Panasonic®

Operating Instructions and Cook Book

Air Fry/Convection/Grill/Microwave Oven

Household Use Only

INVERTER

Model No. NN-CD88QS

NN-CD88QS

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 identification label. 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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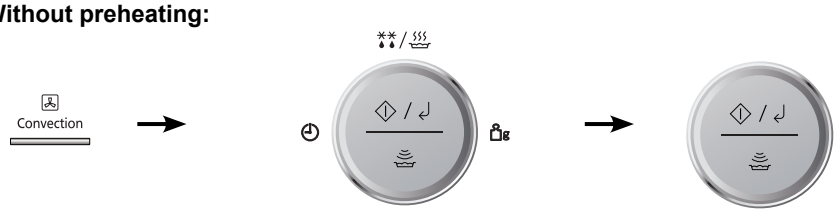
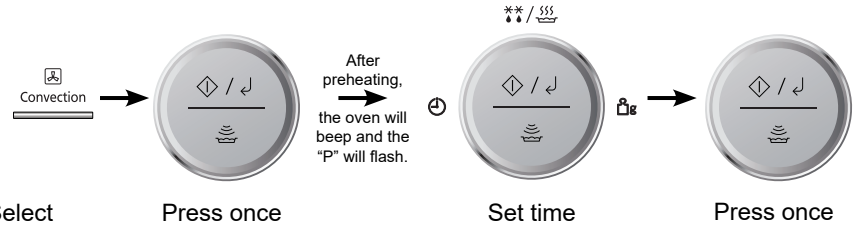
Quick Guide to Operation

Feature	How to Operate
To Set/Cancel Child Safety Lock (page 17)	**To set:** Stop/Reset → Key appears in the display window. Press 3 times **To Cancel:** Stop/Reset → Colon or time of day appears in the display window. Press 3 times
To Set Clock (page 18)	Timer/Clock → Set time of day (12-hour) → Timer/Clock Press twice / Set time of day (12-hour) / Press once
To Use Micro Power (page 20)	Micro Power → Set time → Select power level / Set time / Press once
To Use Turbo Defrost (page 22-23)	Turn dial to select menu No.1 → Press the dial to confirm the program → Select desired weight → Press once
To Use Add Time (page 23)	Turn dial after cooking → Press once

Quick Guide to Operation (continued)

Feature	How to Operate
To Set Grill (page 24-25)	
To Set Convection (page 26-27)	**Without preheating:** 
	With preheating: 
To Set Air Fry (page 28-29)	
To Set Combination Combi 1 (Grill + Microwave) (page 30-31)	

Quick Guide to Operation (continued)

Feature	How to Operate
To Set Combination Combi 2/3/4/5 (Convection + Microwave) (page 31-33)	**Without preheating:** Air Fry/Combi → Set time → Press once Press 5-8 times to select combination power level Set time Press once
	With preheating: Air Fry/Combi → Press once → After preheating, the oven will beep and the "P" will flash. → Set time → Press once press 5-8 times to select combination power level Press once Set time Press once
To Use as a Kitchen Timer (page 34)	Timer/Clock → Set time → Press once Press once Set time Press once
To Set Standing Time (page 34)	Set the desired cooking program (up to 2 stages). → Timer/Clock → Set time → Press once Press once Set time Press once
To Set Delay Start (page 34)	Timer/Clock → Set time → Set the desired cooking program (up to 2 stages). → Press once Press once Set time Press once
To Set One Push Reheating (page 36)	* To reheat a fresh pre-cooked chilled meal. Press once

Quick Guide to Operation (continued)

Feature	How to Operate
To Set Auto Weight program (page 37-39)	**Without preheating (For menus No. 2-4, 15-17, 21-22, 24, 27-30):** Turn dial to select a program → Press the dial to confirm the program → Select desired weight (except No.21) → Press once
	With preheating (For menus No. 5-6, 18-20, 23, 25-26): Turn dial to select a program → Press the dial to confirm the program → Press dial to preheat the oven After preheating, → the oven will beep and the "P" will flash. Select desired weight → Press once
To Set Sensor Cook (page 43-45)	Turn dial to select a program (NO.7-14) → Press the dial to confirm the program → Press once

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs

INSPECTION FOR DAMAGE:

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

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

PRECAUTIONS:

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

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Details for cleaning door seals, cavities and adjacent parts. 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, CONVECTION, AIR FRY 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, CONVECTION, AIR FRY and COMBINATION. Use care when opening or closing the door and when inserting or removing food and accessories.

Caution! Hot surfaces

3. The oven has a heating element situated in the top of the oven. After using the GRILL, CONVECTION, AIR FRY and COMBINATION functions, 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. Before using GRILL, CONVECTION, AIR FRY and COMBINATION functions for the first time, operate the oven without food and accessories on CONVECTION 220 °C for 5 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.

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 a 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 the cord hang over the edge of a table or counter.

10. To reduce the risk of fire in the oven cavity:
    (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
    (b) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
    (c) Remove wire twist-ties from bags before placing bag in oven.
    (d) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
    (e) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. Appliances are not intended to be operated by means of an external timer or separate 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.

WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
b) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
c) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
d) 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.
e) 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.
f) Before use, the user should check whether utensils are suitable for use in microwave ovens.
g) Liquids or other foods must not be heated in sealed containers since they are liable to explode. At the same time, splashes or spills from boiling liquids should also be avoided.
h) 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.
i) When the appliance is operated in the GRILL, CONVECTION, AIR FRY and COMBINATION modes, children should only use the oven under adult supervision due to the temperatures generated.
j) Care should be taken not to displace the glass tray when removing containers from the appliance.
k) The accessible parts may become hot when GRILL, CONVECTION, AIR FRY and COMBINATION is in use. Children should be kept away.

Installation and General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
   This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
3. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
4. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
5. 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.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike the control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the Glass Tray. The Glass Tray can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on the Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking container.)
11. **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.**
12. If the Glass Tray is hot, allow it to cool before cleaning or placing in water.
13. When using the COMBINATION mode, never place any aluminum or metal container directly on the Wire Rack or Enamel tray. Always insert a heat-proof and microwave safe glass plate or dish between the Wire Rack and the aluminum container. This will prevent sparking that may damage the oven.
14. It is not recommended to use the Wire Rack when cooking in the MICROWAVE mode only.
15. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven has cooled down.
16. 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.
17. Metallic containers for food and beverages are not allowed during microwave cooking.
18. Only use utensils that are suitable for use in microwave ovens.

Placement of the Oven

1. The oven must be placed on a flat, stable surface, more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow. **Allow 15 cm of space on the top of the oven, 10 cm at back. If one side of the oven is 5 cm at one side, the other side or top must not be blocked. Do not remove feet.**
   (a) Do not block air vents. If they are blocked during operation, the oven may be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Do not place a cloth on top of the unit during GRILL, CONVECTION, AIR FRY and COMBINATION cooking as the top of the oven gets very hot. Also allow sufficient space on back and both sides of the oven.
   (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
   (c) Do not operate oven when room humidity is too high.
2. This appliance was manufactured for household use only.
3. The cabinet must NOT have a door.

Building-in your oven

1. This oven is intended for counter-top and built-in use only. It is not intended for use inside a cupboard. This oven may be built into a wall cabinet by using the proper trim kit (**NN-TK81KCSCP**) which may be purchased from your local Panasonic dealer.
2. In case of fitting into an oven housing, please use Panasonic's Trim Kit, **NN-TK81KCSCP**.
3. Microwave ovens should not be built into a unit directly above a top front venting conventional cooker. This may be a safety hazard and could result in damage to your oven. This will invalidate your guarantee.
4. A microwave which is built in must be more than 850 mm above floor level. Read Trim-Kit instructions carefully before installation. It is recommended that the microwave oven is placed below a conventional oven to avoid heat damage to the facia of the microwave.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. 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.

4. Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:
   (a) Avoid using straight-sided containers with narrow necks.
   (b) Do not overheat.
   (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
   (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
   (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. It is better to **UNDERCOOK RATHER THAN OVERCOOK foods**. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).
From the magnetron tube, microwave energy is transmitted to the oven cavity. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.
Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.
When microwaves come in contact with a substance, any one or combination of three things may occur. They can be:
1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection:

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

Transmission:

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

Absorption:

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

Cookware and Utensils Guide

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

How to Test a Container for Safe Microwave Oven Use

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

Paper Products and Freezer Wrap

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

Glass, Ceramic and China

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

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

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

Plastic

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 twist-ties 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".

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.

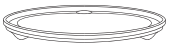
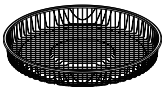
Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.

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

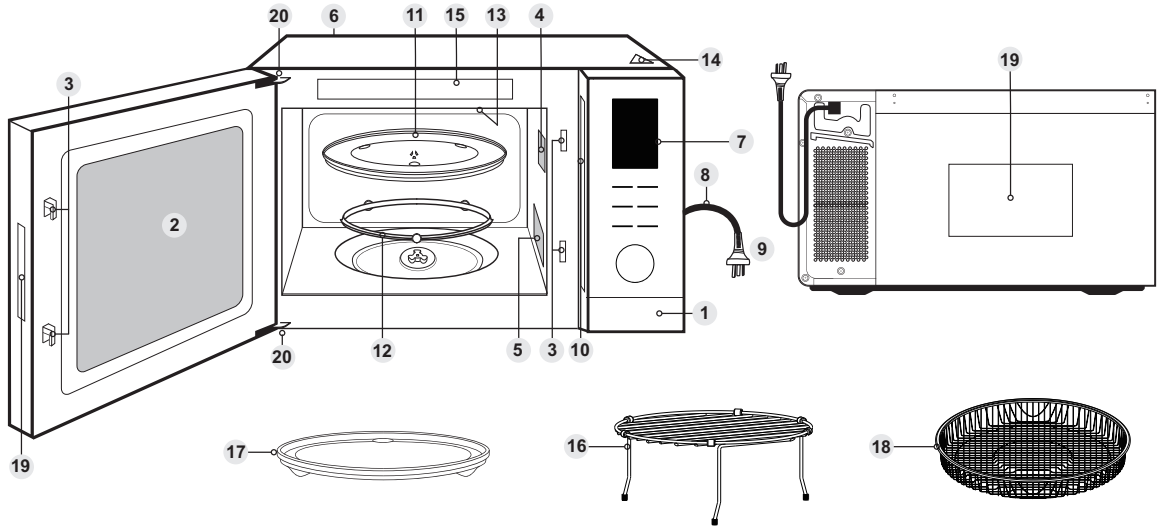
Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

Cookware and Utensil Chart

	Microwave	Grill	Convection Air Fry	Combination	
				Combi 1 (Grill + Microwave)	Combi 2/3/4/5 (Convection + Microwave)
Enamel tray (oven accessories) 	no	yes	yes	yes	yes
Wire rack (oven accessories)	no	yes	yes	yes	yes
Air fry basket (oven accessories) 	no	yes	yes	no	no
Aluminium foil	no	yes	yes	no	no
Ceramic Plate	yes	yes	yes	yes	yes
Browning Dish	yes	no	no	no	no
Brown paper bags	no	no	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes	yes	yes
non-oven/microwave safe	no	no	no	no	no
Disposable paperboard containers	yes*1	yes*1	yes*1	yes*1	yes*1
Glassware oven glassware & ceramic	yes	yes	yes	yes	yes
non-heat resistant	no	no	no	no	no
Metal cookware	no	yes	yes	no	no
Metal twist-ties	no	yes	yes	no	no
Oven cooking bag	yes	yes*1	yes*1	yes*1	yes*1
Paper towels and napkins	yes	no	no	no	no
Plastic defrosting rack	yes	no	no	no	no
Plastic dishes microwave safe	yes	no	no	no	no
non microwave safe	no	no	no	no	no
Microwave safe cling film	yes	no	no	no	no
Straw, wicker, wood	yes	no	no	no	no
Thermometers microwave safe	yes	no	no	no	no
conventional	no	yes	yes	no	no
Waxed paper	yes	yes	yes	yes	yes
Silicon bakeware	yes*1	yes*1	yes*1	yes*1	yes*1

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

Parts of your Oven



① **Door Release Button**
Push to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and **Start** is pressed. It is quite safe to open the door at any time during a cooking program and there is no risk of microwave exposure.

② **Oven Window**

③ **Door Safety Lock System**

④ **Oven Light**
Oven light will turn on during cooking and also when door is opened.

⑤ **Waveguide Cover** (do not remove)

⑥ **External Oven Air Vents**

⑦ **Control Panel**

⑧ **Power Supply Cord**

⑨ **Power Supply Plug**

⑩ **Identification Label**

⑪ **Glass Tray**
a. DO NOT operate the oven without the Roller Ring and Glass Tray in place.
b. Only use the Glass Tray specifically designed for this oven. Do not substitute any other Glass Tray.
c. If the Glass Tray is hot, allow to cool before cleaning or placing in water.
d. Do not cook foods directly on the Glass Tray, except when cooking jacket potatoes in microwave mode. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
e. If food or utensils on the Glass Tray touch oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
f. The Glass Tray can rotate in either direction.

⑫ **Roller Ring**
a. The Roller Ring should be cleaned regularly to avoid excessive noise.
b. The Roller Ring and Glass Tray should be used at the same time.

⑬ **Heating Elements**

⑭ **Caution Symbol** (hot surfaces)

⑮ **Menu Label**

⑯ **Wire Rack (with spacers)**
a. The Wire Rack is used to facilitate browning of small dishes and help with the good circulation of the heat.
b. The Wire Rack should be cleaned regularly.
c. When using the Wire Rack in the manual GRILL, CONVECTION, AIR FRY and COMBINATION cooking modes, be careful to choose heat-proof containers; containers made of plastic or paper may melt or burn when exposed to the heat radiating from the grill.
d. When using the COMBINATION mode, never place any aluminum or metal containers directly on the Wire Rack. Always insert a glass plate or dish between the Wire Rack and the aluminum container. This will prevent sparking that may damage the oven.
e. Do not use the Wire Rack when cooking in the MICROWAVE mode only.
f. Spacers: do not remove when cooking.

⑰ **Enamel Tray**
a. The Enamel Tray is for cooking on grill, convection, air fry, and combination modes.
b. Do not use the Enamel Tray in microwave mode only.
c. The Enamel Tray must always be in place on the glass tray (unless stated).

⑱ **Air Fry Basket**
The Air Fry Basket must always be placed on the Wire Rack on the Enamel tray, and Glass Tray (unless stated). It cannot be used in the microwave or any combination mode.

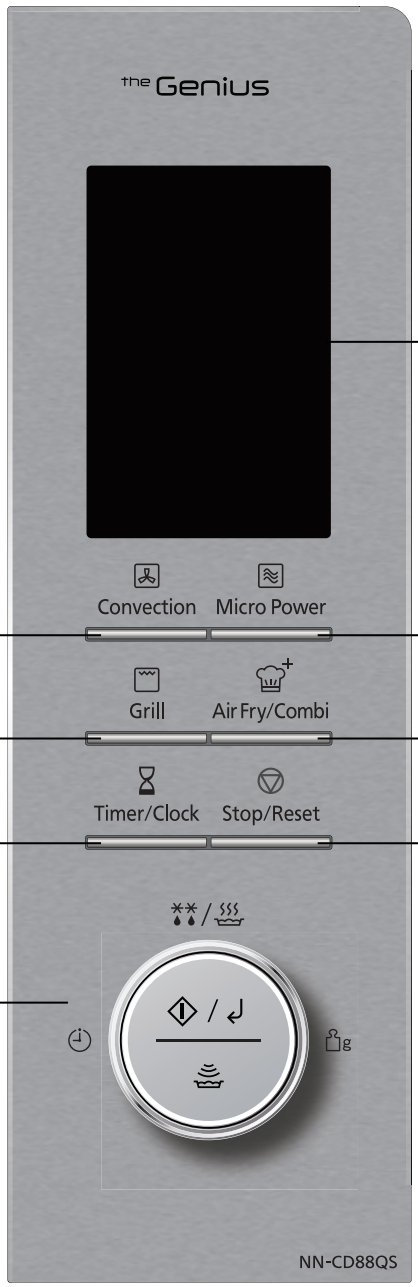
⑲ **Warning Label**

⑳ **Door hinges**
To prevent injury when opening or closing the door, keep fingers away from the door hinges.

Notes

1. The illustration is for reference only.
2. The glass tray, wire rack, enamel tray and air fry basket are the only accessories with this oven. All other cooking utensils mentioned in this manual must be purchased separately.

Control Panel



Display Window
(pg. 16)

Convection Button
(pg. 26-27)

Micro Power Button
(pg. 20)

Grill Button
(pg. 24-25)

Air Fry/Combination button
(pg. 28-33)

Timer/Clock Button
(pg. 18, 34)

Stop/Reset Button
Before cooking:
One press clears all your instructions.
During cooking:
One press temporarily stops the cooking process.
Another press cancels all your instructions and colon or time of day appears in the Display Window.

Dial
(pg. 16)

Note

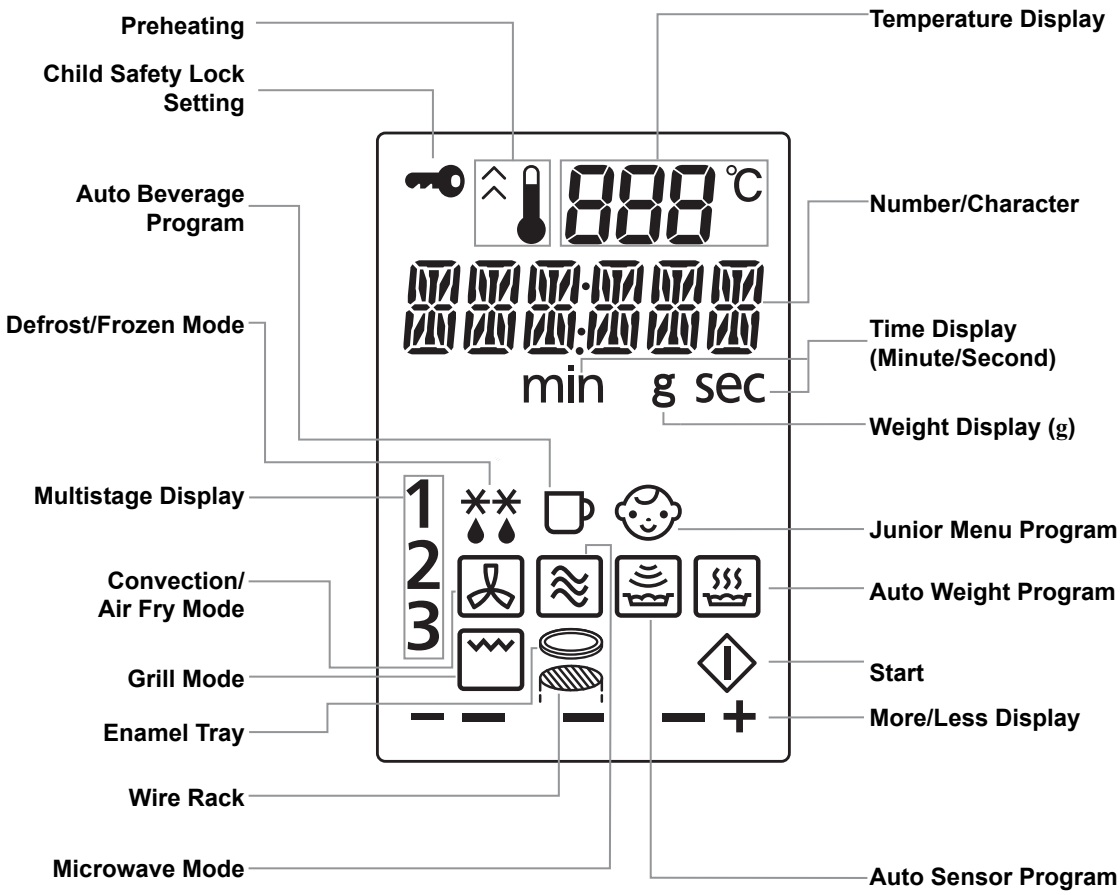
This oven is equipped with an energy saving function.
When in stand-by mode the brightness of the display will be reduced. The oven will enter stand-by mode after 6 minutes from the last operation. Opening the door will revert back to standard mode.
If an operation is set and **Start** is not pressed,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

Beep Sound

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

Display Window

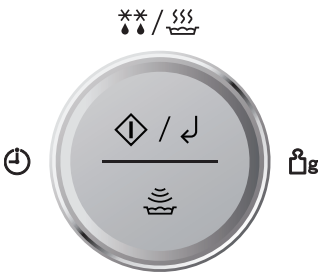
To help you operate the oven conveniently, the present state will appear in the display window.



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

Dial Feature

The dial has the following 4 functions:



Cooking time

After selecting a manual cooking mode, enter time by turning the dial. Use the dial for the Add Time function (pg. 23)

Start/Confirmation

Press the dial to start operating the oven or confirm the setting. If during cooking the door is opened or Stop/Reset is pressed once, Start has to be pressed again to continue cooking.

Auto Programs

When clock mode is displayed, turn the dial to select auto programs and weight (pg. 22, 37-45)

One Push Reheating

When clock mode is displayed, press the dial for quick start reheating chilled meal (pg. 36)

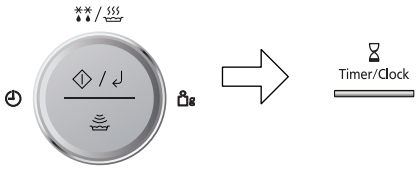
Let’s Start to Use Your Oven!

1. Plug in.

Plug into a properly earthed electrical outlet. "REFER TO OPERATING INSTRUCTIONS BEFORE USE" will appear in the display window, then you can start to operate.

2. Press Timer/Clock twice to set clock.

Set clock as a 12 hour clock. Turn dial to select the time, then press **Timer/Clock**. (See page 18 for details)

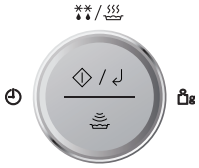


3. Press Convection.

e.g. 220 °C
“” will appear in the display window with the oven temperature. This procedure is to burn off the oil used for rust protection in the oven. Press **Convection** button until 220 °C appears in the display window. Remove all accessories from the oven before operation, keeping the Roller Ring and the Glass Tray in place.

