.
6. Do not cover foods on the auto steam programs.
7. Most foods benefit from a standing time after cooking on an auto program, to allow heat to continue conducting to the centre.
8. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
9. The temperature for frozen food is assumed to be -18 °C to -20 °C. The temperature of chilled food is assumed to be +5 °C to +8 °C (refrigerator temperature).
10. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.
11. When "💧💧" is blinking, fill the water tank.

No.	Program	Serving/Weight	Placement
	Sensor Reheat		
1	FROZEN MEAL	200 - 1000 g	Base of oven
	Auto Steam		
2	FRESH VEGETABLES	200 - 500 g	
3	FROZEN VEGETABLES	200 - 400 g	
4	STEAMED POTATOES	200 - 500 g	
5	CHICKEN BREASTS	200 - 650 g	
6	FRESH FISH FILLETS	200 - 500 g	
7	FROZEN FISH FILLETS	200 - 500 g	
8	RICE	100 - 200 g	
	Air Fry Style		
9	FRESH FISH FILLETS	200 - 800 g	
10	FRESH WHOLE FISH	200 - 650 g	
11	VEGETABLE FRIES	100 - 350 g	
12	FROZEN POTATO FRIES	200 - 500 g	
13	CHICKEN WINGS AND DRUMSTICKS	200 - 600 g	
	Auto Cook		
14	BAKED POTATOES	250 - 1000 g	
15	CHILLED PIZZA	100 - 400 g	
16	FROZEN PIZZA	300 - 500 g	
17	POTATO GRATIN	-	Base of oven

Auto Programs

(continued)

No.	Program	Serving/Weight	Placement
 Auto Menu	Re-bake Bread		
18	BAGUETTE/CRUSTY ROLLS	100 - 400 g	
19	FROZEN BAGUETTE/ FROZEN CRUSTY ROLLS	100 - 400 g	
20	CROISSANTS	50 - 350 g	
 Auto Menu	Junior Menu 		
21	MUG CAKE	1-2	Base of oven
22	JUNIOR PASTA BAKE	250/500/800 g	
23	FRUIT PURÉE	100 - 400 g	Base of oven
24	VEGETABLE PURÉE	100 - 400 g	Base of oven
25	FROZEN BREADED PRODUCTS	100 - 500 g	
 Turbo Defrost	Turbo Defrost		
26	MEAT-PORCTIONS	100 - 1200 g	Base of oven
27	MEAT-WHOLE	400 - 2000 g	Base of oven
28	BREAD	100 - 900 g	Base of oven

When you select an automatic program, symbols will appear in the display to show the cooking mode that will be used and if the Grill Tray is needed. See below to identify the symbols:

 Grill Tray

 Micro Power

 Steam

 Grill

 Oven

 Junior Menu

 Frozen Mark

Auto Programs

(continued)

2. FRESH VEGETABLES

To steam **fresh** vegetables e.g. carrots, broccoli, cauliflower, green beans. **Fill water tank.** Place prepared vegetables onto Grill Tray. Place in the upper shelf position. Select program number 2. Enter the weight of the fresh vegetables. Start to cook.

3. FROZEN VEGETABLES

To steam **frozen** vegetables e.g. carrots, broccoli, cauliflower, green beans. **Fill water tank.** Place vegetables onto Grill Tray. Place in the upper shelf position. Select program number 3. Enter the weight of the frozen vegetables. Start to cook.

4. STEAMED POTATOES

To steam potatoes. **Fill water tank.** Peel potatoes and cut into even sized pieces. Place prepared potatoes onto Grill Tray. Place in the upper shelf position. Select program number 4. Enter the weight of the potatoes. Start to cook.

5. CHICKEN BREASTS

To cook **fresh** chicken breasts. Each chicken breast should weigh between 150-200 g each. **Fill water tank.** Place chicken breasts onto Grill Tray. Place in the upper shelf position. Select program number 5. Enter the weight of the chicken breasts. Start to cook. Check water level during cooking and re-fill as necessary. Allow to stand for a few minutes after cooking.

6. FRESH FISH FILLETS

To cook **fresh** fish fillets e.g. salmon, cod, haddock, plaice. **Fill water tank.** Place fresh fish onto Grill Tray. Place in the upper shelf position. Select program number 6. Enter the weight of the fresh fish. Start to cook. Allow to stand for a few minutes after cooking.

7. FROZEN FISH FILLETS

To cook **frozen** fish fillets e.g. salmon, cod, haddock. **Fill water tank.** Place frozen fish onto Grill Tray. Place in the upper shelf position. Select program number 7. Enter the weight of the frozen fish. Start to cook. Allow to stand for a few minutes after cooking.

8. RICE

For cooking rice for savoury dishes (Thai, Basmati, Jasmine, long grain), not pudding rice. Rinse the rice in cold water. **Fill water tank.** Place rice in a shallow Pyrex® dish. Add 1 part cold water to 1 part rice. Do not cover. Place dish onto Grill Tray. Place in the upper shelf position. Select program number 8. Enter the weight of the rice only. Start to cook. Check water level during cooking and re-fill as necessary.

9. FRESH FISH FILLETS

To cook fish fillets for **one side** grill e.g. salmon, cod, haddock weighing a maximum 220 g each. **Fill water tank.** Brush skin side with oil. Place fresh fish, skin side down, onto Grill Tray. Place in the lower shelf position. Select program number 9. Enter the weight of the fresh fish. Start to cook.

10. FRESH WHOLE FISH

To cook **fresh** whole fish e.g trout, sea bream, mackerel, sea bass, sardines weighing between 100 g - 400 g each. Place whole fish directly onto Grill Tray. Before cooking non-oily fish (sea bass, trout),brush with oil. Place in the upper shelf position. Select program number 10. Enter the weight of the fresh whole fish. Start to cook.

11. VEGETABLE FRIES

For preparing fresh vegetable fries such as sweet potato, white potato, carrots, parsnips and courgettes. Peel and cut the vegetables into baton shapes. Toss in a tablespoon of vegetable oil each 100 g fries. Place onto Grill Tray in upper shelf position. Select program number 11. Enter the weight of the vegetable fries. Start to cook.

12. FROZEN POTATO FRIES

To cook **frozen** potato fries.Select program number 12. Tap start to preheat the oven. Spread potato fries out onto Grill Tray. After preheated, enter the weight of the frozen potato fries. Place Grill Tray in upper shelf position. Start to cook. 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 level of browning. This program is suitable for ¾ inch fries.

13. CHICKEN WINGS AND DRUMSTICKS



To cook chicken wings and drumsticks. Clean the wings and marinate for about 20 minutes with seasonings you prefer. Place onto Grill Tray in upper shelf position. Select program number 13. Enter the weight of the chicken wings and drumsticks. Start to cook.

14. BAKED POTATOES

To cook baked potatoes with a crisper drier skin. Choose medium sized potatoes 250 g -300 g per potato, for best results. Wash and dry potatoes and prick with a fork several times. Place onto Grill Tray in lower shelf position. Select program number 14. Enter the weight of the potatoes. Start to cook.

15. CHILLED PIZZA 
For reheating and browning, **chilled**, pizza (purchased). Remove all packaging and place onto Grill Tray in upper shelf position. Select program number 15. Enter the weight of the chilled pizza. Start to cook. This program is not suitable for deep pan pizzas, stuffed crust pizzas or very thin pizzas.

16. FROZEN PIZZA 
For reheating and browning **frozen**, pizza (purchased). Remove all packaging and place onto Grill Tray in upper shelf position. Select program number 16. Enter the weight of the frozen pizza. Start to cook. This program is not suitable for deep pan pizzas, stuffed crust pizzas or very thin pizzas.

17. POTATO GRATIN 
See recipe below. Place prepared potato gratin on base of oven. Select program number 17. Start to cook. Allow to stand for 5 minutes after cooking.

Gratin dauphinois
ingredients
Serves 4
700 g..... peeled potatoes,
1..... garlic clove,
100 g..... emmental, grated, salt and pepper,
150 ml..... single cream,
150 ml..... milk
50 g..... beaten eggs
Dish: 1 x 25 cm shallow Pyrex® dish
Accessory: none
1. Cut the potatoes into thin slices. Peel and chop the garlic.
2. Arrange the potato slices in shallow Pyrex® dish. Scatter over the garlic, half the cheese, salt and pepper.
3. Mix the egg, milk, cream and pour the mixture over the potatoes. Cover with the rest of the grated cheese. Place on base of oven.
4. Select auto cook program 17. Start to cook. Allow to stand for 5 minutes after cooking.

18. BAGUETTE/CRUSTY ROLLS 

To re-bake baguettes and crusty rolls. This program is suitable for reheating, browning and crisping pre-purchased chilled baguettes and rolls. Ensure height of baguette/rolls is no more than 2 inches. Place baguette/crusty rolls onto Grill Tray in lower shelf position. Select program number 18. Enter the weight of the Baguette/Crusty Rolls. Start to cook.

19. FROZEN BAGUETTE/FROZEN CRUSTY ROLLS 
To re-bake frozen baguettes and crusty rolls. This program is suitable for reheating, browning and crisping pre-purchased frozen baguettes and rolls. Ensure height of baguette/rolls is no more than 2 inches. Place baguette/crusty rolls onto Grill Tray in lower shelf position. Select program number 19. Enter the weight of the frozen Baguette/frozen Crusty Rolls. Start to cook.

20. CROISSANTS 
To re-bake croissants. This program is suitable for reheating, browning and crisping pre-purchased, chilled croissants. Place croissants onto Grill Tray in lower shelf position. Select program number 20, Croissants. Enter the weight of the Croissants. Start to cook.

21. MUG CAKE 
For cooking one or two mug cakes, either Chocolate Brownie or Lemon. Prepare the mug cake as in the following recipes. Size of mug should be no smaller than 300 ml. Place it on the base of the oven. Select program number 21. Enter the serving of the mug cakes. Start to cook. Allow to stand for a few minutes after cooking. Serve warm in the mug with ice-cream, custard or cream.

Chocolate Brownie Mug Cake
ingredients
For 1 serving
5 ½ tbsp flour
3 ½ tbsp sugar
3 ½ tbsp cocoa powder
3 tbsp melted butter
3 tbsp milk
4 squares dark or milk chocolate, chopped

Decoration: sprinkles or mini marshmallows
1. Mix flour, sugar and cocoa powder together in mug.
2. Add melted butter and milk and mix.
3. Add chopped chocolate. Mix thoroughly.
4. After cooking decorate with sprinkles or mini marshmallows.

Lemon Mug Cake
ingredients
For 1 serving
3 tbsp flour
3 ½ tbsp sugar
½ tsp baking powder
1/8 tsp salt
2 ½tbsp vegetable oil
2 tbsp lemon juice,
plus zest ½ lemon
1 egg, beaten

Decoration: strawberries, blueberries, sprinkles
1. Mix flour, sugar, baking powder and salt together in mug.
2. Add vegetable oil, lemon juice, lemon zest and beaten egg. Mix thoroughly.
3. After cooking, decorate with strawberries, blueberries or sprinkles.

22. JUNIOR PASTA BAKE 
For cooking fresh pasta bake using fresh pasta (penne, spaghetti, fusilli), cheese or tomato based sauce and grated mild cheddar cheese. Use a suitable square, shallow Pyrex® container. Use the following quantities:

Servings	250 g	500 g	800 g
Pasta	100 g	200 g	300 g
Sauce	100 g	250 g	425 g
Cheese	50 g	50 g	75 g

Other ingredients may be added such as ham, tuna and sweetcorn. In this case substitute some of the sauce for the chosen added ingredients. Place container onto Grill Tray in lower shelf position. Select program number 22. Enter the weight of the junior pasta bake. Start to cook. Stir before serving.

23. FRUIT PURÉE 
This program is suitable for cooking apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable for weaning babies. Peel and chop the fruit into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:
100 g -150 g fruit 50 ml water.
160 g - 300 g fruit 75 ml water.
310 g - 400 g fruit 125 ml water.
Cover with lid. Place dish on base of oven. Select program number 23. Enter the weight of the fruit. Start to cook. Stir at beeps. After cooking allow to stand for 10 minutes. Purée the fruit with the cooking liquid using a blender. If necessary, adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.

24. VEGETABLE PURÉE 
This program is suitable for cooking parsnips, potatoes, butternut squash, carrots, sweet potato and swede. The cooked vegetables are then puréed and suitable when weaning babies. Peel and chop the vegetables into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:
100 g - 150 g vegetables 75 ml water.
160 g - 300 g vegetables 100 ml water.
310 g - 400 g vegetables 150 ml water.
Cover with lid. Place dish on base of oven. Select program number 24. Enter the weight of the vegetable. Start to cook. Stir at beeps. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary, adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.

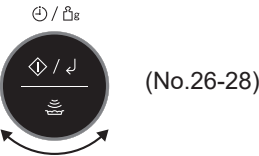
25. FROZEN BREADED PRODUCTS 
For preparing frozen breaded products such as frozen popcorn chicken, frozen chicken nuggets, frozen turkey drummers, frozen fish fingers, frozen scampi. Remove all packaging and place the frozen breaded products onto the Grill Tray in upper shelf position. Select program number 25. Enter the weight of the frozen breaded products. Start to cook.

Turbo Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight is programmed in grams. For quick selection, the weight starts from the minimum weight for each category.

1 Tap  once.

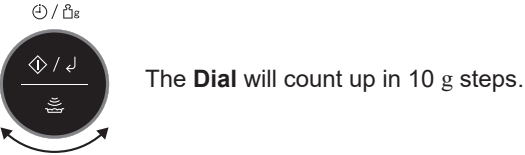
2 Turn the Dial to select the food category.



3 Press the Dial to confirm the selection.



4 Select the weight by turning the Dial.



5 Press the Dial to start.



Notes:

1. For menu No. 26, please skip step 2.
2. Check foods during defrosting. Foods vary in their defrosting speed.
3. It is not necessary to cover the food.
4. Always turn or stir the food especially when the oven “beeps”. Shield if necessary (see point 6).
5. Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
6. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks.
7. Allow standing time so that the centre of the food thaws out (minimum 1-2 hours for joints of meat and whole chickens).
8. The shape and size of the food will determine the maximum weight the oven can accommodate.
9. Allow standing time to ensure the food is completely defrosted.
10. If ‘HOT’ appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Turbo Defrost

(continued)

26. MEAT-PORCTIONS

To defrost small pieces of meat, chicken portions, chops, steaks, minced meat. Place on a plate or shallow Pyrex® dish. Place container on base of oven. Select program number 26. Enter the weight of the meat-portion. Start to defrost. Turn at beeps and shield.

27. MEAT-WHOLE

To defrost whole chicken, meat-whole. Place on a plate or shallow Pyrex® dish. Place container on base of oven. Select program number 27. Enter the weight of the meat-whole. Start to defrost. Turn at beeps and shield.

28. BREAD

To defrost rolls, buns, slices of bread and loaves. Place on a plate. Place container on base of oven. Select program number 28. Enter the weight of the bread. Start to defrost. Turn and re-arrange at beeps.

1. **Meat-Portions (mince/chops/chicken portions)**
Chops and chicken portions should be arranged in a single layer and turned frequently during defrosting. It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Standing time 20-30 mins. Not suitable for sausages, these can be defrosted manually.
2. **Meat-Whole/Whole chickens**
Whole chickens and meat-whole will require shielding during defrosting especially if it is a particularly fatty piece. This is to prevent food starting to cook on the outside edges. Protect wings, breast and fat with smooth pieces of aluminium foil secured with cocktail sticks. Do not allow the foil to touch the walls of the oven. Standing time of at least 1-2 hours should be allowed for joints after defrosting.
3. **Bread**
This program is suitable for small items which are required for immediate use, they may feel warm straight after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned during defrosting. Standing time 10-30 minutes. A longer time may be needed for large loaves. This program is not suitable for cream cakes or desserts e.g. cheesecake.

This feature allows you to defrost minced meat, chops, chicken portions, meat-whole and bread. Tap Turbo Defrost pad to select the correct defrost category and then enter in the weight of the food in grams (see page 40, 44).

Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a microwave safe plate. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

The **Turbo theory** principle is used in auto weight defrost programs to give you a quick and more even defrost. The system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check the food. **It is essential that you turn and stir the food frequently and shield if necessary. On hearing the first beep you should turn and shield** (if possible). On the second beep you should turn the food or break it up.

1st Beep Turn



1st Beep Or shield



2nd Beep Turn or break up



Defrosting Chart

Preparation for Freezing:

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

Defrosting Technique:

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

Defrosting Chart (by setting Micro Power at Defrost):

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

Cleaning Setting

F1. Drain Water

Water is pumped through the system to clean the pipes. The water is drained into the drip tray.

1 Add 100 g of water to the water tank. Ensure drip tray is empty.

2 Tap once.

Press once to verify your selection.

3 Turn the Dial to select F1. Drain Water.



4 Press the Dial to confirm the selection.



5 Press the Dial to start.



Notes:

1. Only run this program with 100 g of water in the tank.
2. Do not remove the drip tray during the Drain Water program.
3. Empty the drip tray and rinse with running water after the program has finished.

Caution:

If the Drain Water program is used directly after a steam cooking program, hot water may be drained into the drip tray.

F2. System Cleaning

The first stage of this program cleans the system with a citric acid solution. The second stage runs water through the system to rinse the pipes.

1 Make a solution of 16 g citric acid and 200 g of water, add the solution to the water tank. Ensure drip tray is empty.

2 Tap  once.

3 Turn the Dial to select F2. System Cleaning.



4 Press the Dial to confirm the selection.



5 Press the Dial to start.



The program will run for approx. 29 minutes.

6 After the program has paused, empty the drip tray and fill the water tank with water (to max level).

7 Press the Dial to start.



The program will run for approx. 1 minute. Empty the drip tray after the program has finished.

Notes:

- 1. When "  " icon is displayed, run the 'system cleaning' program.
- 2. If the system cleaning program is not used regularly, the pipe will get blocked and the steaming performance will be less effective.
- 3. Do not remove the drip tray during the system cleaning program.
- 4. Empty the drip tray and rinse with running tap water after the program has finished.

F3. Deodorization

This feature is recommended for eliminating any odours from the oven.

1 Tap  once.

2 Turn the Dial to select F3. Deodorization.



3 Press the Dial to confirm the selection.



4 Press the Dial to start.



The program time appears in the display window and begins to count down. The program will run for 20 minutes.

F4. Cavity Cleaning

This feature is suitable for removing the build up of fat or grease in the cavity.

1 Tap  once.

2 Turn the Dial to select F4. Cavity Cleaning.



3 Press the Dial to confirm the selection.



4 Press the Dial to start.



The program time appears in the display window and begins to count down. The program will run for 20 minutes.

- Notes:**
- 1. Fill the tank with water before using.
 - 2. After cleaning, open the door and wipe with a damp cloth and empty the drip tray.

INGREDIENT CONVERSION CHART

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	20 ml
1¼ cups	310 ml	1½ tbs	30 ml
1½ cups	375 ml	2 tbs	40 ml
2 cups	500 ml	3 tbs	60 ml
3 cups	750 ml	4 tablespoons	80 ml
3½ cups	875 ml		
4 cups	1 litre		
6 cups	1.5 litre		
8 cups	2 litre		

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

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.	Some radio, TV, Wi-Fi, cordless telephone, baby monitor, bluetooth 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, blow dryers, etc. It does not indicate a problem with your oven.
Steam accumulates in the oven cavity and 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 the steam and warm air are removed from the oven vents, but some steam will condense on cooler surfaces such as in the oven cavity and on the oven door. This is normal. Always wipe to dry after cooling down.
Steam accumulates inside the oven door.	During cooking, some steam will condense on cooler surfaces such as inside the oven door. It is normal and safe to use the product.
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 Combination, Oven, and Grill function.	It is essential that your oven is wiped out regularly particularly after cooking by Combination, Oven, and Grill function. 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 Combination, Oven, and Grill for the first time.	It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.
The fan motor continue operating after cooking is over.	After using the microwave oven, the fan motor will operate for several minutes to cool the electric compenents.
Sounds will occur when using the Steam function.	This is caused by air mixed when the water tank is working. It is normal.
The sound of “Bar... Bar...” may be emitted at the back of the oven cavity during and after the use of different kinds of OVEN function.	This is a cause of thermal expansion and contraction of the metal material used in the product. It is normal.
Steam leaks out from all four sides of the oven door.	When a function related to steam is used, a lot of steam are generated in the oven cavity during operation of the product. Some steam may leak from all four sides of the oven door. It is normal.

