

# Panasonic®

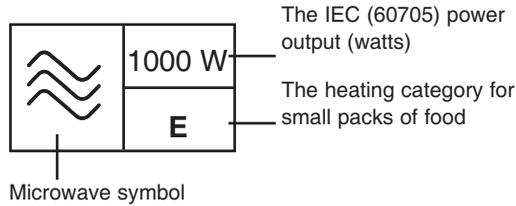
## Operating Instructions and Cookery Book Microwave, Grill & Convection Oven

**Model Numbers: NN-CF873S  
NN-CF853W**  
Household use only



**IMPORTANT SAFETY INSTRUCTIONS  
PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE**

## Important notice



Thank you for purchasing a Panasonic Microwave Oven.

Your oven is rated 1000 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol indicates the heating category for your oven when cooking or reheating convenience foods.

Your oven is rated 'E', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods.

Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating and cooking on pages **71-86** of this book.

**ALWAYS** check the progress of the food as it cooks or reheats by simply opening the door. After checking the progress of the foods, touch Start to continue the cooking time.

Failure to follow the instructions given in this operating instructions and cookbook, may affect the recipe result and in some instances may be dangerous.



Customer Communications Centre 0344 844 3899

### **Selected Spares and Accessories:**

Order direct on line at [www.panasonic.co.uk](http://www.panasonic.co.uk) or by telephoning the Customer Communications Centre number above.

For Cookery Advice call: 01344 862108 (open Monday to Friday 9 am - 12 pm)  
Alternatively visit our web site at [www.theideaskitchen.co.uk](http://www.theideaskitchen.co.uk)

- Important safety instructions. Before operating this oven, please read these instructions carefully and keep for future reference.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. Keep the appliance and its cord out of reach of children less than 8 years.
- When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.

- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- **Warning!** The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
- **Warning!** Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven. Do not remove the outer panel from the oven which gives protection against exposure to microwave energy. Repairs should only be by a qualified service person.
- **Warning!** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- **Warning!** Do not place this oven near an electric or gas cooker range.

■ Warning! 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.

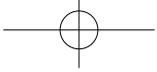
■ This oven is intended for Counter-top and Built-in use only. It is not intended for use inside a cupboard. This oven may be Built into a wall cabinet by using the proper trim kit (NN-TK813CSCP Stainless), which may be purchased from a local Panasonic dealer.

### **For Countertop use:**

■ The oven must be placed on a flat, stable surface 850 mm above the floor, with rear of oven placed against a back wall. For proper operation the oven must have sufficient air flow, i.e. 50 mm at one side, the other being open; 150 mm clear over the top; 100 mm at the rear.

■ When heating food in plastic or paper containers, check the oven frequently as these types of containers ignite if overheated.

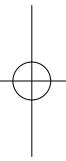
- If smoke is emitted or a fire occurs in the oven, touch Stop/Cancel and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.
- When heating liquids, e.g. soup, sauces and beverages in your oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.
- The contents of feeding bottles and baby food jars are to be stirred or shaken. The temperature has to be checked before consumption to avoid burns.
- Do not cook eggs in their shells and whole hard-boiled eggs by MICROWAVE. Pressure may build up and the eggs may explode, even after the microwave heating has ended.
- Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, base of the oven, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive is not recommended.



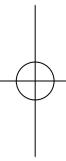
■ DO NOT USE COMMERCIAL OVEN CLEANERS.

■ When using the GRILL, CONVECTION, or COMBINATION modes, 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.

■ Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.



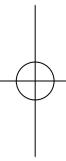
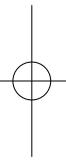
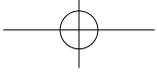
■ **Warning!** The accessible parts may become hot in GRILL, CONVECTION and COMBINATION use. Young children less than 8 years of age should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.



■ A steam cleaner is not to be used for cleaning.

■ 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.

- Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during GRILLING, CONVECTION, and COMBINATION modes, take care when opening or closing the door and when inserting or removing food and accessories.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Only use utensils that are suitable for use in microwave ovens.
- The microwave oven is intended for heating food and beverages only. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.
- Please refer to page 15 for correct installation of the shelf accessories.



■ The oven has two grill heaters situated in the top of the oven and a convection heater situated in the back of the oven. After using the GRILL, CONVECTION, and COMBINATION functions, care should be taken to avoid touching the inside surfaces of the oven as these will be very hot. Care should be taken to avoid the heating element inside the oven. The oven lamp must be replaced by a service technician trained by the manufacturer. DO NOT attempt to remove the outer casing from the oven.

■ Before using the oven, place the drip tray in position. Refer to page 16 for correct installation.

■ This appliance is intended to be used in household applications only.

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Thank you for purchasing a Panasonic Microwave Oven.

## Important safety instructions

Please read carefully and keep for future reference

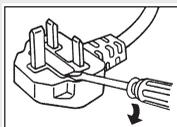
This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362.

Check for the ASTA mark  or the BSI mark  on the body of the fuse.

**If the fuse cover is detachable, never use the plug with the cover omitted. A replacement fuse cover can be purchased from your local Panasonic Dealer.**

### ■ HOW TO REPLACE THE FUSE

**Open the fuse compartment with a screwdriver and replace the fuse.**



IF THE FITTED MOULDED PLUG IS UNSUITABLE FOR THE SOCKET OUTLET IN YOUR HOME THEN THE FUSE SHOULD BE REMOVED AND THE PLUG CUT OFF AND DISPOSED OF SAFELY AND AN APPROPRIATE ONE FITTED. THERE IS A DANGER OF SEVERE ELECTRICAL SHOCK IF THE CUT OFF PLUG IS INSERTED INTO ANY 13 AMP SOCKET.

If a new plug is to be fitted, please observe the wiring code as shown opposite. If in any doubt, please consult a qualified electrician (For U.K. Models only).

**Warning: this appliance must be earthed.**

### ■ Important

The wires in this mains lead are coloured in accordance with the following code: Green-and-yellow: Earth, Blue: Neutral, Brown: Live.

As the colours of the wire in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured GREEN-AND-YELLOW must be connected to the terminal in the plug which is marked with the letter E or by the Earth symbol  or coloured GREEN or GREEN-AND-YELLOW.