4. Turn Dial to Select Time.

e.g. 5 minutes
Turn dial until 5 minutes is displayed in the window.



5. Press .

The time will be displayed in the window and count down. The oven will beep at the end of the program. The oven is now ready to use.

Caution: Heating elements and oven will be hot.

To Use Child Safety Lock

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

To set:

Stop/Reset

Press **Stop/Reset** button 3 times.
► “ ” appears in the display window.

Press 3 times.

To cancel:

Stop/Reset

Press **Stop/Reset** button 3 times.
► Colon or time of day appears in the display window.

Press 3 times.

Note

To activate or cancel child safety lock, **Stop/Reset** must be pressed 3 times within a 10 second period.

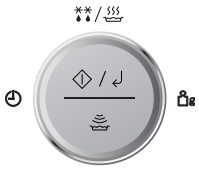
To Set Clock

1. Press Timer/Clock twice.

"SET TIME" will appear in the display window, and the colon starts to blink.

2. Turn dial.

Enter the time by turning the dial. The time appears in the display.



3. Press Timer/Clock.

The colon stops blinking. Time of day is now locked into the display.

Notes

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

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:

Press **Timer/Clock** button four times.

Display window.

Colon or time of day appears in the display window.

To turn on:

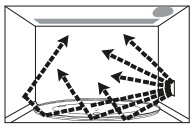
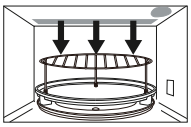
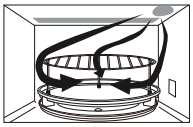
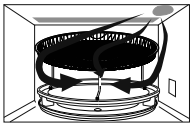
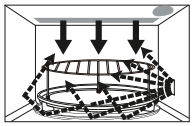
Press **Timer/Clock** button four times.

Display window.

Colon or time of day appears in the display window.

Cooking Modes

The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used. Further information can be found in the cooking guide.

Cooking Modes	Uses	Accessories to use	Containers
MICROWAVE 	• 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 browning. **No Preheating**	–	Use microwaveable, plates or bowls eg. Pyrex®, directly on the Glass Tray. **No metal.**
GRILL 	• Grilling of meat or fish. • Toast grilling. • Colouring of gratin dishes or meringue pies. **No Preheating**	Wire rack on enamel tray *	Use heatproof dishes, plates or bowls eg. Pyrex® directly on the Wire rack on Enamel tray on Glass Tray *.
CONVECTION 	• Baking of small items with short cooking times: puff pastry, cookies, roll cakes. • Special baking: bread rolls or brioches, sponge cakes. • Baking of pizzas and tarts. **Preheating Advised**	Enamel tray or wire rack *	Heat-proof, metal tin can be used on enamel tray *. **Do not place dishes directly on Glass Tray.**
AIR FRY 	• Cooking french fries. • Cooking steak, pork chops, hamburgers. • Cooking frozen breaded foods. **No Preheating**	Air Fry basket on wire rack on enamel tray*	Put the food on the Air Fry basket directly.
COMBINATION 1 (GRILL + MICROWAVE) 	• Cooking lasagne, meat, potatoes or vegetable gratins. **No Preheating**	Wire rack on enamel tray *	Microwaveable and heatproof dishes placed directly on Wire rack on Enamel Tray on Glass Tray *. **No metal.**
COMBINATION 2-5 (CONVECTION + MICROWAVE)	• Baking cakes. • Puff pastry tarts. **Preheating If necessary**	Enamel tray *	Microwaveable and heatproof dishes can be used on the Enamel tray *. **Do not place dishes directly on Glass Tray.** **No metal.**

* N.B. Small food items can be placed directly on the Enamel Tray on the Wire Rack.

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

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

1. Open Door.

Open the door and place container with food on the glass tray. Then close the door.

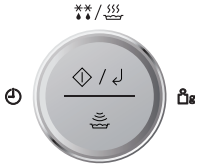
2. Press Micro Power.

Press this button until the power you require appears in the display window. (see chart below)

Press	Power Level	Example of Use
Once	1000 W (High)	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.
Twice	800 W (Medium-High)	Cook poultry, meat, cakes, desserts. Heat milk
3 times	270 W (Defrost)	Defrost meat, poultry or seafood.
4 times	600 W (Medium)	Cook beef, lamb, eggs, fish and seafood. Melt butter.
5 times	440 W (Low)	Simmer soups, stew and casseroles (less tender cuts).
6 times	300 W (Simmer)	Cook tough meat, stew soup and soften butter.
7 times	100 W (Warm)	Keep food warm and soften ice cream.

3. Enter Time.

Enter the cooking time by turning the dial. (1000 W : up to 30 minutes; Other powers : up to 1 hour 30 minutes)



4. Press .

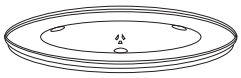
The cooking time appears in the display window and begins to count down.

Notes

1. Three stages can be set continuously. This feature allows you to set different cooking stages without extra input during the cooking process. Please refer to page 35.
2. 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 maximum time of 10 minutes. Turning the dial to zero will end cooking.
3. Do not attempt to use microwave only with any metal container in the oven.
4. Do not place food directly on the glass tray. 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.
5. Standing time can be programmed after microwave power and time setting. Refer to “To Use Timer” on page 34.
6. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.
7. For manual defrosting times, please refer to the defrosting chart on page 21.

Oven Accessories to Use

When using your oven on **microwave** only, the glass tray provided must always be in position.



Defrosting Using Defrost Microwave and Time

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

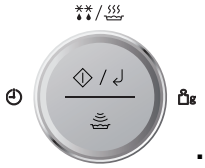
Food	Defrosting Time	Method	Standing Time
Meat			
Beef/Lamb/Pork joint 500 g	8-9 mins	Place in a suitable dish or on an upturned saucer or use a microwave safe rack. Turn once.	30 mins
Minced beef 500 g	6 mins 30 secs	Place in a suitable dish. Break up and turn once.	5 mins
Chops 450 g	6-7 mins	Place in a suitable dish in a single layer. Turn once.	5 mins
Sausages 450 g	6 mins	Place in a suitable dish in a single layer. Turn twice.	5 mins
Bacon rashers 500 g	4-6 mins	Place in a suitable dish. Turn and separate twice.	3 mins
Stewing steak 450 g	6 mins	Place in a suitable dish. Break up frequently.	5 mins
Whole chicken 500 g	6-8 mins	Place in a suitable dish on an upturned saucer or use a microwave safe rack. Turn once.	10 mins
Chicken portions 450 g	5-7 mins	Place in a suitable dish in a single layer. Turn once.	10 mins
Fish			
Whole 350 g	7-9 mins	Place in a suitable dish. Turn once.	5 mins
Fillets/Steak 450 g	5-6 mins	Place in a suitable dish. Turn once, separate if necessary.	5 mins
Prawns 450 g	5-7 mins	Place in a suitable dish. Stir halfway during defrosting.	5 mins
General			
Bread sliced 400 g	4 mins	Place on a plate. Separate and rearrange during defrosting.	5 mins
Slice of bread 45 g	20 secs-30 secs	Place on a plate.	1-2 mins
Pastry 500 g	4 mins	Place on a plate. Turn halfway.	5-10 mins
Soft fruit 450 g	5-6 mins	Place in a suitable dish. Stir once during defrosting.	2 mins

Note

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

To Defrost Using Turbo Defrost

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight. The serving/ weight is 100 g to 3000 g. The weight can be programmed in grams. The weight starts from the minimum weight.

1. Turn  .

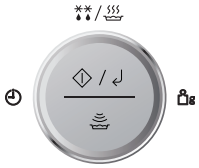
Turn dial to select auto menu No.1.

2. Press .

Press the dial to confirm the program. The microwave ( ) and defrost ( ) symbol will also appear.

3. Select Desired Weight.

Select the weight of the food by turning the dial. Turning the dial slowly will count up in 10 g steps. Turning the dial quickly will speed up this process.



4. Press .

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

Food	Maximum Weight
Meat loaf, whole chicken, ribs	3000 g
Beef, lamb, chicken portions	2000 g
Whole fish, shellfish, prawns and fish fillet	1000 g

Tips for Turbo defrost

Boneless meat always demands longer time to defrost than meat with bones. For meat with bones, we recommend subtracting 500 g from the total weight when it exceeds 2000 g, and subtracting 200-300 g from the total when it weighs under 2000 g.

Two buzz beeps

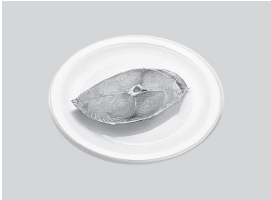
Turn over meat, chicken, fish or shell fish. Separate stewed meat, chicken pieces and meat loaf. Separate the burger patty from the hamburger.

To Defrost Using Turbo Defrost (continued)

Key to defrosting

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

Remove packaging and place the raw meat on a plate.



Remove packaging and place the fish fillet on a plate.

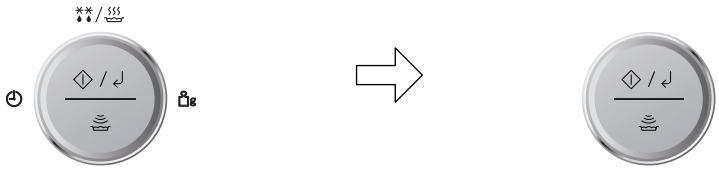
Defrosting Guidelines

For best results:

1. Place foods in a suitable container. Meat joints and chicken should be placed on an upturned saucer or on a plastic rack if you have one.
2. Check food during defrosting, as 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”.
5. Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
6. Allow standing time so that the centre of the food thaws out. (Minimum of 1 hour for joints of meat and whole chickens).

To Use the Add Time Feature

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



1. After cooking, turn dial to select **Add Time** feature.
   Maximum cooking time:
   Microwave power 1000 W: up to 30 minutes;
   Other microwave powers: up to 1 hour 30 minutes;
   Grill: 1 hour 30 minutes,
   Timer: 1 hour 30 minutes.
   Convection, Air Fry, Combination: 9 hours.
2. Press **Start**.
   Time will be added.
   The time in the display window will count down.

Notes

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

To Cook on Grill by Time Setting

The grill system on the oven gives fast efficient cooking for a wide variety of foods e.g. chops, sausages, steaks, toast, etc. There are 3 different grill settings available. The glass tray must always be in position when using the oven.

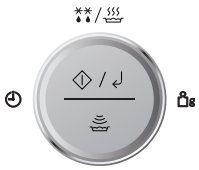
1. Press Grill.

Press to set the desired power level. (see chart below)

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

2. Enter Time.

Enter the cooking time by turning the dial. (up to 1 hour 30 minutes)



3. Press .

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

Notes

1. There is no microwave power on the grill only program.
2. Use the accessories provided, as explained on the next page.
3. 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.
4. 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.
5. **Never cover foods when grilling.**
6. **Do not attempt to preheat the grill.**
7. The grill will only operate with the oven door closed. It is not possible to use the grill function with the door open.
8. Most foods require turning halfway during cooking. When turning food, open oven door and carefully remove wire rack using oven gloves.
9. **Always use oven gloves when removing the food and accessories after grilling as the oven and accessories will be very hot.**
10. After turning, return food to the oven and close door. After closing oven door, press **Start**. The oven display will continue to count down the remaining grilling time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.
11. 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 maximum time of 10 minutes. Turning the dial to zero will end cooking.
12. The grill will glow on and off during cooking - this is normal. Always clean the oven after using the grill and before using the microwave or combination mode.
13. After grilling it is important that the grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.

To Cook on Grill by Time Setting (continued)

Oven Accessories to Use

When grilling foods the glass tray should be in position, with the enamel tray and the wire rack on top.

Place food on wire rack on the enamel tray on the glass tray. The wire rack will allow fat to drip through into the enamel tray to reduce excess splatter and smoke when grilling steaks, chops and other fatty foods.

Most foods require turning halfway during cooking. When turning food, open oven door and carefully remove the enamel tray and wire rack by holding the accessories firmly. Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven.

After turning, return food to the oven, close door and press **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.

If grilling fish or small items, place the enamel tray on top of the wire rack.

To Cook on Convection by Time Setting

Your microwave oven can be used in convection mode which incorporates a heating element with a fan. For best results always place food in a preheated oven.

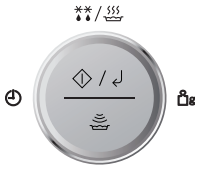
• Without Preheating:

1. Press Convection.

Press to select oven temperature. There is a choice of convection temperatures 40 °C and 100 °C - 220 °C. Default temperature is 150 °C.

2. Enter Time.

Enter the cooking time by turning the dial. (up to 9 hours)



3. Press .

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

• With Preheating:

1. Press Convection.

Press to select oven temperature. There is a choice of convection temperatures 100 °C - 220 °C. Default temperature is 150 °C.

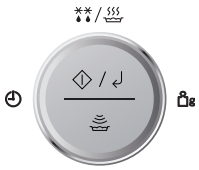
2. Press to Preheat Oven.

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

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

3. Enter Time.

Enter the cooking time by turning the dial. (up to 9 hours)



4. Press .

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

To Cook on Convection by Time Setting (continued)

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

Temp °C	Suitable kinds of foods
150 °C	Cheese cake
160/170 °C	Ginger bread, Cookies
180 °C	Fairy Cakes, Meat Joints
190 °C	Gratins, Pastry pies, Chicken
200 °C	Scones, Swiss Roll, Muffins
220 °C	Puddings, Bread

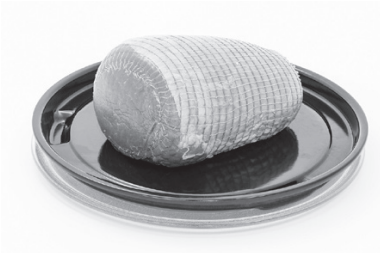
Notes

1. For quick selection of the most commonly used cooking temperatures, the oven starts at 150 °C and then for each press the temperature will count up in 10 °C stages to 220 °C, then to, 40 °C, 100 °C, 110 °C etc.
2. When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 100 °C is reached. To change the temperature during cooking, press the Convection button.
3. 40 °C is for dough fermentation, such as for pizza bases or bakery dough when making bread.
4. The oven can not preheat to 40 °C.
5. Do not open the door during preheating.
6. The oven will maintain the selected temperature for approximately 30 minutes. If no food has been placed inside the oven, then it will automatically cancel the cooking program and "OPEN DOOR" will appear in the display window. If no cooking time is set, oven will revert to time of day after 6 minutes.
7. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
8. When the selected cooking time is less than one hour, the time counts down second by second. When the selected cooking time is over one hour, the time counts down minute by minute until only "1H 00" (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
9. The accessories and the surrounding oven will get very hot. Use oven gloves.

Oven Accessories to Use

When using the Convection oven the glass tray should be in position and must have the enamel tray placed on top.

The food is then placed onto the enamel tray. Follow your individual recipe guidelines.



Roasting meat: glass tray, enamel tray.

Baking: glass tray, enamel tray.

Baking: glass tray, enamel tray, wire rack.

When using the oven as a **convection** oven, there is **no microwave power**, i.e. the oven is operating as a conventional oven and you can use all your standard metal baking tins and ovenware.

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

To Cook on Air Fry by Time Setting

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

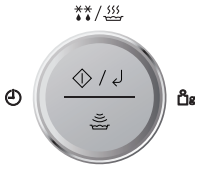
1. Press Air Fry/Combi.

Press once to 3 times (preheat is not possible).

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

2. Enter Time.

Enter the cooking time by turning the dial (up to 9 hours)



3. Press .

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

Notes

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

Caution!

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

Notes

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

To Cook on Air Fry by Time Setting (continued)

Oven Accessories to Use

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

Food	Weight/ Quantity	Temp.	Time to Select (approx)	Instructions/Guidelines
Frozen				
Chips/French fries	450 g	220 °C	24-26 min	Turn over at ⅔ of total time.
Chicken nuggets	700 g	220 °C	22-24 min	Turn over at ⅔ of total time.
Spring rolls	500 g (12)	220 °C	18-20 min	Brush oil. Turn over at ⅔ of total time.
Hash browns	500 g	220 °C	21-24 min	Turn over at ⅔ of total time.
Chilled				
Fish fillets	600 g (4)	220 °C	22-25 min	Seasoned with salt & black pepper. Put on baking sheet.
Sausages	600 g (8)	200 °C	18-20 min	Turn over at ⅔ of total time.
Chicken drumsticks	1000 g (8)	220 °C	35-40 min	Cut open the surface of the drumstick with a knife. Seasoned with oil, salt & black pepper. Turn over at ⅔ of total time.
Burger patties	800 g (8)	200 °C	21-24 min	Turn over at ⅔ of total time.
Pork chops	450 g (4)	220 °C	29-35 min	Seasoned with oil, salt & black pepper. Turn over at ⅔ of total time.
Chicken wings	850 g	220 °C	26-30 min	Seasoned with oil, salt & black pepper. Turn over at ⅔ of total time.
Chicken breast	350 g (2)	220 °C	25-30 min	Seasoned with oil, salt & black pepper. Turn over at ⅔ of total time.
Fresh				
Cauliflower	500 g	180 °C	21-24 min	Seasoned with oil, salt black pepper & chili powder. Turn over/stir at ⅔ of total time.
Asparagus	300 g	180 °C	13-15 min	Seasoned with oil, salt & black pepper. Turn over/stir at ⅔ of total time.
Carrot	800 g	180 °C	23-25 min	Seasoned with oil, salt & black pepper. Turn over/stir at ½ of total time.

To Cook on Combination by Time Setting

Your oven has two methods of cooking by Combination.

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

Combination cooking is ideal for many foods. The microwave power cooks them quickly, whilst the convection or grill gives the traditional browning and crispness. All this happens simultaneously resulting in most foods being cooked in ½ - ⅔ of the conventional cooking time.

Press	Combi Level	Combination Type	Uses
4 times	Combi 1	Grill 1 (High) + MW 440 W	Breaded fish, breaded chicken, toasted sandwiches, frozen croquettes, samosas, spring rolls

Grill + Microwave

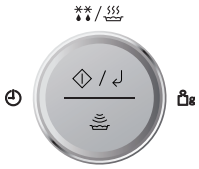
This combination mode is suitable for foods which are normally grilled and for reheating small savoury items.

1. Press Air Fry/Combi.

Press 4 times (preheat is not possible).

2. Enter Time.

Enter the cooking time by turning the dial. (up to 9 hours)



3. Press .

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

Notes

1. Do not use this program with less than 200 g of food.
2. It is not necessary to preheat when using this combination mode and food should always be cooked uncovered.
3. The grill will glow on and off during cooking - this is normal.
4. To turn food just press the door release, remove the enamel tray and wire rack, turn the food, return to the oven, close the door and press **Start**. The oven will continue to countdown the remaining cooking time.
5. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
6. The accessories and the surrounding oven will get very hot. Use oven gloves.

To Cook on Combination by Time Setting (continued)

Oven Accessories to Use

When using Combination cooking the glass tray should be in position and must have the enamel tray on top, unless otherwise stated.
Food should be placed directly onto the wire rack on the enamel tray. This is then placed on the glass tray.
When cooking fish or small items, food can be placed directly on the enamel tray on top of the wire rack.

Convection + Microwave

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

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

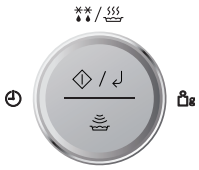
• Without Preheating:

1. Press Air Fry/Combi.

Press 5-8 times to select combination power levels. (There is a choice of 4 levels available).

2. Enter Time.

Enter the cooking time by turning the dial. (up to 9 hours)



3. Press .

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

To Cook on Combination by Time Setting (continued)

• With Preheating:

1. Press Air Fry/Combi.

Press 5-8 times to select combination power levels. (There is a choice of 4 levels available).

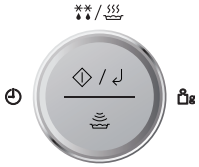
2. Press to Preheat Oven.

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

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

3. Enter Time.

Enter the cooking time by turning the dial. (up to 9 hours)



4. Press .

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

Notes

1. Do not use this program with less than 200 g of food.
2. Food is usually cooked uncovered.
3. You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
4. Foods should always be cooked until browned and piping hot.
5. The accessories and the surrounding oven will get very hot. Use oven gloves.
6. After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.

To Cook on Combination by Time Setting (continued)

Oven Accessories to Use

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

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

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

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

Containers to Use for Combination Feature

It is possible to use smooth seamed metal tins and foil containers on combination but they must be placed directly onto the enamel tray on the glass tray. They must not be placed directly onto the wire rack, or arcing will occur.
If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the container or re-program to convection only.
Do not use plastic microwave containers with Combination programs.
Dishes must be able to withstand the heat of the top grill. Do not put dishes on wire rack directly under the grill, place on enamel tray on glass tray.

To Use Timer (Kitchen Timer/Standing Time/Delay Start)

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

To Set Kitchen Timer.

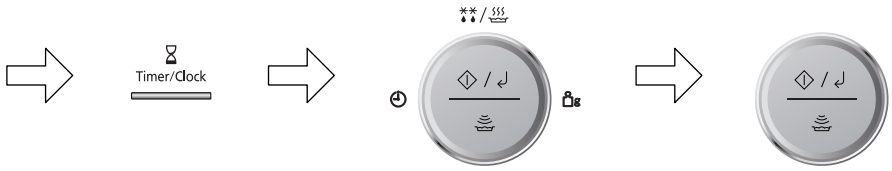
Press once.

Set desired amount of time by turning the dial. An “H” will appear in the display to denote hours. (up to 1 hour 30 minutes)

Press **Start**.
Time will count down without oven operating.

To Set Standing Time:

Set the desired cooking program. (up to 2 stages)

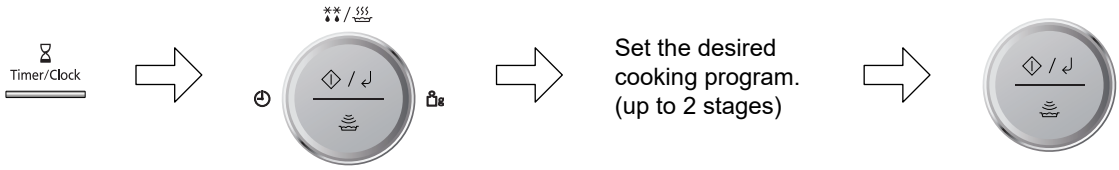


Press once.

