

**Panasonic**

# Delightful Meals

Little Effort,  
Greater Flavours

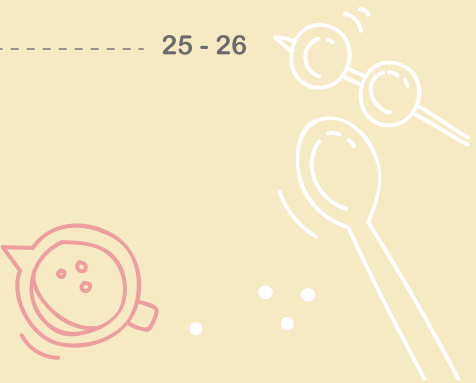


**Electric Oven**  
NB-H3800SSK

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# Introduction

The happiest moments in life are often those where family and friends are gathered together celebrating the holiday season with a table full of scrumptious food. Early in the morning, the cooks of the household would be huffing and puffing over the stove, preparing enormous servings of food in preparation for the feast of the day. At times like these, having a handy kitchen helper to tackle the tasks of roasting and baking makes the preparation work much easier.

With the Panasonic Electric Oven NB-H3800SSK, foods that require roasting and baking can be made at any time of the day. Built to be lightweight yet robust, the oven is portable and can be set up on any countertop, whilst being able to handle some of the most challenging tasks required of an oven.

Functioning as a rotisserie oven, poultry, whole fish and kebabs can be roasted on the spit for more even, golden results. Fat drains away from the whole chicken and bastes it as it turns on the spit, for a leaner yet still-juicy roast. For bread making, one useful setting is the Fermentation function that allows yeasted doughs to proof at an optimum temperature.

To illustrate the versatility of the NB-H3800SSK, Panasonic has created this e-book containing twelve exciting recipes, entitled *Delightful Meals*. This e-book has been designed to be easy for both adults and children to follow. No more headaches from planning meals and searching for recipes because breakfast, lunch and dinner can be prepared by following ideas from this e-book. With a little practice, anyone can master the art of baking, roasting, grilling and fermenting.

We hope that you can have many fun-filled moments creating delicious food with your NB-H3800SSK oven. Get the kids involved with your creations. You can never go wrong with a little extra sprinkles and chocolate bonbons to brighten the day!





# Apple Rose Tartlets

Makes: 6 tartlets

Preparation time: 20 minutes

Baking time: 45 minutes

Function:  & 

## Ingredients

2 red delicious apples  
1 sheet (25 cm x 25 cm) frozen puff pastry, slightly thawed just before using  
1½ tbsp apricot conserve  
3 tbsp ground almond  
1½ tsp castor sugar  
3/8 tsp ground cinnamon