The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter N or coloured BLACK. The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter L or coloured RED.

When this oven is installed it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.

### ■ Voltage & power

The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface.

## Important safety instructions

1. In case of electronic failure, oven can only be turned off at wall socket.

### ■ Warning!

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. Ensure that children do not touch the hot outer casing after operation of the oven.

2. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved.
3. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
4. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

### Storage of accessories

5. Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on.

### Exterior oven surfaces

6. Exterior oven surfaces, including air vents on the rear and bottom of the cabinet and the oven door will get hot during GRILL, CONVECTION and COMBINATION, take care when opening or closing the door and when inserting or removing food and accessories.

### Heater

7. The oven has two grill heaters situated in the top of the oven and a convection heater situated in the back of the oven. After using either the GRILL, CONVECTION and COMBINATION functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching the heating elements inside the oven.

### ■ Caution! Hot surfaces



After cooking by these modes, the oven accessories will be very hot.

8. Before using GRILL, CONVECTION or COMBINATION function for the first time operate the oven without food and accessories on CONVECTION 230 °C for 5 mins. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.

### ■ Caution!

Grill element and oven will be hot. **DO NOT OPERATE THE OVEN EMPTY** apart from point 8 above. The appliance must not be operated by Microwave or Combination including microwave **WITHOUT FOOD IN THE OVEN**. Operation when empty will damage the appliance.

The accessible parts may become hot in combination use. Young children less than 8 years of age should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.

## Before using your oven

### Examine your oven

1. **Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. DO NOT install if unit is damaged.**

### Guarantee

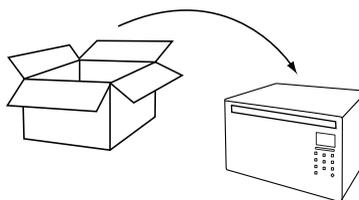
2. **Your receipt is your guarantee, please keep it safe.**

### Cord

3. **If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or it's service agent or a similarly qualified person in order to avoid a hazard.**

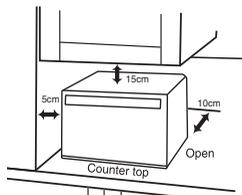
### Note

The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.



## Placement of your oven

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-TK813CSCP, Stainless) which may be purchased from your local Panasonic dealer.



### Counter top use

1. The oven must be placed on a flat, stable surface 850 mm above the floor, with rear of oven placed against a back wall. For proper operation the oven must have sufficient air flow, i.e. 5 cm at one side, the other being open; 15 cm clear over the top; 10 cm at the rear.
2. Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.
3. Do not block air vents on the rear, bottom and top of the oven. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.
4. This appliance is intended to be used in household applications only.

## Building-in your oven

1. In case of fitting into an oven housing, please use Panasonic's Trim Kit, NN-TK813CSCP, Stainless.
2. 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 one year guarantee.
3. 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 fascia of the microwave.

## Care & cleaning of your oven

### ■ Important

It is essential for the safe operation of the oven that it is kept clean, and wiped out after each use. Failure to maintain the oven in a clean condition could lead to deterioration of a surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. **Switch the oven off before cleaning** and unplug at socket if possible.
2. **Keep the inside of the oven, door seals and door seal areas clean.**  
When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. The back and top of the oven cavity has a **self-clean catalytic lining**. It is therefore not necessary to clean this area.
4. After using **GRILL, CONVECTION, and COMBINATION** cooking the walls of the oven should be cleaned with a soft cloth squeezed in soapy water.  
Particular care should be taken to keep the window area clean particularly after cooking by **GRILL, CONVECTION and COMBINATION**. Stubborn spots inside the oven can be removed by using a small amount of branded conventional oven-cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. **DO NOT SPRAY DIRECTLY INSIDE THE OVEN.**
5. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the **oven door glass** since they may scratch the surface, which may result in shattering of the glass.
6. The **outside oven surface** 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.
7. If the **control panel** becomes dirty, clean with a soft, dry cloth. **DO NOT** use harsh detergents or abrasives on control panel. When cleaning the control panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch Stop/Cancel to clear the display window.
8. **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 a malfunction of the unit or microwave leakage.
9. The **oven cavity floor** should be cleaned regularly. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. Cooking vapours collect during repeated use but in no way affect the bottom surface.
10. When **GRILLING** or cooking by **CONVECTION** or **COMBINATION** some foods may splatter grease onto the oven walls. If the oven is not cleaned to eliminate this grease, it can accumulate and cause the oven to 'SMOKE' during use. These marks will be more difficult to clean later. **There is no need to clean the catalytic lining at the back and top of the oven cavity.**
11. A **steam cleaner** is not to be used for cleaning.
12. Ensure all **accessories** are kept scrupulously clean, especially when using microwave or combination programs.
13. Keep **air vents** clear at all times. Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.

## Maintenance of your oven

### Service

1. **WHEN YOUR OVEN REQUIRES A SERVICE** call your local Panasonic engineer (**Customer Communications Centre on 0344 844 3899** can recommend an engineer).

#### ■ Warning!

It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

### Door seals

2. Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven. The door seals and door seal areas should always be kept clean – use a damp cloth.

#### ■ Warning!

The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

### Oven light

3. The oven lamp must be replaced by a service technician trained by the manufacturer. **DO NOT** attempt to remove the outer casing from the oven.

### Selected spares and accessories

4. These may be ordered directly on line at [www.panasonic.co.uk](http://www.panasonic.co.uk) or by telephoning the **Customer Communication Centre on 0344 844 3899**. Most major credit and debit cards accepted. Ensure you quote the correct model number.