Set desired amount of time by turning the dial. An “H” will appear in the display to denote hours. (up to 1 hour 30 minutes)

Press Start.
Cooking program will commence after which the standing time will count down.

To set Delay Start:



Press once.

Set desired amount of time by turning the dial. An “H” will appear in the display to denote hours. (up to 1 hour 30 minutes)

Set the desired cooking program. (up to 2 stages)

Press Start.
Delayed time will count down then the cooking program will start.

Notes

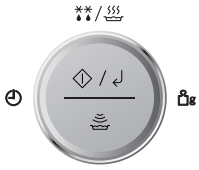
1. If the oven door is opened during Kitchen Timer, Standing Time, Delay Start, the time in the display window will continue to count down.
2. Standing Time and Delay Start can not be programmed together with Turbo Defrost and Auto Weight/ Sensor Programs and preheating. This is to prevent the starting temperature of food from rising before defrosting or cooking begins. A change in starting temperature could cause inaccurate results.
3. When using Standing time or Delay Start, it is up to 2 power stages. See Multistage Setting on page 35.
4. If the programmed standing time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.

Multistage Setting

2 or 3 Stage Cooking.

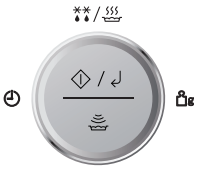
E.g.: To cook on 600 W for 2 minutes, cook on 180 °C for 15 minutes and cook on Grill 1 for 10 minutes.

Press **Micro Power** button 4 times to select 600 W.



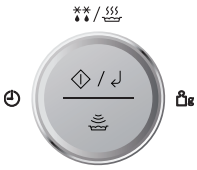
Set the cooking time to 2 minutes by turning the dial.

Press **Convection** button 4 times to select 180 °C.



Set the cooking time to 15 minutes by turning the dial.

Press **Grill** button once to select Grill 1.



Set the cooking time to 10 minutes by turning the dial.

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

Notes

1. When operating, two beeps will sound between each stage.
2. Turbo Defrost, Auto Weight/Sensor Programs and preheating can not be used with multistage cooking.
3. Standing Time and Delay Start can be used in multistage cooking.

One Push Reheating

the Genius

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

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

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

How it works

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

Adjust to Taste

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

Notes

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

Auto Weight Program Setting

For those auto programs that do not need to preheat. Operate as below:

Auto Programs without Preheating

1. Turn .

To allow auto program operation, ensure the oven is in Clock mode. Select the desired Auto Weight Program by turning the dial.

2. Press .

Press the dial to confirm the program. Auto program number appears in the display. The microwave and /or grill or convection and auto weight symbols appear in the display and frozen food symbol if applicable.

3. Turn .

Select the weight of the food by turning the dial (except No.21). Turning the dial slowly will count up in 10 g steps.

4. Press .

Press once.

When you select an auto program, corresponding symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed, in addition to the glass tray. These are what they mean:

Microwave	Grill	Convection	Preheat
Enamel tray	Wire rack	Frozen food	

Notes

The auto weight programs are designed to take the guesswork out of cooking or reheating your food. They must only be used for the foods described.

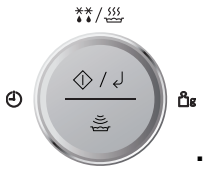
1. Only cook foods within the weight ranges described (see page 39).
2. Only use the accessories as indicated on pages 40-42.
3. Beverage programs 2-4 and Junior programs 15-16, 21 use Microwave power only. Re-bake Bread programs 5-6; Junior programs 17-20 and Combi programs 22-26 use a combination of Microwave and Convection or Grill. Roast programs 27-30 use Convection.
4. **Do not** cover food unless stated when using a Combination or Convection program. This will prevent the food browning. The heat will also melt any plastic covering.
5. Most foods benefit from a standing time after cooking on an auto program, to allow heat to continue conducting to the centre.
6. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
7. Always weigh the food rather than relying on the package weight information.

Auto Weight Program Setting (continued)

This feature allows you to cook or reheat foods by setting the weight only. The oven determines the Microwave power level and/or Convection and/or Combination setting, then the cooking time automatically. Select the category of food and then just enter the weight. The symbols above will appear in the display window. The weight will be entered in grams.

Auto Programs with Preheating

It is necessary to preheat the oven for Re-Bake Bread Programs 5 (Baguette/Crusty Rolls), 6 (Croissants), Junior Menu Programs, 18 (Chilled Breaded Products), 19 (Frozen Breaded Products), 20 (Fresh Vegetable Fries); Auto Combi/Roast Programs, 23 (Frozen Potato Products), 25 (Fish and Chips), 26 (Whole Chicken).

1. Turn  **.**

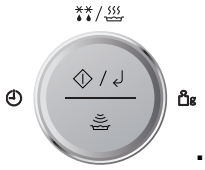
To allow for Auto Weight Program operation, ensure the oven is in clock mode. Select the desired program by turning the dial. Refer to pages 40-42.

2. Press **.**

Press the dial to confirm program selection. Auto program number appears in the display. The microwave and/or grill or convection and auto weight symbols appear in the display and frozen food symbol if applicable.

3. Press **.**

Press the dial to preheat the oven.

4. Turn  **.**

After preheating, beeps sound and ‘P’ will flash in the display. Place the food in the oven and select the weight of the food by turning the dial.

5. Press **.**

Press once.

Auto Weight Program Setting (continued)

Minimum/Maximum Weights for Auto Weight Programs

Program	Minimum weight	Maximum weight
2. Tea/Coffee	200 g	400 g
3. Milk/Hot Chocolate/Milky Coffee	200 g	600 g
4. Soup	200 g	1000 g

Program	Minimum weight	Maximum weight
5. Baguette/Crusty Rolls	100 g	500 g
6. Croissants	50 g	350 g

Program	Minimum weight	Maximum weight
15. Purée Vegetables	100 g	400 g
16. Purée Fruits	100 g	400 g
17. Junior Pasta Bake	250 g	800 g
18. Chilled Breaded Products	100 g	500 g
19. Frozen Breaded Products	100 g	500 g
20. Fresh Vegetable Fries	100 g	500 g
21. Mug Cake	-	1 mug

Program	Minimum weight	Maximum weight
22. Frozen Pizza	200 g	450 g
23. Frozen Potato Products	200 g	500 g
24. Roast Pork	500 g	2000 g
25. Fish and Chips	200 g	500 g
26. Whole Chicken	900 g	2000 g
27. Beef Rare	500 g	2000 g
28. Beef Medium	500 g	2000 g
29. Lamb Medium	1000 g	2000 g
30. Lamb Well Done	1000 g	2000 g

Auto Weight Beverage Programs

2. Tea/Coffee

For reheating one beverage with a fixed weight of 200 g or two beverages of 200 g each from room temperature eg. tea, coffee. Place container at the center of the glass tray. Turn dial to select program 2, Tea/Coffee. Press the dial to confirm the program. Select 200 g for 1 beverage or 400 g for two beverages by turning the dial and press **Start**. Stir before and after heating.

3. Milk/Hot Chocolate/ Milky Coffee

For reheating one mug of milk with a fixed weight of 200 g or one jug of milk with a fixed weight of 600 g from fridge temperature. This program is suitable for full fat, semi-skimmed and skimmed milk.
The hot milk can be used for making milky coffee or hot chocolate. Place container at the center of the glass tray. Turn the dial to select program 3, Milk/Hot Chocolate/Milky Coffee. Press the dial to confirm the program. Select 200 g for 1 mug or 600 g for 1 jug by turning the dial and press **Start**. Stir before and after heating for one mug of milk. Stir at beeps during heating for one jug of milk.

4. Soup

For reheating tetra, canned or homemade soups. Soup should be at refrigerator temperature. Soup should be placed in a suitable sized microwaveable bowl. It is preferable to cover with a lid or plate or saucer. Turn the dial to select program 4, Soup. Press the dial to confirm the program. Turn the dial to select weight and press **Start**. Stir before, at beeps and after reheating. Final temperature of soup may vary depending on thickness of soup, starting temperature, sugar and fat content of soup.

Re-Bake Bread Programs

5. Baguette/Crusty Rolls P + +

To re-bake baguettes and crusty rolls. This program is suitable for reheating, browning and crisping pre-purchased baguettes and rolls from room temperature. Ensure height of baguette/rolls is no more than 5 cm. Turn the dial to select program 5, Baguettes/Crusty Rolls. Press the dial to confirm the program. Press **Start** to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Place baguette/crusty rolls on enamel tray on glass tray. Turn the dial to enter weight and press **Start**. After cooking place on a wire rack for a few minutes.

6. Croissants P + +

To re-bake croissants. This program is suitable for reheating, browning and crisping pre-purchased croissants from room temperature. Turn the dial to select program 6, Croissants. Press the dial to confirm the program. Press **Start** to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Place croissants on enamel tray on glass tray. Turn the dial to enter weight and press **Start**. After cooking, place on a wire rack for a few minutes.

Junior Menu Programs

The Junior Menu offers a range of programs catering for babies, toddlers and older children - great for time saving and convenience. The fruit and vegetable purées are ideal first foods for weaning babies. Homemade purées taste like real food and cost less than jars or packets. Extra portions can be frozen in ice cube trays, then defrosted and reheated. Healthy vegetable fries and pasta bakes are perfect for smaller tummies. For operation refer to pages 37-38.

15. Purée Vegetables

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 and small sized pieces. Place in a microwave safe dish. Add the following quantities of water:

Vegetables	Water
100 g - 150 g	75 ml
160 g - 300 g	100 ml
310 g - 400 g	150 ml

Cover with lid. Turn the dial to select program 15, Purée Vegetables. Press the dial to confirm the program. Place container at the center of the glass tray. Turn the dial to enter the weight of the vegetables. Press **Start**. 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.

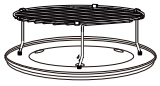
16. Purée Fruits

This program is suitable for cooking apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable when weaning babies. Peel and chop the fruit into even and small sized pieces. Place in a microwave safe dish. Add the following quantities of water:

Fruit	Water
100 g -150 g	75 ml
160 g - 300 g	100 ml
310 g - 400 g	150 ml

Cover with lid. Turn the dial to select program 16, Purée Fruits. Press the dial to confirm the program. Place container at the center of the glass tray. Turn the dial to enter the weight of the fruit. Press **Start**. 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.

17. Junior Pasta Bake +

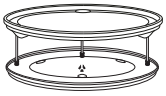


For cooking fresh pasta bake using fresh pasta (penne, spaghetti, fusilli), cheese or tomato based sauce and grated mild cheddar cheese. Use a suitable square, shallow Pyrex® container. Place on wire rack on glass tray. Use the following quantities:

	Pasta	Sauce	Cheese
250 g	70 g	140 g	40 g
500 g	150 g	300 g	50 g
800 g	250 g	500 g	50 g

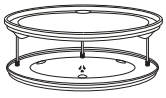
Other ingredients may be added such as ham, tuna and sweetcorn. In this case substitute some of the sauce for the chosen added ingredients. Turn the dial to select program 17, Junior Pasta Bake. Press the dial to confirm the program. Turn the dial to enter the weight - 250 g, 500 g or 800 g. Press **Start**.

18. Chilled Breaded Products P +



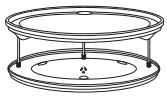
For preparing chilled breaded products such as breaded chicken strips, fish goujons, popcorn chicken, chicken bites or breaded chicken fillets. Turn the dial to select program 18, Chilled Breaded Products. Press the dial to confirm the program. Press **Start** to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Remove all packaging and place the chilled breaded products on the enamel tray on the wire rack on glass tray. Turn the dial to enter weight of food and Press **Start**. Turn at beeps.

19. Frozen Breaded Products P +



For preparing frozen breaded products such as frozen popcorn chicken, frozen chicken nuggets, frozen turkey drummers, frozen fish fingers, frozen scampi. Turn the dial to select program 19, Frozen Breaded Products. Press the dial to confirm the program. Press **Start** to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Remove all packaging and place the frozen breaded products on the enamel tray on the wire rack on glass tray. Turn the dial to enter weight of food and Press **Start**. Turn at beeps.

20. Fresh Vegetable Fries P +



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. Turn the dial to select program 20, Fresh Vegetables Fries. Press the dial to confirm the program. Press **Start** to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Place the vegetables on the enamel tray on the wire rack on glass tray. Turn the dial to enter weight of food and Press **Start**. Turn/Stir at beeps.

21. Mug Cake

For cooking one mug cake, either Chocolate Brownie, Lemon or banana. Prepare the mug cake as in the following recipes. Size of mug should be no smaller than 300 ml. Place container at the center of the glass tray. Turn the dial to select program 21, Mug Cake. Press the dial to confirm the program. Press **Start**. After cooking allow to stand for a few minutes and serve warm in the mug with ice cream, custard or cream.

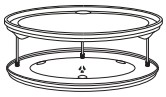
Ingredients	Chocolate Brownie Mug Cake
For 1 serving 4 ½ tbsp self raising flour 1.5 tbsp sugar 2 ½ tbsp cocoa powder 3 tbsp melted butter 3 tbsp milk 30 g milk chocolate, chopped Decoration: sprinkles or mini marshmallows	1. Mix flour, sugar and cocoa powder together in mug. 2. Add melted butter and milk and mix. 3. Add chopped chocolate. Mix thoroughly. 4. After cooking decorate with sprinkles or mini marshmallows.
Ingredients	**Lemon Mug Cake**
For 1 serving 3 tbsp flour 1.5 tbsp sugar 3 tbsp sugar ¼ tsp baking powder 1/8 tsp salt 2 tbsp vegetable oil 1 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.

Auto Combi/Roast Programs

22. Frozen Pizza

For reheating and browning frozen, purchased pizza. Turn the dial to select program 22, Frozen Pizza. Press the dial to confirm the program. Remove all packaging and place pizza on the wire rack on enamel tray on glass tray. Turn the dial to enter weight and press **Start**.

23. Frozen Potato Products

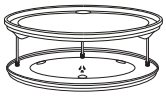


To cook frozen potato products, e.g. hash browns, croquettes, etc,. that are suitable for grilling. Turn the dial to select program 23, Frozen Potato Products. Press the dial to confirm the program. Press **Start** to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Spread potato products out on the enamel tray on wire rack on glass tray. Turn the dial to enter the weight. Press **Start**. Turn/stir at beeps. For best results cook in a single layer.
Note: Potato products vary considerably. We suggest checking a few minutes before the end of cooking to assess levels of browning.

24. Roast Pork

Suitable for roasting joints of pork, leg, boned and rolled loin, rib roast and shoulder. Score rind, brush with lemon juice and rub liberally with salt. Place roast rind side up on the enamel tray on glass tray. Turn the dial to select program 24, Roast Pork, Press the dial to confirm the program enter the weight of the food and press **Start**. Turn at beeps. Do not use cling film or lid.

25. Fish and Chips



This program is suitable for pre-purchased frozen battered or breaded fish and pre-purchased frozen oven chips. This program is suitable for 1 portion of fish and chips. The fish must weigh between 100 g - 250 g and the chips must weigh between 100 g - 250 g. Turn the dial to select program 25, Fish and Chips. Press the dial to confirm the program. Press **Start** to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Brush some oil on the fish. Spread the fish and chips out on the enamel tray on wire rack on glass tray. Turn the dial to enter the weight of the fish and chips. Press **Start**. Turn/stir at beeps. For best results cook in a single layer.

26. Whole Chicken

To cook whole fresh unstuffed chickens. Cook stuffing separately. Turn the dial to select program 26, Whole Chicken. Press the dial to confirm the program. Press **Start** to preheat the oven. After preheating, beeps sound and 'P' will flash in the display. Place chicken on the enamel tray on glass tray. Turn the dial to select the weight of the chicken, then press **Start**. Start cooking breast side down and turn at beeps, taking care with hot juices. Allow to stand for 5 minutes after cooking.

27. Beef Rare

For cooking rare fresh roast beef (top side, rump or silverside). Place on the enamel on glass tray. Turn the dial to select program 27, Beef Rare. Press the dial to confirm the program, Turn the dial to enter the weight of the food and press **Start**. Turn at beeps. Allow to stand for 10 to 20 minutes after cooking.

28. Beef Medium

For cooking medium fresh roast beef (top side, rump or silverside). Place on the enamel on glass tray. Turn the dial to select program 28, Beef Medium. Press the dial to confirm the program, Turn the dial to enter the weight of the food and press **Start**. Turn at beeps. Allow to stand for 10 to 20 minutes after cooking.

29. Lamb Medium

For cooking medium fresh roast leg of lamb with bone. Place on the enamel on glass tray. Turn the dial to select program 29, Lamb Medium. Press the dial to confirm the program. Turn the dial to enter the weight of the food and press **Start**. Turn at beeps. Allow to stand for 10 to 20 minutes after cooking.

30. Lamb Well Done

For cooking well done fresh roast leg of lamb with bone. Place on the enamel on glass tray. Turn the dial to select program 30, Lamb Well Done. Press the dial to confirm the program, Turn the dial to enter the weight of the food and press **Start**. Turn at beeps. Allow to stand for 10 to 20 minutes after cooking.

Auto Sensor Programs

This feature allows you to cook or reheat foods without entering the weight. The built-in sensor measures the humidity of the food and calculates cooking time.

How it works

Once the food has been selected and Start pressed the food is heated up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to cook.

The remaining cooking time will appear in the display window after two beeps.
Whilst the Sensor symbol is still flashing in the display window the oven door **should not be opened**. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

Adjust to Taste

The Sensor programs cook foods for average tastes. You are able to adjust the cooking programs to your own taste. After pressing Start, turn dial clockwise for more time or anti- clockwise for less time. This operation should be completed within 14 seconds. Default mode is normal.

To allow Auto Sensor operation, ensure the oven is in clock mode. Select desired Auto Sensor Program by turning the dial.

Press the dial to confirm the program. Auto program number appears in the display. The Microwave or Convection and Auto Sensor symbols appear in the display and frozen food symbol if applicable.

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

Notes

1. For best results the Auto Sensor Programs should only be used when the oven is cold. It is recommended that the oven is allowed to cool between using the sensor programs, if one or more programs are being used. If in a hurry, cook the food manually i.e. select the correct power level and cooking time. It is not recommended to keep using the Auto Sensor Programs consecutively.
2. For the Auto Sensor Programs it is not necessary to enter the weight of the food. They must **only** be used for foods described.
3. Only cook foods within the weight ranges described (See table below).
4. Only use the accessories as indicated on pages 44-45.
5. It is essential when using the Auto Sensor Programs to cover the food.
   The exception to this rule is jacket potatoes (see page 44). For Auto Sensor Programs fresh vegetables, frozen vegetables, fresh fish, cover with cling film. Pierce the cling film with a fork several times. For Auto Sensor Programs rice, casserole, dried pasta, fresh pasta, cover with a lid.

Notes

6. For foods covered with cling film, pierce the film with a fork several times. If the cling film is not pierced, steam can not escape and this could result in over cooking.
7. Always choose a container size that is suitable for the quantity of food, ie. do not allow a large headspace or food may not be cooked correctly.
8. For best results ensure that the oven is cold before using any Auto Sensor Programs.
9. Most foods benefit from a standing time after cooking on an Auto Sensor Program, to allow heat to continue conducting to the centre.
10. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Program	Minimum weight	Maximum weight
7. Fresh Vegetables	200 g	1000 g
8. Frozen Vegetables	200 g	800 g
9. Jacket Potatoes	200 g	1500 g
10. Casserole	900 g	2000 g
11. Fresh Fish	200 g	800 g
12. Rice	100 g	400 g
13. Dried Pasta	100 g	500 g
14. Fresh Pasta	200 g	800 g

7. Fresh Vegetables

To cook fresh vegetables. Place prepared vegetables into a suitable sized container.
Sprinkle with 1 tbsp water per 100 g vegetables. Cover with cling film. Pierce cling film with a fork several times. Place container at the center of the glass tray. Turn the dial to select program 7, Fresh Vegetables. Press the dial to confirm the program. Press **Start**. Stir at beeps. Drain after cooking and season to taste.

8. Frozen Vegetables

To cook frozen vegetables. Place vegetables into a suitable sized container. Sprinkle with 1-3 tbsp water. If cooking vegetables with high water content, such as spinach or tomatoes, do not add water. Cover with cling film. Pierce cling film with a fork several times. Place container at the center of the glass tray. Turn the dial to select program 8, Frozen Vegetables. Press the dial to confirm the program. Press **Start**. Stir at beeps. Drain after cooking.

9. Jacket Potatoes +

To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200 g - 250 g, for best results. Wash and dry potatoes and prick with a fork several times. Place on the enamel tray on glass tray. Turn the dial to select program 9, Jacket Potatoes. Press the dial to confirm the program. Press **Start**. Turn at beeps.

10. Casserole +

For cubed meat (e.g. braising steak, lamb, pork, not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 400 ml of stock. If you use a cook-in sauce, also add the same quantity of water. Cover with lid. Place container at the center of the glass tray. Turn the dial to select program 10, Casserole. Press the dial to confirm the program. Press **Start**. Stir at beeps.

11. Fresh Fish

To cook fresh fillets or steaks of fish. Place in a suitable sized container, add 2 tbsp (30 ml) water. Cover with cling film. Pierce cling film with a fork several times. Place container at the center of the glass tray. Turn the dial to select program 11, Fresh Fish. Press the dial to confirm the program. Press **Start**.

12. Rice

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

Rice	Water	Dish size
100 - 200 g	225 - 350 ml	3 L
210 - 300 g	350 - 550 ml	3.25 L
310 - 400 g	550 - 700 ml	4 L

It may be necessary to adjust the water to your personal preference. Soak in water for 10-15 minutes. Always allow at least ½ depth of volume for evaporation to prevent boiling over. Do not cook rice in plastic dishes as incorrect cooking times may result. Cover partially with lid and place container at the center of the glass tray. Turn the dial to select program 12, Rice. Press the dial to confirm the program. Press **Start**. Stir twice at beeps, at the end of the cooking, let stand 5 to 10 minutes, covered.