## Syrup

1 tsp lemon juice  
1 tsp water  
3 tsp castor sugar

## Decoration

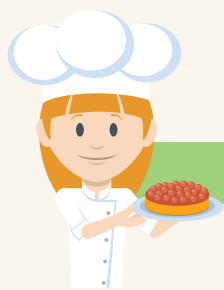
Snow powder or icing sugar

## Method

1. Place the drip tray / baking tray in the Panasonic Electric oven and preheat on  at 220°C for both upper and lower tubes.
2. Make the syrup by combining the ingredients in a ceramic bowl and heating in a microwave oven for 30 – 60 seconds until sugar is melted. Set aside.
3. Cut the apples in half, remove the cores and slice each half thinly, crosswise.
4. Place the apples on a ceramic plate and heat in the microwave oven for 1 minute (or more if necessary) until apple slices soften.
5. Drain the apples thoroughly using a strainer. Dab dry any excess moisture with a kitchen towel.
6. Cut the puff pastry into 6 strips of equal width. Warm the apricot conserve in the microwave oven.
7. In a separate bowl, mix the ground almond, sugar and cinnamon.
8. Brush some apricot conserve over a strip of pastry and sprinkle with almond mixture.
9. Lay out apple slices in rows and brush the upper, rounded, half sections with syrup. Lay apple slices, syrup-side facing down (without syrup touching the pastry if possible), along the length of the pastry, overlapping each apple slice at the mid-section, with the rounded ends jutting out of the pastry. The apples should be sitting along half the width of the pastry. Brush a little syrup on the apple slices protruding out of the pastry.
10. Fold the half-section of the pastry that is without apples, to cover the lower section of the apple slices that are sitting on the pastry. Roll up the pastry carefully and place into a muffin / cupcake mould with the exposed apple slices pointing upwards. Repeat with the remaining apples and pastry.
11. Place the tartlets onto the preheated baking tray and bake for 20 minutes. Turn the oven setting to  with the upper tube off and the lower tube at 220oC and bake for another 25 minutes.
12. Remove the tartlets from their moulds and cool on a cooling rack. Dust with snow powder or icing sugar before serving.

TIP:

Apricot conserve may be replaced with any jam available in the fridge





# Candy Cereal Bars

Makes: 12 bars

Preparation time: 25 minutes


Baking time: 30 minutes

Function: 

## Ingredients

150 g quick oats  
40 g almond flakes  
1 tbsp sesame seeds  
50 g Kellogg's Cornflakes  
25 g granulated sugar  
15 g brown sugar  
2 tbsp vegetable oil  
½ tbsp melted butter  
4 tbsp honey  
¼ tsp salt  
½ tsp vanilla essence  
30 g sugar coated chocolate  
candy

## Method

1. Preheat Panasonic Electric Oven on  at 180°C on both upper and lower tubes.
2. Spread the oats, almond flakes and sesame seeds on baking tray and toast in the oven for 10 – 15 minutes.
3. Meanwhile, line a 18 cm square tin with parchment paper (ensure that there is sufficient overhang on two opposite sides of the parchment paper to pull out the mixture later).
4. Heat up the granulated sugar, brown sugar, oil, butter, honey, salt and vanilla essence in a medium pot just until sugars are melted.
5. Crush the cornflakes lightly by hand.
6. Add the crushed cornflakes and toasted ingredients to the liquid mixture and toss well to coat the dry ingredients with the liquid mixture.
7. Pour the cereal mixture into the prepared tin and level the mixture.
8. Turn the oven temperature down to 160°C and bake for 30 minutes.
9. Scatter the chocolate candy over the hot cereal mixture and press down firmly (with a fondant smoother or back of a spoon) to compact the mixture without crushing the candy.
10. Leave to cool in the tin. Cut into bars.

TIP:

Chocolate candy can be replaced with raisins





# Breakfast Egg Cups

Makes: 3 servings

Preparation time: 20 minutes

Baking time: 23 to 27 minutes

Function: 

## Ingredients

### Parmesan batter

30 g self-raising flour

10 g sugar

30 g parmesan cheese powder  
(may be increased to 45 g for a more cheesy taste)

22 g vegetable oil

30 g milk

2 small egg yolks

### Egg white batter

2 small egg whites

12 g sugar


10 g cornflour

large pinch of salt

Oil for oiling ramekins

3 small eggs, broken out into individual bowls

## Method

1. Place 3 large ramekins in the Panasonic Electric Oven and preheat on  at 190°C for 20 minutes on both upper and lower tubes.
2. Meanwhile, prepare the Parmesan batter by whisking together all the ingredients in a bowl.
3. In a separate, oil-free bowl, whisk the egg whites and salt with a hand mixer until foamy.
4. Add the sugar and continue to whisk for another minute.
5. Add the cornflour and whisk egg whites until stiff peaks form.
6. Fold one third of egg whites into the egg yolk mixture, then fold in the remainder of the egg whites.
7. Remove the preheated ramekins from the oven and brush the inner bases and sides with oil.
8. Pour batter into each of the ramekins to two thirds full.
9. Return ramekins to the oven and bake for 10 – 12 minutes, until the batter is half-cooked and domed in the centre.
10. Pull the oven tray out and press down in the centre of each half-cooked batter with the back of a large spoon to make an indentation. Pour an egg into each ramekin, ensuring the egg yolks go into the indentations.
11. Return the tray into the oven and reset temperature to 160°C. Bake for another 13 – 15 minutes until eggs are set. Serve hot.