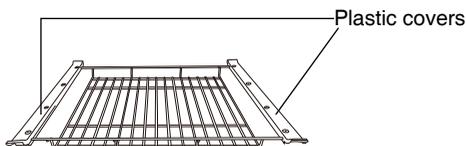
## Parts of your oven

1. Do not cook food directly on the base of the oven. Always place food in a microwave safe dish.
2. The metal accessories provided must **ONLY** be used as directed for **GRILLING, CONVECTION and COMBINATION** cooking. **Never use metal accessories when cooking in microwave only mode.** Do not use if operating the oven with less than 200 g (7 oz) of food on a manual Combination program. **Do not use the enamel shelf in COMBINATION with MICROWAVE.** The maximum weight that can be used on the enamel shelf is 4 kg (8 lb 14 oz). **FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.**
3. When cooking with **MICROWAVE** power arcing may occur if the incorrect weight of food is used, a metal container has been used incorrectly, or the accessories have been damaged. If this occurs, stop the machine immediately. You can continue to cook by **GRILL OR CONVECTION ONLY**.
4. Always refer to instructions for correct accessories to use on all programs.

## Parts of your oven

### Wire shelf

1. The wire shelf can be used in the upper and middle shelf positions for GRILLING foods. It can be used in the upper, middle or lower shelf positions for CONVECTION or COMBINATION cooking.
2. Do not use any metal container directly on the wire shelf in COMBINATION with MICROWAVE.
3. Do not use the wire shelf in MICROWAVE mode only.
4. The maximum weight that can be placed on the wire shelf is 4 kg (8 lb 14 oz) (this includes total weight of food and dish).

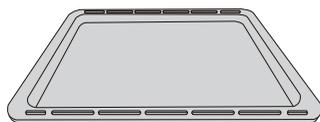


Wire shelf

**Important user information** - Please note the plastic covers on the wire shelf are designed to remain on the shelf when in use. They are not packaging and must not be discarded.

### Enamel shelf

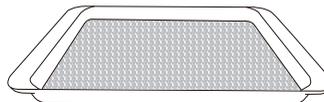
1. The enamel shelf is for cooking on GRILL, CONVECTION or TURBO-BAKE mode. Do not use on TURBO-COOK or COMBINATION modes.
2. For 2 level CONVECTION cooking, the wire shelf can be used as the upper level and the enamel shelf can be used as the lower level.
3. The maximum weight that can be placed on the enamel shelf is 4 kg (8 lb 14 oz) (this includes total weight of food and dish).



Enamel shelf

### Glass shelf

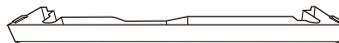
1. The glass shelf can be used in any of the shelf positions for cooking on any mode.
2. If the glass shelf is hot, let it cool before cleaning or placing in cold water, as this could crack or shatter the accessory.
3. The maximum weight that can be placed on the glass shelf is 4 kg (8 lb 14 oz) (this includes total weight of food and dish).



Glass shelf

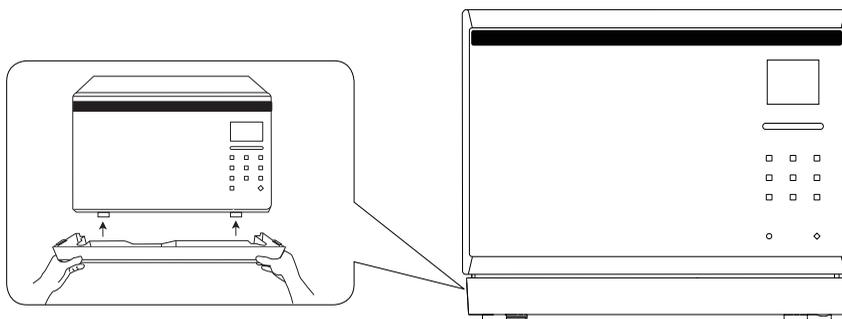
### Drip tray

1. Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
2. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
3. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Re-position the drip tray by clicking back onto the legs.
4. **Built-in Oven using a Panasonic trim kit**  
Use caution when removing the trim kit frame, as some exposed edges may be sharp to touch and may cause injury.  
To clean the drip tray, remove the trim kit frame by opening the door, hold onto the top frame and gently pull forward. Once the clips are released, close the door, hold onto the bottom two corners and pull forward. Remove, clean and re-position the drip tray. Push the trim kit frame back into place ensuring all four corners are secure.
5. **DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.**



Drip tray

## Parts of your oven



### Drip Tray

1. Connect the drip tray to the plastic feet, as shown in the diagram, before using the oven.
2. Clean and wipe dry after use.
3. After cleaning, re-connect the drip tray to the plastic feet.

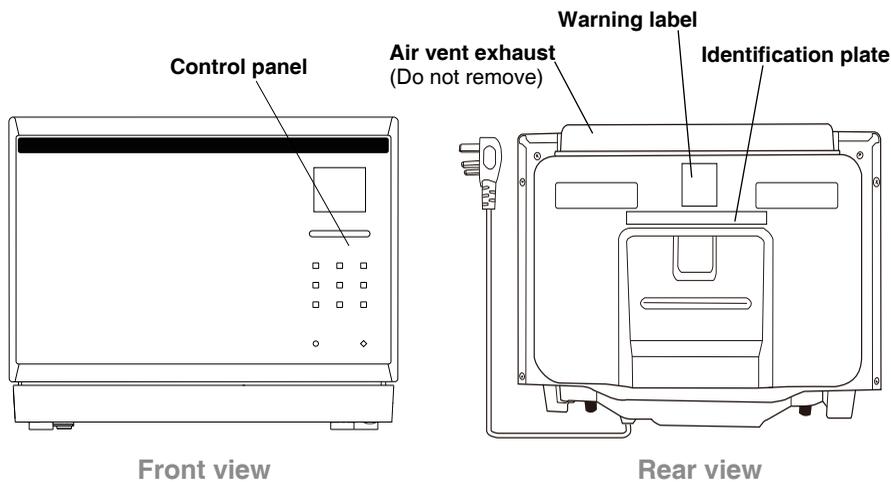
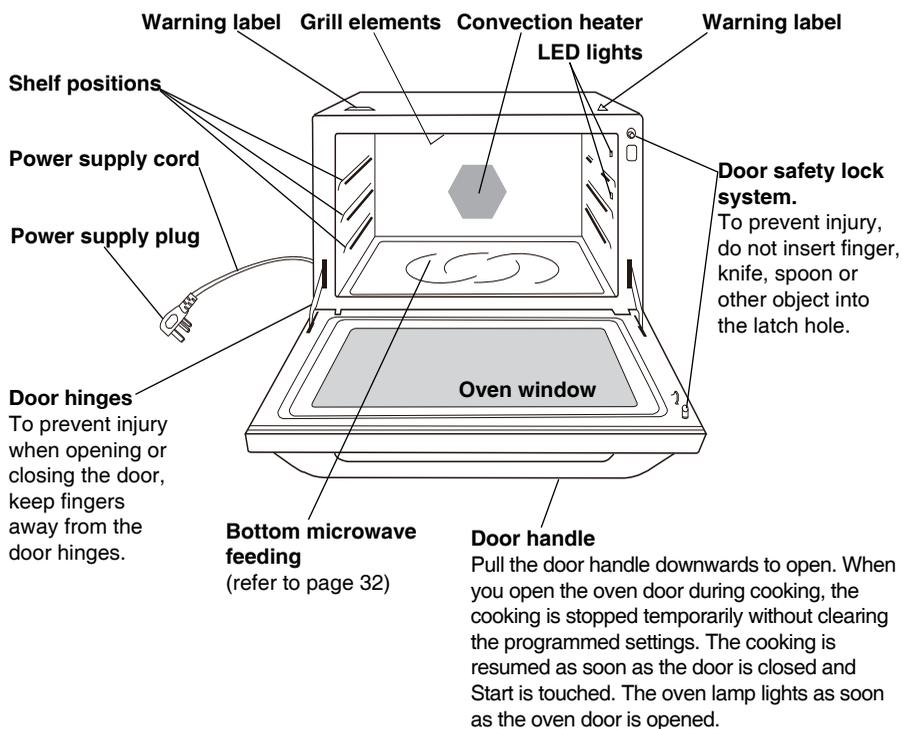
The following chart shows correct use of the accessories in the oven