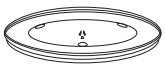
13. Dried Pasta

Suitable for cooking a variety of pastas such as spaghetti, fettuccine, tagliatelle, macaroni, penne, spiral and various pasta shapes. Place pasta in an appropriate size microwave safe dish with boiling water. Use the below chart as a guide:

Pasta	Boiling water	Dish size
100 - 200 g	1 - 1.2 L	3 L
210 - 300 g	1.2 - 1.5 L	3.5 L
310 - 400 g	1.5 - 1.8 L	4 L
410 - 500 g	1.8 - 2 L	5 L

Always allow at least ½ depth of volume for evaporation to prevent boiling over. Add 1 tablespoon of oil, if desired, before cooking to prevent pasta from sticking together. Cover partially with lid and place container at the center of the glass tray. Turn the dial to select program 13, Dried Pasta. Press the dial to confirm the program. Press **Start**. Stir at beeps. At the end of the cooking, cover and let stand for 5 to 10 minutes, if required, before draining.

14. Fresh Pasta



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

Pasta	Boiling water	Dish size
200 - 400 g	1 - 1.25 L	3 - 3.5 L
410 - 600 g	1.25 - 2 L	3.5 - 4 L
610 - 800 g	2 - 2.5 L	5 L

Add 1 tablespoon of oil, if desired, before cooking to prevent pasta from sticking together. Cover partially with lid. Place container at the center of the glass tray. Turn the dial to select program 14, Fresh Pasta. Press the dial to confirm the program. Press **Start**. Stir at beeps. At the end of the cooking time, cover and let stand for 5 to 10 minutes, if required, before draining.

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 tablespoons	30 ml
1½ cups	375 ml	2 tablespoons	40 ml
2 cups	500 ml	3 tablespoons	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 measurements that appear in the above chart.

Before Requesting Service

ALL THESE THINGS ARE NORMAL:	
The oven causes interference with my TV.	Some radio, TV, Wi-Fi, cordless telephone, baby monitor, Bluetooth or other wireless equipment interference might occur when you cook with the 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 on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven has cooled down.
I accidentally operated 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 noises occur as the oven automatically switches to Grill or Convection. This is normal.
The oven has an odour and generates smoke when using Grill, Convection, Air Fry and Combination functions.	It is essential that your oven is wiped out regularly, particularly after cooking by Grill, Convection, Air Fry and Combination functions. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
Some smoke is given off from the cavity when using Grill, Convection, Air Fry and Combination function and Grill for the first time.	This is caused by the excess oil in the cavity and oil used for rust protection volatilizing.

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.
	Start was not pressed after programming.	Press **Start**.
	Another program has already been entered into the oven.	Press **Stop/Reset** button to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	Stop/Reset button has been pressed accidentally.	Program oven again.
When the oven is turning on, there is noise coming from Glass Tray.	The roller ring and oven bottom are dirty.	Clean these parts according to care of your oven (See next page).
“H97” or “H98”, “H00” appears in the display window.	This display indicates a problem with the microwave generation system.	Contact an authorised service centre.
“DEMO MODE PRESS ANY KEY” or “D” appears in the display window.	The oven is under demonstration mode.	Press **Micro Power** button once, then press **Start** 4 times and **Stop/Reset** button 4 times.
The “ 🔑 ” appears in the Display Window.	The Child Lock was activated by pressing **Stop/Reset** button 3 times.	Deactivate Lock by pressing **Stop/Reset** button 3 times.
“HOT” appears in the display window.	The fan is operating to cool the electric components.	The word “HOT” 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

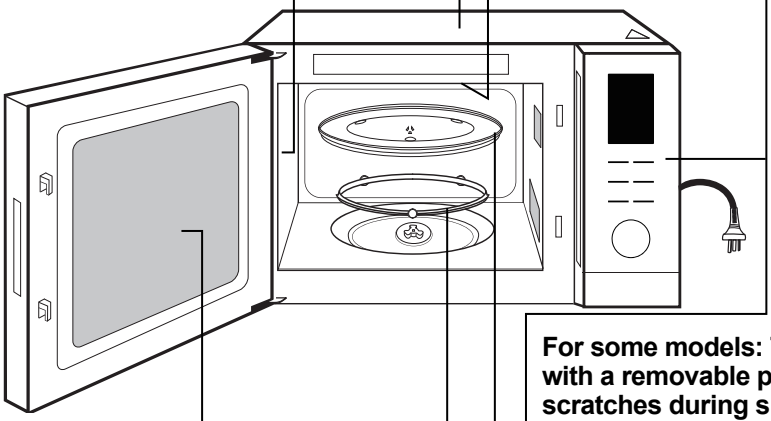
The oven should be cleaned regularly and any food deposits removed.

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

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.

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.

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



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

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.

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

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

Air Fry Basket

Enamel Tray

Wire Rack

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

Notes

1. When using the Grill, Convection, Air Fry 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.
2. After Grill, Convection, Air Fry or Combination cooking, the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.
   DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
   A steam cleaner is not to be used for cleaning.
3. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
4. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

Technical Specifications

Model		NN-CD88QS
Power Supply:		230 - 240 V ~ 50 Hz
Power Consumption:	**Microwave**	4.8 A 1110 W
	Heater (Grill)	5.7 A 1350 W
	Heater (Convection)	5.7 A 1350 W
	Combination (Maximum)	8.9 A 2130 W
Output power*:	**Microwave**	1000 W
	Heater (Grill)	1300 W
	Heater (Convection)	1300 W
Outside Dimensions W × H × D (mm)		560 (W) × 343 (H) × 450 (D)
Oven Cavity Dimensions W × H × D (mm)		380 (W) × 228.4 (H) × 390 (D)
Overall Cavity Volume:		34 L
Operating Frequency:		2450 MHz
Net Weight		Approx. 17.7 kg

Trim Kit

Model	NN-CD88QS
Model Number:	NN-TK81KCSCP
Outside Dimensions:	596 mm (W) x 410 mm (H)
Cabinet Opening:	600 mm (W) x 395 mm (H) x 488 mm (D)

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

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. lightening, 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 Email: customerservice@nz.panasonic.com
Fax: 09 272 0129 Website: www.panasonic.co.nz/support

Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by **1000 W**. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked. Always check food is piping hot and return to oven if necessary.

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

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 54-67 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food you are cooking or reheating.

Remember to stir or turn food wherever possible during cooking or reheating.
This ensures even cooking or reheating on the outside and in the centre.

When is Food Reheated?

Food that has been reheated or cooked should be served piping hot i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating. If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

Plated Meals

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. An average plated meal will take 3-4 minutes on **1000 W** to reheat. Do not stack meals.

Canned Foods

Remove foods from can and place in a suitable dish before heating.

Soups

Place soup in a bowl. Stir before heating and at least once during reheat time and again at the end.

Casseroles

Stir halfway through and again at the end of heating.

Caution!

Mince Pies

Remember even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

Christmas Puddings and Liquids

Take great care when reheating these items.

Do not leave unattended.
Do not add extra alcohol.

Baby Bottles

Milk or formula **must** be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby. For 200-250 ml of milk from fridge temperature, remove top and teat. Heat on **1000 W** for 20-30 seconds**. Check carefully.**

For 100 ml of milk from fridge temperature, remove top and teat. Heat on **1000 W** for 10-20 seconds. **Check carefully.**

Liquid at the top of bottle will be much hotter than at the bottom. The bottle must be shaken thoroughly and tested before use.

We do not recommend that you use your microwave to sterilise baby bottles. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

Reheating Charts

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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Bread – Precooked – Fresh – N.B. Breads reheated by microwave will have a soft base.				
Croissants	1	1000 W	10-20 secs	Place on micro-safe plate on glass tray. Do not cover.
		or Grill 1	2-3 mins	Place on micro-safe plate on glass tray. Do not cover.
	4	1000 W	30-40 secs	Place on micro-safe plate on glass tray. Do not cover.
		or Grill 1	3-5 mins	Place on micro-safe plate on glass tray. Do not cover
Rolls	1	1000 W	10-20 secs	Place on micro-safe plate on glass tray. Do not cover.
		or Grill 1	3-4 mins	Place on micro-safe plate on glass tray. Do not cover.
	4	1000 W	30-40 secs	Place on micro-safe plate on glass tray. Do not cover.
		or Grill 1	3-4 mins	Place on micro-safe plate on glass tray. Do not cover.
Canned beans, pasta				
Baked beans	220 g	1000 W	2 mins	Place in a micro-safe bowl on glass tray. Cover.
	415 g	1000 W	3 mins	
Baked beans & sausages/ burgers	415 g	1000 W	3-4 mins	
Canned beans, pasta				
Ravioli in sauce	200 g	1000 W	2 mins 30 secs	Place in a micro-safe bowl on glass tray. Cover.
	400 g	1000 W	3 mins 30 secs - 4 mins 30 secs	
Spaghetti in tomato sauce	200 g	1000 W	1 min 30 secs - 2 mins	
Canned meat				
Hot dogs (drained)	400 g	1000 W	2-3 mins	Place in a micro-safe bowl on glass tray. Cover.
Stewed steak	400 g	1000 W	3-4 mins	

Note

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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Canned soups				
Cream of mushroom	400 g	1000 W	3-4 mins	Place in a micro-safe bowl on glass tray. Cover. Stir halfway.
Minestrone	400 g	1000 W	2 mins 30 secs	
Canned puddings				
Custard	400 g	1000 W	2 mins	Place in a micro-safe bowl on glass tray. Cover. Stir halfway.
Canned vegetables - Drain where appropriate				
Carrots, whole	300 g	1000 W	2 mins	Place in a micro-safe bowl on glass tray. Cover. Stir halfway.
Peas, mushy	300 g	1000 W	2 mins	
Peas, garden	290 g	1000 W	2 mins - 2 mins 30 secs	Place in a micro-safe bowl on glass tray. Cover.
Potatoes new	567 g	1000 W	4 mins	
Sweetcorn	200 g	1000 W	1 min 30 secs	Place in a micro-safe bowl on glass tray. Cover. Stir halfway.
	325 g	1000 W	2-3 mins	
Tomatoes, whole	400 g	1000 W	3 mins 30 secs	Place in a micro-safe bowl on glass tray. Cover.
Christmas puddings – do not leave unattended as overheating can cause the food to ignite				
Mini	100 g	1000 W	30 secs	Place in a micro-safe dish on glass tray. Cover.
Small	454 g	1000 W	2 mins	
Medium	907 g	1000 W	3 mins	
Drinks — Coffee - at room temperature				
1 mug	235 ml	1000 W	1 min 30 secs - 2 mins	Place in a micro-safe mug on glass tray.
2 mugs	470 ml	1000 W	2 mins 30 secs	
Drinks — Milk - from the fridge				
1 mug	235 ml	600 W	2 mins- 2 mins 30 secs	Place in a micro-safe mug or jug on glass tray.
1 jug	600 ml	600 W	4-5 mins	

Note

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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Homemade meat dishes				
Casserole for 2	700 g	1000 W	6-8 mins	Place in a micro-safe dish on glass tray. Cover. Stir halfway.
Casserole for 4	1 kg	1000 W	9-11 mins	
Bolognese sauce	250 g	1000 W	3 mins	
	1 kg	1000 W	8 mins	
Pastry products – precooked – N.B. Pastries reheated by microwave will have a soft base. For combination cooking, if pie comes in foil container place directly onto enamel tray.				
Cornish pastie	150 g (1)	1000 W	1-2 mins	Place in micro-safe dish on glass tray. Do not cover.
		or Combi 4	4-5 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
	300 g (2)	1000 W	2-3 mins	Place in micro-safe dish on glass tray. Do not cover.
		or Combi 4	6-7 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
Pastry products – precooked – N.B. Pastries reheated by microwave will have a soft base. If pie comes in foil container place directly onto enamel tray.				
Meat pies	300 g (2)	Combi 4	6-7 mins	Place on enamel tray on glass tray
Steak and kidney Shortcrust pie	210 g (1)	Combi 4	7-8 mins	
Quiche	400 g (1)	1000 W	4-5 mins	Place in micro-safe dish on glass tray. Do not cover.
		or Combi 3	8-9 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
Sausage roll	290 g (2)	Combi 3	8-9 mins	
Xmas mince pies	110 g (2)	1000 W	10-20 secs	Place in micro-safe dish on glass tray. Do not cover.

Note

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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Plated meals – homemade – chilled				
Child size	1	1000 W	2-3 mins	Place on a micro-safe plate on glass tray. Cover.
Adult size	1	1000 W	4-5 mins	
Puddings and desserts- Transfer puddings to a micro-safe/heatproof dish				
Apple pie (chilled)	525 g	1000 W	3-4 mins	Place in micro-safe dish on glass tray. Do not cover.
		or Combi 3	11-12 mins	Place on enamel tray on glass tray. Do not cover.
Apple and blackcurrant pies (room temperature)	x 6	Convection 220°C	6-7 mins	Place in foil cases on wire rack on enamel tray on glass tray. Do not cover.
Bread and butter pudding (chilled)	500 g	1000 W	3-4 mins	Place on glass tray. Do not cover.
		or Combi 3	12-14 mins	Place on enamel tray on glass tray. Do not cover.
Custard (chilled)	300 ml	1000 W	2 mins - 2 mins 30 secs	Place in large jug. Stir during reheating.
Puddings and desserts – Transfer puddings to a micro-safe/heatproof dish				
Fruit crumble (chilled)	540 g	1000 W	2 mins 30 secs - 3 mins	Place on glass tray. Do not cover.
		or Combi 3	8-10 mins	Place on enamel tray on glass tray. Do not cover.
Jam roly poly (chilled)	460 g	1000 W	2-4 mins	Place on glass tray. Do not cover.

Note

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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Purchased convenience foods – chilled N.B. Transfer food from foil container to a similar sized micro-safe/heatproof dish.				
Breaded mushrooms	400 g	Convection: 220 °C	13-15 mins	Place on enamel tray on wire rack on glass tray.
Cottage pie	400 g	1000 W	4-5 mins	Place on glass tray. Uncovered.
		or Combi 3	14-16 mins	Place on enamel tray on glass tray. Do not cover.
Lasagne	400 g	600 W	7-8 mins	Place on glass tray. Uncovered.
		or Combi 4	12-13 mins	Place on enamel tray on glass tray. Do not cover.
Onion bhajis, pakora & falafel	440 g (8)	Convection: 220 °C	13-14 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Spring rolls or samosas	240 g (4)	Convection: 220 °C	13-15 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Potato wedges	350 g	Convection: 220 °C	12-15 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Vegetable bake	450 g	1000 W	6-8 mins	Place on glass tray.
		or Combi 4	13-14 mins	Place on enamel tray on glass tray. Do not cover.
Purchased convenience foods – frozen – N.B. Transfer food from foil container to a similar sized micro-safe/ heatproof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Golden drummers	340 g (7)	Grill 1	16-18 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Lasagne	400 g	270 W then 1000 W	4 mins 8-9 mins	Place on glass tray.
		or Combi 3	18-20 mins	Place on enamel tray on glass tray.
Breaded onion rings	250 g	Grill 1	10-12 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Fish pie	400 g	1000 W	8-9 mins	Place on glass tray.
		or Combi 3	17-19 mins	Place on enamel tray on glass tray.
Shepherd's pie	450 g	270 W then 1000 W	5 mins 7-9 mins	Place on glass tray.
		or Combi 3	21-22 mins	Place on enamel tray on glass tray.

Note

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

Cooking Charts

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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Bread – Frozen				
Part-baked rolls	200 g (4)	Combi 3	6-8 mins	Place on enamel tray on glass tray.
Part-baked garlic baguette	160 g (1)	Combi 3	6-8 mins	
Bacon – from raw				
Rashers	300 g (10)	1000 W	4-6 mins or 1 min per rasher	Place on micro-safe rack or plate on glass tray and cover with kitchen towel to minimise splatter.
		or Grill 1	12-14 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Steaks	225 g (2)	1000 W	4-5 mins	Place on micro-safe rack or plate on glass tray. Cover.
		or Grill 1	28-30 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Beans & pulses – should be pre-soaked (except lentils)				
Black eyed beans	225 g	1000 W then 300 W	10 mins 25-30 mins	Use 600 ml boiling water in a large bowl. Cover.
Chick peas	225 g	1000 W then 300 W	10 mins 45 mins	
Lentils	225 g	600 W	10-15 mins	
Red kidney beans	225 g	1000 W then 300 W	15 mins 35-40 mins	
Beef - Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat chapter page 74.				
Topside, Forerib, Sirloin	-	Combi 5	14-16 min per 450 g	Place on an upturned saucer on enamel tray on glass tray. Turn halfway.
Mince	500 g	1000 W then 600 W	10 mins 15 mins	Place in micro-safe dish with stock and seasonings on glass tray. Stir halfway. Cover.
Beef - Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat chapter page 74.				
Rump/ sirloin	390 g (2)	600 W	4-6 mins	Place on micro-safe rack or plate on glass tray. Cover.
		or Grill 1	18-20 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Stewing steak	400 g	1000 W then 300 W	10 mins 1 hr	Place in micro-safe dish with stock and vegetables on glass tray. Stir halfway. Cover.
		or Combi 2	1 hr	Place in casserole dish with stock and vegetables with lid on enamel tray on glass tray. Stir halfway.

Note

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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Beef burgers – Fresh from raw – Caution: Hot fat! Remove oven accessories with care.				
-	226 g (2)	1000 W	3-4 mins	Place on micro-safe rack or plate on glass tray. Cover.
		or Grill 1	20-24 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Beef burgers – Frozen from raw – Caution: Hot fat! Remove oven accessories with care.				
-	227 g (4)	1000 W	5-7 mins	Place on micro-safe rack or plate on glass tray. Cover.
		or Grill 1	20-24 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Chicken from raw – Caution: Hot Fat! Remove oven accessories with care. For Guidelines see meat chapter page 74.				
Breasts, boneless	650 g (3)	600 W	12-14 mins	Place on micro-safe rack or plate on glass tray. Cover.
		or Combi 1	17-19 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Drumsticks	750 g (7)	600 W	12-14 mins	Place on micro-safe rack or plate on glass tray. Cover.
		or Convection 220 °C	25-30 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Chicken from raw – Caution: Hot Fat! Remove oven accessories with care. For Guidelines see meat chapter page 74.				
Kiev (fresh)	305 g (2)	Combi 3	12-14 mins	Place on wire rack on enamel tray on glass tray.
	610 g (4)		13-15 mins	
Nuggets (frozen)	500 g	Combi 3	13-15 mins	Place on enamel tray on wire rack on glass tray.
		or Grill 1	16-21 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Nuggets (fresh)	360 g	Combi 3	10-12 mins	Place on enamel tray on wire rack on glass tray.
Chicken legs	1 kg (4)	600 W	15-18 mins	Place on micro-safe rack or plate on glass tray. Cover.
		or Combi 3	20-30 mins	Place on wire rack on enamel tray on glass tray.
Whole	-	600 W	10-12 mins per 450 g	Place in micro-safe dish on glass tray. Cover.
		or Combi 4	12-14 mins per 450 g	Place on upturnted saucer on enamel tray on glass tray. Start cooking breast side down. Turn halfway. Do not cover.

Note

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

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Eggs – Poached				
Water	45 ml	1000 W	50 secs	Place water in a small bowl and heat for 1st cooking time. Add medium egg (size 3). Pierce yolk and white. Cover. Cook for 2nd cooking time. Then leave to stand for 1 minute.
Egg	1	600 W	50 secs	
Water	90 ml	1000 W	1 min 10 secs	
Eggs	2	600 W	1 min 10 secs	
Water	135 ml	1000 W	1 min 30 secs	
Eggs	3	600 W	1 min 10 secs	
Water	180 ml	1000 W	2 mins	
Eggs	4	600 W	1 min 30 secs	
Eggs – Scrambled				
Egg	1	1000 W	30 secs	Add 1 tablespoon of milk for each egg used. Beat eggs, milk and knob of butter together. Cook for 1st cooking time then stir. Cook for 2nd cooking time then stand for 1 minute.
		1000 W	20 secs	
Eggs	2	1000 W	50 secs	
		1000 W	30 secs	
Eggs	3	1000 W	1 min 20 secs	
		1000 W	30 secs	
Fish – Fresh from raw – For Guidelines see Fish Chapter page 71.				
Breaded fillets	255 g (2)	Grill 1	10-15 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Cakes	270 g (2)	Combi 1	11-13 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Fillets	280 g (2)	1000 W	3-4 mins	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		or Grill 1	12-14 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Steaks	220 g (2)	1000 W	3-4 mins	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		or Grill 2	16-20 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Whole	300 g (1)	1000 W	3-4 mins	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		or Grill 2	22 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.

Note

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Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Fish - Frozen from raw - For Guidelines see Fish chapter page 71.				
Breaded fillets	250 g (2)	Combi 1	12-14 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
		or Combi 4	11-13 mins	
Cakes	340 g (4)	Grill 1	18-22 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Fish fingers	240 g (8)	1000 W	3-4 mins	Place on micro-safe dish. Do not cover.
		or Grill 1	14-16 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Fish - Frozen from raw - For Guidelines see Fish chapter page 71.				
Haddock fillets	250 g (3)	1000 W	4-5 mins	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		or Grill 1	15-20 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Scampi	280 g	Grill 1	15 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
		or Combi 3	8-9 mins	
Whole	500 g (2)	1000 W	12-15 mins	Place in micro-safe dish. Add 30 ml of liquid. Cover.
Steaks	220 g (2)	1000 W	4-6 mins	Place in micro-safe dish. Add 30 ml of liquid. Cover.
Boil in the bag	135 g	270 W then stand then 600 W	2 mins 2 mins 4-5 mins	Place bag sauce side down on a plate. Slash top.
Fruit – Peel, slice, chop into even sized pieces. Place in shallow micro-safe/heatproof dish on glass tray.				
Apples – poached	450 g	1000 W	6-7 mins	Add 300 ml of water. Only half fill dish. Cover.
Apples – stewed	450 g	1000 W	6-7 mins	Only half fill dish. Cover.
Peaches – poached	450 g	1000 W	5-6 mins	Add 300 ml of water. Only half fill dish. Cover.
Pears – poached	450 g	1000 W	6-7 mins	
Plums – poached	450 g	1000 W	5-7 mins	
Plums – stewed	450 g	1000 W	3-4 mins	Add 30 ml of water. Only half fill dish. Cover.
Rhubarb – stewed	450 g	1000 W	4-6 mins	Only half fill dish. Cover.