Before Requesting Service

(continued)

PROBLEM		POSSIBLE CAUSE	REMEDY
Oven will not turn on.	→	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
		Circuit Breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
		There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	→	The door is not closed completely.	Close the oven door securely.
		Dial was not pressed after programming.	Press the Dial .
		Another program has already been entered into the oven.	Tap Stop/Cancel pad to cancel the previous program and program again.
		The program has not been entered correctly.	Program again according to the Operating Instructions.
		Stop/Cancel pad has been tapped accidentally.	Program oven again.
"HOT" appears in the display window.	→	The cavity is overheated.	Operate again after it cools down.
Only "U14" appears in the display window.	→	The water tank is empty.	Full it with water and tap Stop/Cancel to reset.
"H97" or "H98" or "H00" appears in the display window.	→	This display indicates a problem with the microwave generation system.	Contact the authorised service centre.
"DEMO MODE PRESS ANY KEY" or "D" appears in the display window.	→	The oven is under demonstration mode.	Tap Micro Power pad once, then press the Dial 4 times and tap Stop/Cancel pad 4 times.
The "🔒" appears in the Display Window.	→	The Child Lock was activated by tapping Stop/Cancel pad 3 times.	Deactivate Lock by tapping Stop/Cancel pad 3 times.
"COOL" appears in the display window.	→	The fan is operating to cool the electric components.	The word "COOL" will disappear after the fan stops.

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

Care of your Microwave Oven

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

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

Always clean the flat table after cooling down with a mild detergent and wipe to dry.

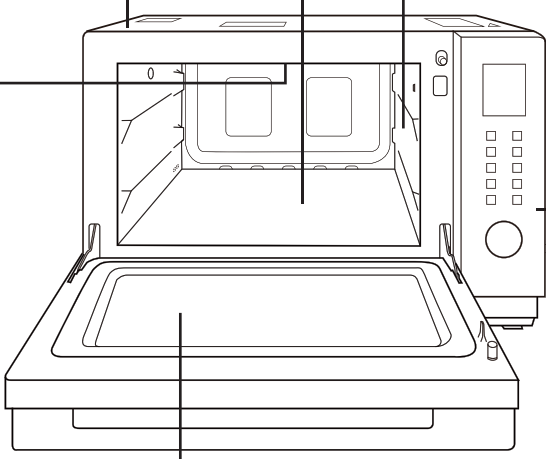
Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

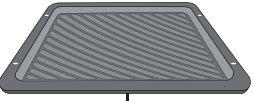
Clean the upper heater after it is completely cold. Wipe with a soft and damp cloth carefully.

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.

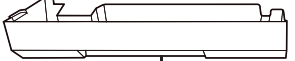
Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray on cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning tap **Stop/Cancel** pad to clear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

For some models:
The Control Panel is covered with a removable protective film to prevent scratches during shipping. Small bubbles may appear under this film, so if this is the case, remove by applying masking or clear tape to an exposed corner and pull gently.





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

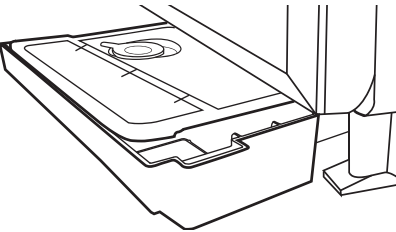


Drip Tray
1. Always keep the drip tray clean.
2. Clean and wipe dry after use.
3. After cleaning, re-connect the drip tray to the plastic feet.
4. DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.

Notes:

- When using the **Grill, Oven** or **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, Oven** 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, Combination. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door. DO NOT SPRAY DIRECTLY INSIDE THE OVEN. A steam cleaner is not to be used for cleaning.
- 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.

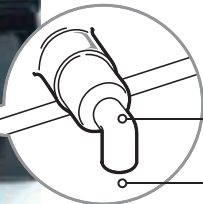
Clean with a soft sponge in water.



Remove the water tank and clean the compartment where the water tank is inserted.



Open the water supply cap, remove the lid and pipe cap and clean.



Pipe Cap
Ensure it faces downwards

If the pipe cap is difficult to remove, wiggle from side to side. When re-fitting, make sure that the pipe faces down (see diagram).

Notes:

- 1. There is a spring at the insertion port of the pipe, please store it properly when cleaning, and do not lose it.
- 2. Clean the water tank at least once a week to prevent build up of limescale.
- 3. Do not use a dishwasher to clean the water tank or parts of the water tank.

Manufacturer		Panasonic
Model		NN-DS59NB
Power Supply		230 - 240 V~, 50 Hz
Power Consumption*	Combination	8.3 A 1980 W
	Microwave	4.6 A 1050 W
	Grill	5.8 A 1400 W
	Oven	6.2 A 1500 W
	Steam	4.8 A 1130 W
Power Requirement: (Maximum)		1980 W
Output power	Microwave*	1000 W
	Grill	1350 W
	Oven	1450 W
	Steam	1100 W
Outside Dimensions (W x D x H)		514 mm x 410 (456*1) mm x 347 mm
Oven Cavity Dimensions (W x D x H)		336 mm x 357 mm x 226 mm
Overall Cavity Volume		27 L
Operating Frequency		2450 MHz
Uncrated Weight		Approx. 15.5 kg

* IEC Test Procedure
Specifications subject to change without notice.
As for the voltage requirement, manufactory and serial number, please refer to the name plate on the microwave oven.

Weight and Dimensions shown are approximate.

*1 456 mm is the dimension with handle.
410 mm is the dimension without handle.

Panasonic Warranty (for Australia)

Small Kitchen Appliances 12 Month Warranty from Date of Purchase (“Warranty Period”) Microwave Oven, Rice Cooker, Bread Maker, Benchtop Oven and Stick Blenders

1. This warranty does not exclude, restrict or modify in any way other rights and remedies under the law which relates to the product, including any non-excludable statutory guarantees in Australia.
2. Subject to the conditions of this warranty and during the Warranty Period, Panasonic or its Authorised Service Centre will perform the necessary service on the product without charge for parts or labour, if in the opinion of Panasonic, the product is found to be faulty within the Warranty Period.
3. This warranty only applies to Panasonic products purchased in Australia and sold by Panasonic Australia or its Authorised Distributors or Dealers and only where the products are used and serviced within Australia or its territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service Centre and only if valid proof of purchase is presented when warranty service is requested.
4. This warranty only applies if the product has been used in accordance with the manufacturer’s recommendations (as noted in the Operating Instructions) under normal use and reasonable care (in the opinion of Panasonic). The warranty covers normal domestic use only and does not cover damage, malfunction or failure resulting from:
 - (a) misuse, abuse, neglect, accidental damage or modifications;
 - (b) infestation by insects or vermin;
 - (c) incorrect installation, assembly, improper voltage, or mains supply problems;
 - (d) natural disaster or acts of God (e.g. lightning, flood, fire, earthquakes etc);
 - (e) rust or damage caused by exposure to abnormally corrosive conditions;
 - (f) an accessory, component or other equipment not supplied by Panasonic Australia;
 - (g) improper maintenance by the customer (refer to the maintenance section of the Operating Instructions) which includes but is not limited to the failure to undertake the following actions:
 - (i) regular cleaning; and
 - (ii) where filters are included, regular cleaning and replacement of filters where necessary.
 - (h) incorrect operation of the product; and
 - (i) where no actual fault of the product is determined to have occurred, during a customer-initiated service call, and where the perceived problem is explained within the Operating Instructions (including the troubleshooting section) warranty service is not applicable
5. This warranty does not cover the following items unless the fault or defect existed at the time of purchase:

(a) Cabinet or Casing Parts	(b) Noise or vibration that is considered normal
(c) User replaceable Batteries	(d) Kneader mounting shaft unit and heads, blades and other accessories
(e) Microwave Oven cook plates	
6. You will be responsible for costs associated with making the warranty claim where there are costs associated with shipping or handling or travelling outside of the area normally serviced by Panasonic or any repair agent authorised by Panasonic.
7. To the extent permitted by law and subject to your non-excludable statutory rights and guarantees, Panasonic excludes all warranties and liabilities (other than those contained in this warranty) including any liability for loss or damage whether direct or indirect arising from your purchase, use or non-use of the product.
8. In addition to your rights under this warranty, Panasonic products come with consumer guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any reasonably foreseeable loss or damage. You are also entitled to have the product repaired or replaced if the product fails to be of an acceptable quality and the failure does not amount to a major failure.
9. To claim warranty service, when required, you should:
 - Contact Panasonic's Customer Care Centre on 132 600 for Authorised Service Centre information
 - Send or take the product to a Panasonic Authorised Service Centre together with your purchase receipt as a proof of purchase date.

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

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

Panasonic Australia Pty. Limited

ACN 001 592 187 ABN 83 001 592 187

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

PRO-031-F01 Issue: 2.0

09.12.2021

Panasonic Warranty (for New Zealand)

Built In Kitchen Appliance 24 Month from Date of Purchase Home Appliance 24 Month Warranty from Date of Purchase

1. Subject to the conditions of this warranty Panasonic or it's Authorised Service Centre will perform necessary service on the product without charge for parts or labour, if in the opinion of Panasonic, the product is found to be faulty within the warranty period. For Line Communications products (i.e. Cordless Phones, etc.) the genuine battery(s) has a 3 month warranty.
2. This warranty only applies to Panasonic products purchased in New Zealand and sold by Panasonic New Zealand or its authorised Distributors or Dealers and only where the products are used and serviced within New Zealand or it's territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service and only if valid proof of purchase is presented when warranty service is requested.
3. This warranty only applies if the product has been installed and used in accordance with the manufacturer's recommendations (as noted in the operating instructions) under normal use and reasonable care (in the opinion of Panasonic). The warranty covers normal domestic use only (also Clip & Trim Professional use) and does not cover damage, malfunction or failure resulting from use of incorrect voltages, incorrect installation, accident, misuse, neglect, build-up of dirt or dust, abuse, maladjustment of customer controls, mains supply problems, thunderstorm activity, infestation by insects or vermin, tampering or repair by unauthorised persons (including unauthorised alterations), exposure to abnormally corrosive conditions or any foreign object or matter having entered the product.
4. This warranty does not cover the following items unless the fault or defect existed at the time of purchase:
 - (a) Cabinet Parts
 - (b) Microwave Oven cook plates
 - (c) User replaceable Batteries from wear and tear in normal use
 - (d) Kneader mounting shaft unit and Heads, Cutters, Foils, Blades and other accessories
 - (e) Noise or vibration that is considered normal
 - (f) Correcting the installation (e.g. removal of transit bolts, levelling and locking feet)
 - (g) Damage caused by water pressure exceeding 1MPa
 - (h) Water on floor due to incorrect loading, excessive suds, foreign matter on door seals
 - (i) Blocked pumps and removal filters, removal of foreign objects from the machine (e.g. bra wires, bread tags, nails, screws, coins, grit etc.)
 - (j) Replaceable lint filters
 - (k) Damage to surfaces caused by liquid or solid spillages, impact or lack of maintenance & cleaning products other than that recommended in the operating instructions
 - (l) Consumables (light bulbs, filters)
5. To claim warranty service, when required, you should:
 - Telephone Panasonic's Customer Care Centre on 09 272 0178 or visit our website referred to below and use the Service Centre Locator for the name/address of the nearest Authorised Service Centre.
 - Send or take the product to a Panasonic Authorised Service Centre together with your proof of purchase receipt as a proof of purchase date. Please note that freight and insurance to and / or from your nearest Authorised Service Centre must be arranged by you.
6. The warranties hereby conferred do not extend to, and exclude, any costs associated with the installation, de-installation or re-installation of a product, including costs related to the mounting , de-mounting or remounting of any screen, (and any other ancillary activities), delivery, handling, freighting, transportation, or insurance of the product or any part thereof or replacement of and do not extend to, and exclude, any damage or loss occurring by any reason of, during, associated with, or related to such installation, de-installation, re-installation or transit.

Panasonic Authorised Service Centres are located in major metropolitan areas and most regional centres of New Zealand, however, coverage will vary dependant on product. For advice on exact Authorised Service Centre locations for your product, please telephone our customer Care Centre on 09 272 0178 or visit our website and use the Service Centre locator.

Unless otherwise specified to the consumer the benefits conferred by this express warranty are additional to all other conditions, warranties, guarantees, rights and remedies expressed or implied by the Consumer Guarantees Act of New Zealand and all other obligations and liabilities on the part of the manufacturer or supplier and nothing contained herein shall restrict or modify such rights, remedies, obligations and liabilities.

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

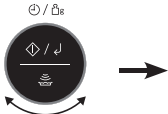
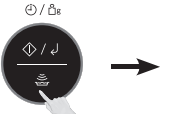
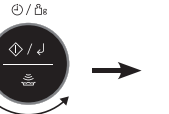
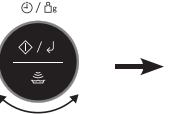
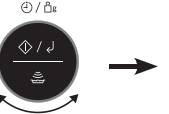
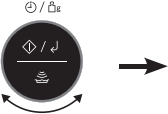
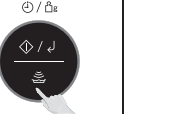
If you require assistance regarding warranty conditions or any other enquiries, please visit the **Panasonic New Zealand** website **www.panasonic.co.nz** or contact by phone on **09 272 0178**
If phoning in, please ensure you have your operating instructions available.

PANASONIC NEW ZEALAND CUSTOMER CARE CENTRE

Phone: 09 272 0178
Fax: 09 272 0129

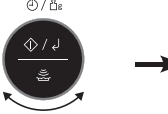
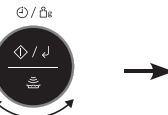
Email: customerservice@nz.panasonic.com
Website: www.panasonic.co.nz/support

Quick Guide to Operation

Feature	How to Operate
To Set Clock (page 19)	 →  →  →  →  Tap twice Select hour Press once Select minute Press once
To Set Kitchen Timer (page 20)	 →  →  Tap once Select time Press once
To Set Standing Time (page 20)	Set the cooking program, by entering cooking mode and time required. →  →  →  Tap once Select time Press once
To Set Delay Start (page 20)	 →  → Set the cooking program, by entering cooking mode and time required. →  Tap once Select time Press once
To Use Add Time (page 21)	 →  After cooking, turn the Dial to select Add Time function. Press once
To Set/Cancel Child Safety Lock (page 22)	To activate:  →  Tap 3 times To deactivate:  →  or  Tap 3 times
To Set "Beep ON/OFF" (page 22)	 →  →  Press once after first plugged in Select ON/OFF Tap once

Quick Guide to Operation

(continued)

Feature	How to Operate
To Use Micro Power (page 23)	 Tap once →  Select power level →  Press once →  Select cooking time ↓  Press once
To Use Micro Power Defrost (page 23)	 Tap once →  Select 270 W →  Press once →  Select cooking time ↓  Press once
To Use Steam (page 24-25)	 Tap once →  Select power level →  Press once →  Select cooking time ↓  Press once
To Use Steam Shot (page 26)	Set and operate the desired program →  → () Optional As required during operation, hold Steam pad for 2 seconds and 1 minute will be added. If you want to add 2 or 3 minutes, tap Steam pad once or twice within 3 seconds after step 2. The remaining time displayed includes steam shot time.

Feature	How to Operate
To Use Grill (page 27-28)	 →  →  →  Tap once Select power level Press once Select cooking time ↓  Press once
To Use Oven (page 29-30)	 →  →  →  * Tap once Select temperature Press once Press once to preheat ↓  Press once Select cooking time <i>* Skip this step when preheat is not required.</i>
To Use Combination (Combi 1, 2, 3, 4, 5) (page 31-34)	 →  →  →  Tap once Select power level Press once Select cooking time ↓  Press once
To Use Combination (Combi 6) (page 32-34)	 →  →  →  Tap once Select Combi 6 Press once Select temperature ↓  Press once Select cooking time Press once to preheating Press once <i>* Skip this step when preheat is not required.</i>

Feature	How to Operate
To Use Sensor Reheat (One Push Reheating) (page 36-37)	 When clock or colon is displayed, press the Dial to start.
To Use Sensor Reheat (FROZEN MEAL) (page 36-37)	 →  →  Tap once Press the Dial to confirm Press the Dial to start
To Use Auto Programs (page 38-43)	 →  →  →  * Tap once Select food category Press the Dial to confirm Press the Dial to preheat ↓  Press the Dial to start Select serving/weight <i>* Only available for menu No.12.</i>
To Use Turbo Defrost (page 44-45)	 →  →  →  Tap once Select food category Press once Select weight ↓  Press once

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

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

Food Characteristics

Size and Quantity

Small portions cook faster than large portions. As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook. As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

Liquid Content

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

Shape

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

Bone and Fat

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

Starting Temperature

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

Density and Composition

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

Key to Symbols Used in Recipes

	Micro Power		+ 	Combi 1, 2
	Steam		+ 	Combi 3, 4
	Grill		+ 	Combi 5
	Oven		+ 	Combi 6

Techniques for Preparation

Timing

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

Stirring

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

Rearranging or Turning

Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

Cooking in Layers

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

Piercing of Foods

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

Cured Meats

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

Soups

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

Techniques for Preparation

Covering

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

Browning

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

Standing Time

The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules were vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves whether in or outside your microwave oven. Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking. The amount of standing time varies with the size and density of the food. In meat cookery, the internal temperature will rise between 5 °C and 10 °C if allowed to stand covered for ten to fifteen minutes. Casserole and vegetables need shorter standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges. The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminum foil.

Converting Your Favourite Conventional Recipes for Microwave Cooking

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

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

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

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

Menu Planning for Microwave Cooking

How to Keep Everything Hot at The Same Time

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

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

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

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing.
6. Cook the gravy with the retained meat juices, stock and thickening.
7. Carve the roast and serve the vegetables and gravy.

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

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

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

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

Handy Hints and Tips

- To blanch (1 cup) nuts, place in a pie plate. Cover with hot tap water and heat on 1000 W for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.
- To toast coconut, place half a cup on a paper towel, and cook on 1000 W for 1 to 2 minutes, stirring occasionally.
- To make buttered breadcrumbs, combine 1 cup breadcrumbs and 2 tablespoon butter and heat on 1000 W for 1 to 2 minutes, stirring occasionally.
- When heating 100 g baby food, select 1000 W for 15 to 30 seconds, depending on the amount of food or liquid and the starting temperature of it. Test temperature before serving or further heating.
- For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on 1000 W for 1 to 2 minutes.
- To soften cream cheese or butter, place in oven on 300 W for ½ to 1 minutes per ½ cup.
- Refrigerated cheese (250 g) can be heated to room temperature on 600 W for ½ to 1 minute, depending on size.
- When having a barbecue, partially cook food in the microwave, season and finish cooking on the barbecue.
- To melt chocolate, place 100 g broken chocolate in a 4 cup glass jug and heat on 600 W for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time to cooking.
- To remove oven odours, combine ½ teaspoon vanilla essence with 1 cup water in a small bowl and heat on 1000 W 4 to 5 minutes. Wipe oven interior with a damp cloth.
- To toast 1 cup almonds place onto a plate and heat on 1000 W for 2 to 3 minutes, stirring every minute.
- To dry herbs, arrange ½ cup of leaves evenly on paper towel. Place a mug of water into the oven next to the herbs and cook on 1000 W for 1 to 3 minutes, or until dry and crumbly. Check herbs frequently as timing may vary with different herbs. Please note that herbs dry and crumble on standing outside the microwave oven.
- To soften dried fruit, place 1 cup of dried fruit into a small bowl. Add 2 tablespoon of water, cover with plastic wrap and cook on 1000 W for 2 to 3 minutes.
- To skin tomatoes, place 1 cup of hot tap water in a 2 to 3 cup jug or bowl and heat on 1000 W for 1½ minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds, remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.
- To dry fresh breadcrumbs (1 cup), spread on the base of a plate and heat on 1000 W for 2 to 3 minutes, stirring twice during heating.