|                                       | Wire shelf  | Glass shelf   | Enamel shelf   |
|---------------------------------------|---|---|--|
|                                       |  |  |  |
| <b>Microwave</b>                      | ✗   | ✓   | ✗  |
| <b>Grill</b>                          | ✓   | ✓   | ✓  |
| <b>Convection</b>                     | ✓   | ✓   | ✓  |
| <b>Turbo-bake</b>                     | ✓   | ✓   | ✓  |
| <b>Turbo-cook</b>                     | ✓*  | ✓   | ✗  |
| <b>Convection + Microwave</b>         | ✓*  | ✓   | ✗  |
| <b>Grill + Microwave</b>              | ✓*  | ✓   | ✗  |
| <b>Convection + Microwave + Grill</b> | ✓*  | ✓   | ✗  |

### Notes:

1. \*: Metal containers can not be placed directly on the wire shelf.
2. Either place food directly on the wire shelf or place a glass dish directly on the wire shelf.

## Outline diagram



## Important information – read carefully

### Safety

If smoke is emitted or a fire occurs in the oven, touch Stop/Cancel and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or the circuit breaker panel.

### Short cooking times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

#### ■ Important

If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

### Small quantities of food

Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.

■ **NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE OR COMBINATION MODE INVOLVING MICROWAVE**

### Foods low in moisture

Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppods. The microwave oven is intended for heating food and beverages only. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.

### Christmas pudding

Christmas puddings and other foods high in fats or sugar, e.g. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite.

### Boiled eggs

Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.

### Foods with skins

Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.

#### ■ Warning

Liquids and other foods must not be heated in sealed containers since they are liable to explode.

## Important information – read carefully

### Liquids

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 the heating 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 should be taken when handling the container.

### Lids

Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

### Deep fat frying

Do not attempt to deep fat fry in your oven.

### Meat thermometer

Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.

### Paper, plastic

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags when cooking mode includes microwave power as arcing will occur. Do not use recycled paper products, e.g. Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

### Reheating

It is essential that reheated food is served "piping hot". Remove the food from the oven and check that it is "piping hot", i.e. steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72 °C with a food thermometer – but remember do not use this thermometer inside the microwave.)

For foods that cannot be stirred, e.g. lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

### Standing time

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, i.e. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots.

### Keeping your oven clean

It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area. The oven should be unplugged when cleaning.

■ **The back and top of the oven cavity has a self-clean catalytic lining. It is therefore not necessary to clean this area.**

## Important information – read carefully

### Grilling

The oven will only operate on the **GRILL** function with the door closed.

### Fan motor operation

After using the microwave oven, the fan motor may operate to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

### Utensils/containers

Before use check that utensils/containers are suitable for use in microwave ovens. See pages 25-26.

### Babies bottles and food jars

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption in order to avoid burns. See page 71.

### Arcing

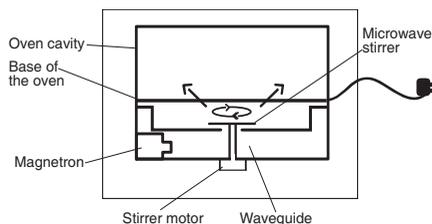
Arcing may occur if a metal container has been used incorrectly, if the incorrect weight of food is used, or if the accessories have been damaged. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

You can continue to cook by **GRILL**, **CONVECTION** or **TURBO-BAKE ONLY**.

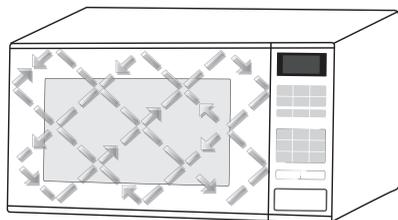
## Microwaving principles

Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II.

Microwaves are present in the atmosphere all the time, both naturally and from manmade sources. Manmade sources include radar, radio, television, telecommunication links and mobile phones.

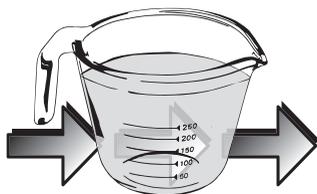


In a microwave oven, electricity is converted into microwaves by the **MAGNETRON**. For bottom feeding, please refer to page 32.



### REFLECTION

The microwaves bounce off the metal walls and the metal door screen.



### TRANSMISSION

Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.