Note

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Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Lamb – from raw – Caution: Hot Fat! Remove accessory with care. For Guidelines see Meat chapter page 74.				
Chops, cutlets	300 g (3)	600 W	4-6 mins	Place in micro-safe dish or rack on glass tray. Cover.
		or Grill 1	23-25 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Chops, loin	550 g (4)	600 W	5-7 mins	Place in micro-safe dish or rack on glass tray. Cover.
		or Grill 1	28-30 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Joints	-	Combi 4	11-14 mins per 450 g	Place on enamel tray on glass tray. Turn halfway.
Stewing lamb	450 g	1000 W then 440 W	10 mins 40 mins	Place in micro-safe dish with stock and vegetables on glass tray. Stir halfway. Cover.
		or Combi 2	1 hr	Place in casserole dish, add stock and vegetables, cover with lid on enamel tray on glass tray. Stir halfway.
Pasta - Place in a large 3 litre microwave safe bowl.				
Twists	225 g	1000 W	8-10 mins	Use 1 litre boiling water. Add 15 ml oil. Cover. Stir halfway.
Macaroni	225 g	1000 W	10-12 mins	
Spaghetti / tagliatelle	225 g	1000 W	8-10 mins	Use 1 ½ litres boiling water. Add 15 ml oil. Cover. Stir halfway.
Pasta shells - i.e. conchiglie	225 g	1000 W	10-12 mins	
Pastry – uncooked				
Shortcrust flan case	23 cm	1000 W	3-4 mins	Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on glass tray.
		or Combi 3	6-7 mins	Prick base of pastry and chill well. Do not cover. Place on enamel tray on glass tray.
All butter croissants	270 g (6)	Convection: Preheat 200 °C then 200 °C	8-10 mins	Place on baking sheet on enamel tray on glass tray.

Note

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Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Pizza – fresh chilled – N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.				
Deep pan, ham	390 g	1000 W	4-6 mins	Place on micro-safe plate on glass tray. Do not cover.
		or Convection 220 °C	12-16 mins	Place directly on wire rack on enamel tray on glass tray. Do not cover.
Thin and crispy	285 g	Combi 3	5-7 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
		or Convection 220 °C	9 mins	
Pizza - frozen - N.B. remove all packaging.				
French bread	260 g (2)	Combi 3	8-9 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
Pepperoni	340 g	Combi 3	7-9 mins	Place on wire rack on enamel tray on glass tray. Do not cover.
Pork – from raw – Caution: Hot Fat! Remove oven accessories with care. For Guidelines see Meat Chapter page 74.				
Chops	485 g (5)	Grill 1	35-40 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Pork – from raw – Caution: Hot Fat! Remove oven accessories with care. For Guidelines see Meat Chapter page 74.				
Joints	-	600 W	15-18 mins per 450 g	Place on upturned saucer in micro-safe dish on glass tray. Turn joint over halfway during cooking. Drain off fat during cooking.
		or Combi 4	15-17 mins per 450 g	Place on enamel tray. Turn halfway.
Gammon covered with water	-	1000 W then 600 W	15 mins 25-30 mins per 450 g	Place in large casserole dish with lid and cover with water.
Tenderloin, whole	-	Combi 4	23-28 mins per 450 g	Place on upturned saucer on enamel tray on glass tray.

Note

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Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Porridge – N.B: Use a large bowl.				
1 serving	½ cup of oats	600 W	3 mins - 3 mins 30 secs	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup of oats	1000 W	4-5 mins	Add 2 cups of water or milk. Stir halfway.
4 servings	2 cups of oats	1000 W	8-9 mins	Add 4 cups of water or milk. Stir halfway.
Potato products part cooked – frozen				
Croquettes	300 g	Combi 1	9-11 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Hash browns	300 g (6)	Grill 1	16-19 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Oven chips & associated products	300 g	Grill 1	20-22 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
	450 g	or Combi 1	6-7 mins	Place on enamel tray on wire rack on glass tray. Turn halfway.
Rice - Place in a large 3 litre microwave safe bowl				
Basmati	250 g	600 W	13-16 mins	Use 600 ml cold water. Cover. Stir halfway.
Easycook white	250 g	1000 W	16-17 mins	
Easycook brown	250 g	1000 W	20-24 mins	
Long grain white	250 g	600 W	16-20 mins	
Brown basmati	250 g	600 W	20-25 mins	
Milk pudding – Use large bowl, cover. Stir halfway.				
Pudding rice	50 g	1000 W then 300 W	5 mins 40 mins	Add 450 ml milk and 30 ml sugar.
Sausages from raw – caution: Hot Fat! Remove oven accessories with care. For guidelines see Meat Chapter page 74.				
Thick	400 g (6)	Grill 1	17-18 mins	Place on wire rack on enamel tray on glass tray. Turn halfway.
Turkey from raw- Caution: Hot fat! Remove oven accessories with care. For guidelines see Meat Chapter page 74.				
Turkey, crown	-	Combi 4	12-14 mins per 450 g	Place on enamel tray on glass tray. Turn halfway.

Note

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Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Fresh vegetables – place in shallow micro-safe dish				
Asparagus	450 g	1000 W	5-8 mins	Add 90 ml water. Cover.
Broad beans	450 g	1000 W	5-6 mins	
Runner beans	450 g	1000 W	7-8 mins	
Beetroot	450 g	600 W	12-15 mins	
Broccoli	450 g	1000 W	7-9 mins	
Brussel sprouts	450 g	1000 W	8-9 mins	
Cabbage - sliced	450 g	1000 W	8-10 mins	
Carrots - sliced	450 g	1000 W	8-10 mins	
Cauliflower - florets	450 g	1000 W	10-12 mins	
Fresh vegetables – place in shallow micro-safe dish				
Courgettes	450 g	1000 W	5 mins	Add 90 ml water. Cover.
Corn on the cob	450 g	1000 W	6-7 mins	
Leeks - sliced	450 g	1000 W	7-8 mins	
Mushrooms	450 g	1000 W	5 mins	
Parsnips - sliced	450 g	1000 W	5-6 mins	
Peas	450 g	1000 W	4-6 mins	
Potatoes - boiled	450 g	1000 W	8-10 mins	
Potatoes, par-boiled	450 g	1000 W	6-7 mins	

Note

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Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Potatoes - jacket (225 g)	1	1000 W	5 mins	Wash and prick skins several times. Place directly on glass tray if cooking by microwave. If cooked by combination place directly on enamel tray on glass tray. Allow to stand for 5 minutes. Or use Auto Program jacket potatoes.
		or Combi 3	13 mins	
	2	1000 W	8 mins	
		or Combi 3	18 mins	
	4	1000 W	13 mins	
		or Combi 3	23 mins	
	6	1000 W	18-20 mins	
		or Combi 3	28 mins	
Spinach	450 g	1000 W	6 mins	Add 90 ml water. Cover.
Swede - cubed	450 g	1000 W	8-12 mins	
Frozen vegetables - place in shallow micro-safe dish.				
Beans - broad	450 g	1000 W	8 mins	Add 30 ml water. Cover.
Beans - green	450 g	1000 W	8-9 mins	
Brocolli	450 g	1000 W	8-9 mins	
Brussels sprouts	450 g	1000 W	9-10 mins	
Cabbage - shredded	450 g	1000 W	7-8 mins	Add 30 ml water. Cover.
Carrots - sliced	450 g	1000 W	8 mins	
Cauliflower	450 g	1000 W	9-10 mins	
Peas	450 g	1000 W	6-7 mins	
Spinach - nuggets	450 g	1000 W	8-9 mins	
Sweetcorn	450 g	1000 W	7 mins	
Miscellaneous				
Frozen Yorkshire puddings	230 g	Convection: Preheat 220 °C then 220 ºC	8-13 mins	Place directly onto enamel tray.

Note

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Increasing and Decreasing Recipes

Increasing Recipes

- To increase a recipe from 4-6 servings, increase each ingredient listed by half. To double the quantity, simply double every ingredient listed.
- Do not forget that large quantities will require a larger dish. Make sure that it is deep enough to prevent the recipe from boiling over during cooking.
- Cover as directed in the recipe. Stir or rearrange foods as recommended.
- Increase the standing time by 5 minutes per 450 g.
- Always check the recipe during cooking.
- When increasing the ingredients to 6 servings, add an extra one third of the original cooking time, i.e. 30 minutes on **600 W** for 4 servings will become 40 minutes on **600 W** for 6 servings.
- When doubling a recipe from 4-8, add on half the original cooking time, i.e. 30 minutes on **600 W** for 4 servings will become 45 minutes on **600 W** for 8 servings.

Decreasing Recipes

- To decrease a recipe from 4 servings to 2 servings, halve the ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe, however make sure it is deep enough to stop food boiling over.
- Allow half to two-thirds of the original cooking time, i.e. 30 minutes on **600 W** for 4 servings will become 15-20 minutes on **600 W** for 2 servings.

Using Recipes from Other Books

The best way to convert a family favourite dish is to find a similar recipe in a cookery book to give you a guide to the correct method and timings to use.

When using other cookbooks, the **1000 W** output power of your oven must be allowed for. Use the same power level suggested e.g. **1000 W** or **800 W** or **600 W** and select the same cooking time suggested, however check the progress of the food during cooking and adjust the time if necessary.

Cooking for One

- For one serving quarter all ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe.
- Use the same cooking power recommended in the original recipe.
- Start by cooking for one quarter of the recommended cooking time, although extra time in most cases will be required.
- Always check the food during cooking.
- There is not a great saving for reduced quantities of soups, casseroles, stews and rice, as a minimum time is required to tenderise meats and blend flavours.
- When cooking for one it often makes sense to cook for two and plate up both meals. Freeze one meal for a later date.

Carrot and Orange Soup

Ingredients:
Serves 4

25 g	butter
1	medium onion, coarsely chopped
700 g	carrots, thickly sliced
1 litre	vegetable stock
½	orange, grated zest
90 ml	orange juice
60 ml	crème fraiche
	salt and pepper
15 ml	fresh chives, chopped

Dish: 1 x 3 litre Pyrex® casserole dish
Accessory: none

Method:
1. Place the butter and onion into casserole dish. Cover and cook on **1000 W** for 3-4 minutes or until soft.
2. Add the carrots. Cover and cook on **1000 W** for 8-10 minutes or until the vegetables are softened. Stir halfway.
3. Add stock and orange zest. Cover and cook on **1000 W** for 5 minutes then **440 W** for 15 minutes or until the carrots are soft.
4. Place into a liquidiser and purée until smooth.
5. Return purée to the bowl and add orange juice. Stir in the crème fraiche and season to taste. Cover and cook on **600 W** for 3-4 minutes or until piping hot.
6. Garnish with fresh chives.

Sweet Potato Soup

Ingredients:
Serves 4

15 ml	olive oil
1	medium onion, coarsely chopped
2 clove	garlic, crushed
700 g	sweet potatoes, peeled and chopped
1	large red pepper, deseeded and chopped
725 ml	vegetable stock
150 ml	coconut milk
	salt and pepper

Dish: 1 x 3 litre Pyrex® casserole dish with lid
Accessory: none

Method:
1. Place the oil, onion and garlic into casserole dish, cover. Cook on **600 W** for 3 minutes or until soft.
2. Add the sweet potato and pepper and cook on **600 W** for 5 minutes. Add stock, cover and cook on **600 W** for 15 minutes, or until the potatoes are soft, stirring halfway.
3. Cool. Place in a liquidiser and purée until smooth. Stir in the coconut milk and season to taste.
4. Cover and cook on **600 W** for 3 minutes or until piping hot.

Goat's Cheese & Basil Ciabatta

Ingredients:
Serves 4

2	ciabatta rolls
1 clove	garlic, halved
1	beef tomato, sliced
100 g	goats cheese
8	black olives, stoned and quartered
15 ml	olive oil
	fresh basil, chopped pepper

Dish: none
Accessory: Enamel tray and wire rack

Method:
1. Halve the rolls and place on the wire rack on enamel tray. Cook on **Grill 1** for 3-4 minutes or until lightly toasted. Rub each half with the garlic.
2. Top each half with the sliced tomato, crumble over the goats cheese and top with olives. Drizzle with olive oil and place on the wire rack on the enamel tray. Cook on **Grill 1** for 6-8 minutes or until the cheese is golden and bubbling.
3. Sprinkle with basil and season with pepper. Serve immediately.

Onion and Feta Cheese Tartlets

Ingredients:
Serves 6

250 g	ready made puff pastry
15 ml	olive oil
150 g	onions, peeled and sliced
15 g	pine nuts
50 g	feta cheese, crumbled
25 g	pitted black olives, roughly chopped
25 g	sun-dried tomatoes (in oil or rehydrated), roughly chopped
10 g	capers
	salt and pepper
	fresh oregano sprigs to garnish

Dish: 1 x 3 litre Pyrex® casserole dish with lid, 1 x 32 x 23 cm greased baking sheet
Accessory: Enamel tray

Method:
1. Roll out the puff pastry and cut into 6 circles each 7 ½ cm in diameter. Chill pastry for 30 minutes.
2. Put oil and onions into casserole dish, cover and cook on **1000 W** for 5 minutes or until slightly browned. Cool for 5 minutes.
3. Preheat oven on **Convection** 200 ˚C.
4. Stir nuts, cheese, olives, sun-dried tomatoes and capers into onion mixture. Season well.
5. Place pastry circles on the baking sheet on enamel tray and prick with a fork.
6. Divide the onion mixture among the pastry circles.
7. Cook on **Convection** 200 ˚C for 11-13 minutes.
8. Garnish with fresh oregano sprigs.

Minestrone Soup

Ingredients
Serves 6

30 ml	olive oil
1	carrot, finely diced
1	celery stick, finely diced
1	red onion, finely diced
1	garlic clove, crushed
400 g	canned chopped tomatoes
15 ml	tomato purée
900 ml	vegetable stock
100 g	green cabbage, finely shredded
6	basil leaves, roughly chopped
50 g	small pasta shapes
400 g	canned baked beans
	salt and pepper
	Parmesan

Dish: 1 x large Pyrex® casserole dish with lid
Accessory: none

Method:
1. Place the olive oil, carrot, celery, onion and garlic into large casserole dish, cover with a lid and cook on **1000 W** for 5 minutes.
2. Add the tomatoes, tomato purée and stock and cook on **1000 W** for 5 minutes then **300 W** for 15 minutes.
3. Stir in the cabbage, basil, pasta, baked beans and seasoning and cook on **300 W** for 35 minutes. Serve sprinkled with Parmesan

Quinoa Tabbouleh with Mint

Ingredients
Serves 6-8

300 g	quinoa
2	courgettes, finely chopped
300 g	frozen peas
1	bunch mint, chopped
100 ml	olive oil
2	lemons, juiced
	salt and pepper

Dish: 1 x large Pyrex® bowl, 1 x medium Pyrex® bowl, 1 x small Pyrex® bowl
Accessory: none

Method:
1. Place the quinoa and 600 ml of salted hot water in a large bowl, cover and cook on **1000 W** for 5 minutes then **300 W** for 15 minutes. Drain and leave to cool.
2. Place the courgettes and peas in a medium bowl with 30 ml cold water and cook on **1000 W** for approx. 6-7 minutes. Drain well.
3. Mix the mint, olive oil and lemon juice in a small bowl. Add this mixture to the quinoa, courgette and peas. Season and leave to rest for several hours before serving.

Guidelines
Fish cooks very well by microwave as it stays moist and the lingering fish smells left in conventional ovens are avoided.

When is Fish Cooked?
Fish is cooked when it flakes easily and becomes opaque.

For fish with a strong odour, eliminate the smell after cooking by placing 600 ml of boiling water and 1 sliced lemon in a large bowl, cook on **300 W** for 20 minutes. Wipe out oven with a dry cloth.

Whole Fish
If cooking 2 whole fish together, they should be arranged head to tail for even cooking.

Arranging
Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail.

Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.

Liquid
Fresh fish should always be sprinkled with 30 ml of lemon juice, white wine or water.

When cooking frozen fish, add liquid as above for even cooking.

Do not sprinkle salt onto fish before cooking as this may make the fish dry.

Noise
During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking if the skin and flesh is pierced several times with a cocktail stick.

Tuna Fish Cakes

Ingredients:
Serves 4

350 g	potatoes, peeled
25 g	butter
1	small onion, chopped
200 g	canned tuna, drained
1	egg, hard boiled, chopped
30 ml	fresh parsley, chopped
10 ml	lemon juice
	salt and pepper
1	egg, beaten
100 g	breadcrumbs

Dish: 1 x large Pyrex® casserole dish, 1 x large Pyrex® bowl
Accessory: Enamel tray + wire rack

Method:
1. Cook potatoes with 45 ml water, covered on **1000 W** for 6-8 minutes or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on **1000 W** for 4 minutes or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 8 cakes and coat in beaten egg and breadcrumbs.
5. Place on enamel tray on wire rack and cook on **Combi 3** for 10-20 minutes or until brown, turning halfway.

Special Occasion Fish Pie

Ingredients:
Serves 4

450 g	white fish
50 g	butter
50 g	flour
450 ml	milk
300 ml	white wine
450 g	mixed seafood
6	gherkins, diced
15 ml	fresh parsley, chopped
10 ml	dill, chopped
	salt and pepper
450 g	potatoes, peeled
15 ml	capers
50 g	butter, melted
50 g	Cheddar cheese, grated

Dish: 1 x large Pyrex® gratin dish
Accessory: Enamel tray

Method:
1. Place the white fish with 30 ml water in a shallow dish. Cover and cook on **1000 W** for 4-5 minutes or on **auto program fresh fish** (see page 45). Drain, skin, bone and flake.
2. Make the sauce by melting the butter in a large jug on **600 W** for 1 minute. Add the flour and stir well. Mix in the milk and wine and cook on **1000 W** for 4-5 minutes. Stir halfway. Mix in the fish, mixed seafood, gherkins and herbs. Season and pour into the dish.
3. Grate the potatoes and mix in the capers, melted butter and grated cheese. Place lightly on the fish sauce without pressing firmly to keep the grated form. Place on enamel tray and cook on **Combi 3** for 35-40 minutes or until piping hot and golden.

Salmon and Vegetable Mornay

Ingredients:
Serves 4

100 g	broccoli
100 g	cauliflower
1	medium red pepper, deseeded and diced
198 g	canned salmon, drained
25 g	butter
30 ml	plain flour
300 ml	milk
50 g	Cheddar cheese, grated
150 ml	cream, optional
	salt and pepper
15 g	butter
75 g	fresh white breadcrumbs
15 ml	fresh parsley, chopped
	pinch of paprika

Dish: 1 x 20 x 25 cm Pyrex® dish,1 x large Pyrex® jug, 1 x small Pyrex® bowl
Accessory: Enamel tray

Method:
1. Break broccoli and cauliflower into florets, add red pepper and 30 ml water. Cover and cook on **1000 W** for 5-6 minutes or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in jug on **1000 W** for approx. 20-30 seconds. Stir in flour then milk. Cook on **1000 W** for 2 minutes or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
4. Melt extra butter in a small bowl on **1000 W** for approx 10-20 seconds. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Place on enamel tray and cook on **Combi 3** for 10-12 minutes or until golden brown.

Bouillabaisse

Ingredients:
Serves 6

225 g	tomatoes
125 ml	olive oil
30 ml	tomato purée
2	onions, chopped
1	large leek, sliced
4	garlic cloves, crushed
1.2 L	fish stock
	salt and black pepper
150 ml	dry white wine
4	sprig thyme
	small piece orange peel
4	strands saffron
5 ml	chilli sauce
450 g	cod, haddock or coley
450 g	mixed seafood
4	large fresh prawns
	bunch dill, chopped, to garnish

Dish: 1 x 3 litre Pyrex® casserole dish
Accessory: none

Method:
1. Skin the tomatoes and cut into four pieces, removing the cores. Place the oil and tomato purée in a large bowl, heat on **1000 W** for 1 minute and mix well. Add the onions and leek, cook on **1000 W** for 3-4 minutes or until soft.
2. Add the garlic, tomatoes, stock, seasoning, wine, thyme, orange peel, saffron and chilli sauce. Heat on **1000 W** for 3-4 minutes. Skin the fish, cut into chunks and add to the tomato liquid. Cook on **1000 W** for 3-4 minutes or until the fish is cooked. Add the mixed seafood and prawns and heat again for 6-7 minutes on **1000 W** or until hot, taking care not to overcook the fish.
3. Serve garnished with dill.

Thai Trout

Ingredients:
Serves 2

2	trout fillets, approx 150 g each
2 cloves	garlic, finely chopped
1-2	small red chilli, finely chopped
1	lime, zest and juice
4	spring onions, finely chopped
30 ml	light soy sauce

Dish: 1 x Pyrex® shallow dish
Accessory: none

Method:
1. Place fish fillets into a shallow dish, sprinkle the remaining ingredients on the top of the fish. Cover and cook on **600 W** for 5-6 minutes, or until the fish is cooked through.

Cod and Leek Bake

Ingredients
Serves 6

800 g	cod, fillets
2	large leeks, finely sliced
300 ml	single cream
500 g	potatoes, quartered
50 g	Cheddar cheese, grated
	salt and pepper

Dish: 1 x shallow dish, 1 x 27 cm Pyrex® casserole dish with lid, 1 x large Pyrex® dish, 1 x 27 cm round dish
Accessory: Enamel tray

Method:
1. Place the cod in a shallow dish, add 45 ml water. Cover and cook on **1000 W** for 5-6 minutes. Drain the cod and break into pieces, taking care to remove all the bones and the skin.
2. Place leeks in a casserole dish, cover and cook on **1000 W** for 10 minutes. Mix together the fish pieces, leeks, cream, cheese, salt and pepper.
3. Place the potatoes in a large dish, cover and cook on **1000 W** for 9-10 minutes. Place the potatoes in a round buttered dish, cover with the fish, leeks and cheese mixture.
4. Preheat the oven on **Convection** 200 ºC. Place the dish in the oven on enamel and cook on **Combi 4** for 10-15 minutes, until it is golden brown on top.