**FISHERMAN
SEAFOOD SOUP**

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PUMPKIN SOUP

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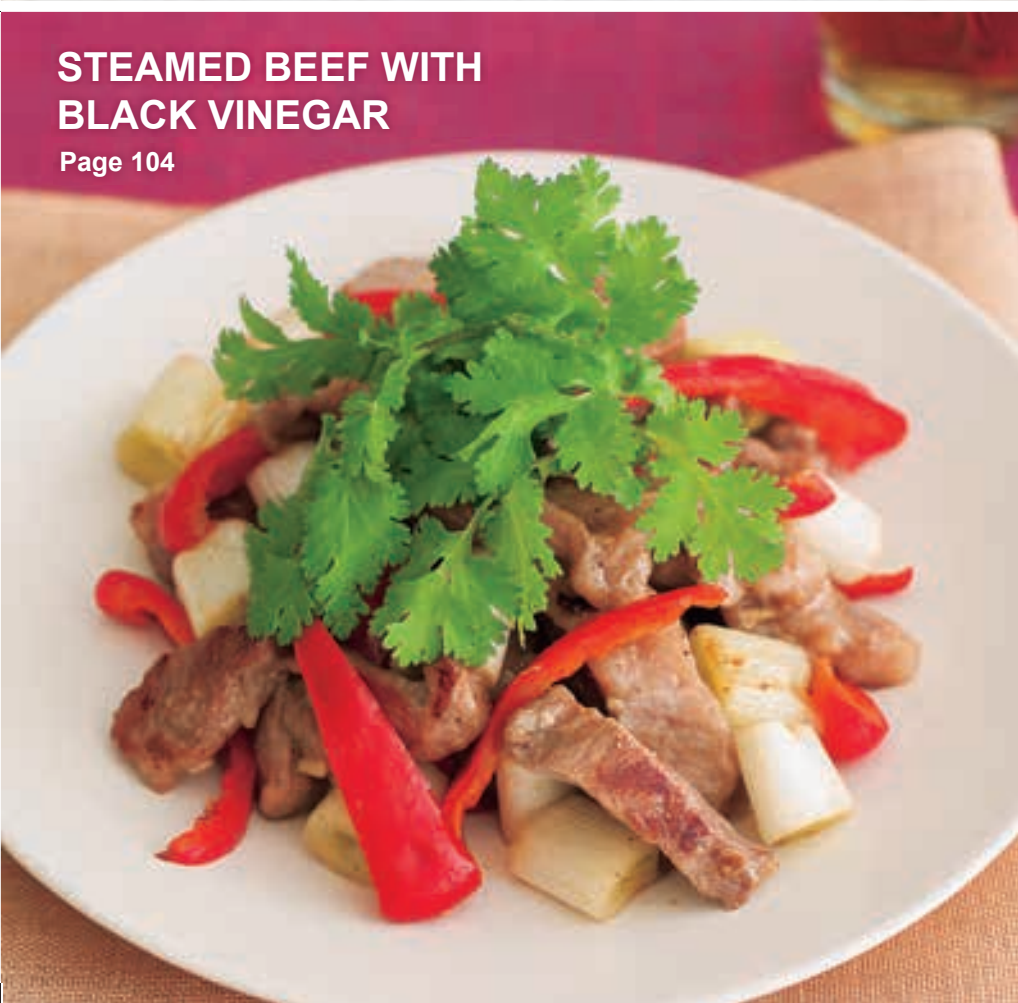
CHEESE STEAK

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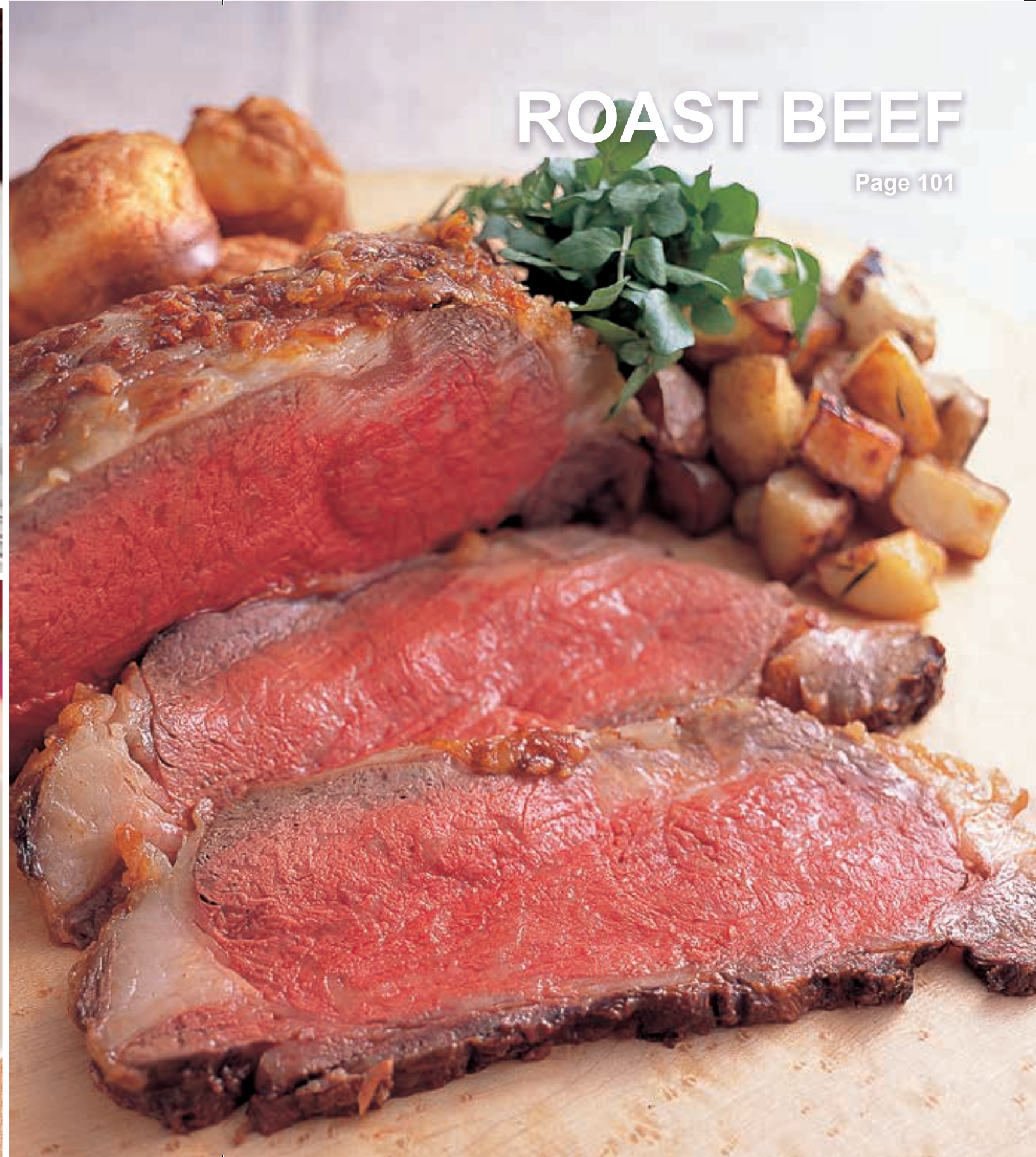
STEAMED BEEF WITH BLACK VINEGAR

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ROAST BEEF

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**SALMON STEAMED
WITH VANILLA**

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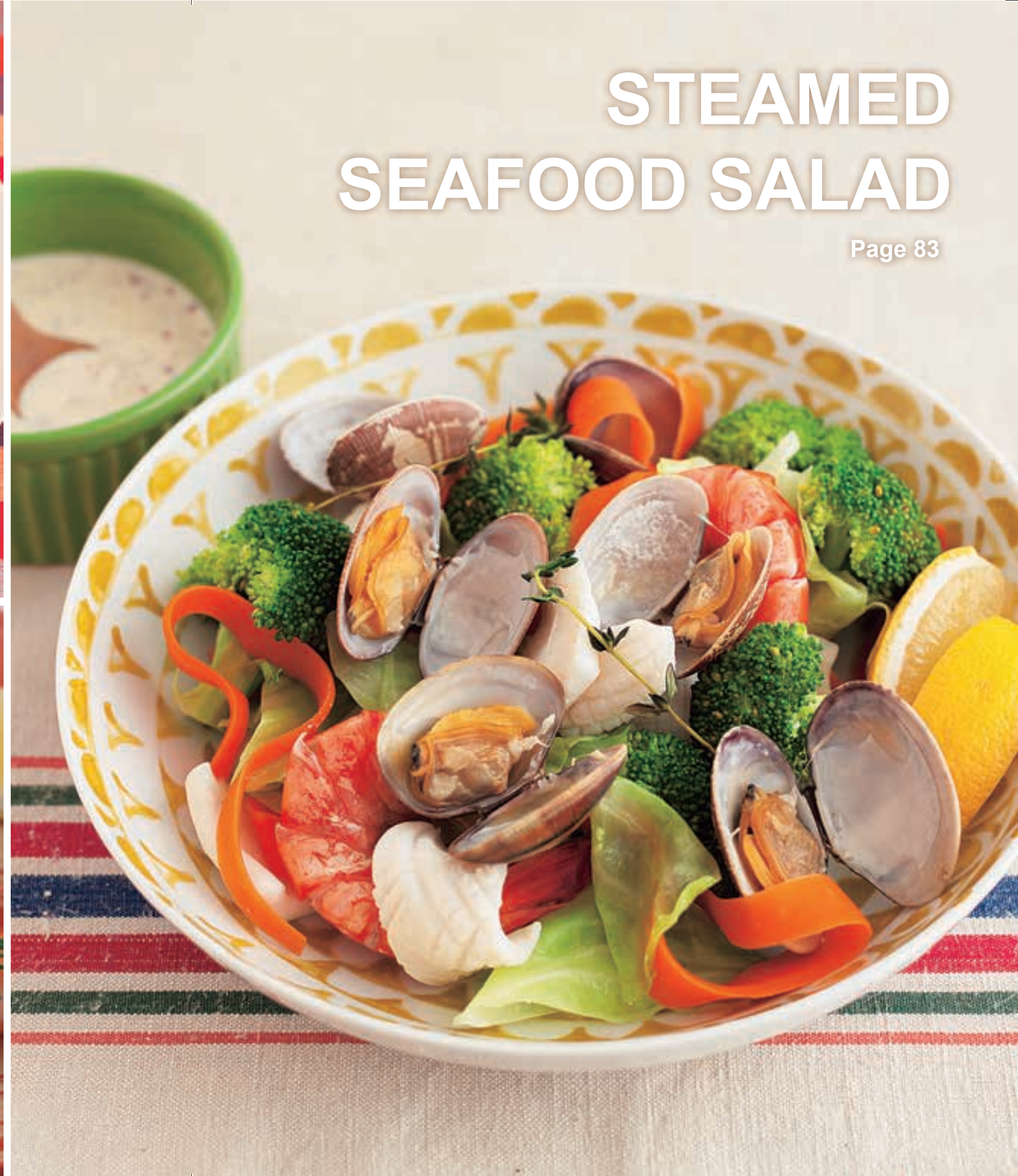


VANILLA SHRIMP GRILL

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STEAMED SEAFOOD SALAD

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CHOCOLATE CAKE

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CHIFFON CAKE

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CREAM PUFFS

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BLUEBERRY CHEESE CAKE

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BLUEBERRY MUFFINS

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BAKED EGGPLANT AND HAM

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CHEESE AND HAM FILLED POTATOES

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The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, dish size and quantity. Pastry or bread items reheated by microwave will be soft not crisp.

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Meat				
Lamb joint	Maximum weight 1.5 kg	180 °C	20 mins per 500 g plus 25-30 mins	Preheat oven. Cook on Grill Tray in lower shelf position. Turn halfway. Wrap in foil and allow to stand for 10 mins after cooking.
Steak - medium	150 g	GRILL 1	7-8 mins	Place on Grill Tray in upper shelf position. Turn halfway.
Steak - well done			9-10 mins	
Beef joint - well done	Maximum weight 1.5 kg	220 °C	20 mins per 500 g plus 30-35 mins	Preheat oven. Place on Grill Tray in lower shelf position. Turn halfway.
Fish and Shellfish				
Fresh fish fillets	500 g	600 W	5-7 mins	Place in a microwaveable and heat-proof dish with cover on the centre of the flat table.
Frozen fish fillets	500 g	1000 W	9-10 mins	
Prawns	500 g	600 W	5-7 mins	
Mussels	500 g	600 W	5-7 mins	
Fish thin fillets	500 g	Combi 3	5-7 mins	Fill the water tank. Place in a microwaveable and heat-proof dish without cover on the centre of the flat table.
Poultry				
Chicken breasts (boneless and skinless)	250 g	STEAM 1	30 mins	Fill the water tank. Place on Grill Tray in upper shelf position.
Chicken legs	1.0 kg	GRILL 1	30 mins	Place on Grill Tray in lower shelf position. Turn halfway.
Whole chicken	per 500 g	190 °C	30-35 mins	Preheat the oven. Place chicken on Grill Tray. Turn halfway.
Fresh vegetable				
Asparagus	200 g	Combi 3	5-6 mins	Fill the water tank. Place in a microwave safe and heat-proof dish without cover on the centre of the flat table.
Broccoli	250 g	Combi 3	7-8 mins	
Peas	200 g	Combi 3	4-5 mins	
Boiled potatoes	500 g	Combi 3	14-15 mins	
Rice				
Long grain white	250 g	1000 W	11-13 mins	Use a 5 L microwave safe container. Add 550 ml boiling water. Cover partly and stir halfway.
Pasta				
Fusilli	200 g	1000 W	10 mins	Use a 5 L microwave safe container. Add 550 ml boiling water and 15 ml oil. Cover partly and stir halfway.
Spaghetti	250 g	1000 W	8-10 mins	

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Chilled meal	200 g	1000 W	2 mins - 2 mins 30 secs	Place in a microwave safe and heat-proof dish on the centre of the flat table.
Frozen meal	200 g	1000 W	3 mins 30 secs - 4 mins	Place in a microwave safe and heat-proof dish on the centre of the flat table.
Sandwich	100 g	1000 W	30 secs	Place in a microwave safe and heat-proof dish on the centre of the flat table.
Canned soup	600 ml	1000 W	3-4 mins	Place in a microwave safe and heat-proof with cover on the centre of the flat table. Stir half way and end of cooking.
Beverage	235 ml	1000 W	1 min 30 secs	Place in a microwave safe cup on the centre of the flat table. Stir half way and end of cooking.
Milk	250 ml	1000 W	1 min - 1 min 30 secs	Place in a microwave safe cup on the centre of the flat table. Stir half way and end of cooking.
Canned vegetables - Bean - Tomato - Mushrooms - Sweetcorn	415 g 400 g 290 g 330 g	1000 W 1000 W 1000 W 1000 W	2 mins 30 secs - 3 mins 2 mins 2 mins - 2 mins 30 secs 2 mins - 2 mins 30 secs	Place in a microwave safe and heat-proof bowl with cover. Place on the centre of the flat table and stir halfway.
Meat pies	150 g	1000 W	1 min 30 secs- 2 mins	Place in a microwave safe and heat-proof bowl on the centre of the flat table.
		Combi 1	6-7 mins	Remove product from foil container and place on Grill Tray in lower shelf position.
Quiche	400 g	Combi 1	8-10 mins	Remove product from foil container and place on Grill Tray in lower shelf.
Frozen fruit tart	450 g	Combi 1	8-10 mins	Remove product from foil container and place on Grill Tray in lower shelf.
Frozen egg tart	300 g	Combi 1	10-11 mins	Remove product from foil container and place on Grill Tray in lower shelf.
Spring rolls	200 g	Combi 1	5-7 mins	Place on Grill Tray in upper shelf position.
Fried dumpling	200 g	Combi 1	5-7 mins	Remove product from foil container and place on Grill Tray in upper shelf.
Pizza	300 g	Combi 1	7-9 mins	Remove product from foil container and place on Grill Tray in upper shelf.

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Frozen				
Thin frozen fries	300 g	Oven (Preheat at 220 °C)	23-25 mins	Place on Grill Tray in upper shelf position, stir at ⅔ of total time.
Thick frozen fries/ Frozen potato steak fries/wedges	300 g		40-45 mins	
Frozen cheese sticks	400 g		16-18 mins	Place on Grill Tray in upper shelf position, turn at ⅔ of total time.
Frozen chicken nuggets	400 g		25-30 mins	
Frozen fish fingers	350 g		20-23 mins	
Fresh				
Homemade fries	500 g	Oven (Preheat at 220 °C)	30-35 mins	Place on Grill Tray in upper shelf position. soak in cold water for 1-3 hour in the refrigerator, dry and mix with oil, stir at ⅔ of total time.
Steak (½ inch of thickness)	4 pcs (670 g)		12-14 mins	Seasoned. Place on Grill Tray in upper shelf position, turn over at ⅔ of total time.
Pork chops	4 pcs (450 g)		20-24 mins	
Hamburger	4 pcs (560 g)		16-20 mins	
Chicken wings	1000 g		25-30 mins	
Drumsticks	6 pcs (800 g)		35-40 mins	
Chicken breast	4 pcs (800 g)		30-35 mins	Seasoned. Place on Grill Tray in upper shelf position, less than 1½ inch of thickness.
Fish fillets	4 pcs (450 g)		20-25 mins	
Sweet potato	350 g		21-24 mins	
Tofu	800 g		18-22 mins	Cut into large Pieces, Seasoned. Place on Grill Tray in upper shelf position.

BACON AND EGG IN A CUP

Serves: 1

Ingredients:

2 slices	bacon
1 × 60 g	egg
1 tablespoon	grated cheddar cheese

Method:

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

MUESLI

Makes: 4 cups

Ingredients:

½ cup	honey
2 tablespoons	butter
2 cups	rolled oats
½ cup	unprocessed bran
½ cup	shredded coconut
⅓ cup	nuts, chopped
⅓ cup	sunflower seeds
½ cup	dried mixed fruit

Method:

Warm honey and butter in a large dish on 1000 W for 1 to 1½ minutes. Add dry ingredients and mix well. Cook on 1000 W for 5 to 6 minutes, stir halfway through cooking. Stir in dried fruit and allow to cool completely before storing in an airtight container.

CHEESY HAM OMELETTE

Serves: 1 to 2

Ingredients:

3	eggs, separated
2 tablespoons	milk
	salt and pepper
	grated cheese
¼ cup	ham, cut into strips
50 g	green onion, finely sliced
1	butter for greasing

Method:

Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and spring onion. Place onto a well greased dinner plate. Cook on 600 W for 4 to 5 minutes. Stand for 2 minutes before folding in half to serve.

SCRAMBLED EGGS

Serves: 2

Ingredients:

2 × 60 g	eggs
2 tablespoons	milk
	pinch salt

Method:

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

PORRIDGE

Serves: 1

Ingredients:

¼ cup	quick cooking oats
⅔ cup	water
¼ teaspoon	salt

Method:

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

HOT CHOCOLATE

Makes: 1 cup

Ingredients:

2 teaspoons	drinking chocolate
1 teaspoon	sugar (optional)
2 tablespoons	water
¾ cup (185 ml)	milk

Method:

Combine chocolate, sugar and water in a heatproof cup. Cook on 1000 W for 10 to 15 seconds. Stir in milk. Cook on 800 W for 1 to 2 minutes.

FRENCH TOAST

Ingredients:

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

Method:

Cut the french loaf into 2 cm slices. Stir butter, garlic, caraway and salt in a dish and mix them well. Apply garlic sauce on the top of the bread and put it on the Grill Tray, put the tray in the upper shelf position, select Grill 1, cook for 3½-4 minutes or until golden brown.

SPANISH OMELET

Ingredients:

150 g	beaten eggs
400 g	potato
½ small piece	onion
2½ tablespoon	water
2 tablespoon	olive oil
Moderate	butter
Moderate	salt, pepper

Method:

1. Add salt, pepper into the beaten egg and put under room temperature. Cut the potato and onion into slices of 5 mm, put into a deep heat-resistant container, add salt, pepper, and then add water and olive oil. Loosely wrap in a plastic wrap, and then put at the center of the oven. Cook on 800 W for 8-10 minutes.
2. Before 1 cools off, stir with a fork, and then blend evenly with the beaten egg.
3. Grease the surface of the baking tray with butter, put 2 into it. Place it in Grill Tray in lower shelf. Choose Combi 1, and cook for 12 to 13 minutes.