### ■ Important notes

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required! **MICROWAVES CAN NOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED IN A MICROWAVE, FOR COOKING ON MICROWAVE ONLY.**

### How microwaves cook food

The microwaves cause the water molecules to vibrate which causes **FRICTION**, i.e. **HEAT**. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1½-2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

### Foods not suitable for cooking by microwave only

Yorkshire pudding and souffles. This is because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either.

### Standing time

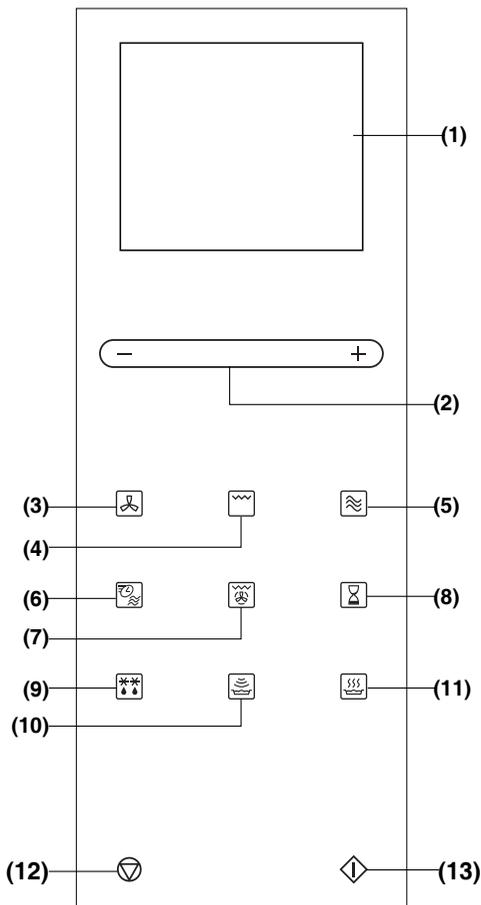
When a microwave oven is switched off, the food will continue to cook by conduction – **NOT BY MICROWAVE ENERGY**. Hence **STANDING TIME** is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (refer to page 23).

### ■ Boiled eggs

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

# Control panel

NN-CF873S/NN-CF853W



- (1) **Display window**
- (2) **Slider bar (plus/minus)** (page 31)  
Select the time or weight by tapping "+"/"-"  
or swipe the slider bar.  
Maximum cooking time is 9 hours.
- (3) **Convection** (pages 38-41)
- (4) **Grill** (pages 36-37)
- (5) **Micro power** (page 32)
- (6) **Turbo-cook** (pages 44-45)
- (7) **Turbo-bake** (pages 42-43)
- (8) **Timer/Clock** (pages 30, 58-59)
- (9) **Chaos defrost** (pages 60-61)
- (10) **Auto sensor programs** (pages 62-67)
- (11) **Auto weight programs** (pages 68-70)

(12) **Stop/Cancel:**

**Before cooking:**

One touch clears your instructions.

**During cooking:**

One touch temporarily stops the cooking program. Another touch cancels all your instructions and a colon or the clock will appear in the display.

(13) **Start:**

Touch to start operating the oven. If during cooking the door is opened or Stop/Cancel is touched once, Start has to be touched again to continue cooking.

■ **Note:**

1. The oven will enter stand-by mode after the last operation has completed. When in stand-by mode, the brightness of the display will be reduced.
2. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.
3. If an operation is set and Start is not touched within 6 minutes, the oven will automatically cancel the operation. The display will revert back to colon or Clock mode.

■ **Beep sound:**

A beep sounds when a key is touched. If this beep does not sound, the setting is incorrect. When the oven changes from one function to another, two beeps sound. After completion of cooking, five beeps sound.

## General guidelines

### Standing time

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

#### ■ Jacket potatoes

Wrapped in aluminium foil when cooked by microwave only. It is not necessary to stand jacket potatoes cooked in COMBINATION mode.

Stand for 15 mins.

#### ■ Fish

Stand for 2-3 mins.

#### ■ Egg dishes

Stand for 1-2 mins.

#### ■ Precooked convenience food

Stand for 2-3 mins.



### Moisture content

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



### Piercing

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

#### ■ Meat joints

Stand 15 mins wrapped in aluminium foil.

#### ■ Plated meals

Stand for 2-3 mins.

#### ■ Vegetables

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

#### ■ Defrosting

It is essential to allow standing time to complete the process. This can vary from 5 mins e.g. raspberries, to up to 1 hour for a joint of meat. See pages 34-35.

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



### Cling film

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

## General guidelines



### Dish size

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



### Quantity

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



### Spacing

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



### Shape

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



### Density

Porous airy foods heat more quickly than dense heavy foods.



### Covering

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items. Please refer to cooking charts and recipes for more information.



### Arranging

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



### Ingredients

Foods containing fat, sugar or salt heat up very quickly. The filling may be much hotter than the pastry. Take care when eating. **DO NOT** overheat even if the pastry does not appear to be very hot.



### Starting temperature

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. Food temperature should be between 5-8 °C before cooking.



### Turning and stirring

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.



### Liquids

All liquids must be stirred **before, during and after heating**. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. **DO NOT OVERHEAT.**



### Checking food

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



### Cleaning

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth. Always wipe the oven dry after cleaning. Avoid any plastic parts and door area. Customers should not spray directly into the cavity. The catalytic lining at the back and top of the oven cavity is self-cleaning. See page 13 point 3.

## Containers to use



Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

Testing dishes for suitability - For microwave cooking only.

When unsure that a cooking container is suitable for use in your microwave, check by the following test:

1. Fill a microwave safe measuring jug with 300 ml (½ pt) cold water.
2. Place it on the base of the oven along side the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.
3. Heat on HIGH power for 1 minute.

### ■ Result

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

### ■ Note

This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

## Quick check guide to cooking utensils



### Oven glass

Everyday glass that is heat resistant e.g. Pyrex®, is ideal for Microwave, Convection or Combination cooking.

Do not use delicate glass or lead crystal which may crack or arc.