## TIP:

For extra bite, add a little chopped sausage meat or chicken slices to the egg yolk batter before folding in the egg whites





# Cheese Stuffed Pretzels

Makes: 3 pretzels

Preparation time: 20 minutes

Fermentation time: 60 minutes

Baking time: 30 minutes

Function:  & Fermentation

## Ingredients

### Dough

200 g plain flour

½ tsp salt

2 tbsp sugar

¾ tsp instant yeast

1 tbsp olive oil

125 ml water

### Filling

15 g – 20 g shredded mozzarella

### Topping

1 egg, beaten (for egg wash)

2 tbsp milk (for egg wash)

¼ cup grated parmesan cheese

3 tbsp parmesan cheese powder

### Homemade Tomato Sauce Dip

200 g canned diced tomato


1½ tsp sugar

½ tsp garlic powder

½ tsp dried mixed herbs

Pinch of salt

## Method

1. Preheat Panasonic Electric Oven on  to 230°C.
2. To prepare the dough, combine all the ingredients and knead by hand (or in a mixer fitted with a dough hook) until dough is smooth.
3. Place the dough in a medium bowl and place into the Panasonic Electric Oven set on Fermentation mode, to proof until dough has risen to double in size, about 60 minutes.
4. To make the dip, combine all the ingredients in a small saucepan and cook on medium heat, stirring until all ingredients are well combined.
5. Divide the dough into 3 equal pieces. Roll each piece of dough into a tight, smooth ball and leave to rest for 10 minutes.
6. For each pretzel, roll a piece of dough into a long thin strip about 1½ to 2 inches wide.
7. Spread shredded mozzarella cheese along the centre. Pinch the two edges of the dough together to seal.
8. Braid into a pretzel and transfer dough onto baking tray lined with parchment paper. Glaze with an egg wash of combined egg and milk. Scatter grated parmesan cheese and parmesan cheese powder over the pretzel.
9. Bake in the oven for about 30 minutes. Serve hot with homemade tomato sauce dip.



## TIPS:

Serve the pretzels warm with warm tomato sauce



# Chocolate Doughnut Cakes

Makes: 6 doughnut cakes

Preparation time: 15 minutes

Baking time: 10 to 15 minutes

Function: 

## Ingredients

20 g unsalted butter, softened  
3½ tsp oil  
30 g castor sugar  
25 g brown sugar  
34 g large egg  
102 g plain flour  
7 g cocoa powder  
½ tsp baking powder  
1/8 tsp of baking soda  
¼ tsp salt  
75 g milk  
1/8 tsp vanilla essence


## Melted Chocolate

100 g semisweet chocolate,  
melted

## Peanut Butter Cream Filling

110 g cream cheese, softened  
½ cup peanut butter  
125 g icing sugar  
60 g whipping cream, added a  
tablespoon at a time

## Method

1. Preheat Panasonic Electric Oven on  to 210°C.
2. To make the peanut butter cream filling, cream together cream cheese and peanut butter. Mix in icing sugar and cream. Set aside.
3. For the doughnuts, cream together the butter, oil and sugars until combined.
4. Add the egg, beat for 1 minute until mixture is smooth.
5. In a separate bowl, sift together the flour, cocoa powder, baking powder and baking soda. Add the salt and mix well.
6. Fold half the flour mixture into the egg mixture, then add the milk and vanilla. Mix briefly.
7. Fold the remaining flour mixture into the batter.
8. Fill the batter into a piping bag.
9. Pipe the batter into a non-stick doughnut pan to about ½ cm below the top rim.
10. Bake for 10 - 15 minutes or until done. Remove doughnut pan from oven and leave the doughnuts to cool in the pan for 5 minutes before turning them out to cool completely.
11. Halve the doughnuts and sandwich them with peanut butter cream filling.
12. Drizzle the top of each doughnut with melted chocolate.