FRENCH BREAD WITH BASIL AND CHERRY TOMATO

Ingredients:

6 piece	french bread
1½ tablespoon	pesto (commercially available)
1 tablespoon	cheese power (sliced cheese)
3	cheery tomato
6 piece	basil

Method:

1. Paste bread with basil pesto, sprinkle with cheese power, and topping with halved cherry tomato.
2. Put the food alone the outward of Grill Tray in lower shelf position, select Combi 1, cook for 4 minutes, then Grill 1 for 4½ minutes.
3. Garnish with basil and serve.

FRENCH TOAST WITH CINNAMON

Ingredients:

2 piece	toast
A: 50 g	egg (shelled)
30 g	sugar
80 ml	milk
Moderate	cinnamon
20g	butter
Moderate	honey

Method:

1. Mix A well in a large bowl, soak toast completely in the mixture.
2. Put the food in the center of Grill Tray topping with crushed butter in lower shelf position, select Combi 1, cook for 4 minutes, then Grill 1 for 4½ minutes.
3. Serve with cinnamon and honey.

PEA AND HAM SOUP

Serves: 6

Ingredients:

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

Method:

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

Tip:

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

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

CHICKEN AND VEGETABLE SOUP

Serves: 4

Ingredients:

1 medium	onion, diced
1	clove garlic, crushed
750 g	soup vegetables, diced
1-litre	chicken stock
½ cup	arborio rice
1	bay leaf
400 g	cooked chicken meat

Method:

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

MUSHROOM SOUP

Serves: 4

Ingredients:

1 tablespoon	butter
250 g	mushrooms, sliced
1 tablespoon	flour
2 cups	chicken stock
¼ cup	white wine
1 teaspoon	mustard
½ cup	cream

Method:

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

PUMPKIN SOUP

Makes: 2 to 4

Ingredients:

1 kg	pumpkin
1	diced onion
1 teaspoon	curry powder
2 cups	chicken stock

Method:

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

POTATO AND LEEK SOUP

Serves: 4 to 6

Ingredients:

4 (1 kg)	large potatoes, peeled, diced
2	medium leeks, thinly sliced
2 teaspoons	dried thyme
3 cups	hot chicken stock
1 teaspoon	salt and pepper
250 ml	cream

Method:

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

CRAB AND CORN SOUP

Serves: 4 to 6

Ingredients:

1 tablespoon	oil
1	onion, finely chopped
425 ml	boiling chicken stock
300 g	can creamed corn
	salt and pepper
170 g	can crabmeat, drained
150 ml	milk
3 tablespoons	cream
	chopped parsley for garnish

Method:

Place oil and onion in a 3-litre casserole dish. Cover and cook on 1000 W for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on 1000 W for 5 minutes. Add crabmeat and milk and mix well. Cook on 1000 W for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

HEALTHY PEAR SOUP

Ingredients:

350 g	pork rib (blanched in hot water)
3	pears (cut, with skin)
20 g	sweet almond
10 g	bitter almond
30 g	dried scallop (soaked)
1	honey date
10 g	wolfberry
10 g	ginger (sliced)
1 litre	water
	salt to taste

Method:

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

POPCORN

Serves: 2 to 4

Ingredients:

2 teaspoons	butter
3 tablespoons	popping corn

Method:

Place all ingredients in a loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on 1000 W for 2 minutes. Remove from bag and serve sprinkled with salt.

SEAFOOD PIZZA

Serves: 4

Ingredients:

325 g	pizza base
¼ cup	tomato paste
200 g	seafood mix (marinara) chopped
¼ cup	sun dried tomatoes, chopped
2 tablespoons	sour cream
2 tablespoons	sweet chilli sauce
½ cup	grated pizza cheese

Method:

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

Cook by selecting oven with preheating at 220 °C. After oven has preheated place pizza onto Grill Tray in lower shelf position, cook for 14 minutes.

PIZZA ITALIANO

Serves: 4

Ingredients:

325 g	pizza base
¼ cup	tomato paste
1	clove garlic, crushed
1 tablespoon	pesto
60 g	sliced salami
40 g	sliced pepperoni
¼	onion, sliced
¼	capsicum, sliced
¼ cup	pitted black olives
6	anchovy fillets
1 cup	grated pizza cheese

Method:

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

Cook by selecting oven with preheating at 220 °C. After oven has preheated place pizza onto Grill Tray in lower shelf position, cook for 14-15 minutes.

ROASTED RED CAPSICUM & MUSHROOM
BRUSCHETTA

Makes: 4

Ingredients:

200 g (4 to 5)	large flat mushrooms
1 tablespoon	olive oil
9 (250 g)	slices Turkish bread
1½ tablespoons	butter, softened
1	clove garlic, minced
150 g	jar roasted red capsicum, sliced
100 g	firm goats cheese

Method:

Mix together butter and garlic to form garlic butter. Slice the mushrooms and drizzle with olive oil. Cook on 1000 W for 3 minutes. Set aside. Preheat oven on oven 200 °C. Spread one side of the bread with garlic butter and place in a single layer on the Grill Tray in lower shelf. Cook for 5 to 7 minutes. Turn the bread slices over. Layer the mushrooms and red capsicums on the top of the bread slices. Crumble the goats cheese and sprinkle evenly over each slice. Cook for a further 8 to 10 minutes.

CHEESE AND RED PESTO TARTLETS

Makes: 24

Ingredients:

300 g	ready rolled short crust pastry sheets
90 g	red pesto or sun dried tomato paste
2	medium tomatoes, peeled, seeded and chopped
25 g	black olives, chopped
125 g	mozzarella cheese, grated
1	clove garlic
1 teaspoon	dried oregano
½ cup	grated parmesan

Method:

Cut out 24 × 7 cm (approx) circles of pastry to fit into the base of 2 greased 12 holed tartlet tins. Chill for 30 minutes. Preheat the oven at 200 °C with Grill Tray in lower shelf. Mix the red pesto, tomatoes, black olives, mozzarella and garlic in a bowl. Fill the tartlet shells with mixture. Sprinkle with Parmesan and oregano. Bake tartlets on 200 °C for 35 minutes or until golden brown.

QUICHE LORRAINE

Serves: 4 to 6

Ingredients:

Pastry:

2 sheets	ready rolled short crust pastry
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Filling:

4	rashers bacon, rind removed and bacon chopped
½ cup	grated tasty cheese
3	eggs
150 ml	cream
150 ml	milk
½ teaspoon	nutmeg

Method:

Pastry:

Grease and line a 23 cm pie plate with short crust pastry sheets. Preheat oven at 180 °C. After preheating, put pie plate on Grill Tray in lower shelf position, bake blind for 15 to 20 minutes at 180 °C. Allow to cool slightly.

Filling:

Place bacon between two sheets of paper towel on a dinner plate. Cook on 1000 W for 3 to 4 minutes. Sprinkle bacon and cheese on cooked pie shell. Beat eggs, cream, milk and nutmeg and pour over bacon and cheese. Place Grill Tray in lower shelf position and Bake at 180 °C for 35 minutes or until set.

MINI QUICHES

Makes:

Ingredients:

2	sheets ready rolled puff pastry
2	eggs, beaten
1 cup	milk
2 rashers	bacon, rind removed and bacon chopped
2	green onions, finely chopped
	salt and pepper
	paprika
½ cup	grated tasty cheese

Method:

Preheat oven at 190 °C. Cut pastry with a scone cutter and fit into 6 cm diameter greased patty tins. Beat together eggs and milk and seasoning. Place small amount of bacon and green onion in the base of each pastry case. ¾ fill each pastry case with egg mixture. Sprinkle with cheese and paprika. Place them on Grill Tray in lower shelf position and cook on 190 °C for 20 to 25 minutes or until golden brown.

ROASTED NUTS

Serves: 2 to 4

Ingredients:

1 cup	raw peanuts (with or without skins, and unsalted)
2 teaspoons	salad oil
	salt to taste

Method:

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

LEMON PEPPER CHICKEN WINGS

Serves: 4

Ingredients:

⅓ cup	lemon juice
¼ cup	olive oil
2	cloves garlic, crushed
1 teaspoon	whole grain mustard
2 tablespoons	chopped parsley
1 teaspoon	cracked black peppercorns
16 pieces	chicken wings

Method:

Combine first six ingredients. Place chicken in a flat dish and pour over remaining combined ingredients. Marinate over night or for at least three hours. Arrange marinated chicken on Grill Tray in upper shelf. Cook on Grill 1 for 28-30 minutes, turning once during cooking.

SPINACH AND FILO PIE

Serves: 4 to 6

Ingredients:

1	bunch spinach
250 g	fetta cheese
4	eggs
1 cup	cream
1 tablespoon	flour
½ teaspoon	nutmeg
	ground black pepper
1	clove garlic, crushed
8 sheets	filo pastry
40 g	butter, melted
2 teaspoons	sesame seeds

Method:

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

To Cook by oven:

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

VEGETABLE BAKE

Serves: 4 to 6

Ingredients:

250 g	cauliflower, cut into small pieces
250 g	broccoli, cut into small pieces
3	carrots, sliced
¼ cup	water
½ cup	cottage cheese
1	egg
½ cup	cream
½ teaspoon	lemon pepper
½ teaspoon	seasoned herbs
½ cup	grated tasty cheese

Method:

Place vegetables and water in a 3-litre casserole dish. Cover and cook on 1000 W for 8 to 10 minutes. Drain well. Place remaining ingredients except tasty cheese in a bowl and mix well. Pour over vegetables. Cook on 800 W for 8 to 10 minutes. Sprinkle with tasty cheese. Place on Grill Tray in lower shelf position and cook on Grill 1 for 5 to 10 minutes.

CRUSTLESS CHEESE AND SPINACH PIE

Serves: 4

Ingredients:

1	bunch spinach
6	green onions, thinly sliced
500 g	ricotta
2	eggs
1 tablespoon	plain flour
½ teaspoon	nutmeg
½ cup	grated cheddar
2	tomatoes, sliced (optional)

Method:

1. Wash and trim thick stalks from spinach. Chop leaves roughly. Pile onto a microwave-safe dinner plate and cover with plastic wrap. Microwave on 1000 W for 2 minutes. Set aside to cool slightly.
2. Place green onions into a small bowl cover and cook on 1000 W for 3 minute.
3. Squeeze out excess moisture from cooked spinach. Place ricotta, eggs, spinach, green onions, flour and nutmeg in a large bowl, season to taste and fold with a spatula until well combined.
4. Preheat oven to 200 °C.
5. Lightly grease a round (25 cm) microwave-safe pie dish. Spread mixture evenly into prepared dish and sprinkle with grated cheddar.
6. Place dish on Grill Tray in lower shelf position and cook on 200 °C for 16 to 18 minutes. Remove and stand for 2 minutes before cutting. Serve topped with sliced tomato.

SHEPHERD’S PIE

Serves: 2

Ingredients:

200 g	minced beef (or pork/chicken)
50 g	fresh mushroom (sliced)
80 g	parsley (diced)
150 g	frozen mixed vegetables
100 g	white onion (chopped coarsely)
3	garlic (minced)
1 teaspoon	salt
½ teaspoon	sugar
1 teaspoon	coarse black pepper
a dash	paprika
1½ tablespoon	plain flour
3 tablespoon	water
½ cube	beef stock
1 tablespoon	olive oil or corn oil

Toppings:

1 kg	potato (washed, pierced skin with fork)
100 g	shredded cheddar cheese

Ingredients A:

1½ tablespoon	milk
3 teaspoon	melted butter
½ teaspoon	black pepper
½ teaspoon	salt
½	egg

Method:

1. Cook onion, garlic and oil in a 2 litre microwave proof casserole on 1000 W for 3 minutes. Do not cover with lid.
2. Add beef, salt, sugar and black pepper, cook on 600 W for 2 minutes, uncovered.
3. Add mixed vegetables, mushroom and parsley, cook on 600 W for 2 minutes, covered with lid.
4. Stir in flour mixture, cook on 1000 W for 2 minutes, covered. Leave aside.
5. Cook potato with 3 tablespoon water on 1000 W for 13-15 minutes in a microwave safe casserole, covered with lid, turn over at ½ time.
6. Peel skin, mashed with fork or blend in a food processor.
7. Add ingredients A and mix well, spread ½ of the potato over the cooked beef mixture.
8. Sprinkle ½ of cheese on top, follow by remaining potato.
9. Lastly sprinkle remaining cheese and paprika. Pierce through the pie. Do not press the pie too tight. Place casserole on Grill Tray.
10. Preheat oven at 200 °C till hot.
11. Bake at 200 °C for 30 minutes by lower shelves, till surface is golden brown.

Note: Do not push too hard when spreading the potato mash.

FRENCH FRIES

Serves: 4 to 6

Ingredients:

250 g	frozen fries
sauce:	
Moderate	salt
Moderate	ground pepper
Moderate	ketchup

Method:

1. Put frozen fries directly on Grill Tray. Do not overlap
2. Preheat the oven at 220 °C.
3. Put the tray in the lower shelf position, set for 25-30 miutes and press the Dial to start.
4. Sprinkle with salt and ground pepper, serve with ketchup.

Notes:

1. There is no need to defrost the fries.
2. Adjust cooking time according to different fries.

BAKED CHEESE POTATO

Serves: 4 to 6

Ingredients:

600 g	potatoes (pierce skin or cut slit)
20 g	mozzarella cheese (grated)

Fillings (mix together):

50 g	mozzarella cheese(grated)
20 g	cheddar cheese(grated)
1½ tablespoon	mayonnaise
¼ teaspoon	lemon juice
¼ teaspoon	salt
	a dash black pepper and paprika
	some parsley flakes
30 g	streaky bacon(cooked, chopped finely)

Method:

1. Cook streaky bacon in a microware safe casserole on 1000 W for 1-2 minutes. (stir at ½ time Leave aside.
2. Put potatoes evenly in microwave safe dish, cook on 800 W for 14-15 minutes, turn over halfway.
3. When ready, cut potatoes into 2 halves and scoop out some potato, leaving the shells aside.
4. Mix the potato with fillings, put the mixture into the potato shells.
5. Place mozzarella cheese on the top of potato, followed by paprika.
6. Place potatoes onto Grill Tray, cook on Grill 1 for about 5-6 minutes by upper shelf.

STEAMED SEAFOOD SALAD +

Serves: 4 to 6

Ingredients:

150 g	clam (sand already spitted)
Totally 140 g	shrimp and squid
60 g	broccoli
50 g	cabbage
20 g	carrot
1 tablespoon	Chinese spirits
2-3 twigs	thyme
A: 1½ tablespoon	mayonnaise
1½ tablespoon	original flavored yoghurt
20 g	purple onion (minced)
½ tablespoon	olive oil
Moderate	mashed garlic
Moderate	salt
Moderate	coarsely ground pepper

Method:

1. Remove the heads from the shrimps. Cut open the shrimp with the shells and remove the intestines. Wash thoroughly and wipe dry the water. Cut squid into sizes appropriate for one bite. Divide broccoli into smaller pieces, and cut the cabbage into appropriate sizes. Slice the carrot into ribbon strips with the slicer.
2. Pour water into the tank before cooking. Place 1 in the center of the Grill Tray, and then place the clams around it. Sprinkle on Chinese spirits, place in thyme and then place the Grill Tray in the upper shelf. Select Combi 3 for 10 minutes. Remove to plate after heating, and relish with prepared A.
 - If the clams are not completely open after heating, please heat again with observation.

FISHERMAN SEAFOOD SOUP

Serves: 2 to 4

Ingredients:

- A: 2 piece whitefish meat (80 g each boneless piece)
- 2 shrimp
- 1 piece garlic
- 60 g mushroom (assorted honshimeji, brown swordbelt, flammulina)
- Moderate salt
- Moderate pepper
- 1 tablespoon olive oil
- ½ teaspoon stock powder
- 100 g clam (sand already spitted)
- 1-2 piece lemon (already sliced into half-moon shape)
- 50 g (½) tomato
- 1 teaspoon thyme (dried)

Method:

1. Cut one piece of fish into 4 equal sizes. Remove the shells and intestines from the shrimp. Slice the garlic, cut open the mushrooms into appropriate size. Place A in a bowl, add salt and pepper. Sprinkle with olive oil and stir evenly (leave it standing for 10 minutes for a stronger flavor).
2. Place 1 at the outer side of the Grill Tray, and put the tray in the upper shelf. Select Combi 1 and cook for 12 minutes.
3. Put two cups of boiled water into the Microwave safe casserole, and dissolve the soup stock in the water. Add in clams and lemon, cook on 1000 W for 8 minutes, or until the clams open up, and then flavor with salt and pepper.
4. Serve 2 in a dish, decorated with 1 cm minced tomato and thymes. Place on top the clams and lemon from 3, and pour in the soup.

STEAM EGG WITH DRIED SCALLOP

Serves: 4

Ingredients:

- 3 eggs (beaten and strained)
- 30 g dried scallop (washed, tear and soak for ½- 1hour.
- 280 ml water (inclusive of dried scallop water)
- 3 shallot (sliced)
- 1½ tablespoon oil
- 1 stalk spring onion or Chinese parsley (for garnishing)

Sauce:

- ¼ teaspoon salt
- ¼ teaspoon light soya sauce
- ½ teaspoon sesame oil
- a dash pepper

Method:

1. Cook shallot with 1½ tablespoon oil on 1000 W for 2-3 minutes in a microwave safe casserole, till golden brown. (Stir at ½ time)
2. Mix beaten eggs, scallops ,fried shallot, oil and sauce well, divide them in 3 equal parts, put them in prepared casserole, covered.
3. Fill water tank with water.
4. Put the casserole on Grill Tray in lower shelf position, set steam 1 for 20-21 minutes.
5. When cooking is done, let stand for 10 minutes before garnishing with spring onion and golden brown shallot.

Directions for Cooking Fish and Shellfish



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



For microwave cooking, cover dish with plastic wrap. For Combi 3 cooking, do not add liquid and do not cover. Cook as below chart.

Fish and Shellfish Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Fresh fish fillets	500 g	600 W	5-7 mins	Place in a heat-proof dish and cover on base of oven.
Frozen fish fillets	500 g	1000 W	9-10 mins	
Whole fish	500 g	600 W	5-7 mins	
Prawns	500 g	600 W	5-7 mins	
Mussels	500 g	600 W	5-7 mins	
Squid	500 g	600 W	6-7 mins	Fill the water tank. Place in a heat-proof dish and without cover on base of oven.
Fish thin fillets	250 g	Combi 3	5-7 mins	

SOY & HONEY SALMON

Serves: 4

Ingredients:

- 4 salmon fillets, each 100 to 150 g

Marinade

- 15 ml honey
- 30 ml dark soy sauce
- 15 ml sherry
- 1 garlic clove, crushed
- 5 ml fresh root ginger, grated

Method:

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

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

SALMON IN TERIYAKI

Serves: 4

Ingredients:

- 300 g salmon fillets, cut slit or pierce fillets with fork
- 80 g fresh mushroom, sliced
- 2 tablespoon teriyaki sauce
- ½ tablespoon oyster sauce
- 40 g garlic, minced
- 10 g ginger, shredded
- ¼ teaspoon black pepper
- 3 tablespoon oil
- 1 stalk chinese parsley, for garnishing

Method:

1. Cook garlic with oil in a bowl, on 1000 W for about 2 to 2½ minutes in a microwave safe casserole, do not cover with lid (stir-in-between).
2. Mix half garlic oil, teriyaki sauce, oyster sauce and black pepper together.
3. Put salmon on the dish on Grill Tray in lower shelf position, place mushroom and ginger on top of salmon, follow by teriyaki mixture, cook on Combi 3 for 10 minutes, do not cover. When ready serve with remaining garlic and chinese parsley.