### China and ceramic

Everyday glazed china, porcelain or ceramic plates, bowls, mugs and cups can be used if they are heat resistant. Fine bone china should only be used for reheating for short periods. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt. If dishes are heat resistant they may be used on Convection and Combination but not directly under the Grill.



### Pottery, earthenware, stoneware

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.



### Foil/metal containers

**NEVER ATTEMPT TO COOK IN FOIL OR METAL** containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven. Foil and metal containers can be used on grill, convection and turbo-bake modes and may be used with care during certain combination cooking as long as they are not damaged or dented.

## Containers to use



### Plastic

Many plastic containers are designed for microwave use, but do not use for cooking foods high in sugar or fat or for foods that require long cooking times e.g. brown rice. Only use Tupperware® containers if they are designed for microwave use.



Do not use Melamine. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. If heatproof they can be used for

Convection or Combination cooking.  
**DO NOT USE UNDER THE GRILL.**



### Paper

Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. covering blind pastry cases and for covering bacon to prevent splattering.

**ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.**

Avoid kitchen paper containing manmade fibres.

If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt. Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers, to stop splattering. White paper plates can be used for **SHORT REHEATING TIMES**, on Microwave only.



### Wicker, wood, straw baskets

Dishes will crack and could ignite. Do not use wooden dishes in your microwave. **DO NOT USE ON ANY COOKING MODE.**



### Cling film

Microwave cling film can only be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food eg. Do not line dishes with cling film. **DO NOT USE ON ANY OTHER COOKING MODE.**



### Aluminium foil

Small amounts of smooth aluminium foil can be used to **SHIELD** joints of meat during defrosting and cooking by Microwave, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or over defrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven. Aluminium foil can be used for Convection cooking.

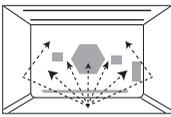
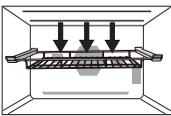
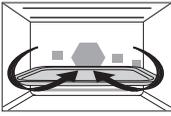


### Roasting bags

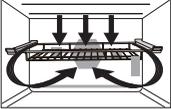
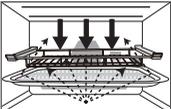
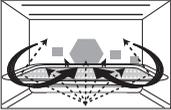
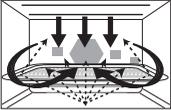
Roasting bags are useful when slit up one side to tent a joint, for roasting by power and time. Do not use the metal twists supplied, when using Microwave, Combination or Turbo-cook.

## Cooking modes

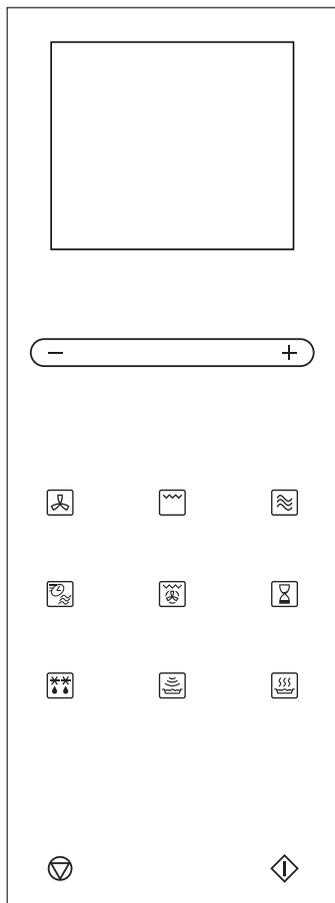
The diagrams shown below are examples of the accessories.  
It may vary depending on recipe/dish used. Further information can be found in the Cookbook.

| Cooking modes  | Uses  | Accessories to use  | Containers                                |
|--|---|---|---|
| <p><b>MICROWAVE</b></p>   | <ul style="list-style-type: none"> <li>• Defrosting</li> <li>• Reheating</li> <li>• Melting: butter, chocolate, cheese.</li> <li>• Cooking fish, vegetables, fruits, eggs.</li> <li>• Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish.</li> <li>• Baking cakes without colour.</li> </ul> <p><b>No Preheating</b></p>                       | <p>Use your own Pyrex<sup>®</sup> dishes, plates or bowls directly on the base of the oven.</p> | <p>Microwaveable, no metal.</p>           |
| <p><b>GRILL</b></p>   | <ul style="list-style-type: none"> <li>• Grilling of meat or fish.</li> <li>• Toast grilling.</li> <li>• Colouring of gratin dishes or meringue pies.</li> </ul> <p><b>Preheating advised</b></p>   | <p>Wire shelf</p>   | <p>Heatproof, metal tins can be used.</p> |
| <p><b>CONVECTION</b></p>   | <ul style="list-style-type: none"> <li>• Baking of small pastry items with short cooking times: puff, pastry, cookies, choux, short pastry, roll cakes.</li> <li>• Special baking: souffles, meringues, vol-au-vent, small loaves of bread or brioches, sponge cake, meat pie, etc.</li> <li>• Baking of quiches, pizzas and tarts.</li> </ul> <p><b>Preheating advised</b></p> | <p>Enamel shelf and wire shelf.</p>   | <p>Heatproof, metal tin can be used.</p>  |

## Cooking modes

| Cooking modes  | Uses   | Accessories to use                   | Containers   |
|--|--|--------------------------------------|--|
| <p><b>GRILL + CONVECTION (Turbo-bake)</b></p>   | <ul style="list-style-type: none"> <li>• Roasting red meats, thick steak (rib or beef, T bone steaks).</li> <li>• Braising of fish.</li> </ul> <p><b>Preheating advised</b></p>  | <p>Wire shelf</p>                    | <p>Heatproof, metal tin can be used.</p>   |
| <p><b>COMBINATION</b></p> <p><b>Grill + microwave</b></p>  <p><b>Convection + microwave</b></p>  <p><b>Grill + convection + microwave</b></p>  | <ul style="list-style-type: none"> <li>• Roasting meat and poultry.</li> <li>• Defrosting, reheating and crisping (quiche, pizza, bread, lasagne, gratin).</li> <li>• Cooking lasagne, meat, potatoes or vegetable gratins.</li> <li>• Baking cakes and puddings with browning, baking of quiches, pies and tarts.</li> </ul> <p><b>Preheating advised</b><br/>(Preheat is not available with Grill + Microwave mode.)</p> | <p>Wire shelf or/and glass shelf</p> | <p>Microweaveable and heatproof. Metal cake tins to be used on glass shelf only. <b>DO NOT USE</b> spring form tins.</p> |

Let's start to use your oven



## 1 Plug in

Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions.