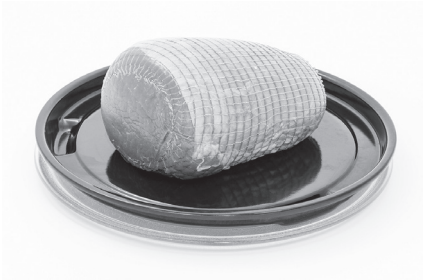
Guidelines

Defrosted Joints

If the meat has previously been frozen, ensure it is properly thawed before cooking by microwave. Defrosted joints of meat must be allowed to **stand** for a minimum of 1 hour before cooking to ensure the centre is fully defrosted.

Fat

Large amounts of fat absorb microwave energy and can cause the meat next to it to overcook. Always choose joints that aren't excessively fatty.



Standing Time

Meat and poultry require a minimum of 15 minutes **standing time** wrapped in aluminium foil after cooking by microwave. Roast meat is always easier to carve after **standing** and the meat will continue to cook during the **standing time**.

Turning

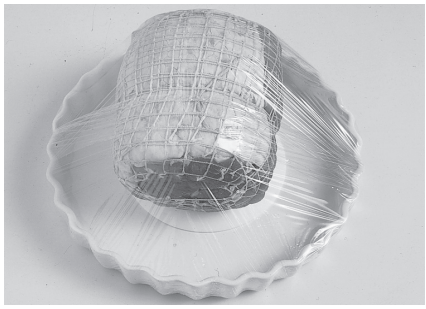
Joints and poultry should be turned over halfway through cooking.

How to Roast a Joint by Combination

Place the joint on enamel tray and place on glass tray.

How to Roast a Joint by Microwave

To roast basic joints of meat place the joint onto the rack of a microwave roasting set and cover with a dome lid. Alternatively use a large, shallow dish and place the joint on an upturned saucer and cover with cling film.



Roasting Bags

Roasting bags are useful when split up one side to tent a joint for roasting by power and time.
Do not use the metal twists supplied.
Tips
Braised and stewed meat cooked in a microwave has a slightly firm texture and therefore it is essential to purchase good quality meats.
When cooking a casserole, place a saucer or small upturned plate over the meat to keep it submerged in the juices.

How to Cook Small Cuts of Meat by Microwave

Some cuts of meat can be cooked successfully by microwave although due to their short cooking times and no heat source, they will not crisp and brown. They should always be cooked on a microwave safe rack to lift them out of their juices.

Crispy Bacon

Place on a microwave safe rack (optional extra obtainable from cookware shops). Cover with a plain piece of kitchen towel to minimise splatter. Cook on **1000 W** for approx. 1 minute per rasher, or until desired crispness is achieved.

Coq Au Vin

Ingredients:
Serves 4

1.2 kg	chicken portions, approx. 4
5 ml	mixed herbs
	salt and pepper
100 g	streaky bacon
100 g	button mushrooms
1 clove	garlic, crushed
450 g	whole shallots
30 ml	brandy
300 ml	red wine
300 ml	chicken stock
15 ml	cornflour

Dish: 1 x large Pyrex® casserole dish with lid
Accessory: Enamel tray

Method:
1. Preheat oven on **Convection** 160 °C.
2. Place all ingredients, apart from the cornflour, in casserole dish and cover.
3. Place on enamel tray and cook on **Convection** 160 °C for 1 hour or until cooked through. Stir halfway during cooking.
4. Remove skin from chicken pieces and skim off any excess fat. Thicken using a little cornflour mixed with water. Serve sprinkled with chopped parsley.

Chicken Satay

Ingredients:
Serves 4-6

4	chicken breast fillets, skinned and chopped into small chunks
100 g	creamed coconut
45 ml	lemon juice
30 ml	soy sauce
30 ml	vegetable oil
2	garlic cloves, crushed
5 ml	ground turmeric
5 ml	five-spice powder
5 ml	coriander seeds
5 ml	cumin seeds
90 ml	peanut butter
	large pinch chilli powder

Dish: 1 x small mixing bowl, 8 x wooden skewers
Accessory: Enamel tray + wire rack

Method:
1. Place chicken, 50 g creamed coconut, 30 ml lemon juice and 15 ml soy sauce into a blender or food processor. Add the oil, garlic, turmeric, five spice, coriander and cumin and blend until smooth.
2. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
3. For the serving sauce: Pour 50 g of creamed coconut into a large jug. Add the peanut butter, 15 ml of the lemon juice, 15 ml of the soy sauce, the chilli powder and 80 ml water. Cook on **1000 W** for 3-4 minutes or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
4. Thread the chicken onto wooden skewers. Place on wire rack on enamel tray and cook on **Combi 4** for 26-30 minutes or until cooked through, turning occasionally. Serve hot with sauce for dipping.

Barbeque Spare Ribs

Ingredients:
Serves 4

675 g	pork ribs
30 ml	white wine vinegar
Sauce:	
45 ml	tomato sauce
45 ml	soy sauce
45 ml	honey
5 ml	dry mustard powder
45 ml	plum jam

Dish: 1 x large Pyrex® casserole dish with lid, 1 x Pyrex® bowl, 1 x Pyrex® shallow dish
Accessory: Enamel tray

Method:
1. Place ribs into large casserole dish, cover with water and add the vinegar.
2. Cover and cook on **1000 W** for 6-8 minutes then **300 W** for 20 minutes. Drain.
3. Combine all sauce ingredients together in a Pyrex® bowl and heat on **600 W** for 2 minutes. Mix thoroughly.
4. Toss ribs in sauce. Arrange on the base of shallow dish on the enamel tray and cook on **Combi 4** for 10 minutes or until ribs are dark brown and crispy.

Casserole Pork with Herby Dumplings

Ingredients:
Serves 4

30 ml	oil
1	medium onion, chopped
1	green pepper, deseeded and chopped
225 g	carrots, sliced
450 g	lean pork, cubed
30 ml	seasoned flour
5 ml	ground bay leaves
5 ml	dried sage
	salt and pepper
300 ml	dry cider

Dumplings:

175 g	self raising flour
75 g	suet
	pinch of salt
5 ml	mustard powder
15 ml	fresh parsley, chopped
150 ml	cold water

Dish: 1 x large Pyrex® casserole dish with lid
Accessory: Enamel tray

Method:
1. Place oil, onion, green pepper and carrots in casserole dish, cover and cook on **1000 W** for 5 minutes or until soft.
2. Preheat oven on **Convection** 160 °C.
3. Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients, cover, place on enamel tray and cook on **Convection** 160 °C for 1 hour or until pork is tender.
4. Whilst cooking make the dumplings by combining the flour, suet, salt, mustard and parsley. Add the water to make a stiff dough. Shape dough into 8 round dumplings.
5. When pork is cooked, uncover and place dumplings around the edge of dish. Cook uncovered on the enamel tray on **Convection** 160 °C for 12- 15 minutes or until dumplings are cooked through.

Toad in The Hole

Ingredients:
Serves 4

150 g	plain flour
3 ml	salt
2	eggs
300 ml	milk and water
25 g	oil
450 g	sausages

Dish: 1 x mixing bowl, 1 x 25 x 18 cm oblong rectangular tin
Accessory: Enamel tray

Method:
1. Preheat oven on **Convection** 220 °C.
2. Sift flour and salt in a bowl. Add eggs and half the liquid. Beat until smooth. Gradually stir in remaining liquid.
3. Put oil in tin with sausages on enamel tray. Cook on **Convection** 220 °C for 15 minutes.
4. Pour in the batter and cook for 15-20 minutes on **Convection** 220 °C or until the batter is well risen and golden brown.

Creamy Chicken Gratin

Ingredients:
Serves 4

350 g	leeks, trimmed and sliced
25 g	butter
30 ml	plain flour
300 ml	milk
225 g	cooked chicken, chopped
100 g	ham, chopped
175 g	Gruyere cheese, grated
4	frozen garlic bread slices

Dish: 1 x large Pyrex® bowl, 1 x 26 cm gratin dish
Accessory: Enamel tray

Method:
1. Slice the leeks and place in a large bowl with the butter. Cover and soften on **1000 W** for 3-4 minutes or until softened.
2. Add the flour and mix well. Stir in the milk and heat, uncovered on **1000 W** for 4-5 minutes or until thickened. Stir halfway. Add the chicken, ham and cheese then season and mix well.
3. Pour into the gratin dish and top with the garlic bread slices. Place on enamel tray and cook on **Combi 3** for 10-15 minutes or until piping hot and golden.

Belgian Beef Casserole

Ingredients
Serves 4

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

Topping:

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

Dish: 1 x large Pyrex® casserole dish with lid,
1 x mixing bowl
Accessory: Enamel tray

Method:
1. Preheat oven on **Convection** 160 °C.
2. Combine all the casserole ingredients in dish. Cover with lid and cook on enamel tray on **Convection** 160 ˚C for 1 hour, or until meat is tender. Remove bay leaves.
3. For topping, blend mustard, butter and garlic in a mixing bowl. Spread over one side of each bread slice.
4. Uncover casserole and arrange bread on top. Return to oven and cook uncovered on **Convection** 160 ˚C for a further 10 minutes. The casserole is ready when the bread slices are crisp and golden.

Savoury Mince

Ingredients:
Serves 4

1	onion, diced
1 clove	garlic, crushed
15 ml	oil
400 g	canned chopped tomatoes
15 ml	tomato purée
5 ml	mixed herbs
450 g	mince
	salt and pepper

Dish: 1 x large Pyrex® casserole dish with lid
Accessory: none

Method:
1. Place onion, garlic and oil in casserole dish, cover and cook on **1000 W** for 2 minutes or until soft.
2. Place all other ingredients in casserole dish. Stir well.
3. Cover and cook on **1000 W** for 10 minutes then **600 W** for 15-20 minutes or until cooked.
   Variation: Chilli con carne
   Add 400 g canned red kidney beans drained, 5-10 ml chilli powder, 1 diced green pepper to the ingredients above.

Shepherd's Pie

Ingredients:
Serves 4

1	medium onion, chopped
2	carrots, chopped
25 g	butter
350 g	lamb or beef mince
300 ml	hot lamb or beef stock
3 ml	Worcestershire sauce
5 ml	tomato purée
15 ml	cornflour
	salt and pepper
675 g	potatoes, cubed
135 ml	water
30 ml	milk
25 g	cheese

Dish: 1 x medium Pyrex® casserole dish with lid,
1 x large Pyrex® casserole dish with lid,
1 x square Pyrex® dish 22 x 22 cm
Accessory: Enamel tray

Method:
1. Place onion, carrots and butter in medium casserole dish. Cover and cook on **1000 W** for 3-5 minutes or until soft.
2. Add mince to vegetables and mix well. Mix together stock, Worcestershire sauce and tomato purée, pour over mince and season to taste. Cook on **1000 W** for 5 minutes. Add cornflour, cook on **1000 W** for 5-7 minutes or until thickened. Transfer to square Pyrex® dish.
3. Cook potatoes with water in large casserole dish, covered on **1000 W** for 7-8 minutes. Drain and mash well with the milk and spread on top of the meat, using a fork to make a pattern on top.
4. Sprinkle with cheese, place on enamel tray and cook on **Combi 2** for approx. 15-20 minutes or until top is crisp and golden.

LASAGNE

Ingredients:
Serves 4

2	quantities of white sauce (refer to page 88)
5 ml	mustard
100 g	grated cheese
	salt and pepper
1	quantity of savoury mince (refer to page 77)
12 sheets	pre-cooked lasagne
60 ml	Parmesan cheese

Dish: 1 x large Pyrex® rectangular dish
Accessory: Enamel tray

Method:
1. Add mustard, cheese and seasoning to the hot white sauce.
2. Cover the base of the dish with a layer of cheese sauce, then a layer of lasagne, followed by a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of cheese sauce.
3. Sprinkle Parmesan cheese over the top, place on enamel tray and cook on **Combi 4** for 15-18 minutes or until the pasta is tender and the top is crispy and golden brown.

HUNGARIAN GOULASH

Ingredients:
Serves 4

600 g	braising steak, cubed
45 ml	seasoned flour
600 ml	hot beef stock
45 ml	tomato purée
30 ml	paprika
5 ml	sugar
60 ml	soured cream

Dish: 1 x large Pyrex® casserole dish with lid
Accessory: Enamel tray

Method:
1. Preheat oven on **Convection** 160 °C.
2. Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish, cover.
3. Place on enamel tray and cook on **Convection** 160 °C for 1 hour 10 minutes, or until the meat is tender.
4. Remove from oven and immediately stir in the soured cream. Serve with ribbon noodles.

MOUSSAKA

Ingredients:
Serves 4

30 ml	olive oil
2 cloves	crushed garlic
1	medium onion, chopped
1	aubergine, sliced
400 g	canned chopped tomatoes
350 g	lamb mince
30 ml	tomato purée
	salt and pepper

Topping:

2	eggs
150 ml	single cream
100 g	cheese, grated
25 g	Parmesan cheese, grated

Dish: 1 x 20 cm shallow dish
Accessory: Enamel tray

Method:
1. Place oil, garlic, onion and aubergine in dish. Cover and cook on **1000 W** for 3 minutes or until softened.
2. Add tomatoes and lamb mince and purée and cook re-covered on **1000 W** for 8 minutes. Season and mix well.
3. Whisk eggs, cream and cheese together and pour over lamb. Sprinkle with Parmesan cheese, place on enamel tray and cook on **Combi 4** for 15 minutes or until topping is puffed and golden.

KEDGEREE

Ingredients:
Serves 4

175 g	easy cook brown rice
450 ml	hot chicken stock
450 g	smoked haddock
30 ml	lemon, juiced
1	medium onion, chopped
15 ml	oil
150 ml	soured cream
15 ml	curry paste
100 g	frozen peas
30 ml	parsley, chopped
2	boiled eggs, chopped into small chunks

Dish: 1 x large Pyrex® casserole dish with lid,
1 x Pyrex® shallow dish,
1 x small Pyrex® dish
Accessory: none

Method:
1. Place the rice and chicken stock in casserole dish, cover and cook on **1000 W** for 17-22 minutes or until tender.
2. Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on **1000 W** for 5-6 minutes or until cooked. Skin and flake.
3. Place onion and oil in a small dish, cover and cook on **1000 W** for 3-4 minutes or until softened.
4. Combine the soured cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on **1000 W** for 5 minutes or until piping hot.

WILD MUSHROOM AND BASIL RISOTTO

Ingredients:
Serves 4

40 g	dried cep mushrooms
50 g	butter
1 clove	garlic, finely chopped
1	small onion, finely chopped
	freshly ground black pepper
250 g	arborio rice
300 ml	hot vegetable stock
12	basil leaves, torn

Dish: 1 x Pyrex® shallow dish,
1 x large casserole dish with lid
Accessory: none

Method:
1. In shallow dish, soak mushrooms in 300 ml warm water.
2. Place the butter, garlic and onion in a large casserole dish, cover and cook on **1000 W** for 3 minutes, or until softened. Season with freshly ground black pepper.
3. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms. Cover and cook for a further 5 minutes on **1000 W**.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 minutes on **1000 W**.
5. Stir and add the basil. Continue to cook for the final 5 minutes on **1000 W**. Leave to stand for approx. 10 minutes and then stir with a fork.

VEGETABLE AND CHICK PEA CASSEROLE

Ingredients:
Serves 4

1	medium onion, chopped
10 ml	vegetable oil
2	medium courgettes, thickly sliced
1	red pepper, deseeded and chopped
2	medium carrots, peeled and sliced
1	small cauliflower, divided into florets
100 g	dried apricots, halved
2 cloves	garlic, crushed
425 g	canned chick peas, drained
3 ml	ground tumeric
3 ml	ground corriander
3 ml	ground cumin
5 ml	paprika
2.5 cm	piece fresh root ginger, peeled and finely chopped
	salt and pepper
450 ml	hot vegetable stock
	parsley, chopped

Dish: 1 x large casserole dish with lid,
1 x Pyrex® shallow dish
Accessory: none

Method:
1. Place the onion and oil in a large casserole dish. Cover and cook on **1000 W** for 3 minutes or until starting to soften.
2. Add the prepared vegetables, apricots, garlic, chick peas and stir in the spices, salt, pepper and stock.
3. Cover and cook on **1000 W** for 20-25 minutes or until vegetables are soft. Stir two or three times during cooking. Serve with couscous or rice and garnish with parsley.
   N.B.
   To prepare couscous: Place 300 ml vegetable stock in a shallow dish and 1.2 ml turmeric. Cook on **1000 W** for 4 minutes or until boiling. Add 175 g couscous and allow to stand for 5 minutes. Fluff up with a fork before serving.

Tagliatelle Toscana

Ingredients:
Serves 4

400 g	fresh tagliatelle
1	large onion, chopped
1 clove	garlic, crushed
15 ml	olive oil
1	large aubergine, cubed
400 g	canned chopped tomatoes
5 ml	basil
15 ml	tomato purée
15 g	butter
	salt and pepper
8-10	black olives, stoned
100 g	mozzarella, diced
30 ml	Parmesan cheese, grated

Dish: 2 x large Pyrex® casserole dish with lid
Accessory: Enamel tray

Method:
1. Cook the pasta in casserole dish with 600 ml boiling water, covered, on **1000 W** for 4 minutes or until tender. Drain.
2. Place onion, garlic and oil in a casserole dish, cover and cook on **1000 W** for 2 minutes or until soft. Add the aubergine, chopped tomates, basil, tomato purée, butter, seasoning and olives. Cover and cook on **1000 W** for 6-8 minutes.
3. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with Parmesan. Place on enamel tray and cook on **Combi 3** for 7-9 minutes or until golden brown and piping hot.

Roast Vegetable and Pasta Gratin

Ingredients:
Serves 4

1	auberbine, diced
2	leeks, sliced
1	red pepper, chopped
1	green pepper, chopped
1	onion, chopped
1 clove	garlic, crushed
45 ml	olive oil
225 g	pasta shapes
225 g	fresh spinach
White sauce:	
40 g	butter
40 g	flour
600 ml	milk
15 ml	mustard
50 g	Cheddar cheese, grated
150 g	Boursin® cheese
	salt and pepper

Dish: 1 x small roasting dish, 1 x large casserole dish with lid, 1 x large Pyrex® shallow dish
Accessory: Enamel tray

Method:
1. Preheat oven on **Convection** 220 °C. Chop all the vegetables except spinach into bite sized pieces and put in roasting dish with the oil. Cook on **Convection** 220 °C 25-30 minutes.
2. Cook the pasta shapes in a casserole dish with 450 ml boiling water on **1000 W** for 7-8 minutes or until soft. Drain. Wash the spinach and tear into small pieces.
3. Make the white sauce as per instructions on page 88, add the mustard, Cheddar, Boursin® cheese and stir thoroughly until smooth. Season well.
4. Mix the pasta, spinach and roast vegetables with the sauce and place in a large shallow dish. Sprinkle the top with cheese.
5. Cook on enamel tray on **Combi 3** for 15-20 minutes or until golden brown.

Lentil Biryani

Ingredients:
Serves 4-6

15 ml	oil
1	large onion, sliced
5 ml	ginger root, grated
1 clove	garlic, crushed
3 ml	tumeric
5 ml	chilli powder
10 ml	curry powder
150 ml	natural yoghurt
100 g	mushrooms, sliced
2	tomatoes, peeled and chopped
100 g	canned green lentils
300 ml	hot water
50 g	cashew nuts
450 g	cooked basmati rice
Garnish:	
1	hard boiled egg, sliced
	corriander leaves

Dish: 1 x large Pyrex® casserole dish with lid
Accessory: none

Method:
1. Place the oil and onion in a large casserole dish. Cover and cook on **1000 W** for 3 minutes or until softened.
2. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on **1000 W** for 2 minutes.
3. Add the yoghurt, mushrooms, tomatoes, lentils and water. Cover and cook on **1000 W** for 30 minutes or until the lentils are tender and the liquid has evaporated.
4. Add the cooked rice and cashew nuts to the lentil mixture and mix thoroughly. Reheat on **1000 W** if necessary. Garnish and serve.

Stuffed Croissants

Ingredients:
Makes 8

100 g	Cheddar cheese, grated
100 g	smoked ham, diced
1	tomato, deseeded and chopped
60 ml	sour cream
15 ml	mayonnaise
10 ml	wholegrain mustard
	pepper
8	croissants

Dish: 1 x medium Pyrex® mixing bowl
Accessory: Enamel tray + wire rack

Method:
1. Combine all the filling ingredients in mixing bowl.
2. Slice in back of each croissant and fill with mixture.
3. Place 4 croissants on enamel tray on wire rack and cook on **Combi 1** for 5-6 minutes. Repeat with the remaining 4 croissants.

Muffin Pizzas

Ingredients:
Serves 4

150 ml	Passata
100 g	garlic sausage, cubed
1 clove	garlic, crushed
1	small onion, diced
4	large muffins, halved
100 g	cheese, grated
50 g	canned anchovy fillets
	black olive garnish

Dish: 1 x Pyrex® mixing bowl
Accessory: Enamel tray + wire rack

Method:
1. Place Passata, sausage, garlic and onion in a bowl and mix well.
2. Arrange muffin halves, 4 at a time on wire rack on enamel tray and toast on **Grill 1** for 4-6 minutes or until browned.
3. Spread muffins with the mixture. Top with cheese, anchovies and olives.
4. Cook on **Combi 1** for 6-7 minutes or until cheese has melted and is beginning to brown.

Cheese, Onion and Olive Scones

Ingredients:
Serves 4

1	medium onion, finely chopped
15 ml	olive oil
175 g	self-raising flour
3 ml	salt
3 ml	mustard powder
3 ml	cayenne pepper
	salt and pepper
25 g	butter
40 g	strong Cheddar cheese, grated
40 g	Parmesan cheese
25 g	black olives, stoned and chopped
1	egg, beaten
45 ml	milk
1	egg for glazing

Dish: 1 x small Pyrex® bowl, 1 x Pyrex® mixing bowl, small baking sheet
Accessory: Enamel tray

Method:
1. Place onion and oil in a bowl. Cover and cook on **1000 W** for 3 minutes or until softened. Drain.
2. Preheat oven on **Convection** 200 °C.
3. Sift together the flour, salt, mustard and cayenne with seasoning. Rub in the butter.
4. Mix in onion, cheeses and olives. Beat egg and milk together. Pour into flour mixture and bring to a soft dough.
5. On a floured surface roll out dough to approx. 2 cm thick. Cut out rounds using a 6 cm pastry cutter and brush with beaten egg.
6. Place the dough rounds on a lightly greased baking sheet. Place on the enamel tray and cook on **Convection** 200 °C for 16-20 minutes or until cooked and golden brown.