SALMON PÂTÉ

Makes: 2½ cups

Ingredients:

- 1 tablespoon butter
- 3 green onions, sliced
- 1 tablespoon plain flour
- 1 teaspoon French mustard
- salt and pepper
- ½ cup sour cream
- ¼ cup mayonnaise
- ¼ cup white wine
- 1 tablespoon lemon juice
- 440 g can salmon, drained and bones removed
- 1 tablespoon gelatine
- ¼ cup water

Method:

Place butter and green onions in a 1-litre casserole dish. Cook on 1000 W for 2 to 3 minutes. Add flour, mustard, salt and pepper. Stir and cook on 1000 W for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor. Place gelatine and water in small dish and cook on 1000 W for 20 to 30 seconds. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2½ cup mould and refrigerate until set.

LEMON PEPPER FISH

Serves: 2

Ingredients:

- 500 g fish fillets
- ¼ cup lemon juice
- 1 teaspoon cracked black (ground) pepper

Method:

In a 1-litre dish place all ingredients. put the dish on Grill Tray in lower shelf position, select Combi 1 for 18 minutes, add steam shot 3 minutes at ¾ time through cooking. Stand for 3 minutes.

SEAFOOD MARINARA

Serves: 4

Ingredients:

- 250 g scallops
- 250 g prawns, shelled and deveined
- 1 squid, (approx. 275 g) cleaned and sliced
- 2 tablespoons butter
- 1 clove garlic, crushed
- 2 tomatoes, peeled and chopped
- 1 tablespoon tomato paste
- ¼ cup white wine
- 1 tablespoon basil, chopped
- pepper
- chopped parsley

Method:

Place cleaned seafood into a 2-litre dish. Set aside. Place butter and garlic in a 1-litre dish. Cook on 1000 W for 1 minute. Add remaining ingredients except seafood to dish 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 pasta or salad.

PORTUGUESE BAKED CURRY

Serves: 4

Ingredients:

- 60 g chicken leg
- 60 g shrimp
- 160 g (4 pieces) scallop
- 20 g onion
- 20 g ham
- 20 g mushroom
- 30 g green beans
- A: Moderate fish sauce
- Moderate salt
- Moderate pepper
- B: 60 g butter
- 2 teaspoon curry powder
- C: 120 g white sauce (can)
- 4 tablespoon coconut milk (or milk)
- Moderate salt

Method:

1. Cut chicken, shrimp into 5 mm cubes, and flavor with scallop and A. Cut onions, ham, mushroom in 8 mm cubes.
2. Other than scallops, put all other ingredients into the casserole. Mix in with B, and then put into the center of the oven with lid. Cook on 600 W for 1½-2 minutes. Take it out after heated, and then stir evenly with C.
3. In the 10 cm diameter of two casseroles , place in each 1 scallop, and pour in 2. Place them in the center of the Grill Tray, and put the tray in the lower shelf. Select Combi 1 and cook for 16-17 minutes.

OYSTERS KILPATRICK

Serves: 2

Ingredients:

- 8 oysters in shell, opened
- 2 teaspoons lemon juice
- 2 teaspoons worcestershire sauce
- salt and pepper
- 50 g bacon, finely chopped

Method:

Place oysters in shell on Grill Tray. Sprinkle each oyster with lemon juice and sauce. Season with salt and pepper. Sprinkle bacon over each oyster. Place the Grill Tray in upper shelf and cook on Grill 1 for 12-14 minutes. Tip: Serve with triangles of buttered brown bread.

SMOKED FISH

Serves: 2 to 4

Ingredients:

- 2 medium sized smoked fish fillets (approx. 500 g)
- 1 tablespoon butter, melted
- freshly ground black pepper

Method:

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

SPICED WHOLE BREAM

Serves: 2

Ingredients:

- 600 g whole bream
- 1 clove garlic
- 3 stalks coriander
- 1 red birds eye chilli
- 1 tablespoon freshly chopped ginger
- 1 tablespoon lime juice
- 2 teaspoons fish sauce
- 2 teaspoons brown sugar
- 2 green onions, sliced

Method:

Clean and scale fish and set aside. Process remaining ingredients in a food processor to form a paste. Rub the spice paste into the fish and place them in a microwave-safe dish. Fill water tank before cooking and cook on Combi 3 for 15 minutes.

GARLIC PRAWNS

Serves: 2

Ingredients:

- 60 g butter
- 1 teaspoon minced garlic
- 1 tablespoon lemon juice
- 1 tablespoon parsley, chopped
- 500 g green prawns, shelled and deveined

Method:

Place butter and garlic in a 20 cm round dish and cook on 1000 W for 1 minute. Add lemon juice, parsley, and prawns. Cover and cook on 600 W for 3 minutes, stir. Cook on 600 W for 3 minutes. Serve in individual ramekins.

SALMON STEAMED WITH VANILLA

Serves: 2

Ingredients:

- 3 pieces salmon fish (fishbone removed, approximately 80 g per piece)
- 1 twig thyme
- 1 twig parsley
- A: 1 tablespoon Chinese spirits
- 1 teaspoon olive oil
- ½ teaspoon salt
- Moderate pepper, mashed garlic
- 20 g sweet pepper (red)
- 20 g sweet pepper (yellow)
- 3 sticks baby corn
- Moderate salt

Method:

1. Rip thyme and parsley, then sprinkle on salmon together with A and set aside.
2. Cut sweet pepper into thin slices, cut baby corn into halves, and then sprinkle on salt.
3. Pour water into the tank before cooking. Place salmon onto casserole with a diameter of approximately 23 cm, with the fish skin facing upwards, place in 2 while avoiding overlapping with salmon. Place the casserole onto the Grill Tray, and then place the Grill Tray in the upper shelf. Select steam 1 for 8 minutes, then select Combi 3 for 3 minutes.

STEAMED WHITEFISH WITH MUSHROOM



Serves 4

Ingredients:

2 pieces	Whitefish (fishbone piece)
Assorted 60 g	hon shimeji mushroom, enoki mushroom
Moderate	salt, pepper
1 tablespoon	cooking wine
Moderate	honewort
Moderate	olive oil
2 sheets	baking paper (30 x 30 cm)

Ingredients

1. Season fish with salt and pepper. Cut open hon shimeji mushroom and enoki mushroom.
2. Place the fish separately on the 2 sheets of baking paper, with fish skin facing upwards. Place 2 equal parts of hon shimeji mushroom and enoki mushroom around each, sprinkle on cooking wine and wrap up.
3. Pour water into the tank before cooking. Place onto the Grill Tray, and then place the Grill Tray in lower shelf. Select Combi 3 for 10 minutes.
4. Remove to plate after heating, relish with honewort, and sprinkle on sour citrus vinegar according to individual preference.

BACON ROLL WITH ASPARAGUS AND



Serves: 4

Ingredients:

10 (250 g)	Shrimps
5 slices	Bacon
20 strips	Asparagus
2 slices	Cheese
Seasonings:	
Moderate	Salt
Moderate	Fish sauce
1 tablespoon	Garlic (chopped)
Moderate	Black pepper

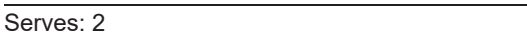
Method:

1. Devein and peel off head of shrimp, tail intact, cut a small groove along the back of the shrimp, lift out and gently scrape away the dark tract. Clean and pat dry. Cut asparagus in chunks, ginger chopped and cheese in 10 thin strips.
2. Marinate shrimps with salt, fish sauce and garlic, for 20 minutes
3. Put marinated shrimp on halved bacon, then asparagus, cheese, leaving the shrimp tails beyond and remaining parts enveloped by bacon roll and fix with toothpick.
4. Fill water tank.
5. Select "Oven." and preheat at 200 °C.
6. After preheating, put Grill Tray in the lower shelf position, set for 25-26 minutes to begin cooking, add steam shot for 3 minutes at 2/3 time through cooking.

Serving tips:

1. Alternatively, replace asparagus with wild rice stem, crowndaisy chrysanthemum or mushroom to personal preference.
2. Preferably place seam side down.

ROAST WHITE FISH WITH VEGETABLES



Serves: 2

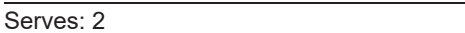
Ingredients:

A:200 g	Cod fish (sliced)
taste	Salt & Black pepper
1 strip	Rosemary (chopped)
2 teaspoon	Olive oil
1 teaspoon	Fish sauce
1 teaspoon	Lemon juice
B:40 g	Sweet chili (chunks)
80 g	Pumpkin (sliced)
80 g	Abalone mushrooms (length-ways halved)
4	Sword bean
1 teaspoon	Olive oil
taste	Salt & Black pepper
C:2 tablespoon	Grape vinegar
2 teaspoon	Light soy sauce
2 teaspoon	Granulated sugar
10 g	Butter

Method:

1. Marinate fish with A, pat dry.
2. Season B with salt, black pepper and olive oil, set aside.
3. Preheat the oven at 200 °C, put B orderly on Grill Tray, top with cod fish.
4. put Grill Tray in lower shelf position, set for 35 minutes, press the Dial to start.
5. Heat C with butter, mix well, to make black pepper sauce.
6. To serve, drizzle with black pepper sauce.

MAYONNAISE SHRIMP BALLS



Serves: 2

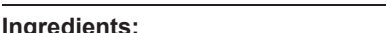
Ingredients:

300 g (24 pieces)	shrimp
A: 1 teaspoon	hard liquor (or Chinese spirits)
Moderate	salt
Moderate	pepper
2 tablespoon	corn starch
40 g	vegetable oil
B: 6 tablespoon	mayonnaise
1 tablespoon	ketchup
1 teaspoon	custer sugar
Moderate	cashew

Method:

1. Cut open the shrimps with shells and remove the intestines. Wash thoroughly and wipe dry the water. Add A, corn starch, and vegetable oil for flavor in order.
2. Lay out 1 in the center of the Grill Tray, and put the tray onto the upper shelf. Select Combi 1, and cook for 9-10 minutes.
3. Mix B in the bowl, add 2 and stir evenly. Before serving, sprinkle with roughly-grinded cashews.

VANILLA SHRIMP GRILL



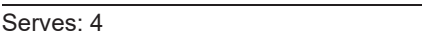
Ingredients:

320 g (15 pieces)	shrimp
A: Moderate	assorted vanilla
1 piece	rosemary
2 tablespoon	olive oil
Moderate	salt
Moderate	pepper
2 pieces	garlic

Method:

1. 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, sliced garlic, and stir evenly (leave it standing for 15 minutes for a stronger flavor).
2. Put the Grill Tray in the upper shelf. Select Combi 1 and cook for 9-10 minutes, add steam shot 1 minute halfway through cooking.

BAKED COD AND POTATO



Serves: 4

Ingredients:

8 pieces	boneless cod (40 g each piece)
Moderate	salt
Moderate	pepper
300 g (1 piece)	potato
½ small piece	onion
1 piece	garlic
A: 30 g	butter
1 tablespoon	thyme (dried)
Moderate	salt
Moderate	pepper
50 ml	milk (room temperature)
Moderate	cheese powder
50 g	mozzarella cheese

Method:

1. Cut open the cod skin, sprinkle with salt and pepper.
2. Cut the potato into slices of 2-3 mm thick, also cut the onion and garlic into thin slices.
3. Put 2 and A onto the baking tray, wrapped in a plastic wrap, put at the center of the oven. Cook on 600 W for 7 minutes.
4. After heated, add milk in 3, and put on the cod with skin side down. Sprinkle with cheese powder, put into the center of the tray, put the tray in the lower shelf, select Combi 1, and cook for 11-12 minutes.

ORANGE WHITEFISH SALAD 🍷 + 🥗

Serves: 4

Ingredients

12 pieces	whitefish (25 g each boneless piece)
400 g (2 pieces)	orange
A: Moderate	mint
2 tablespoon	olive oil
B: 2 teaspoon	lemon juice
Moderate	salt
Moderate	pepper
2 tablespoon	olive oil
Moderate	mint
120 g	salad vegetables (salad, water cabbage, etc.)
Moderate	salt
Moderate	pepper

Method:

- After slightly mashing the orange peel, extract the peel for later use. Hold aside about 4 tablespoon of orange juice for later use. Prepare 6 thin slices of orange pieces without peels on a dish.
- Drip the fish with some mashed peel and juice from A and 1 (leave it standing for 15 minutes for a stronger flavor). Place the fish with the skin side up on the Grill Tray, and put the tray in the upper shelf. Select Combi 1 and cook for 14-16 minutes.
- Put the remaining juice and B into a bowl, stir evenly with an eggbeater while adding olive oil in small amounts. Add the mashed orange peel and mint to make the salad dressing.
- Put salad vegetables into another bowl, sprinkle with salt and pepper. After evenly stirred, add half of the 3. Place on the dish the salad, fish from 2, fruit from 1, and drip with the remaining 3.

STEAMED MUSSELS WITH GARLIC 🍷 + 🥗

Serves: 2

Ingredients:

32 oz.	mussels, weight in shells
2 tablespoon	olive oil
1	onion, finely chopped
2	cloves garlic, crushed
¾ cup	dry white wine
1	bunch flat-leaf parsley, finely chopped

Method:

Scrub mussels and pull off any beards, discarding any broken or open shells. Place oil, onion and garlic in a heat-proof dish, cover with pierced plastic wrap. Place on the bottom of the oven and cook at 1000 W for 2 minutes. Add wine and mussels, cook at 600 W for 2 to 3 minutes. Fill water tank. Cook on Combi 3 for 13 to 15 minutes. Discard any unopened shells. Add the parsley and stir before serving.

STEAMED MUSSELS WITH LEMONGRASS, LIME AND COCONUT MILK 🍷

Serves: 2

Ingredients:

1 tablespoon	vegetable oil
½ onion	finely chopped
2	cloves garlic, crushed
2	red chilies, finely chopped
1	lemon-grass, sliced
32 oz.	mussels, scrubbed and beards pulled off, discard any broken or open shells
1	lime, juice of
2 tablespoons	fish sauce
1 cup	coconut milk
2	kaffir lime leaves
½	bunch Thai basil, leaves only
½	bunch coriander, leaves only

Method:

Drizzle a little vegetable oil in the casserole dish. Add the onion, garlic, chili and lemon-grass. Place on the bottom of the oven and cook at 1000 W for 4 to 5 minutes. Add the rest of the ingredients. Fill water tank. Cook on Steam 1 for 30 minutes, then serve immediately.

Notes:

Ensure you buy oysters that are fresh and edible. Most closed oysters are alive. Lightly tap any open shells—a live oyster will immediately snap shut. Oysters that give off a strong fishy smell are dead.

Directions for Cooking Whole Poultry by Microwave

Cooking

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



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



If the poultry is not cooked enough return it to the oven and cook a few more minutes
DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.
If a large amount of juice accumulates in the bottom of the baking dish occasionally drain it. If desired, reserve for making gravy.
Less-tender birds should be cooked in liquid such as soup or broth. Use ¼ cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that bird does not touch the lid.



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



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



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

Directions for Cooking Poultry by Combination

Wash poultry and pat dry. Season poultry as desired. Whole poultry may be roasted stuffed or unstuffed.

Whole Roasting Chickens (1.0 kg to 2.8 kg): Place chicken on Grill Tray. Shield drumsticks with a strip of foil for the first 30 minutes of cooking. (Foil should not touch rack or oven walls, as arcing may occur.)

Whole Duck (1.5 kg to 2.5 kg): Pierce skin at 2 cm intervals with a fork to allow fat to drain from duck. Place duck on Grill Tray.



Whole Turkey (2 kg to 6 kg): Place turkey on Grill Tray. Halfway through cooking, shield tops of drumsticks with a strip of foil. (Foil should not touch oven walls, as arcing may occur.)

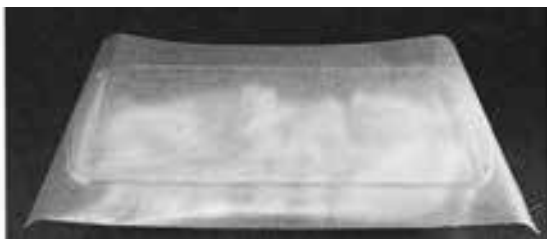
After cooking allow to stand, covered, for 10 minutes. This stand time allows for easier carving and finishes cooking. During stand time test for desired cooking. Small poultry is cooked when juices run clear and the drumsticks readily move up and down. Large poultry should be checked with a meat thermometer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

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

Directions for Cooking Poultry Pieces



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



For microwave cooking, cover dish with plastic wrap. For Combi 3 cooking, do not add liquid and do not cover.

Poultry Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Chicken breasts (boneless and skinless)	250 g	STEAM 1	30 mins	Fill the water tank. Place on Grill Tray in upper shelf position.
Chicken legs	1.0 kg	Grill 1	30 mins	Place on Grill Tray in lower shelf position. Turn halfway.
Whole chicken	per 500 g	190 °C	30-35 mins	Preheat the oven. Place chicken on Grill Tray in lower shelf position. Turn halfway.
Duck breast (fillets)	400 g	200 °C	40 mins	Preheat oven. Prick the skin and place on Grill Tray in lower shelf position.
Whole duck	per 500 g	190 °C	27-30 mins	Preheat the oven. Place duck on Grill Tray in lower shelf position. Turn halfway.
Turkey breasts (boneless and skinless)	350 g	STEAM 1	30 mins	Fill the water tank. Place on Grill Tray in upper shelf position.

GREEN PEPPER CHICKEN

Serves: 4

Ingredients:

20 g	butter
500 g	chicken breast fillets, sliced
2 tablespoons	green pepper corns
1 teaspoon	chicken stock powder
1 tablespoon	seeded mustard
2 tablespoons	lemon juice
½ cup	cream

Method:

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

CHICKEN CACCIATORE +

Serves: 4

Ingredients:

1 kg	chicken drumsticks
400 g	can tomatoes, diced
¼ cup	tomato paste
1 teaspoon	minced garlic
1	onion, sliced
2 teaspoons	dried oregano
¼	red capsicum, sliced

Method:

In a 3-litre dish mix all the ingredients. Cover and cook on Combi 1 for 15-20 minutes. Stir, uncover and cook for a further 15 minutes.

ROAST HERB CHICKEN +

Serves: 4

Ingredients:

1.5 kg	chicken
60 g	butter
1 tablespoon	chopped rosemary
1 tablespoon	parsley

Method:

Place butter in a 2 cup jug. Cook on 800 W for 40 seconds. Add rosemary and parsley. Tie legs of chicken together with string. Brush with butter mixture. Place breast side down on rack with a saucer underneath to catch drips. Set Combi 1 for 25 minutes. Turn over. Set Combi 1 for 20-25 minutes.

ITALIAN CHICKEN CASSEROLE +

Serves: 4 to 6

Ingredients:

1 tablespoon	oil
1 clove	garlic, crushed
1.2 kg	chicken pieces
250 g	baby onions
	peeled and left whole
400 g	can tomatoes
¼ cup	tomato paste
½ teaspoon	marjoram
½ teaspoon	oregano
100 g	button mushrooms
20	black olives
2 tablespoons	chopped parsley
	salt and pepper

Method:

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

To Cook by Combination:

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

COQ AU VIN +

Serves: 4 to 6

Ingredients:

12	pickling onions
4	slices streaky bacon, rinds removed, bacon chopped
	chicken pieces
1.2 kg	button mushrooms, washed and dried
125 g	hot chicken stock
¾ cup	red wine
¼ cup	cloves garlic, crushed
2	butter, cut into pieces
20 g	mixed herbs
1 teaspoon	freshly ground black pepper

Method:

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

To Cook by Combination:

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

PARMESAN CRUSTED CHICKEN

Serves: 4

Ingredients:

1 kg	chicken breast fillets
40 g	butter
2	cloves garlic, crushed
1 cup	fresh breadcrumbs
¼ cup	chopped parsley
½ cup	grated fresh Parmesan cheese

Method:

Trim chicken fillets and place in a single layer onto Grill Tray. Set aside. Place butter into a small dish and melt on 600 W for 1 minute. Preheat oven to 200 °C. Brush butter over chicken fillets and sprinkle with combined remaining ingredients put Grill Tray in lower shelf position. Cook at 200 °C for 35 minutes or until cooked through and golden brown.