## 2 Tap Timer/Clock twice to set clock

Set clock as a 24 hr clock. (See page 30 for details).

## 3 Tap Convection

() 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.) Tap the Convection until 230°C is in the display window. Remove all accessories from the oven.

## 4 Enter Time

Tap “+”/”-” or swipe the slider bar until 5 minutes is displayed in the window.

## 5 Touch Start

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!

Grill elements and oven will be hot.

### Note: Demonstration Mode

This is to enable you to experiment setting various programs. (“DEMO MODE PRESS ANY KEY” will appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To set Demonstration Mode: tap Microwave power once, then tap Stop/Cancel 4 times. To cancel Demonstration Mode touch Microwave power once, tap touch Stop/Cancel 4 times.

## Setting the clock

When the oven is first plugged in "REFER TO OPERATING INSTRUCTIONS BEFORE USE" appears in display window.



- **Tap Timer/Clock twice.** "SET TIME" appears in the display window and the colon starts to blink.
- Enter the time by tapping "+"/"-" or swipe the slider bar. e.g. 1:25 pm (24 hr clock)
- **Touch Timer/Clock.** The colon stops blinking. Time of day is now locked into the display

### ■ Note

1. One tap of the "+"/"-" will increase or decrease the time by 1 minute. Holding "+"/"-" will rapidly increase or decrease the time.
2. To reset the time of day repeat all the above steps.
3. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
4. This is a 24 hour clock.

## Child safety lock

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

### To Set:



### Tap Start three times.

The time of day will disappear. Actual time will not be lost. 'LOCK' is indicated in the display.

### To Cancel:



### Tap Stop/Cancel three times.

The time of day will reappear in the display.

### ■ Note

1. To activate child lock, Start must be pressed 3 times within a 10 second period.
2. Child Lock can be set when a colon or the time of day is displayed.

## 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:



OPERATION GUIDE OFF



Colon or time of day appears in the display window.

Tap Timer/Clock four times.

Display window

### To turn on:



OPERATION GUIDE ON



Colon or time of day appears in the display window.

Tap Timer/Clock four times.

Display window

## Slider bar feature

Select the time or weight by tapping “+”/“-” or swipe the slider bar. The time/weight appears in the display window.



- **Time Setting:**  
To set cooking time or clock.
- **Weight Setting:**  
To set weight of food for chaos defrost and auto weight programs. (see page 61 and 68)
- **More/Less Setting:**  
To set more/less for auto sensor programs. (see page 62)

## Microwave cooking and defrosting

There are 6 different microwave power levels available.

Do not place food directly on the base of the oven. Use your own dishes, plates or bowls directly on the base of the oven.

| Touch   | Power Level | Wattage |
|---------|-------------|---------|
| Once    | High        | 1000 W  |
| Twice   | Defrost     | 270 W   |
| 3 Times | Medium      | 600 W   |
| 4 Times | Low         | 440 W   |
| 5 Times | Simmer      | 300 W   |
| 6 Times | Warm        | 100 W   |



Tap Micro power until the power you require appears in the display window.

Select the cooking time by tapping “+”/“-” or swipe the slider bar.

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

### Note

- Maximum time that can be set on HIGH power is 30 mins. On all other power levels the maximum time that can be set is 1 hour 30 mins.
- You can change the cooking time during cooking if required. Tap “+”/“-” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping “-“ to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking. This is only the case for one stage cooking.
- DO NOT attempt to use microwave only with any metal accessory in the oven.
- DO NOT place food directly onto the base of the oven. Place in a microwave or glass dish. Foods reheated or cooked by MICROWAVE only should be covered with a lid or pierced cling film, unless otherwise stated.
- For manual defrosting times, please refer to defrost chart on pages 34-35.
- For multi-stage cooking refer to pages 56-57.
- Stand time can be programmed after microwave power and time setting. Refer to using the timer page 59.

### Bottom feeding technology

Please note that this product uses bottom feeding technology for microwave distribution which differs from traditional turntable side feeding methods and creates more useable space for a variety of different sized dishes.

This microwave feeding style can give a difference in heating times (in microwave mode) when compared against side feeding appliances. This is quite normal and should not cause any concern. Please refer to the reheating and cooking charts on pages 72-86.

## Defrosting guidelines

By selecting the DEFROST power level from the microwave power key and setting a time, you can defrost food in your microwave. The biggest problem is getting the inside defrosted before the outside starts to cook.

For this reason a defrost program alternates between a defrost power and a standing time. The name for this type of defrost is cyclic. During the standing stages there is not any microwave power in the oven, although the light will remain on.

The automatic stand times ensure a more even defrost but it is still necessary to allow for standing times before use.

### For Best Results

1. Place foods in a suitable container. Meat joints and chickens 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”. Shield if necessary (see point 6).
5. Minced meat, chops, chicken portions and other small items should be broken up or separated as soon as possible and placed in a single layer.
6. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast and fat with smooth pieces of aluminium foil secured with cocktail sticks.
7. Allow standing time so that the centre of the food thaws out. (Minimum of 1 hour for joints of meat and whole chickens).



Arrange food in a single layer.



Turn or break up food as soon as possible.



Shield chickens and joints of meat.