## TIP:

Split the doughnut cakes into halves after they are completely cool to prevent crumbling






# Ice-Cream Sandwiches

Makes: 10-12 ice-cream sandwiches

Preparation time: 15 minutes

Baking time: 15 to 20 minutes

Function: 

## Ingredients

### Chocolate Chip Cookies

100 g granulated sugar

130 g brown sugar

170 g butter, softened

1 ½ eggs

1 tsp vanilla essence

310 g flour

1 tsp baking soda

¼ tsp salt

1 ½ cups chocolate chips


Vanilla ice cream

Kellogg's Froot Loops, broken  
into small pieces

Hundreds and thousands

Mini chocolate chips

## Method

1. Preheat Panasonic Electric Oven on  to 210°C. Line baking tray with parchment paper.
2. Cream together granulated sugar, brown sugar and butter until light and fluffy.
3. Beat together eggs with vanilla essence until well combined.
4. Add egg mixture into butter mixture.
5. Fold in flour, baking soda and salt.
6. Stir in the chocolate chips.
7. Drop dough by rounded tablespoons onto the tray.
8. Bake for 15 - 20 minutes or until light golden brown.
9. Cool cookies and use them to sandwich ice-cream with Froot Loops, hundreds and thousands and mini chocolate chips.

## TIP:

Match and freeze cookie halves in advance so that the ice cream can hold shape longer when sandwiched





# Grilled Fish Sandwich

Serves: 2

Preparation time: 15 minutes

Cooking time: 15 minutes

Function: 

## Ingredients

### Fish

400 g halibut fillet, cut into 4 servings

2 tbsp olive oil

2 tbsp butter, melted

Pinches of salt

Pinches of black pepper

½ lemon, juiced and zested

### To assemble

Long sandwich loaf, halved and sliced

Baby spinach

Cherry tomato, quartered

### Tartar Sauce

1 cup mayonnaise


2 tbsp sweet pickle relish

2 tbsp yellow onion, finely chopped

10 stalks chives, chopped

½ lemon, juiced

## Method

1. Preheat Panasonic Electric Oven on  to 210°C. Line baking tray with aluminium foil.
2. Drizzle halibut fillets with olive oil and melted butter, then season with salt, black pepper, lemon juice and lemon zest.
3. Place the halibut onto the lined baking tray.
4. Grill the fish for 15 minutes in the preheated oven.
5. To make the tartar sauce, combine **all** the ingredients in a small bowl. Whisk **well** to combine.
6. Lightly toast the sandwich slices on 200°C using top and bottom heat.
7. To assemble, spread some tartar sauce on the bread slices. Arrange some baby spinach and cherry tomatoes on the base.
8. Place two pieces of halibut fillets over the salad leaves.
9. Serve with homemade tartar sauce and potato wedges at the side.

## TIP:

Keep the fish in the fridge until seconds before they hit the grill





# Unicorn Cupcakes

Makes: 7 cupcakes

Preparation time: 15 minutes

Baking time: 20 to 25 minutes

Function: 