CHICKEN PIE

Serves: 4 to 6

Ingredients:

500 g	chicken thigh fillets, diced
60 g	butter
1	onion, chopped
100 g	mushrooms, sliced
¼ cup	flour
1 cup	milk
1 teaspoon	mixed herbs
1 teaspoon	French mustard
	pepper to taste
½ cup	grated Swiss cheese
2	sheets ready rolled puff pastry

Method:

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

To Cook by Oven:

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

ROAST CHICKEN IN SPINACH

Ingredients:

1 kg	chicken (cut open from breast, cut slit at the thigh area)
	spinach
400 g	

Sauce:

40 g	garlic
15 g	oregano leaves
30 ml	lemon juice
30 ml	vegetable oil
30 g	oyster sauce
1 teaspoon	sesame oil
1 teaspoon	salt
½ tablespoon	dark soya sauce
2 teaspoons	coarse black pepper

Method:

To Make Sauce:

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

Seasoned chicken with sauce for about 2-3 hours. Leave aside. Place chicken in an oven proof plate, put on Grill Tray. Preheat oven at 210 °C till hot. Bake chicken at 210 °C for about 50-55 minutes in lower shelf. (turn over at ½ time)

Remove chicken from dish, next add spinach into the chicken sauce, cook on 1000 W for 2-3 minutes. (stir at ½ time). Serve the chicken with the spinach.

STUFFED ROAST CHICKEN

Serves: 4 to 6

Ingredients:

1.5 kg	chicken
2 tablespoons	melted butter
	salt and pepper

Stuffing:

1 tablespoon	butter
1	small onion, finely chopped
2 rashers	bacon, rind removed and bacon finely chopped
	parsley, finely chopped
1 tablespoon	mixed herbs
1 teaspoon	cooked rice
1½ cups	
1	egg
	salt and pepper

Method:

Clean and pat dry chicken with paper towel. Brush chicken with melted butter. Season chicken. Set aside.

To prepare stuffing, melt butter in a 1-litre casserole dish on 1000 W for 30 seconds. Add onion and bacon and cook on 1000 W for 2 minutes. Add all remaining ingredients and mix well. Place stuffing into chicken. Secure opening with tooth picks. Tie legs together with string. Place chicken breast side down on a saucer up side down in a microwaveable pyrex dish.

To Cook by Combination:

Prepare chicken with stuffing as above. Cook on Combi 1 for 40 minutes. Turn over halfway through cooking.

CHINESE CHICKEN WINGS

Makes: 16

Ingredients:

16	chicken wings
½ cup	bottled teriyaki sauce
2 tablespoons	tomato sauce
1 tablespoon	worcestershire sauce
1	clove garlic, crushed
2 tablespoons	honey

Method:

Place chicken wings in a 12-cup heat-proof dish. Add all remaining ingredients. Stir well. Cover and leave to marinate overnight. Remove marinade and put the chicken wings on the Grill Tray in the upper shelf position. Cook on Grill 1 for 17-19 minutes, turning once after 10-12 minutes. Stir halfway through cooking.

SPICY CHICKEN WINGS

Serves: 4

Ingredients:

18 oz.	chicken wings
A	
2 tablespoons	cooking wine
1 tablespoon	cornstarch
2 teaspoons	ginger, crushed
4 teaspoons	oil
pinch	white pepper, salt
B	
1	onion, chopped
1½ tablespoons	dried red chili
2 teaspoons	oil

Method:

Wash the chicken wings, pierce them with a fork several times and drain. Mix with A and marinate for 20 minutes. Place prepared chicken wings on Grill Tray lined with aluminium foil in the lower shelf position with skin side down. Cook on 200 °C for 30 minutes, then cook on Grill 1 for a further 5 minutes, turn over halfway through cooking. Put B into a microwave-safe dish, cook at 1000 W for 2 to 2½ minutes. After cooking, stir in chicken wings and serve.

MARINATED CHICKEN BREAST WITH BROCCOLINI

Serves: 4 to 5

Ingredients:

4	chicken breast fillets
9 oz.	broccolini

Marinade:

3 tablespoons	fish sauce
3 tablespoons	sake
3 tablespoons	mirin
2 teaspoons	sugar
	juice of 1 lime

Method:

Mix all the marinade ingredients together. Place the chicken in a heat-proof shallow dish and pour the marinade over the chicken. Marinate for 4 hours or overnight. Fill water tank. Place the chicken and marinade in its dish on Grill Tray in the lower shelf position. Cook on Combi 3 for 35 minutes or until the chicken is cooked. Place the broccoli on top of the chicken 5 minutes before the end of the cooking time. Refill water tank if necessary. To serve, place the chicken and broccoli on a plate. Pour sauce over the chicken and broccoli.

PEPPER AND SESAME FRIED NUGGETS



Serves: 6

Ingredients:

- | | |
|------------------|---------------|
| 400 g (2 pieces) | chicken leg |
| 7 tablespoon | corn starch |
| 3 tablespoon | cooked sesame |
| A: 1 tablespoon | cooking wine |
| 1 tablespoon | soy sauce |
| 30 g | beaten egg |
| ⅔ tablespoon | salt |
| Moderate | pepper |

Method:

1. The thickness of the chicken must be even, and cut into 4 cm blocks (approximately 30 g each). Put into the container with A, stir evenly (leave it standing for 10 minutes for a stronger flavor). Put corn starch and meat into the bowl, rub thoroughly until there is no powder left.
2. Sprinkle sautéed sesame in 1. Place onto the Grill Tray with the skin side up, and put the tray in the upper shelf. Choose Combi 1 and cook for 11-12 minutes.

HONEY SESAME DRUMSTICKS + +

Serves: 4

Ingredients:

- | | |
|---------------|--------------------|
| 8 (1 kg) | chicken drumsticks |
| 1 teaspoon | chopped garlic |
| 1 teaspoon | chopped ginger |
| ¼ cup | soy sauce |
| ¼ cup | honey |
| 2 tablespoons | sesame seeds |

Method:

Marinate chicken in remaining ingredients for 2 hours. Drain from marinade and arrange on Grill Tray in the lower shelf. Cook on Combi 1 for 15-17 minutes, turn and cook on Combi 5 for 10-12 minutes.

PEANUT SATAY

Serves: 4

Ingredients:

- | | |
|-------|---|
| 750 g | boneless chicken, (cut into 2.5 cm cubes) |
|-------|---|

Marinade:

- | | |
|--------------|-----------------------|
| ½ teaspoon | caraway seeds |
| 1 teaspoon | ground coriander |
| 1 | clove garlic, crushed |
| 1 tablespoon | brown sugar |
| 1 tablespoon | soy sauce |
| 1 tablespoon | lemon juice |
| 1 tablespoon | pinch salt |
| | bamboo skewers |

Satay Sauce:

- | | |
|------------|---|
| 3 | red chillies, seeded and finely chopped |
| 2 | cloves garlic, crushed |
| 1 cm | piece ginger, grated |
| 1 teaspoon | salt |
| ½ cup | peanut butter |
| 1 cup | water |
| ¼ cup | sultanas |
| ¼ cup | raisins |
| ½ cup | vinegar |
| ½ cup | sugar |
| ½ cup | peanuts |
| ¼ cup | chutney (optional) |

Method:

Combine all marinade ingredients in a bowl with chicken meat and marinate for at least 2 to 3 hours. Combine all sauce ingredients in a 6-cup jug and cook on 1000 W for 8 to 10 minutes, stirring halfway through cooking. Puree sauce in a blender or food processor. Set aside. Thread chicken meat onto bamboo skewers and place on Grill Tray in the upper shelf. Cook on Grill 1 for 18 minutes, turning over, and then cook on Grill 1 for 9 minutes further of until cooked. Serve with satay sauce.

Tip: To reheat sauce: Cook on 1000 W for 1 to 2 minutes.

FRIED CHICKEN

Makes: 16

Ingredients:

- | | |
|-------------------|---------------|
| 12 pieces (400 g) | Chicken wings |
| 1 | Egg |
| 70 g | Bread flour |
| 35 g | Corn starch |

Seasonings:

- | | |
|--------------|-------------------|
| 2 tablespoon | Oil |
| taste | Fish sauce |
| taste | Salt |
| taste | Light soy sauce |
| taste | Chinese 5 - spice |

Method:

1. Marinate chicken wings with salt, light soy sauce, fish sauce, and Chinese 5 - spice for at least half an hour.
2. Stir in drop of oil with bread flour.
3. Coat marinated chicken wings with a thin layer of corn starch, and soak completely in beaten eggs, then wrapped in seasoned bread flour with an even space.
4. Preheat the oven at 220 °C.
5. After preheating, place Grill Tray in the lower shelf position, set for 15-17 minutes to begin cooking.

GINGER DUCK

Serves: 2 to 4

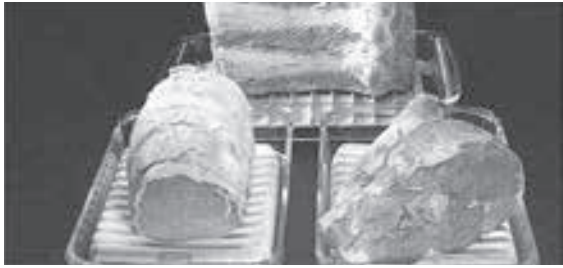
Ingredients:

- | | |
|---------------|--|
| 1 tablespoon | com flour |
| 2 tablespoon | water |
| A: 80 g | young ginger, sliced |
| 30 g | soya bean paste |
| 10 g | garlic, chopped |
| 2 tablespoon | cooking oil |
| B: 500 g | duck pieces (remove 1 cup water) |
| 1½ tablespoon | dark soya sauce sugar, salt, pepper to taste |

Method:

1. Stir fry ingredients A in a casserole, uncovered on 1000 W for 3-4 minutes.
2. Add ingredients B mix well, cook covered on 1000 W for 8 minutes.
3. Stir in corn flour mixture. Continue to cook duck on 440 W for 35-40 minutes.

Directions for Cooking Tender Cuts of Meat by Microwave

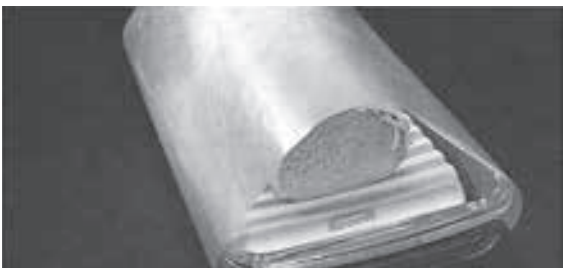


For best results, select roasts that are uniform in shape. Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts.



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

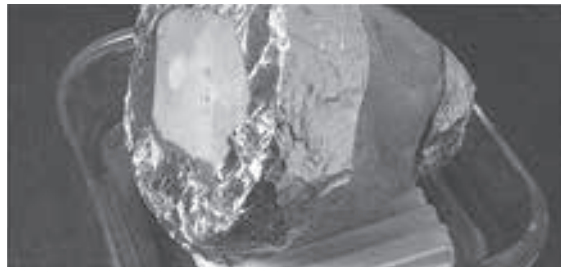
The shank, thin ends of boneless roasts should also be shielded.



Loosely cover baking dish with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy.



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



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



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

Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use ½ to 1 cup of soup, broth, etc per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.



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



Directions for Cooking Meats by Combination

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

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

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

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

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

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

Meat Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Lamb joint - medium - well done	Maximum weight 1.5 kg	180 °C	20 mins per 500 g plus 20-25 minutes 20 mins per 500 g plus 25-30 minutes	Preheat oven. Cook on Grill Tray in lower shelf position. Turn halfway. Wrap in foil and allow to stand for 10 mins after cook- ing.
Lamb chops - medium - well done	400 g (4) 400 g (4)	Grill 1	15 mins 16-18 mins	Place on Grill Tray in upper shelf position. Turn halfway.
Beef joint - rare - medium - well done		220 °C	20 mins per 500 g plus 10-15 mins 20 mins per 500 g plus 20-25 mins 20 mins per 500 g plus 30-35 mins	Preheat oven. Place on Grill Tray in lower shelf position. Turn halfway.
Beef burgers	227 g	Grill 1	15 mins	Place on Grill Tray in upper shelf position. Turn halfway
Steak - medium - well done	150 g 150 g	Grill 1	7-8 mins 9-10 mins	Place on Grill Tray in upper shelf position. Turn halfway
Pork joint	Max weight 1.5 kg	220 °C then 190 °C	30 mins per 500 g plus 60 mins	Preheat oven. Place joint on Grill Tray in lower shelf position. Turn halfway. Leave for 10 mins after cooking and before carv- ing.
Bacon rashers	300 g (8)	Grill 1	8 mins	Place on Grill Tray in upper shelf position,

RACK OF LAMB

Serves: 4

Ingredients:

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

Method:

Score rack of lamb and insert slices of garlic under skin. Place lamb fat side down on Grill Tray in the lower shelf position. Sprinkle with rosemary. Cook on 200 °C for 35 to 45 minutes. Stand for 5 minutes before serving.

SEASONED ROAST LAMB +

Serves: 4 to 6

Ingredients:

2 kg lamb leg
1 tablespoon seeded mustard
1 tablespoon rosemary

Method:

Place lamb on the Grill Tray in the lower shelf position. Brush with mustard and sprinkle with rosemary. Cook on Combi 1 for 20 minutes cook on 180 °C for 80 minutes, add steam shot 3 minutes at half time. Turn over twice during cooking. Cook on Combi 1 for 10 minutes further. Set timer for 10 minutes and allow to stand.

ROSEMARY AND LAMB KEBABS +

Serves: 4

Ingredients:

500 g lamb back strap
¼ cup lemon juice
1 tablespoon olive oil
1 clove garlic, crushed
1 tablespoon rosemary leaves
½ teaspoon ground cumin
½ teaspoon ground cardamom

Method:

Trim and cut lamb into 3 cm cubes. Combine all remaining ingredients in a medium sized bowl. Add lamb, cover and marinate for 2 hours. Thread lamb cubes onto bamboo skewers. Place skewers on the Grill Tray and cook on Combi 1 for 10-12 minutes, then Grill 1 for 3-5 minutes turning halfway through cooking.

ROAST BEEF + +

Serves: 6

Ingredients:

2 kg roast beef
seasoned flour

Method:

Place beef on Grill Tray. Sprinkle beef with seasoned Flour. Preheat oven at 150 °C after preheat, place the Grill Tray in the lower shelf position, cook on 150 °C for 2 hours and 30 minutes.

MINI MEATBALLS

Serves: 4

Ingredients:

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

Sauce:

½ cup pineapple pieces, reserve juice
½ cup brown sugar
1 tablespoon cornflour
½ cup beef stock
¼ cup vinegar
2 teaspoons soy sauce

Method:

Place mince, onion, garlic, breadcrumbs, tomato sauce and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls. Place half of balls onto a paper towel lined dinner plate evenly spread. Cook on 600 W for 6 to 8 minutes, turning halfway through cooking. Set aside. Repeat with remaining mixture.

Sweet and Sour Sauce:

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

PEPPER POT BEEF

Serves: 4 to 6

Ingredients:

- 1 teaspoon minced garlic
- 1 red capsicum cubed
- 400 g can tomatoes
- 500 g cubed beef
- ¼ cup tomato paste
- 1 tablespoon Worcestershire sauce
- 1 tablespoon cracked pepper

Method:

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

To Cook by Microwave:

Cook on 800 W for 35 to 40 minutes or until meat is tender. Stirring regularly. Serve with steamed rice.

To Cook by Combination:

Prepare as above. Cover and cook on Combi 2 for 25-30 minutes or until beef is tender.

ITALIAN SAUSAGE AND PEPPER CASSEROLE



Serves: 4

Ingredients:

- 4 cups boiling water
- 250 g pasta shapes
- 500 g Italian sausages or chipolatas
- 2 large onions, diced
- 2 green capsicums, diced
- 410 g tomato purée
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 clove garlic, crushed
- 1 teaspoon Italian herbs
- ⅓ cup Parmesan cheese

Method:

Place water in a 4-litre casserole dish. Add pasta and cook on 1000 W for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Place sausages in a 3-litre casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Drain, slice into 3 cm pieces. Set aside. Place onion and capsicum in a large casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Stir in pasta, sliced sausages, tomato purée, salt and pepper, herbs and half the Parmesan cheese. Cover and cook on Combi 2 for 20 minutes. Remove lid, stir, sprinkle over remaining Parmesan cheese. Cook as above for a further 15 minutes.

FRENCH ONION BEEF CASSEROLE

Serves: 4

Ingredients:

- 1 onion, chopped
- 1 teaspoon minced garlic
- 200 g diced potatoes
- 600 g beef, diced
- 2 carrots, diced
- ⅓ cup tomato paste
- 1½ cups beef stock
- 100 g whole button mushroom
- ¼ cup frozen peas

Method:

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

BARBECUED SPARE RIBS

Serves: 4

Ingredients:

- 1 kg pork spare ribs
- ¾ cup fruit chutney
- ½ cup tomato sauce
- 1 tablespoon soy sauce
- 1 tablespoon Worcestershire sauce

Method:

Place all ingredients into a large pyrex bowl and mix well. Allow the spare ribs to marinate for several hours or overnight. Place spare ribs on Grill Tray in lower shelf position and cook on Combi 1 for 28 to 35 minutes. Set steam shot for 3 minutes at halfway through cooking. Serve with rice.

SOUR PLUM PORK RIB

Ingredients:

- 250 g pork rib (cut into pieces, pierce meat with fork)

Sauce:

- 1 tablespoon oil
- 8 pieces sour plum
- 1 tablespoon wine or Hua Teow chiew
- 2 tablespoons sour plum powder
- 1 tablespoon cornflour
- ¼ teaspoon coarse black pepper
- 3 tablespoons water

Method:

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

STICKY RIBS

Serves: 4

Ingredients:

- 25 oz. pork spare ribs
- 1½ cups water
- For the glaze
- 5 oz. orange marmalade preferably shredless or finely shred
- 1 oz. dark muscovado sugar
- ½ cup fresh orange juice
- 2-inch piece fresh ginger root, peeled and coarsely grated
- 5 tablespoons tomato ketchup
- 2 tablespoons white wine vinegar

Method:

Place the ribs in a single layer in a heat-proof dish with the water. Cover with pierced plastic wrap and place on the bottom of the oven and cook at 300 W for 15 minutes. Drain. Meanwhile, mix together all the ingredients for the glaze in a large bowl. Place on the bottom of the oven and cook at 1000 W for 7 minutes. Pour glaze over ribs and place the dish on Grill Tray in the lower shelf position. Cook on Combi 1 for 15-17 minutes, turn over halfway, then cook on Grill 1 for 5 minutes.

CHILLI BEEF

Serves: 4 to 6

Ingredients:

- 500 g beef mince
- 1 diced onion
- 1 teaspoon minced garlic
- 35 g packet chilli seasoning mix
- 400 g can tomato puree
- 440 g can kidney beans, drained

Method:

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

PORK WITH LENTILS

Serves: 4

Ingredients:

- 250 g brown lentils
- 1 large onion, chopped
- 4 slices smoked bacon, diced
- 1 thyme, pinch
- 4 stock cube
- 4 smoked sausages
- salt
- freshly ground black pepper

Method:

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

SWEET AND SOUR GREEN PEPPER WITH MEAT



Serves: 2

Ingredients:

- 4 pieces green pepper (approximately 90 g each)

A:

- 200 g ground meat
- 50 g onion (mashed)
- 10 tablespoon bread flour
- 2 eggs (90 g without shells)
- 1 teaspoon salt
- moderate pepper
- moderate nutmeg

B:

- 10 tablespoon soup
- 1 tablespoon custer sugar
- 4 teaspoon sweet cooking sake
- 4 teaspoon vinegar
- 2 teaspoon soy sauce
- moderate corn starch (thicken with same amount of water)

Method:

- Vertically cut the green peppers into two, get rid of the seeds, and coat the inside with corn starch (not listed in the ingredients). Put A into a bowl and stir until it becomes sticky, then put into the green peppers.
- Lay 1 in the middle of the Grill Tray, put tray in the lower shelf, choose Combi 1 and cook for 13-14 minutes.
- Place B into a small pot, and thicken it with corn starch liquid.
- Serve 2 in a plate dripped with the soup from 3.