Brie and Cranberry Crostini

Ingredients:
Serves 4

1	small baguette, cut into 8 slices
60 ml	cranberry sauce
175 g	brie, sliced
	sesame seeds

Dish: none
Accessory: Enamel tray + wire rack

Method:
1. Place the slices of baguette on the wire rack on enamel tray and cook on **Grill 1** for 2-3 minutes or until lightly toasted.
2. Turn the slices over and spread each slice with cranberry sauce.
3. Top with a slice of brie and sprinkle with sesame seeds.
4. Cook on wire rack on enamel tray on **Combi 1** for 3-5 minutes or until cheese has started to melt and sesame seeds turn golden.

Croque Monsieur

Ingredients:
Serves 2

4	slices bread, buttered
5 ml	dijon mustard
2	slices smoked ham
100 g	sliced cheese

Dish: none
Accessory: Enamel tray + wire rack

Method:
1. Place the bread, buttered side up on wire rack on enamel tray and cook on **Grill 1** for approx. 6-8 minutes or until browning.
2. On 2 slices of the bread, spread the untoasted sides with mustard and top with ham and cheese. Cover with the other slices, browned side up.
3. Place back on the wire rack on enamel tray and cook on **Combi 1** for 1-2 minutes or until the cheese has melted.

Macaroni Cheese

Ingredients:
Serves 4

175 g	quick cooking macaroni
175 g	butter
1	small onion, finely chopped
100 g	bacon, chopped
40 g	flour
600 ml	milk
	salt and pepper
5 ml	french mustard
150 g	red cheese, grated
30 ml	fresh brown breadcrumbs

Dish: 1 x large Pyrex® casserole dish,
1 x large Pyrex® jug,
1 x large shallow Pyrex® dish
Accessory: Enamel tray

Method:
1. Cook macaroni in large casserole dish in 450 ml boiling water. Cover and cook on **1000 W** for 5-6 minutes or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cover. Cook on **1000 W** for 5 minutes or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 seconds on **1000 W**.
4. Gradually add milk, stir well and season. Cook on **1000 W** for 5-6 minutes or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100 g grated cheese. Place the macaroni in a large shallow dish. Add sauce and mix well. Sprinkle with breadcrumbs and remaining cheese.
6. Place on enamel tray and cook on **Combi 3** for 10-12 minutes or until cheese starts to melt.

Guidelines

- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.

- Do not mix fresh and frozen vegetables as the cooking times may be different.

- Cabbage should be shredded and cooked by **1000 W**. Approx. 500 g for 12-14 minutes with 75 ml water.

- Fresh vegetables require 15 ml of water per 100 g vegetables. Cover with pierced cling film or lid and stir halfway.

- If cooking potatoes with other vegetables, only cook with other **root** vegetables.

- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.

- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with microwave cling film or a lid.

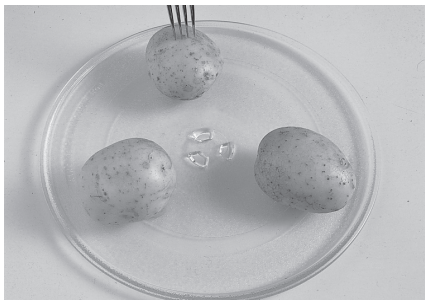
- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish as these require less cooking.
- Whole cauliflower should be cooked upside down on **600 W** for 10 minutes. approx. with 90 ml water.

Jacket Potatoes

Varieties of potatoes vary in their suitability for cooking by microwave. We recommend Maris Piper for consistently good results. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by microwave is 200 g - 250 g.

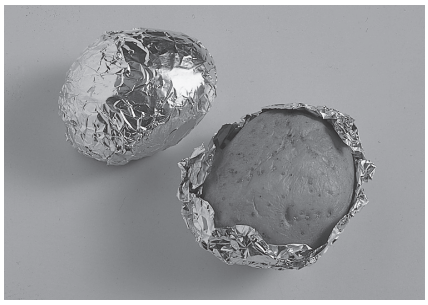
Before Cooking

Wash potatoes and prick skins several times. Spread around edge of glass tray.



After Cooking

Remove from oven and wrap in aluminium foil to retain the heat. Leave to stand for 5 minutes.



Vegetable Chilli

Ingredients:
Serves 4

15 ml	olive oil
1	onion, finely chopped
1	green pepper, deseeded, chopped
1	chilli, chopped
2	carrots, diced
5 ml	chilli powder
3 ml	cumin
175 g	bulgar wheat
400 g	canned chopped tomatoes
30 ml	tomato purée
400 g	canned red kidney beans, drained
450 ml	water

Dish: 1 x large Pyrex® casserole dish with lid
Accessory: none

Method:
1. Place oil, onion, pepper, chilli and carrots in a large casserole, cover and cook on **1000 W** for 4-5 minutes or until softened.
2. Add chilli powder and cumin. Stir in bulgar wheat, chopped tomatoes, tomato purée, red kidney beans and water. Cover and cook on **1000 W** for 10-15 minutes.

Leek and Potato Gratin

Ingredients:
Serves 4

450 g	leeks deseeded, thinly sliced
450 g	potatoes, thinly sliced
150 g	blue cheese
225 g	Greek yoghurt
75 ml	double cream
50 g	brown breadcrumbs
	salt and pepper

Dish: 1 x large Pyrex® bowl, 1 x small mixing bowl, 1 x 25 cm Pyrex® flan dish
Accessory: Enamel tray

Method:
1. Place the vegetables in large bowl. Add 90 ml of water, cover and cook on **1000 W** for 10-12 minutes or until the vegetables are softened.
2. Crumble or finely chop the cheese into a bowl and gradually blend in the yoghurt and the double cream.
3. Drain the vegetables and arrange in a flan dish. Season and pour over the blue cheese cream mixture. Sprinkle with breadcrumbs, place on enamel tray and cook on **Combi 3** for 12-14 minutes or until golden brown.

Roast Vegetable Parcels

Ingredients:
Serves 4

450 g	mixed vegetable e.g. sweet potato, red pepper, leeks, aubergine, coutgettes, onion, chopped
1 clove	garlic, crushed
30 ml	olive oil
200 g	canned chopped tomatoes
10 ml	tomato purée
25 g	pine nuts
50 g	Gruyère cheese, grated
100 g	Boursin® cheese
15 ml	single cream
225 g	ready made puff pastry
1	egg for glazing

Dish: 1 x large mixing bowl, 1 x large Pyrex® bowl, 1 x small mixing bowl
Accessory: Enamel tray

Method:
1. Preheat the oven on **Convection** 220 °C. Chop vegetables into 2 ½ cm chunks.
2. Add garlic and oil, mix thoroughly with mixed vegetables. Place onto enamel tray.
3. Cook on **Convection** 220 °C for 20-25 minutes until vegetables are browned and al dente.
4. Place the chopped tomatoes and purée in a heatproof bowl uncovered and cook on **1000 W** for 5 minutes then **600 W** for 5 minutes or until mixture is reduced in volume and thickened.
5. Mix the tomato sauce with the cooked vegetables and pine nuts.
6. Mix together the Gruyère cheese, Boursin® and single cream.
7. Roll out pastry until it measures approx 40 cm square. Divide into 4 equal squares.
8. Place ¼ of the vegetable mixture in the centre of the square and top with ¼ of the cheese mixture.
9. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water. Glaze with beaten egg.
10. Cook in a preheated oven on **Convection** 220 °C for 15-20 minutes or until golden and cooked through.

Vegetable Lasagne

Ingredients:
Serves 4-6

1	large onion, chopped
25 g	butter
1 clove	garlic, crushed
225 g	carrots, diced
225 g	leeks, chopped
225 g	courgettes, diced
1	green pepper, chopped
150 ml	hot vegetable stock
	salt and pepper
300 ml	prepared tomato sauce
175 g	fresh lasagne sheets
225 g	Mozzarella cheese

Dish: 1 x large Pyrex® casserole dish with lid, 1 x Pyrex® rectangular dish
Accessory: Enamel tray

Method:
1. Place onion and butter in a casserole dish, cover and cook on **1000 W** for 3 minutes. Add vegetables and stock, cover and cook on **1000 W** for 8-10 minutes or until vegetables are soft, drain. Season to taste.
2. Cover base of rectangular dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175 g of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
3. Grate remaining cheese and arrange over top. Cook on enamel tray on **Combi 4** for 20 minutes or until the pasta is cooked.

Goat's cheese Tart with Roasted Vegetables

Ingredients:
Serves 4

100 g	butter
225 g	plain flour
50 g	Parmesan cheese, grated finely
1	red pepper, diced into 4 cm pieces
1	yellow pepper, diced into 4 cm pieces
2	medium courgettes, sliced
100 g	auberbine, diced into
4 cm	pieces
15 ml	olive oil
100 g	soft goat's cheese
3	eggs, beaten
75 ml	crème fraiche or double cream
15 ml	fresh parsley, chopped
	salt and pepper

Dish: 1 x large mixing bowl, 1 x 23 cm flan dish, 1 x Jug
Accessory: Enamel tray

Method:
1. Preheat the oven on **Convection** 200 °C.
2. Rub the butter into the flour until the mixture resembles fine breadcrumbs. Stir in the parmesan, add 30-45 ml cold water and mix to a firm dough.
3. Roll out and line the flan dish. Prick the base with a fork and allow to rest for 15 minutes.
4. Cover the pastry with greaseproof, add baking beans and cook on enamel tray on **Convection** 200 °C for 10-12 minutes. Remove the paper and beans and cook for a further 5-7 minutes or until cooked. Allow to cool.
5. Place the prepared vegetables on enamel tray and drizzle with olive oil. Cook on **Combi 1** for 10-12 minutes or until lightly browned. Turn halfway during cooking.
6. Place the vegetables in the flan case and dot teaspoons of the goat's cheese around the vegetables.
7. Beat together the eggs and creme fraiche until smooth, add the parsley and seasoning. Pour carefully over the filling.
8. Place on enamel tray and cook on **Combi 2** for 20-25 minutes or until set and lightly browned.

Roast Potatoes

Ingredients:
Serves 4

450 g	potatoes,
25 g	butter
30 ml	oil

Dish: none
Accessory: Enamel tray

Method:
1. Peel and cut potatoes into quarters. Par boil and drain (see page 66).
2. Place potatoes, oil and butter on enamel tray.
3. Cook on **Combi 3** for 23 minutes turning and basting potatoes during cooking, or until crisp and brown.

Stuffed Peppers

Ingredients:
Serves 6

3	red peppers
3	yellow peppers
1	bunch spring onions, thinly sliced
30 ml	olive oil
50 g	pine nuts
2 cloves	garlic, crushed
100 g	long grain rice
300 ml	hot vegetable stock
100 g	cherry tomatoes, halved
100 g	mozzarella, diced
100 g	gorgonzola or any blue cheese, diced
1 handful	parsley, finely shredded
1 handful	basil, finely shredded

Dish: 1 x large Pyrex® casserole dish,
1 x large Pyrex® rectangular dish
Accessory: Enamel tray

Method:
1. Slice the tops off the peppers and put to one side. Remove the seeds and rinse out.
2. Place the spring onions, oil, garlic and pine nuts into in a casserole dish and stir together. Cook on **1000 W** for 2 minutes.
3. Add rice and hot stock. Cover and cook on **1000 W** for 10 minutes.
4. Allow to cool slightly and then stir in the cherry tomatoes, mozzarella, gorgonzola, parsley and basil. Season well.
5. Spoon the stuffing into the peppers and arrange them closely together in the rectangular dish.
6. Place on enamel tray and cook on **Combi 3** for 10 minutes.
7. Place tops back on peppers and cook on **Combi 1** for a further 8-10 minutes.

Cauliflower Cheese

Ingredients:
Serves 4

1	cauliflower
90 ml	water
25 g	butter
25 g	flour
3 ml	french mustard
300 ml	milk
	salt and pepper

Topping:

75 g	red cheese, grated
15 ml	brown breadcrumbs

Dish: 1 x large Pyrex® casserole dish with lid,
1 x Pyrex® jug, 1 x medium Pyrex® gratin dish
Accessory: Enamel tray

Method:
1. Place cauliflower florets in a bowl. Add water. Cover and cook on **600 W** for 10 minutes or until tender. Drain.
2. Melt butter on **1000 W** for 30-50 seconds in a Pyrex® jug. Stir in flour and mustard. Cook for a further 30 seconds. Add milk gradually. Stir well and season.
3. Cook on **1000 W** for 2-3 minutes or until sauce is thick and bubbling. Stir once halfway during cooking. Stir in 60 g grated cheese.
4. Place cauliflower in gratin dish and pour over sauce. Top with remaining cheese and breadcrumbs.
5. Place on enamel tray and cook on **Combi 3** for 15-17 minutes or until golden brown.

Spicy Potatoes

Ingredients:
Serves 4

350 g	potatoes
45 ml	natural yoghurt
10 ml	mango chutney
3 ml	cumin
3 ml	corriander
3 ml	tumeric
3 ml	garam marsala
10 ml	fresh corriander
pinch	chilli powder
15 g	sultanas
	salt and pepper

Dish: 1 x 1.5 litre Pyrex® casserole dish with lid,
1 x Pyrex® mixing bowl
Accessory: none

Method:
1. Cut the potatoes into large cubes and place in a large bowl with 90 ml water. Cover and cook on **1000 W** for 6-8 minutes or until soft. Drain and set aside.
2. Mix the remaining ingredients together. Add the potatoes and mix well. Serve either hot or cold.

Guidelines

Container Size

Always use a container or jug at least twice the capacity of the sauce, to avoid boiling over.

Covering

Do not cover sauces when cooking.

Caution!

Sauces/gravy should be thoroughly stirred before, during and after cooking, to avoid any eruptions and to result in a smooth sauce.

Reheating

Sauces can be made in advance and reheated by microwave. Reheat on **1000 W** and stir halfway.

Wooden Spoons

Do not leave wooden spoons in the sauce when cooking. The wood may dry out and burn. **Never leave** metal spoons in the sauce.

WHITE SAUCE

Ingredients:

30 g	butter, room temperature
30 g	flour
600 ml	whole milk
Variations:	
	parsley, onion, cheese
15 ml	lemon juice

Dish: 1 x 1 litre Pyrex® jug
Accessory: none

Method:

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

Variations of White Sauce:

Parsley
Stir 60 ml chopped parsley and 15 ml lemon juice into sauce halfway through cooking time.

Onion
Cook 1 small onion in the butter for 30 seconds on **1000 W** before adding the flour and milk.

Cheese
Stir in 75 g grated cheese at the end of cooking time.

CUSTARD

Ingredients:

30 ml	custard powder
15 ml	sugar
600 ml	whole milk

Dish: 1 x 1 litre Pyrex® jug
Accessory: none

Method:

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on **1000 W** for 6-8 minutes. Whisk well halfway through cooking time and again at the end.

HOLLANDAISE SAUCE

Ingredients:

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

Dish: 1 x 1 litre Pyrex® jug
Accessory: none

Method:

1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Cook on **1000 W** for 20 seconds.
3. Whisk. Cook on **1000 W** for 10 seconds.
4. Whisk again and cook on **1000 W** for 10 seconds. Repeat in 10 second stages until sauce is thick and creamy.
5. Season and serve immediately with salmon steaks or asparagus spears.
   N.B. This sauce must not boil or eggs will curdle.

Chocolate Sauce

Ingredients:

25 g	butter
75 g	caster sugar
75 g	soft brown sugar
50 g	cocoa powder
3 ml	vanilla essence
300 ml	milk

Dish: 1 x 1 litre Pyrex® jug
Accessory: none

Method:
1. Melt butter in a Pyrex® jug on **1000 W** for 30-50 seconds.
2. Stir in sugars, cocoa powder and vanilla essence.
3. Gradually add milk, stirring well.
4. Cook on **600 W** for 2 minutes. Stir well. Repeat this again three more times or until you achieve a smooth and glossy consistency that coats the back of a spoon.

Pepper Sauce

Ingredients:

1	onion, chopped
40 g	butter
30 g	flour
2	stock cubes
15 ml	tarragon vinegar
10 ml	white pepper
15 ml	cognac
200 ml	créme fraîche

Dish: 1 x large Pyrex® bowl
Accessory: none

Method:
1. Cook the onion in the bowl with butter for 2-3 minutes on **1000 W**.
2. Add flours, mix, cook again for 1 minute on **1000 W** and add 400 ml of hot water, 2 stock cubes, vinegar and white pepper. Cook uncovered at **1000 W** for 3 minutes.
3. Remove from the oven and add cognac and crème fraiche. Mix well.

Roquefort Sauce

Ingredients:

50 g	Roquefort cheese
200 ml	single cream
30 ml	cornflour
	salt and pepper

Dish: 1 x 500 ml Pyrex® bowl
Accessory: none

Method:
1. Cut the Roquefort into pieces, place in a bowl and melt using **600 W** for 1 minute 30 seconds.
2. Add the cream and cornflour mixed with 15 ml water. Cook on **1000 W** for 3-3 minutes 30 seconds, whisk halfway through the cooking time. Check the seasoning before serving.

Suetcrust Pastry

Ingredients:

225 g	self-raising flour
3 ml	salt
100 g	shredded suet
105 ml	cold water

Dish: 1 x large Pyrex® mixing bowl
Accessory: none

Method:
1. In Pyrex® mixing bowl, mix together flour, salt and suet.
2. Add water and mix to a soft dough. Knead lightly until smooth.

Baked Jam Roly Poly Pudding

Ingredients:
Serves 4

1	quantity of suet pastry (as above)
75 ml	seedless raspberry jam
	milk to glaze

Dish: 1 x 1 kg Pyrex® loaf dish
Accessory: Enamel tray

Method:
1. Roll out pastry to approx. 23 x 32 cm.
2. Spread the jam over the pastry leaving 1 cm border all round. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges.
3. Brush top with milk and place in loaf dish on enamel tray. Preheat oven on **Convection** 210 °C. Cook on **Combi 3** for 13-16 minutes or until golden.

Apple Strudel

Ingredients:
Serves 4

300 g	granny smiths apples, peeled, cored and sliced
½	lemon, juiced
25 g	golden caster sugar
25 g	walnuts, roughly chopped
25 g	sultanas
5 ml	ground cinnamon
25 g	ground almonds
6	sheets filo pastry
50 g	butter, melted
	icing sugar to serve

Dish: 1 x Pyrex® mixing bowl, baking sheet
Accessory: Enamel tray

Method:
1. Preheat the oven on **Convection** 180 °C.
2. Put the apples and lemon juice into a bowl and toss together.
3. Add the sugar, walnuts, sultanas, cinnamon and almonds and mix together.
4. Take three sheets of filo pastry and brush with melted butter. Place each one directly on top of each other.
5. Place three more sheets of filo on top of each other, in the same way as in step 4.
6. Overlap the sheets from step 4 and 5 by 5-6 cm along the long edge.
7. Spread the apple filling along the front edge of the filo pastry just 2.5 cm (1 inch) from the edge and 2.5 cm (1 inch) from each side.
8. Fold the sides in over the filling and brush with butter. Roll up from the long front edge buttering the final long edge to seal the strudel.
9. Place on baking sheet on enamel tray, seam-side down. Brush with melted butter.
10. Cook on **Convection** 180 °C for 30-35 minutes. Dust with icing sugar to serve.

Guidelines

Covering

For traditional cakes, with long cooking times, baked on convection mode only, it is necessary to cover the top of the tin with foil 10-15 minutes after the start of baking. This is not applicable to any of the recipes in this section.

Dish Size/Shape

Always use the exact dish size stated in the following recipes, otherwise cooking times and results will be affected.

Eggs

The following recipes have been tested using medium eggs. Using a different size of egg may affect cooking times.

Mixing/Beating

Cakes cooked by microwave need to be well mixed, but not over beaten. Generally it is unnecessary to cream butter and sugar or beat eggs in an electric mixer or food processor. Do not attempt to cook whisked/fatless sponges, or any cakes containing whisked egg white.

Combination Cooking

Do not use spring form tins, use smooth, and preferably seamless metal cake tins.

CARROT CAKE

Ingredients:

2 eggs, beaten	
150 ml	vegetable oil
150 g	self raising wholemeal flour
100 g	soft light brown sugar
10 ml	cinnamon
75 g	raisins
100 g	carrots, grated
Icing:	
50 g	cream cheese
50 g	butter
100 g	icing sugar
10 ml	lemon, juiced
50 g	walnuts, chopped

Dish: 1 x large mixing bowl, 1 x 18 cm souffle dish lined with greaseproof paper, 1 x medium mixing bowl

Accessory: Enamel tray

Method:

Mix eggs and oil together.

1. Combine flour, sugar, cinnamon, raisins and carrots in a mixing bowl and pour egg mix into flour and stir well.
2. Pour into dish and cook on the enamel tray on **Combi 2** for 8 minutes.
3. **For the icing:** beat cream cheese and butter together and gradually add icing sugar and lemon juice. Decorate the cake with icing and sprinkle with walnuts.

GINGER CAKE

Ingredients:

100 g	butter
100 g	golden syrup
100 g	black treacle
75 g	soft brown sugar
100 g	self raising flour
100 g	plain flour
5 ml	mixed spice
10 ml	ground ginger
5 ml	bicarbonate of soda
	pinch salt
150 ml	milk
2	eggs, beaten

Dish: 1 x small Pyrex® bowl, 1 x large mixing bowl, 1 x 20 cm square Pyrex® dish

Accessory: none

Method:

1. Place butter, syrup, treacle and sugar in a bowl and heat on **1000 W** for 1-2 minutes or until fat has melted.
2. Place flour, spices, bicarbonate of soda and salt in a large bowl. Stir in treacle mixture and mix well. Stir in milk and eggs and beat until smooth.
3. Pour into square dish and cook on **600 W** for 9-11 minutes or until set around the edges. The cake will appear slightly wet in the centre, but will continue cooking as it cools.