## Ingredients

### Vanilla cupcakes

110 g plain flour

1½ tsp baking powder

125 g butter

100 g castor sugar

2 eggs

½ tsp vanilla essence

2 tbsp milk

### Decoration


White fondant

Buttercream in various pastel colours

Edible gold dust

Black edible marker

## Method

1. Preheat Panasonic Electric oven on  to 180°C on both upper and lower tubes.
2. In a bowl, sift together flour and baking powder.
3. In a separate bowl, cream the butter and sugar until light and fluffy.
4. Add eggs one at a time, creaming well in between each addition. Stir in vanilla essence.
5. Fold in flour mixture. Stir in milk. Be careful not to overmix.
6. Fill cupcake cups to about 2/3 full and place them onto baking tray.
7. Bake for 20 – 25 minutes or until cooked. Cool.
8. Decorate with fondant and buttercream – make horns (push a toothpick halfway into each horn) and ears out of fondant and dust with gold dust, then leave to dry. Cover the cupcakes with rounds of rolled fondant. Attach the horns to the cupcakes. Pipe buttercream stars around the horns and attach the ears. Draw in the eyes.

## TIP:

Do not overmix the cupcake batter or the cupcakes may turn out dense and hard





# Chilli Cheese Sausage Dip

Serves: 4 - 6

Preparation time: 30 minutes

Fermentation time: 60 minutes

Baking time: 17 to 25 minutes

Function:  & Fermentation

## Ingredients

### Sausage rolls

200 g bread flour

50 g plain flour

50 g sugar

$\frac{3}{4}$  tsp salt

$2\frac{1}{2}$  tsp instant yeast

55 g milk

70 g water

20 g egg

48 g butter, softened

10 - 14 cocktail sausages

### Chilli con carne dip

$\frac{1}{2}$  tbsp vegetable oil

$\frac{1}{2}$  onion, chopped

2 cloves garlic, chopped

125 g minced chicken

$\frac{1}{2}$  stalk celery, finely diced

$\frac{1}{4}$  red capsicum, finely diced

1 tomato, diced

170 g tomato puree

$\frac{1}{2}$  tsp ground cumin

$\frac{1}{4}$  tsp dried oregano

$\frac{3}{4}$  tsp chilli powder

$\frac{1}{2}$  tsp chilli flakes

$1\frac{1}{4}$  tsp brown sugar

$\frac{1}{2}$  tsp Worcestershire sauce

$\frac{1}{4}$  can pinto beans, drained

30 g shredded cheddar cheese


30 g shredded mozzarella cheese

salt to taste

### Garnish

1 sprig parsley, chopped

## Method

1. Put bread flour, plain flour, sugar, salt and yeast into a mixing bowl and mix well.
2. Add milk, water and egg. Mix until combined (by hand or with a mixer using a dough hook).
3. Mix in the butter and knead until smooth and elastic.
4. Transfer dough to a medium bowl and place in the Panasonic Electric Oven. Set oven to Fermentation for 60 minutes.
5. Divide dough into 10 (or up to 14) pieces and roll each into a short strip. Wrap a strip of dough around a sausage and place in a cast iron pan or any suitable heat-proof dish. Repeat with the rest of the dough and sausages, placing the sausage rolls in a circle along the outer base of the pan.
6. Glaze surfaces of sausage rolls with egg wash.
7. Preheat Panasonic Electric Oven on  to 230°C (about 20 minutes).
8. Bake sausage rolls for 12 - 15 minutes until light golden.
9. Whilst the sausage rolls are baking, prepare the chilli con carne. Heat oil in a large saucepan over medium heat and sweat the onion and garlic.
10. Add the minced chicken and cook, using a wooden stirrer to break the meat into very small clumps.
11. Add the celery and capsicum, diced tomato and then tomato puree. Stir.
12. Add the cumin, oregano, chilli powder, chilli flakes, sugar, Worcestershire sauce and salt. Cook, stirring often, until the flavours are blended.
13. Add the pinto beans and cook until mixture is heated through. Keep hot until ready to use.
14. When the sausage rolls are done, spoon some hot chilli con carne onto the centre of the pan and top with a mixture of cheddar and mozzarella cheeses.
15. Return the pan to the oven and bake for 5 - 10 minutes until the cheeses have melted.