STEAMED BEEF WITH BLACK VINEGAR



Serves: 4 to 6

- Ingredients:**
- 300 g short loin (chunk)
 - A: 1 tablespoon corn starch
 - Moderate salt, pepper
 - B: 2 teaspoon rice wine (or Chinese spirits)
 - 2 teaspoon black vinegar
 - 2 teaspoon soy sauce
 - ¾ teaspoon sesame oil
 - ¾ teaspoon castor sugar
 - ¾ teaspoon stock powder
 - 1 teaspoon garlic (chopped)
 - Moderate mustard powder (or Szechuan pepper)
 - ½ stick scallion stalk
 - 1 small green pepper
 - Moderate vanilla (fresh coriander leaves)

- Method:**
1. Cut meat into 1 cm cubic strips. Sprinkle on A, then marinate with B. Cut scallion stalk into strips of 2 cm long. Slice green pepper.
 2. Put 1 in a microwave safe dish, and then place it in the center of the oven. Select Steam 1 for 8 minutes, and then select Combi 3 for 4-5 minutes.
 3. Remove to plate after heating, relish with vanilla.

CHEESE STEAK



Serves: 4 to 6

- Ingredients:**
- 400 g sirloin
 - Moderate salt, pepper
 - 20 g butter
 - A: 6 tablespoon bread flour
 - 6 tablespoon cheese powder
 - Moderate Italian salad dressing
 - (With diced tomatoes and basil...etc.)

- Method:**
1. Heat the butter in a heat-resistant container with a lid, and put it at the center of the oven. Cook on 600 W for 30-40 seconds. Stir A with melted butter, and put aside for later use.
 2. Pat on the sirloin to break the fibers, and lay them out. Sprinkle with salt and pepper. Put them on the center of the tray, put all the bread flour from 1 onto the beef, and then press with hands. Put the Grill Tray in the lower shelf, choose Combi 1, and cook for 6-7 minutes.
 3. Serve on a plate after heated, dripped with the Italian salad dressing containing diced tomatoes and basil according to personal preference.
 - suggested cooking time is standard for medium cook steak, adjust time accordingly to personal preference.

Directions for Cooking Vegetables

Fresh Vegetables

Place vegetables in a casserole dish. Add 2 to 3 tablespoon of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap. Halfway through cooking, stir, turn vegetables over or rearrange, if required. Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate. Vegetables should be cooked covered with a lid or plastic wrap, when cooking by microwave. For Combi 3 cooking, do not add liquid and do not cover.

Frozen Vegetables

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in pouch should be placed in a dish and the top pierced. Vegetables should be cooked covered with a lid or plastic wrap, when cooking by microwave. For Combi 3 cooking, do not add liquid and do not cover.

Fresh Vegetables Chart

Food	Weight/Quantity	Power Level	Cooking Time (approx.)	Instructions
Asparagus	200 g	Combi 3	5-6 mins	Fill the water tank. Place in a microwave safe and heat-proof dish on base of oven.
Baby corn	200 g		4-5 mins	
Broccoli	250 g		7-8 mins	
Carrots - sliced	200 g		7-8 mins	
Cauliflower	300 g		6-7 mins	
Peas	200 g		4-5 mins	
Boiled potatoes	500 g	Combi 1	14-15 mins	Place on Grill Tray in lower shelf position.
Jacket potatoes	2 pieces (200 - 250 g each)		20-22 mins	

Frozen Vegetables Chart

Food	Weight/Quantity	Power Level	Cooking Time (approx.)	Instructions
green bean	200 g	Combi 3	7-8 mins	Fill the water tank. Place in a microwave safe and heat-proof dish on base of oven.
Sweetcorn	200 g		7-8 mins	
Broccoli	250 g		7-8 mins	
Carrots - sliced	200 g		6-7 mins	
Cauliflower	250 g		9-10 mins	
Mix vegetable	200 g		7-8 mins	
Peas	200 g		6-7 mins	

SAVOURY BRUSSELS SPROUTS

Serves: 4

Ingredients:

500 g	Brussels sprouts
2 tablespoons	butter
150 g	bacon, finely chopped
1	onion, finely chopped
1 teaspoon	chopped basil
1 teaspoon	sugar

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

To Cook by Microwave:
Cook on 800 W for 7 to 9 minutes. Drain.

To Complete:
Place remaining ingredients in a 2-litre casserole dish. Cook on 1000 W for 3 to 5 minutes. Add Brussels sprouts and cook on 1000 W 1 to 2 minutes. Serve.

HERBED VEGETABLES

Serves: 6 to 8

Ingredients:

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

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

FRITTATA

Serves: 4

Ingredients:

400 g (approx. 4)	potatoes thinly sliced
1	onion, peeled and sliced
½	red capsicum, finely sliced
½	green capsicum, finely sliced
1	medium sized tomato, chopped
2 tablespoons	chopped basil
4	eggs
⅓ cup	sour cream
	salt and pepper
½ cup	grated tasty cheese

Method:
Place potatoes and onion into a 2-litre shallow dish and cook on 1000 W for 5 to 7 minutes. Prepare remaining vegetables. Beat together eggs and sour cream, season with salt and pepper. Stir in basil. Add all remaining vegetables to dish. Pour over egg mixture and cook on 1000 W for 4 to 5 minutes. Sprinkle with cheese and cook on 800 W for a further 8 to 10 minutes. Allow to stand covered for 5 minutes before serving.

CHEESE AND HAM FILLED POTATOES

Serves: 4

Ingredients:

4 (800 g)	large sized potatoes (pierced)
100 g	ham, finely diced
3 tablespoons	snipped chives
40 g	butter
½ cup	grated Cheddar cheese

Method:
Place potatoes on a dinner plate. Cook on 800 W for 16-18 minutes. Allow to stand for 4 minutes. Cut off tops of potatoes and scoop out filling. Mash filling with remaining ingredients. Spoon filling into potatoes. Put potatoes on Grill Tray in lower shelf position. Cook on Grill 1 for 6 to 8 minutes.

DUCHESS POTATOES +

Serves: 4

Ingredients:

500 g	potatoes, peeled and quartered
¼ cup	water
1	egg, lightly beaten
¼ cup	cream
	salt and white pepper

Method:
Place potatoes and water in a 2-litre casserole dish. Cover and cook on 1000 W for 12-13 minutes. Drain well and mash. Add egg and cream, mix until smooth. Season to taste with salt and pepper. Grease the Grill Tray with melted butter. Place potato mixture into a piping bag and pipe mixture into approximately 5 cm circles on the Grill Tray. Place Grill Tray in oven in the upper shelf position and cook on Combi 1 for 6-7 minutes.

POTATO CASSEROLE +

Serves: 4 to 6

Ingredients:

750 g	sliced potatoes
1 cup	sour cream
¼ cup	milk
3	green onions, sliced
2	bacon rashers, chopped
½ cup	grated cheese

Method:
In a 2-litre dish place potatoes, sour cream and milk. Place in the oven and cook on Combi 1 for 27-29 minutes. Top with green onions, bacon and cheese. Cook on Grill 1 for 10-11 minutes.

To Cook by Microwave:
Cover and cook on 1000 W for 18 to 20 minutes. Stand covered for 5 to 10 minutes before serving.

TOMATO AND ONION

Serves: 4

Ingredients:

600 g (approx. 3)	tomatoes, thinly sliced
1	onion, thinly sliced
½ teaspoon	basil
	salt and pepper to taste

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

POTATO WEDGES

Serves: 4

Ingredients:

500 g	potatoes
	oil, for brushing

Method:
Cut potatoes into wedges. Place in shallow dish. Cook on 1000 W for 6 minutes. Brush with oil. Place dish on Grill Tray in lower shelf position. Cook on Grill 1 for 15 minutes, turn over halfway.

CURRIED CREAMY BEANS

Serves: 4

Ingredients:

2 cups	frozen green beans
2 tablespoons	cream cheese
2 tablespoons	sour cream
2	green onions, finely sliced
½ teaspoon	curry powder
¼ teaspoon	salt

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

CAULIFLOWER AU GRATIN

Serves: 2 to 4

Ingredients:

500 g	cauliflower trimmed and cut into pieces
	water
2 tablespoons	butter
2 tablespoons	small onion, finely chopped
1	flour
2 tablespoons	milk
1 cup	grated tasty cheese
½ cup	fresh bread crumbs
2 tablespoons	

Method:
Place cauliflower and water in a covered shallow casserole dish. Cook on 1000 W for 7-8 minutes. Stand covered while making sauce.

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

To Complete:
Drain cauliflower and pour over sauce. Sprinkle with cheese and breadcrumbs. Place a dish on Grill Tray in lower shelf position and cook on Grill 1 for 7½-8 minutes.

OYSTER SAUCE GREEN VEGETABLE

Serves: 2 to 4

Ingredients:

250 g	pak choy (remove older leaves, leave 12-15 cm length)
A:	
2 tablespoons	oyster sauce
1 teaspoon	soy sauce
2 g	castor sugar
1 teaspoon	sesame oil
4 tablespoons	hot water
1 g	corn starch

Method:
Wash pak choy, cross leaves with stem, wrap securely with plastic wrap. Put the wrapped food into a microwave safe container, cook for 2½ minutes at 1000 W with lid, take it out and rinse with cold water quickly, drain the pak choy and cut into 6-7cm stips, place it in a dish. Use another microwave safe container, put A into it, stir uniformly and fry for 1 minute at 1000 W without lid. Take it out and pour over the cabbage mustard and serve.

ROASTED MUSHROOMS

Serves: 2

Ingredients:

250 g mushroom (or other kinds)

sauce:

taste olive oil

taste spiced salt

Method:

1. Wash mushrooms, then drain and pat dry with kitchen paper.
2. Brush the surface with olive oil.
3. Preheat oven at 220 °C.
4. After preheating, put the Grill Tray in lower shelf position, set the 12 minutes, press the Dial to start.
5. Sprinkle with spiced salt and serve immediately.

BAKED EGGPLANT AND HAM +

Serves: 2

Ingredients:

300 g (4 medium size) eggplant

Moderate salt

Moderate pepper

4 teaspoon olive oil

2 pieces tenderloin ham (cut vertically into 4 pieces)

4 pieces basil leaves (rip into two)

6 tablespoon pizza sauce (sold on market) (or ketchup)

40 g natural cheese (for pizza)

2 tablespoon cheese powder

Method:

1. Remove the peel of the eggplant with a spacing of 2 cm, and then cut vertically into 3-4 pieces. Marinate in salt water for a moderate amount of time, keep for later after the bitterness is gone. After drying, sprinkle the eggplants with salt, pepper, and olive oil. Place them on a heat-resistant flat plate, and then put the plate at the center of the oven without plastic wraps. Cook on 600 W for 8 minutes.
2. On the 15 cm diameter heat-resistant plate, place ½ eggplants, and place a half the amount of ham and basil on top. Then, place on top in order: eggplant, ham, basil, and eggplant. Drip the pizza sauce from above, then place natural cheese, and sprinkle with cheese powder in order. Place them in the center of the Grill Tray, and put the tray in lower shelf position. Select Combi 1 and cook for 8-10 minutes.

FRENCH SEASONABLE VEGETABLES

Serves: 2

Ingredients:

1 medium size eggplant

½ piece sweet pepper

½ piece zucchini

½ piece garlic

moderate salt

moderate pepper

A:

50 g tomato

1 tablespoon olive oil

Method:

1. Cut the eggplant, sweet pepper, and zucchini into 2 cm cubes. Slice the garlic.
2. Put 1 and A into a deeper heat-resistant container, stir evenly. Put the container at the center of the oven with the lid, select 600 W and cook for 7-8 minutes.
3. After heated, flavor with salt and pepper.

STUFFED COURGETTES +

Serves: 4

Ingredients:

18 oz. courgettes, halved lengthways

2 teaspoons extra virgin olive oil

For the stuffing:

3 tablespoons dried white bread crumbs

2 tablespoons pine nuts

3 spring onions, trimmed and finely

sliced

1 clove garlic, crushed

1 teaspoon dried thyme leaves

2 tablespoons Parmesan, finely grated

Method:

Fill water tank. Place courgettes on the Grill Tray in the lower shelf position. Cook on Steam 1 for 15 minutes. Mix all the ingredients for stuffing together in a bowl. Sprinkle the mixture on top of the courgettes and drizzle with the remaining olive oil. Return to the oven and bake at 200 °C on Grill Tray in the lower shelf position for 25 minutes.

Directions for Cooking Rice and Other Grains by Microwave

Select a appropriate microwave safe container, always allow at most ½ depth of volume for evaporation to prevent boiling over. Cook as the chart on next page.



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

Directions for Cooking Pasta by Microwave

Select a appropriate microwave safe container, always allow at most ½ depth of volume for evaporation to prevent boiling over. Cook as the chart on next page. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered for 5 minutes.



Drain and rinse before serving.

Directions for Cooking Hot Cereal by Microwave

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



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

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

Rice and Other Grains Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Basmati	250 g	1000 W	11 mins	Use a 5 L microwave safe container. Add 550 ml boiling water. Cover partly and stir halfway.
Easy cook long grain	250 g	1000 W	13 -15 mins	
Long grain white	250 g	1000 W	11-13 mins	

Dried Pasta Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Fusilli	200 g	1000 W	10 mins	Use a 5 L microwave safe container. Add 550 ml boiling water and 15 ml oil. Cover partly and stir halfway.
Macaroni	200 g	1000 W	10 mins	
Penne	200 g	1000 W	10 mins	
Spaghetti	250 g	1000 W	8-10 mins	
Linguine	250 g	1000 W	12 mins	
Tagliatelle	250 g	1000 W	12 mins	

SEASONED RICE

Serves: 6 to 8

Ingredients:

1	onion chopped
1 cup	long grain rice
1 teaspoon	thyme
2½ cups	chicken stock
¼ cup	slivered almonds, toasted
¼ cup	sultanas

Method:

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

PAELLA

Serves: 6 to 8

Ingredients:

500 g	mussels in shell
¼ cup	water
1	green capsicum, sliced
1	red capsicum, sliced
2	onions, sliced
1	clove garlic, crushed
2 tablespoons	butter
2 cups	long grain rice
440 g can	peeled tomatoes, roughly chopped
1½ cups	hot chicken stock
	pinch saffron powder
1½ cups	cooked diced chicken
200 g	peeled green prawns

Method:

Place mussels and water into a 3-litre dish, cover and cook on 800 W for 4 to 5 minutes. Set aside. Place capsicums, onions, garlic and butter into a 4-litre dish and cook on 1000 W for 4 to 6 minutes. Add rice and stir well. Cook on 1000 W for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on 1000 W for 16 to 18 minutes. Stir in chicken, prawns and mussels and cook on 800 W for 4 to 6 minutes. Stand for 5 minutes before serving.

CHICKEN RISOTTO

Serves: 4

Ingredients:

300 g	fresh asparagus, chopped
2 tablespoons	olive oil
1½ cups	arborio rice
1	clove garlic, crushed
4 cups	boiling chicken stock
2 cups	coarsely chopped cooked chicken
¼ cup	grated fresh parmesan cheese
¼ cup	cream
	ground black pepper
extra	coarsely grated parmesan cheese

Method:

Place asparagus into a 2-litre dish and cook on 1000 W for 1 minute. Set aside. Place oil, rice and garlic in a large microwave safe bowl. Cook covered on 1000 W for 1 minute. Add 2 cups of boiling chicken stock, cook on 1000 W for 5 minutes. Stir twice during cooking. Add remaining chicken stock and cook on 1000 W for another 5 minutes. Add remaining ingredients along with asparagus and stir into risotto. Cook covered on 1000 W for 3 minutes. Stand for 5 minutes. Serve topped with extra parmesan and black pepper.

CREAMY SUN-DRIED TOMATO PENNE

Serves: 4

Ingredients:

250 g	penne
5 cups	boiling water
½ cup	sun-dried tomatoes in oil, drained
1 cup	basil leaves
¼ cup	toasted pinenuts
¼ cup	grated parmesan cheese
300 ml	cream
½ cup	sliced ham
¼ cup	grated parmesan cheese, extra

Method:

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

HUMMUS

Ingredients:
1 cup chick peas, water for soaking
3 cups boiling water
2 tablespoons lemon juice
2 teaspoons turmeric
¼ cup tahini (sesame paste)
1 tablespoon minced garlic
2 tablespoons olive oil

Method:
Place chickpeas and water into a 4-litre casserole dish and soak overnight. Drain.
Place chickpeas and boiling water into a 3-litre casserole dish and cook on 600 W for 25 to 30 minutes, Drain, process with remaining ingredients.

PENNE PUTTANESCA

Serves: 6

Ingredients:
500 g Penne Pasta
2 litres boiling water
1 tablespoon olive oil
3 cloves garlic, crushed
1 teaspoon dried chilli flakes
1 kg (approx 5) tomatoes, roughly chopped
200 g kalamats olives, pitted
8 anchovy filets, drained and chopped

⅓ cup capers, drained and rinsed
⅓ cup flat leaf parsley, chopped
2 tablespoons finely shredded basil leaves

Method:
Place pasta and boiling water into 4-litre dish. Stir and cook on 1000 W for 12 to 14 minutes or until tender. Drain and set aside. Place oil and garlic into a 2-litre dish and cook on 1000 W for 1 minute. Stir in chilli and tomatoes. Cover and cook on 1000 W for 5 minutes, stir halfway through cooking. Add remaining ingredients and cook on 1000 W for a further 10 minutes or until tomatoes break down and sauce has thickened. Stir sauce into pasta. Cover and cook on 1000 W for 2 to 3 minutes to heat through. Season and serve topped with extra basil leaves or parsley.

PRAWN RISOTTO

Serves: 4

Ingredients:
1 onion, finely chopped
1 garlic clove, crushed
25 g butter
225 g brown cap mushrooms, quartered
225 g Arborio (risotto) rice
juice and rind of 1 lemon
3 ml saffron strands, crushed
300 ml hot vegetable stock
300 ml white wine
100 g frozen peas
300 g cooked peeled prawns
30 ml finely chopped chives

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

SPICY TUNA PASTA BAKE

Serves: 4

Ingredients:
250 g fusilli
1 litre boiling water
5 ml olive oil
2 1 red and 1 yellow pepper, sliced
5 ml cloves of garlic, crushed
2 x 400 g crushed dried chillies
1 teaspoon tins chopped tomatoes
2 x 200 g granulated sugar
25 g tins tuna, drained and flaked
30 ml fresh breadcrumbs
grated parmesan

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

SEAFOOD RICE AU GRATIN

Serves: 4

Ingredients:
12 Shrimps
taste Salt
taste Black peppe
1 teaspoon Lemon juice
1 teaspoon Fish sauce
2 teaspoon Ginger juice
80 g Cream cheese
4 teaspoon Residual water after cooking shrimp
¼ teaspoon Salt
2 teaspoon Black pepper
A: 240 g Rice
2 teaspoon Olive oil
¼ teaspoon Salt
2 teaspoon Black pepper
2 Sweet red chili
40 g Mozzarella cheese (soften)
2 teaspoon Bread powder
2 g Parsley

Method:
1. Devein and shell the shrimps, marinate with salt and black pepper, bring to heat on 1000 W with lemon juice, fish sauce and ginger juice for about 30 seconds.
2. Mix cream cheese with residual water after cooking shrimp, add in salt and black pepper to taste.
3. Place aluminum foil on Grill Tray, remove seeds of red chili and halve crosswise, stuffed with A and press firmly, add in cream cheese, mozzarella cheese and bread powder and place on Grill Tray.
4. Preheat oven to 200 °C.
5. Please Grill Tray in lower shelf position , cook on 200 °C for 30 minutes.
6. After cooking, garnish with parsley to serve.

SPAGHETTI WITH BACON IN TOMATO SAUCE

Serves: 2

Ingredients:
pinch salt, pepper
5.5 oz. spaghetti
2¾ cups boiling water
A: 5 oz. canned tomatoes
2 oz. sliced bacon, chopped
2 oz (⅓) onion, sliced
½ clove garlic, crushed
½ chili, sliced
1 tablespoon olive oil

Method:
Pour boiling water over spaghetti in a heat-resistant container. Cook at 1000 W for 10 minutes, making sure spaghetti is completely submerged after 2 minutes and stirring after 6 minutes. Remove the spaghetti once cooked through and set aside. Put A into the container and stir. Place the container in the center of the oven and cover, cook at 600 W for 8 to 10 minutes. Add salt and pepper to taste.