Chocolate and Almond Cake

Ingredients:

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

Topping:

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

Dish: 1 x 20 cm Pyrex® souffle dish, greased and lined, 2 x large Pyrex® mixing bowls

Accessory: none

Method:

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

Fruit Cake

Ingredients:

175 g	butter
175 g	dark brown sugar
1	lemon, grated
3	eggs, beaten
225 g	plain flour
10 ml	ground spice
225 g	raisins
225 g	sultanas
50 g	glace cherries
50 g	chopped mixed nuts
15 ml	treacle
45 ml	brandy

Dish: 1 x Pyrex® mixing bowl, 1 x 20 cm soufflé dish greased and lined

Accessory: none

Method:

1. Cream butter and sugar until light and fluffy. Mix in the lemon rind. Beat in the eggs.
2. Fold in the flour, spice and the rest of the ingredients. Spoon mixture into souffle dish.
3. Cook on **440 W** for 23 minutes.

Pineapple, Cinnamon and Raisin Muffins

Ingredients:

Makes 12

100 g	self raising flour
100 g	wholemeal self-raising flour
3.75 ml	bicarbonate of soda
	pinch salt
5 ml	ground cinnamon
150 ml	sunflower oil
2	eggs
75 g	golden caster sugar
125 g	carrots, grated
225 g	canned pineapple chunks, crushed
100 g	raisins

Dish: 2 x medium Pyrex® bowls, 2 x 6 hole muffin tin, 12 muffin cases

Accessory: Enamel tray

Method:

1. Preheat the oven on **Convection** 180 ºC.
2. Sieve the flours, bicarbonate of soda, salt and cinnamon into a bowl.
3. In a separate bowl, beat together the oil, eggs and sugar. Add the grated carrot, crushed pineapple and raisins.
4. Pour the oil mixture into the flour mixture and stir together until just blended.
5. Put the mixture into the individual muffin tins lined with muffin cases, cook on enamel tray in two separate batches on **Convection** 180 ºC for 20-25 minutes per batch.

Chocolate Saucy Pudding with Toffee Sauce

Ingredients:

75 g	plain chocolate
30 ml	milk
175 g	margarine
175 g	light muscovado sugar
2	eggs
150 g	fresh white breadcrumbs
30 ml	cocoa powder
Sauce:	
225 g	vanilla flavoured toffees
150 ml	milk
15 g	butter

Dish: 1 x 1.2 litre pudding basin, 1 x small Pyrex® bowl, 1 x large mixing bowl, 1 large Pyrex® jug

Accessory: none

Method:

1. Line the base of a 1.2 litre pudding basin with a circle of greaseproof paper.
2. Melt the chocolate with the milk in a small Pyrex® bowl on **600 W** for 2-3 minutes and mix until smooth.
3. Mix the margarine and sugar together, add the cooled chocolate and eggs.
4. Add the breadcrumbs and cocoa powder and mix well. Fill the basin with the mixture and cook on **1000 W** for 6-7 minutes or until cooked. Leave to stand for 5 minutes before turning out.
5. Meanwhile, prepare the sauce by combining all ingredients in a large jug and cook on **1000 W** for 2-3 minutes or until smooth. Stir vigorously and pour over the pudding.

Plum and Oat Layer

Ingredients:

Makes 8 slices

100 g	butter or margarine
50 g	light brown sugar
30 ml	golden syrup
225 g	rolled oats
450 g	plums, stoned and thinly sliced
5 ml	ground cinnamon

Dish: 1 x large Pyrex® bowl, 1 x 20 cm ceramic flan dish

Accessory: Enamel tray

Method:

1. Place the butter, sugar and syrup in a bowl. Cook on **1000 W** for 1-2 minutes or until melted. Stir in the rolled oats.
2. Spread half the oat mixture into the dish. Arrange the plums over the top in overlapping rows and sprinkle with cinnamon.
3. Sprinkle the remaining oat mixture over the plums and gently press down.
4. Cook on enamel tray on **Combi 3** for 10-12 minutes or until the mixture is firm and golden brown.
5. Cut into slices while hot, then allow to cool in the dish.

Steamed Suet Sponge Pudding

Ingredients:

Serves 4

150 g	self-raising flour
	pinch salt
50 g	caster sugar
50 g	suet
1	egg
150 ml	milk
30 ml	jam or golden syrup
Optional:	
10 ml	sultanas, optional

Dish: 1 x Pyrex® mixing bowl, 1 x 1 litre Pyrex®, pudding basin

Accessory: none

Method:

1. In a mixing bowl, sift together the flour and salt. Stir in sugar and suet. Add the sultanas if desired.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on **1000 W** for 5-5 minutes and 30 seconds or until firm.

Bread and Butter Pudding

Ingredients:
Serves 4

6	slices bread, buttered and cut in half diagonally
75 g	mixed dried fruit
450 ml	milk
3	eggs
25 g	caster sugar
3 ml	nutmeg

Dish: 1 x Pyrex® dish 20 x 25 cm greased, 1 x large Pyrex® bowl, 1 x mixing bowl
Accessory: Enamel tray

Method:
1. Arrange the bread and fruit in the prepared dish.
2. Warm the milk for 3 minutes on **600 W** but do not allow to boil.
3. Beat together the eggs and sugar, add the milk, stirring well.
4. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 minutes. Cook on enamel tray on **Combi 4** for 20-25 minutes or until set and browned.

Christmas Pudding

Ingredients:
Serves 6-8

1	cooking apple, peeled and grated
1	carrot, peeled and grated
1	orange, juice and grated rind
400 g	mixed dried fruit
45 ml	brandy
15 ml	black treacle
50 g	self-raising flour
pinch	salt
15 ml	cocoa
5 ml	mixed spice
3 ml	nutmeg
100 g	shredded suet
150 g	fresh breadcrumbs
50 g	mixed peel
50 g	flaked almonds
2	eggs, beaten

Dish: 1 x large Pyrex® bowl, 1 x 1.3 litre Pyrex® pudding basin lightly greased
Accessory: none

Method:
1. Place apple and carrot in a large bowl. Cover and cook on **1000 W** for 5 minutes. Beat well to make a thick purée.
2. Stir in juice, rind and mixed fruit. Cook on **1000 W** for 2 minutes. Stir in brandy and treacle. Stand for 5 minutes. Beat in rest of ingredients.
3. Press into a lightly greased pudding basin. Cover with greaseproof paper and cook on **1000 W** for 4 minutes. Stand for 5 minutes. Cook on **1000 W** for another 2 minutes or until just firm.

   N.B. One of the advantages of using your microwave to make this traditional pudding is that it can be made the week before Christmas and stored in a cool dry place. Do not attempt to make the pudding earlier than this, since the flavour will not improve with keeping, unlike a traditionally steamed pudding.

Baked Apples

Ingredients:
Serves 4

4	medium sized apples
30 ml	caster sugar
25-50 g	mixed dried fruit
25 g	butter

Dish: 1 x Pyrex® mixing bowl, 1 x 20 cm Pyrex® shallow dish
Accessory: none

Method:
1. Core the apples and score the skin around the middle.
2. Mix together the sugar and fruit and fill the centres of the apples.
3. Dot the top with butter. Stand the apples in a shallow dish and cook on **1000 W** for 5 minutes - 7 minutes. Stand for 5 minutes before serving.

   N.B. The apples will look quite green when removed from the oven, but they should feel slightly soft when tested with a sharp knife. During the standing time, the colour will become dull and the apples will be tender. The apples will overcook very easily, so take care to undercook slightly. For 1 baked apple cook for 2-3 minutes. For 2 baked apples cook for 3-5 minutes.

Chocolate Brownies

Ingredients:
Serves 9

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

Dish: 1 x small Pyrex® bowl, 1 x Pyrex® mixing bowl, 23 cm Pyrex® square dish
Accessory: Enamel tray

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

Fruit Scones

Ingredients:
Serves 10

225 g	self-raising flour
pinch	salt
5 ml	baking powder
50 g	butter
25 g	caster sugar
50 g	sultanas
100 ml	whole milk
1	egg for glazing

Dish: 1 x Pyrex® mixing bowl, 1 x small baking sheet
Accessory: Enamel tray

Method:
1. Preheat oven on **Convection** 210 °C.
2. Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas.
3. Make a well in the centre and stir in enough milk to form a soft dough.
4. Knead lightly. Pat out to 2 cm thick and cut into 10 rounds with a 5 cm cutter. Place on baking sheet on enamel tray, brush with beaten egg and cook on **Convection** 210 °C for 10-15 minutes or until well risen and golden brown.

Red Fruit Compote

Ingredients:
Serves 4

225 g	plums, halved
225 g	cherries, stoned
225 g	blueberries
225 g	strawberries, halved
225 g	raspberries, halved
50 g	golden caster sugar

Dish: 1 x large Pyrex® shallow dish
Accessory: none

Method:
1. Place the plums, cherries and blueberries in a shallow dish. Cook on **440 W** for 10 minutes.
2. Stir in the strawberries and cook on **440 W** for a further 5-6 minutes.
3. Stir the raspberries and sugar into the hot fruit and allow to cool before serving.

Streusel Topped Fruit Muffins

Ingredients:
Makes 12
Streusel topping:

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

Muffins:

225 g	plain flour
10 ml	baking powder
150 g	caster sugar
2.5 ml	salt
½	lemon, grated zest
175 g	fresh or frozen berries, raspberries or blueberries
75 g	butter
110 ml	buttermilk
1	egg, lightly beaten
2.5 ml	vanilla essence

Dish: 1 x small Pyrex® bowl, 1 x large mixing bowl, 1 x large Pyrex® bowl, 2 x 6 hole muffin tin, 12 paper muffin cases
Accessory: Enamel tray

Method:
1. Melt the butter on **600W** for 1 minute. Combine the streusel topping ingredients to make a soft dough and reserve. Chill.
2. Sift together the flour, baking powder, sugar and salt. Add the lemon zest and the fruit.
3. Melt the butter on **1000 W** for 30 seconds - 1 minute mix in the buttermilk, egg and vanilla essence. Lightly stir in the flour mixture and divide between 12 muffin cases.
4. Preheat oven on **Convection** 180 ºC.
5. Crumble small amounts of streusel topping over each muffin and cook in two batches on **Convection** 180 °C for 22 minutes on enamel tray, until browned and well risen.

Rice Pudding

Ingredients:
Serves 4

100 g	short grain rice
1 litre	whole milk
75 g	caster sugar
	small piece cinnamon stick
1	vanilla pod, split lengthways

Dish: 1 x large Pyrex® casserole dish with lid
Accessory: none

Method:
1. Place the rice, milk and sugar into the bowl. Add the cinnamon stick and vanilla pod. Do not cover.
2. Bring to the boil by heating on **1000 W** for 10-11 minutes on the base of the oven, paying close attention to ensure that the milk does not boil over.
3. Cook covered with a lid on **300 W** for 50 minutes, stirring halfway. Remove the cinnamon stick and vanilla pod. Leave to cool, serve hot or cold.

Apple Crumble

Ingredients:
Serves 4-6

700 g	cooking apples, peeled, cored and roughly chopped
2.5 ml	ground cinnamon
75 g	ground almonds
75 g	caster sugar
75 g	butter
75 g	plain flour
40 g	brown sugar

Dish: 1 x 24 cm rectangular dish, 1 x Pyrex® mixing bowl
Accessory: Enamel tray

Method:
1. Place the apples in the dish with brown sugar and cinnamon and cook on **1000 W** for 6-9 minutes, uncovered, stirring halfway through the cooking time. Leave to cool.
2. In a bowl mix ground almonds, butter, flour and caster sugar, until you obtain a mixture that looks like breadcrumbs. Spread this mixture over the pre-cooked apples.
3. Place the dish on the enamel tray and cook on **Combi 4** for 9-11 minutes, or until golden.

Guidelines

Sterilizing Jars

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on **1000 W** until water boils (approx. 3 minutes. for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

If you wish to cook larger quantities than given in the recipes below, revert to the traditional hob method, using a traditional recipe.

Dish Size

Always use a very large Pyrex® bowl. **Do not** attempt to use jam pans or saucepans in your microwave.

Do not leave jams unattended during cooking because of the high sugar content.

Covering

Do not cover preserves whilst cooking, apart from if recommended in the recipe.

We do not recommend that you use your microwave to sterilise babies' bottles.

(See details on page 53)

Do not seal preserving jars in your microwave.

Setting Point

To determine whether setting point is reached, place a couple of drops of jam or marmalade on a cold saucer (put one in the fridge whilst making the jam). Leave to cool. The jam should wrinkle on the surface when your finger pushes across the top.

Soft Fruit Jam

Ingredients:
Makes approx. 675 g

450 g	soft fruit, washed
450 g	caster sugar
30 ml	lemon, juiced
5 ml	butter

Dish: 1 x large Pyrex® bowl
Accessory: none

Method:
1. Place all ingredients in a large bowl and stir. Cook on **1000 W** for 5 minutes (10-15 minutes if using frozen fruit), stirring frequently. Continue to cook in one minute intervals until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached – approx. 10-20 minutes. Test regularly for setting point.

Lemon Curd

Ingredients:
Makes approx. 900 g

4	lemons, juice and grated rind
450 g	caster sugar
4	eggs, beaten
100 g	butter

Dish: 1 x large Pyrex® bowl
Accessory: none

Method:
1. Place all ingredients in bowl. Mix well.
2. Cook on **1000 W** for 1 minute. Stir. Continue to cook in 1 minute stages until mixture starts to thicken, then cook for 30 seconds at a time until mixture coats back of spoon. (The eggs will curdle if overcooked).
3. The mixture will thicken on cooling. Pot into warm jars. Cover with a circle of waxed paper and a jam pot cover.

Orange Marmalade

Ingredients:
Makes approx. 675-900 g

450 g	seville oranges
1	lemon
900 ml	water
450 g	sugar
	knob of butter

Dish: 2 x large Pyrex® bowl
Accessory: none

Method:
1. Grate oranges and lemon ensuring all the pith is left on the fruit. Set the rind aside.
2. Peel the fruit and put it in a food processor and chop until the pips are broken.
3. Place the chopped mixture in a large bowl and pour over boiling water. Cover with pierced cling film and cook on **1000 W** for 10 minutes.
4. Strain the mixture through a sieve into another large bowl pressing the pulp well until all the juice is extracted. Discard the pulp.
5. Stir the shredded rind into the hot juice and cook uncovered on **1000 W** for 10 minutes until rind is tender, stirring occasionally. Stir in the sugar until dissolved.
6. Cook on **1000 W** for 8 minutes covered with pierced cling film. Stir in the butter and cook uncovered until setting point is reached, approx. 22-24 minutes.
7. Leave to stand for 10 minutes then pour into warmed sterilized jars.

N.B Do not double this recipe as it will boil over.

Plum Jam

Ingredients:
Makes approx. 1.5 kg

675 g	plums or damsons, halved, stoned
200 ml	cold water
675 g	jam sugar
30 ml	lemon juice
5 ml	butter

Dish: 1 x large Pyrex® mixing bowl
Accessory: none

Method:
1. Place plums in a large Pyrex® bowl with water.
2. Cook on **600 W** for 10 minutes or until fruit is soft.
3. Add the remaining ingredients, stir and cook on **1000 W** for 5 minutes stirring frequently.
4. Wash down any sugar crystals from around the bowl.
5. Bring mixture to the boil on **1000 W**, approx. 4-5 minutes.
6. Continue to cook on **1000 W** until setting point is reached approx. 20-25 minutes. Test regularly for setting point.

Guidelines

This section of recipes are aimed at toddlers and children or may be shared with the whole family. Ideal recipes when little ones are independently feeding themselves, introducing different flavours and textures of food.

Tomato Soup

Ingredients:
Serves 4

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

Dish: 1 x large Pyrex® casserole dish with lid
Accessory: none

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

Frittatta

Ingredients:

25 g	butter
25 g	ham, chopped
25 g	green pepper, finely chopped
1	spring onion, sliced
4	eggs, beaten
50 g	Cheddar cheese, grated

Dish: 1 x 24 cm flan dish
Accessory: none

Method:
1. Place the butter in the flan dish. Melt on **600 W** for 1 minute.
2. Add the ham, green pepper and spring onions. Cook on **1000 W** 1-2 minutes.
3. Pour the beaten egg over the top, sprinkle with the cheese.
4. Cook on **1000 W** for 4 minutes 30 seconds. Leave to stand for 2 minutes before serving.

Quesadillas

Ingredients:

2	flour tortillas
50 g	Cheddar cheese, grated
25 g	cooked ham, chopped
1	spring onion, sliced

Dish: 1 x dinner plate
Accessory: none

Method:
1. Place a tortilla on the plate, place the cheese, ham and onion onto the tortilla. Place the other tortilla on top.
2. Cover with a piece of kitchen roll cook on **1000 W** for 1-2 minutes.

Individual Fish Pies

Ingredients:
Serves 6

375 g	white potatoes, peeled and chopped
50 g	butter
25 ml	milk
25 g	onion, chopped into small chunks
15 g	flour
75 g	milk
50 g	fish stock
125 g	white fish fillet, skinned and cut into bite sized pieces
125 g	salmon fillet, skinned and cut into bite sized pieces
5 g	fresh parsley, chopped
25 g	frozen peas
50 g	grated cheese, plus extra for topping

Dish: 2 x medium Pyrex® casserole dish with lid, 4 x 8 cm ramekin dishes
Accessory: Enamel tray

Method:

1. Place the potatoes into a casserole dish, add 45 ml water, cover and cook on **1000 W** for 7-9 minutes.
2. Drain the potatoes, add half the butter and milk and mash together, leave to one side.
3. Place the remaining butter in a casserole dish with the onion, cover and cook on **1000 W** for 3 minutes.
4. Mix the flour into the butter and onion. Cook on **1000 W** for 30 seconds. Gradually stir in the milk and then the stock. Cook on **1000 W** for 3 minutes.
5. Add the fish and parsley. Cook on **600 W** microwave for 3 minutes. Stir in the peas and grated cheese.
6. Divide the fish pie mixture between 4 x 8 cm (3 inch) ramekin dishes, top with mashed potato and sprinkle with cheese.
7. Cook the pies on enamel tray on **Combi 1** for 12-17 minutes or until the cheese is melted and bubbling.

Teryaki Salmon

Ingredients:

Serves 2-4

200 g	salmon fillets, skinned and cut into bite sized pieces
1 cm	piece fresh ginger, grated
15 ml	clear honey
20 ml	soy sauce
15 ml	sesame seeds

Dish: 1 x 23 cm shallow Pyrex® square dish,
1 x small Pyrex® mixing bowl,
4 bamboo kebab skewers

Accessory: Enamel tray + wire rack

Method:

1. Thread the salmon onto the wooden skewers, place into a shallow dish.
2. Place all the remaining ingredients, except the sesame seeds into a bowl and pour over the salmon, turn the skewers to coat all sides in the sauce.
3. Place the dish on the wire rack on the enamel tray and cook on **Grill 1** for 16 minutes. Turn the skewers during cooking.
4. Sprinkle the salmon with the sesame seeds once cooked.

Spaghetti Bolognese

Ingredients:

Serves 6

15 ml	olive oil
½	onion, chopped
1	stick celery, finely diced
1	small courgette, finely diced
1	small carrot, finely diced
1	small apple, grated finely
1	clove of garlic, crushed
225 g	lean beef mince
200 g	passata
15 g	tomato purée
175 g	beef or vegetable stock

Dish: 1 x large Pyrex® casserole dish with lid

Accessory: none

Method:

1. Place the oil, vegetables, apple and garlic into the casserole dish, cover and cook on **1000 W** for 5 minutes, add the mince, stir and cook on **1000 W** for another 5 minutes.
2. Add the passata, purée and stock to the dish. Mix well and cook on **1000 W** for 10 minutes then **300 W** for a further 10 minutes.
3. Purée if necessary to suit the age of the child.

Stuffed Sweet Potatoes

Ingredients:

Serves 2-4

4	rashers streaky bacon
4	sweet potatoes each 200-250 g
60 ml	crème fraiche
3	spring onions, finely sliced
250 g	cheddar cheese, grated

Dish: 1 x microwaveable plate, 1 x mixing bowl

Accessory: Enamel tray + wire rack

Method:

1. Place the bacon on a microwaveable plate, cover with kitchen roll and cook on **1000 W** for 2 minutes. Leave to one side.
2. Cook the sweet potatoes on the **auto program jacket potatoes** (see page 44). Leave them to cool.
3. Slice the sweet potatoes in half lengthways, scoop out the flesh and place into a bowl, add the crème fraiche, spring onions and half the cheese to the bowl, mix together well.
4. Spoon the filling back into the potato halves. Chop the bacon and place some on top, followed by the remaining cheese.
5. Place the potato halves onto the wire rack on the enamel tray and cook on **Combi 1** for 3-6 minutes or until golden brown.

Granola

Ingredients:
Serves 6-8

175 g	oats
120 g	soft brown sugar
1.25 ml	salt
50 g	sunflower seeds
25 g	desiccated coconut
30 g	sunflower oil
60 g	maple syrup
25 g	dried cranberries
25 g	raisins
25 g	dried apricots, finely chopped

Dish: 1 x medium mixing bowl
Accessory: Enamel tray

Method:
1. Preheat the oven on **Convection** 150 ºC.
2. Mix together the oats, sugar, salt, sunflower seeds and coconut. Mix the oil and maple syrup together and stir thoroughly into the oat mixture.
3. Carefully grease the enamel tray and spread the oat mixture evenly across the tray.
4. Cook on **Convection** 150 ºC for 40-45 minutes, stirring every 10 minutes.
5. Pour the cooked mixture into a bowl and stir in the cranberries, raisins and apricots.

Serving suggestion:
Ideal for breakfast with milk, on its own as a snack or layered with yoghurt, honey and fruit.

Individual Pear, Apple and Raspberry Crumbles

Ingredients:
Serves 8
Topping:

100 g	butter, chilled and cubed
150 g	plain flour
75 g	golden caster sugar
pinch	salt
50 g	oats

Fruit:

1	apple, peeled and finely chopped
1	pear, peeled and finely chopped
125 g	raspberries
30 ml	caster sugar

Dish: 2 x medium mixing bowl, 8 x 8 cm ramekins
Accessory: Enamel tray

Method:
1. Make the crumble topping by rubbing the butter into the flour until it resembles fine breadcrumbs. Mix the golden caster sugar, salt and oats into the crumble topping.
2. Mix the apple, pear and raspberries with the caster sugar and divide equally between the ramekin dishes and top with the crumble mixture.
3. Place the ramekins onto the enamel tray and cook on **Combi 4** for 15-20 minutes.

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