## TIP:

Melt the cheeses just before serving





# Cheesy Burger Bombs

Makes: 4 burger bombs

Preparation time: 20 minutes

Cooking time: 10 to 15 minutes

Function: 

## Ingredients

### Burger patties

250 g minced beef

60 g onion, chopped

15 g breadcrumbs

15 g egg

a few dashes Worcestershire Sauce

a few pinches salt

a few pinches black pepper

### Filling


90 g cheddar cheese (in block form), cut into 4 pieces

4 small burger buns

### Garnishes

Lettuce, tomato

## Method

1. Preheat Panasonic Electric Oven on  to 200°C.
2. Brush a little oil onto baking tray that has been lined with aluminium foil.
3. Mix together all the ingredients for the burger patties.
4. Divide the beef mixture into four equal portions and shape into patties.
5. Stuff a piece of cheese into each patty.
6. Place patties onto prepared baking tray.
7. Bake for 10 to 15 minutes.
8. Assemble into burgers with the burger buns and selected garnishes.

## TIP:

For variation, try stuffing the patties with your favourite type of cheese





# Pizza Delight

Makes: 1 large pizza

Preparation time: 15 minutes

Fermentation time: 60 minutes

Baking time: 15 to 18 minutes

Function: (≡) & Fermentation

## Ingredients

### Pizza Dough

200 g plain flour

½ tsp salt

1 ½ tsp sugar

¾ tsp instant yeast

1 tbsp olive oil

120 ml water

### Pizza Topping

¼ cup pesto

1 Portobello mushroom, sliced

7 cherry tomatoes, halved

2 pcs streaky bacon

60 g asparagus

80 g Mozzarella cheese

½ tsp olive oil

Pinches of salt

Pinches of black pepper

## Method

1. Preheat Panasonic Electric Oven on (≡) to 230°C on both upper and lower tubes.
2. Combine the pizza dough ingredients in a bowl and knead until dough is smooth, approximately 10 minutes by hand.
3. Place dough in a bowl and ferment in the Panasonic Electric Oven using the Fermentation mode for 60 minutes, or until dough has risen to double the size.
4. Punch the dough down and roll the dough into a tight, smooth ball and leave to rest for 10 minutes.
5. Roll out as round and thinly as possible on an oiled tray.
6. Spread pizza base with pesto, lay on toppings and mozzarella cheese.
7. Drizzle the olive oil over the top and season with salt and black pepper.
8. Bake for about 15 - 18 minutes or until the pizza is cooked.

## TIP:

Bake the pizza an extra 5 minutes in the oven for extra crispness






# Whole Rotisserie Chicken

Serves: 4 - 5

Preparation time: 20 minutes

Baking time: 75 minutes

Function: 

## Ingredients

1.1 kg chicken

### Rub for chicken

½ tsp black pepper

3 tsp salt

¾ tsp brown sugar

¾ tsp garlic powder

¾ tsp onion powder

1½ tsp paprika

¾ tsp dried thyme leaves

50 g salted butter, softened

200 g baby potato, halved

100 g baby carrot, peeled


100 g cherry tomato

2 tbsp olive oil

dashes of salt

dashes of black pepper

## Method

1. Preheat Panasonic Electric Oven on  to 230°C on both upper and lower tubes.
2. Rinse chicken thoroughly and pat dry with paper towel. Rub butter all over chicken.
3. In a small bowl, mix together all the seasoning ingredients. Rub chicken inside and out with spice mixture.
4. Place chicken onto the baking stick and secure tightly with the baking fork.
5. Truss the chicken with string. Place the whole chicken into the oven.
6. Line the baking tray with aluminium foil and place the potatoes, carrots and cherry tomatoes on it. Toss the vegetables with olive oil, salt and pepper.
7. Place the tray into the electric oven, below the chicken.
8. Cook the chicken for 75 minutes or until the juice runs clear when checked with a knife or skewer.
9. Cover the chicken with foil for at least 10 minutes before carving.

### TIP:

Leave the roast chicken to rest before cutting to keep the meat juicy





# Panasonic Cooking

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