MACARONI AND CHEESE

Serves: 4 to 6

Ingredients:
60 g butter
2 onions, finely chopped
2 tablespoons flour
2 cups milk
1 cup grated tasty cheese
6 cups cooked macaroni, drained well
½ cup extra grated tasty cheese
paprika

Method:
Place butter and onions in a 2-litre casserole dish and cook on 1000 W for 5 minutes. Add flour, mix well and cook on 1000 W for 1 minute. Blend in milk and cook on 1000 W for 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.

CARAMEL BANANA CAKE

Makes: 1 × 20 cm ring cake

- Ingredients:
- | | |
|--------------|-------------------------|
| 125 g | butter, softened |
| ¾ cup | brown sugar |
| 2 | eggs, lightly beaten |
| 1 cup | mashed banana |
| 1½ cups | self-raising flour |
| 1 teaspoon | bicarbonate of soda |
| ¾ cup | sour cream |
| 1 tablespoon | milk |
| ½ cup | pecans, roughly chopped |

- Caramel Icing:
- | | |
|---------------|-------------------------|
| 40 g | butter |
| ½ cup | brown sugar |
| 2 tablespoons | sour cream |
| ¼ cup | pecans, roughly chopped |
| 1½ cups | icing sugar |

Method:

To Cook by Oven:

Preheat oven to 180 °C. Cream butter and sugar until light and fluffy. Beat in eggs until combined. Stir in banana. Fold in sifted dry ingredients alternately with sour cream and milk. Stir in pecans. Pour into greased 20 cm ring pan. Place on Grill Tray in lower shelf position and cook for 45-47 minutes or until cooked, cap the cake with aluminum foil after 30 minutes. When cool, spread with caramel icing.

Caramel Icing:

Melt butter and brown sugar on 1000 W for 2 minutes. Stir until well combined. Do not boil. Add sour cream, stir in icing sugar. Spread over cooled cake. Decorate with pecans.

COCONUT AND APRICOT CAKE

Makes: 1 × 20 cm round cake

- Ingredients:
- | | |
|---------|------------------------|
| 1 cup | chopped dried apricots |
| 1 cup | apricot nectar |
| 125 g | butter, softened |
| ¾ cup | raw sugar |
| 2 | eggs, separated |
| 1½ cups | self-raising flour |
| 1½ cups | coconut |

Method:

To Cook by Oven:

Preheat oven to 170 °C. Place apricots and nectar in a small bowl. Cook on 1000 W for 3 to 5 minutes. Grease and line a deep 20 cm round pan. Cream butter and sugar until light and fluffy. Beat in egg yolks, one at a time until combined. Stir in coconut and half the sifted flour and apricot mixture. Stir in remaining flour and apricots. Beat egg whites until soft peaks form. Fold into mixture and spread into prepared pan. Place on Grill Tray in lower shelf position and cook for 50 to 60 minutes. Allow to stand for 10 minutes before turning onto rack to cool.

BLUEBERRY MUFFINS

Makes: Approximately 12

- Ingredients:
- | | |
|-------|---------------|
| 12 | Muffin cups |
| 200 g | Plain flour |
| 12 g | Baking powder |
| 60 g | Sugar |
| 50 g | Blueberry |
| 50 g | Beaten eggs |
| 80 g | Melted butter |
| 120 g | Milk |
| ½ t | Salt |

- Method:
- Mix the melted butter, milk, eggs ,sugar and salt.
 - Sift flour and baking powder into the mixture.
 - Add blueberry into mixture.
 - Make a floury and rough batter
 - Preheat oven at 210 °C.
 - Scoop batter into muffin cup, weigh 43 g of the mixture into paper cases for each and arrange into 4×3 shape on the Grill Tray.
 - After preheating, put the Grill Tray in the lower shelf position and cook for 18 to 20 minutes.

CHOCOLATE CHIP COOKIES

Makes: 16 cookies

- Ingredients:
- | | | |
|------------|----------------------------|-------------------|
| 80 | plain flour |] sieved together |
| ¼ teaspoon | baking powder | |
| 2 t | chocolate powder | |
| 60 g | butter | |
| 35 g | icing sugar | |
| 15 g | sultana | |
| ½ | egg yolk | |
| ¼ | egg white | |
| | A drop of vanilla essences | |

- Method:
- To Cook by Oven:
- Cream butter, sugar and vanilla essence till creamy white, using a cake mixer
 - Add egg and continue beating.
 - Gradually fold in flour and mix well.
 - Stir sultana into dough.
 - Divide the dough into 16 parts (about 13 g each) and arrange well into Grill Tray.
 - Bake in a preheated oven at 180 °C and cook for 10 minutes in lower shelf position, then change to 170 °C for 10 minutes.

CINNAMON CRISPS

Makes: Approximately 16

- Ingredients:
- | | |
|--------------|---------------|
| 60 g | butter |
| 25 g | icing sugar |
| 1 | egg yolk |
| ½ | egg white |
| 85 g | pain flour |
| ¼ teaspoon | baking powder |
| 1/8 teaspoon | soda powder |
| 30 g | cinnamon |

Method:

Preheat oven to 180 °C. Cream butter and sugar together until light and fluffy. Beat in egg until well combined. Fold in powder, flour and cinnamon. Lay an aluminum foil on Grill Tray. Divide the mixture into 16 pieces, put it on Grill Tray in lower shelf position. Cook on Oven 180 °C for 10 minutes, then change to 170 °C for 10 minutes or until golden brown.

CHOCOLATE BROWNIES

Makes: 20 cm square pan

- Ingredients:
- | | |
|------------|-------------------------|
| 125 g | butter |
| 200 g | dark chocolate, chopped |
| 1 cup | caster sugar |
| 1 teaspoon | vanilla essence |
| 2 | eggs |
| 1 cup | plain flour |
| ¾ cup | nuts, chopped |

Method:

Melt butter and chocolate on 600 W power for 2 to 3 minutes, stirring once. Stir in sugar, vanilla, eggs, flour and nuts. Preheat oven to 170 °C. Grease and paper line a 20 cm square pan. Spread into prepared pan. After oven preheated, cook on Grill Tray in lower shelf position for 30 to 35 minutes. Allow to cool, remove from pan and sprinkle with icing sugar. Cut into small squares.

BAKED CUSTARD

Serves: 4

- Ingredients:
- | | |
|------------|----------------------|
| 400 ml | milk |
| 3 | eggs, lightly beaten |
| ¼ cup | sugar |
| 1 teaspoon | vanilla essence |
| | pinch ground nutmeg |

Method:

Place milk into a 1-litre dish. Cook on 1000 W for 2 minutes. Add sugar and vanilla and whisk well to combine. Then add egg whisk well. Strain mixture into 4 × 200 ml custard cups. Fill water tank and place custard cups onto the base of the oven. Cook on Combi 3 for 20 minutes. Rotate cups at halfway through cooking. Allow to cool slightly before cooking.

CREAM PUFFS

Makes: 12

- Ingredients:
- | | |
|------------|-------------------|
| 60g | butter (unsalted) |
| 100ml | water |
| a pinch of | salt |
| 60g | cake flour |
| 2-3 | eggs |
| taste | whipping cream |
| taste | icing sugar |

Method:

Place water and butter into a medium bowl. Heat on 1000 W for 2 minutes or until butter is melted and water is boiling. Stir in sifted flour and keep stirring until mixture forms a ball. Allow standing for 5 minutes. Preheat oven to 220 °C. Beat eggs lightly with a fork in a separate bowl. Add gradually to flour mixture, beating well between each addition to achieve a smooth paste. Spoon or pipe mixture into rounds onto the greased Grill Tray. For beast result, each puff should be about 25 g and leave space between each puff. Fill water tank. Place Grill Tray in the lower shelf position. Set 15 minutes then press the Dial to start. After cooking start, set steam shot for 3 minutes. This will steam the oven cavity and help improve volume of the puffs. Then bake at 200 °C for 7 to 10 minutes until golden and well puffed. Allow cooling. Cut puffs in half and fill with sweetened cream or custard. Replace tops and dust with icing sugar.

CHIFFON CAKE

Serves: 4 to 6

- Ingredients:
- | | |
|-----------|-----------------|
| 5 | eggs |
| 130 g | castor sugar |
| 70 ml | vegetable oil |
| 50 ml | milk |
| 150 g | cake flour |
| 2-3 drops | vanilla essence |

Method:

Separate egg white with egg yolk, with one additional egg yolk remained. Whisk egg yolk and half castor sugar (65 g) until pale and flurry, gradually mix in vegetable oil, sugar and vanilla essence, fold in the flour. In another bowl, whisk egg white and remaining sugar together until light and creamy, and mixture leaves a trail on the surface. Pour the batter into it 3 times, scraping so the ingredients are thoroughly mixed. Spoon the mixture into a 8-inch pan, remove bubbles. Fill water tank, then preheat oven to 160 °C. After preheating, place Grill Tray in the lower shelf position, cook on 160 °C for 15 minutes then 150 °C for 27 minutes. Set steam shot for 3 minutes at halfway through cooking. Allow to cool and serve.

APPLE PIE

Serves: 6 to 8

Ingredients:

Pastry:

185 g	butter
½ cup	caster sugar
1 tablespoon	lemon juice
1	egg
1½ cups	plain flour
1 cup	self-raising flour

Filling:

800 g	pie apples
¼ cup	caster sugar
1 teaspoon	arrowroot
1 teaspoon	cinnamon

Method:

Preheat oven at 180 °C. Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press ⅔ of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of grease proof paper to fit pie. Place on pie and press edges together. Place it on Grill Tray in lower shelf position, and cook on 180 °C for 45 to 55 minutes.

CHOCOLATE CAKE

Serves: 4

Ingredients:

200 ml	light cream
180 g	egg
(about 4 pieces)	
90 g	soft sugar
90 g	cake powder
20 g	chocolate powder
some	chocolate chip
A : 12 g	castor sugar

Mold:

1	8" cake bar
---	-------------

Method:

Cream:

1. Take the cream out from refrigerator and put into a deep container.
2. Make sure the temperature of the cream will not get hot and beat up until bubbles.
3. Add in A, continue to stir until it get sticky.

Embryo cake:

1. Beat up eggs and castor sugar in a container at low speed until completely dissolved. Adjust to high speed until the beaten eggs bubble, the footprint of the egg beater can keep for a while, adjust to low speed again until the bubbles looks even.
2. Select "oven" to preheat at 150 °C.
3. Pour sieved cake powder and chocolate powder into the beaten eggs, and stir evenly from bottom to top using wooden spoon.
4. Cover the bottom and edges of the 8" mold with baking paper, pour the mixture in, put the mold on the Grill Tray.
5. After preheating, put the Grill Tray in the lower shelf position and bake for 29-31 minutes.
6. Insert a toothpick in center. Cake is cooked if the toothpick comes out clean.
7. Take the cake out to cool it down.

Finish:

1. Cut the chocolate into crumb shape.
2. Apply cream on the top and garnish with some chocolate crumb on it.

BLUEBERRY CHEESE CAKE +

Makes: 23 cm cake tin.

Ingredients:

120 g	Oreo biscuit (remove fillings) or sweet crackers
50 g	butter (melt on 600 W for 30-40 seconds)
500 g	cream cheese
90 g	castor sugar
2	eggs
200 g	sour cream
2 tablespoon	corn flour
100 g	fresh blue berries
½ can	blue berry pie filling
	some icing sugar for topping

Method:

1. Place Oreo biscuit in a blender, slowly blend till fine.
2. Partially add in melted butter, mix well. Pour into a lined cake tin, next level with a spoon. Leave the cake bottom in the fridge.
3. Beat cream cheese and sugar with a cake mixer, till light and fluffy.
4. Add in 1 egg at a time, continue to beat till smooth.
5. Add in corn flour and sour cream, beat for a while.
6. Pour batter into cake tin, next add ⅓ amount of fresh berries on top, but slowly push it down so as not to expose the berries.
7. Bake in a preheated oven at 170 °C for about 50 minutes on Grill Tray in lower shelf position. Add 3 minutes steam shot in between baking time.
8. When ready, leave to cool in the 23 cm cake tin (Do not overturn the cake).
9. Decorate cake with blueberries pie fillings, fresh berries and sprinkle with icing sugar.

PORTUGUESE CUSTARD TART

Makes: 9

Ingredients:

9	Frozen custard tart (commercially available)
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Fillings:

105 g	whipping cream
85 g	milk
8 g	self-raising flour
30 g	castor sugar
2	egg yolk
10 g	condensed milk

Method:

1. Let frozen custard tart rest at room temperature for 30 minutes.
2. In a pot over low heat, heat the whipping cream, milk, condensed milk, and castor sugar, stirring occasionally until sugar melts and set aside to cool. Sieve self-raising flour and egg yolk until well combined.
3. Fill the custard tart almost full with egg mixture.
4. Preheat oven to 190 °C.
5. Arrange the tarts in 3 rows in the center of the Grill Tray.
6. After preheating, put the Grill Tray in the lower shelf position, cook for 27 to 29 minutes.

PAVLOVA

Serves: 8 to 10

Ingredients:

4	egg whites
	pinch of salt
1¼ cups	caster sugar
2 teaspoons	vinegar
2 tablespoons	cornflour

Topping:

300 ml	cream
1	punnet strawberries, hulled and cut in half
2	passionfruit

Method:

Preheat oven to 140 °C. Grease and line the Grill Tray. Dust with 1 tablespoon cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture. Pile mixture on Grill Tray in lower shelf position and cook on 140 °C for 60 to 70 minutes. Allow to cool.

Filling:

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

CINNAMON POACHED PEARS

Serves: 4

Ingredients:

1 cup	water
½ cup	sugar
½ teaspoon	ground cinnamon
4	pears, peeled and sliced

Method:

Combine water and sugar in a 2-litre dish. Stir to dissolve sugar. Add the pears and ground cinnamon, cook on 600 W for 10-15 minutes.

PEACH CRUMBLE +

Serves: 4 to 6

Ingredients:

70 g	butter
½ cup	flour
¼ cup	sugar
1 cup	toasted muesli
½ cup	shredded coconut
½ teaspoon	cinnamon
810 g	can peaches, drained

Method:

Place butter in a 2-litre bowl. Cook on 600 W for 1 minute. Mix in flour, sugar, muesli, coconut and cinnamon. Place the peaches in a 2-litre shallow microwave-safe dish, top with crumble mixture. Place on Grill Tray in lower shelf position and cook on Combi 2 for 20 to 25 minutes.

CARAMEL SAUCE

Makes: 2 cups

- Ingredients:
- | | |
|---------------|----------------|
| 400 g | condensed milk |
| ¼ cup | brown sugar |
| 2 tablespoons | golden syrup |
| 300 ml | cream |

Method:

In a 2-litre jug mix all ingredients except cream. Cook on 1000 W for 3 minutes, stirring halfway through the cooking time and cook on 440 W for 3 minutes. Mix well and then stir in cream. Serve warm or cold.

CHOCOLATE MACADAMIA NUT SAUCE

Makes: 1 cup

- Ingredients:
- | | |
|-------|--------------------------------|
| 200 g | dark chocolate |
| ½ cup | cream |
| ¼ cup | macadamia nuts, chopped finely |

Method:

Place chocolate and cream in a 2-cup pyrex jug, melt on 1000 W for 1 to 2 minutes. Mix well and stir in macadamia nuts. Serve hot over ice cream.

SWEET BERRY SAUCE

Makes: approximately 3 cups

- Ingredients:
- | | |
|---------------|---------------|
| ½ cup | caster sugar |
| ½ cup | water |
| 500 g | mixed berries |
| 2 tablespoons | water |
| 1 tablespoon | arrowroot |

Method:

Combine sugar and water in a 1.5-litre bowl and cook on 1000 W for 3 to 5 minutes, stir once during cooking to dissolve sugar. Add berries and cook on 1000 W for 3 to 4 minutes. Blend water and arrowroot and add to berry mixture. Cook on 1000 W for 2 minutes. Serve hot or cold with ice cream.

MUSHROOM SAUCE

Makes: 1½ cups

- Ingredients:
- | | |
|---------------|----------------------------------|
| 3 tablespoons | butter |
| 2 tablespoons | flour |
| 1 teaspoon | soy sauce |
| ¾ cup | cream |
| | salt and pepper taste |
| ½ teaspoon | curry powder |
| 190 g | can champignon mushrooms, sliced |

Method:

Place butter in a 4-cup glass jug. Cook on 1000 W for 40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on 1000 W for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on 1000 W for 30 to 60 seconds.

STRAWBERRY JAM

Makes: Approximately 600 ml

- Ingredients:
- | | |
|------|---------------------------------|
| 1 kg | strawberries, washed and hulled |
| 1 kg | caster sugar |
| | pectin if required |

Method:

Place strawberries in a 4-litre casserole dish. Cover and cook on 1000 W for 5 minutes. Stir in sugar and pectin if required. Cook on 800 W for 25 to 30 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

SWEET APRICOT JAM

Makes: 3 cups

- Ingredients:
- | | |
|---------------|---------------------------------|
| 750 g | dried apricots, cut in quarters |
| 1800 ml | water |
| 1.3 kg | sugar |
| 2 tablespoons | pectin |

Method:

Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on 1000 W for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on 1000 W for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

ORANGE MARMALADE

Makes: 3 cups

- Ingredients:
- | | |
|--------|---------------|
| 700 g | oranges |
| 1 | lemon |
| | water |
| 3 cups | sugar, warmed |

Method:

Wash fruit. Cut fruit in half, reserve seeds, squeeze juice from fruit and set aside. Remove rind from fruit being careful not to include white pith. Cut rind into fine strips. Set aside. Pour fruit juice into a 4-cup jug. Add enough water to make 3 cups of liquid. Add seeds. Cover and cook on 1000 W for 20 minutes. Strain. Add sugar to mixture with rind, mix well and cook on 1000 W for a further 30 minutes or until marmalade has set. Pour into clean sterilised jars. Seal.

Tip: To warm sugar - Place sugar in a 2-litre casserole dish and cook on 1000 W for 1 to 1½ minutes.

LEMON BUTTER

Makes: 1 cup

- Ingredients:
- | | |
|--------------|-------------|
| ½ cup | lemon juice |
| 1 tablespoon | lemon rind |
| ⅓ cup | sugar |
| 3 | egg yolks |
| 1 tablespoon | butter |
| 1 tablespoon | cornflour |

Method:

Blend all ingredients in a 4-cup glass jug. Cook on 600 W for 3 to 4 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

TOMATO CHUTNEY

Makes: 4 cups

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

Method:

Place onions in a 3-litre dish. Cover and cook on 1000 W for 4 to 5 minutes. Add tomatoes and 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 halfway through cooking. Add sugar, stir well and cook on 1000 W for 35 to 40 minutes, stirring occasionally. Pour into sterilized jars and seal.

Control Panel

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Sensor Reheat

■ One Push Reheating (see page 36-37)

1. FROZEN MEAL

Auto Steam

2. FRESH VEGETABLES
3. FROZEN VEGETABLES
4. STEAMED POTATOES
5. CHICKEN BREASTS
6. FRESH FISH FILLETS
7. FROZEN FISH FILLETS
8. RICE

Air Fry Style

9. FRESH FISH FILLETS
10. FRESH WHOLE FISH
11. VEGETABLE FRIES
12. FROZEN POTATO FRIES
13. CHICKEN WINGS AND DRUMSTICKS

Auto Cook

14. BAKED POTATOES
15. CHILLED PIZZA
16. FROZEN PIZZA
17. POTATO GRATIN

Re-bake Bread

18. BAGUETTE/CRUSTY ROLLS
19. FROZEN BAGUETTE/FROZEN CRUSTY ROLLS
20. CROISSANTS

Junior Menu

21. MUG CAKE
22. JUNIOR PASTA BAKE
23. FRUIT PURÉE
24. VEGETABLE PURÉE
25. FROZEN BREADED PRODUCTS

Turbo Defrost

26. MEAT-PORCTIONS
27. MEAT-WHOLE
28. BREAD

Cleaning Setting

- F1. DRAIN WATER
- F2. SYSTEM CLEANING
- F3. DEODORIZATION
- F4. CAVITY CLEANING

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