## Defrosting chart

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

| Food                     | Weight                 | Defrost Time | Method  | Standing Time |
|--------------------------|------------------------|--------------|---|---------------|
| <b>Meat</b>              |                        |              |   |               |
| Beef/Lamb/<br>Pork Joint | 700 g<br>(1 lb 8 oz)   | 20 mins      | Place in a suitable dish or on an upturned saucer or use a rack. Turn 3 - 4 times.                      | 60 mins       |
| Beef/Lamb/<br>Pork Joint | 1.0 kg<br>(2 lb 4 oz)  | 25-30 mins   | Place in a suitable dish or on an upturned saucer or use a rack. Turn 3 - 4 times.                      | 60 mins       |
| Sirloin/<br>Rump Steak   | 500 g<br>(1 lb 2 oz)   | 15 mins      | Place in a suitable dish. Separate and turn twice.  | 15 mins       |
| Beefburgers              | 60 g<br>(2 oz) ( x 1)  | 2 mins       | Place in a suitable dish. Turn.   | 5 mins        |
|                          | 120 g<br>(4 oz) ( x 4) | 3 mins       | Place in a suitable dish. Separate and turn twice.  | 10 mins       |
|                          | 227 g<br>(8 oz) ( x 2) | 5 mins       |   | 15 mins       |
| Minced Beef              | 500 g<br>(1 lb 2 oz)   | 15 mins      | Place in a suitable dish. Break up and turn 3-4 times.  | 15 mins       |
| Stewing Steak            | 500 g<br>(1 lb 2 oz)   | 12 mins      | Place in a suitable dish in a single layer. Break up and turn twice.                                    | 20 mins       |
| Lamb Chops               | 500 g<br>(1 lb 2 oz)   | 10 mins      | Place in a suitable dish in a single layer. Turn twice.   | 15 mins       |
| Lamb Fillets             | 300 g<br>(11 oz)       | 8 mins       | Place in a suitable dish in a single layer. Turn twice.   | 20 mins       |
| Lamb Shanks x 2          | 900 g<br>(1 lb 12 oz)  | 18 mins      | Place in a suitable dish in a single layer. Separate and turn twice. Shield if necessary.               | 45 mins       |
| Pork Ribs                | 700 g<br>(1 lb 8 oz)   | 15 mins      | Place in a suitable dish. Separate and turn twice.  | 30 mins       |
| Pork Chops               | 350 g<br>(12 oz)       | 8 mins       | Place in a suitable dish. Separate and turn twice.  | 15 mins       |
| Bacon                    | 300 g<br>(10.5 oz)     | 6 mins       | Place in a suitable dish. Separate and turn 2-3 times.  | 15 mins       |
| Sausages                 | 100 g (2)              | 3 mins       | Place in a suitable dish. Turn.   | 5 mins        |
|                          | 500 g (8)              | 8 mins       | Place in a suitable dish. Turn twice.   | 10 mins       |
| Whole Chicken            | 1.5 kg<br>(3 lb 5 oz)  | 30 mins      | Place in a suitable dish or on an upturned saucer or use a rack. Turn 3 - 4 times. Shield if necessary. | 60 mins       |

## Defrosting chart

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

| Food                       | Weight                                    | Defrost Time | Method  | Standing Time |
|----------------------------|---|--------------|---|---------------|
| Chicken Portions           | x 1 150 g (5 oz)                          | 5 mins       | Place in a suitable dish. Turn.                                 | 10 mins       |
|                            | x 2 350 g (12 oz)                         | 7 mins       | Place in a suitable dish. Turn twice.                           | 15 mins       |
|                            | x 4<br>500 -600 g (1 lb 2 oz - 1 lb 5 oz) | 14 mins      |   | 40 mins       |
| Duck Breast Fillets        | 350 g (12 oz)                             | 10 mins      | Place in a suitable dish. Turn twice.                           | 15 mins       |
| Whole Fish x 2             | 500 g (1 lb 2 oz)                         | 14 mins      | Place in a suitable dish. Turn twice separate if necessary.     | 20 mins       |
| Fish Fillets               | 100-150 g (4-5 oz)                        | 5 mins       | Place in a suitable dish. Separate if necessary and turn twice. | 5 mins        |
|                            | 450 g (1 lb)                              | 10 mins      |   | 10 mins       |
| Fish Steaks                | 100 g (4 oz)                              | 4 mins       | Place in a suitable dish. Turn.                                 | 10 mins       |
|                            | 250 g (9 oz)                              | 6-7 mins     | Place in a suitable dish. Separate if necessary and turn twice. | 15 mins       |
|                            | 500 g (1 lb 1 oz)                         | 10-12 mins   |   | 20 mins       |
| Prawns                     | 450 g (1 lb)                              | 15 mins      | Place in a suitable dish. Stir twice during defrosting.         | 15 mins       |
| <b>GENERAL</b>             |   |              |   |               |
| Sliced bread               | 400 g (14 oz)                             | 6 mins       | Place on a plate. Separate and arrange during defrosting.       | 10 mins       |
|                            | 30 g (1 oz)                               | 40 secs      | Place on a plate.   | 1-2 mins      |
| Soft fruit                 | 500 g (1 lb 2 oz)                         | 12 mins      | Place in a suitable dish. Stir twice during defrosting.         | 20 mins       |
| Gateau                     | 350 g (12 oz)                             | 3-4 mins     | Place on a plate.   | 20 mins       |
| Cheesecake                 | 375 g (13 oz)                             | 4 mins       | Place on a plate.   | 20 mins       |
| Meringue dessert           | 450 g (1 lb)                              | 3 mins       | Place on a plate.   | 15 mins       |
| Butter                     | 250 g (9 oz)                              | 3 mins       | Place on a plate.   | 10 mins       |
| Shortcrust/<br>Puff pastry | 500 g (1 lb 2 oz)                         | 8 mins       | Place on a plate. Turn halfway.                                 | 15 mins       |

## Grilling

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.



| Touch   | Power Level      | Wattage |
|---------|------------------|---------|
| Once    | Grill 1 (High)   | 1300 W  |
| Twice   | Grill 2 (Medium) | 950 W   |
| 3 Times | Grill 3 (Low)    | 700 W   |



Tap Grill until the power you require appears in the display window.

Touch Start to preheat.

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

\* Skip this step when preheat is not required.



Select the cooking time by touching "+"/"-" or swipe the slider bar. Maximum cooking time is 90 minutes.

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

### ■ Note

1. The grill will only operate with the oven door closed.
2. There is no microwave power on the GRILL only program.
3. You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

### ■ CAUTIONS

THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.

### ■ Grilling Times

When using the grill to cook foods, the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time (see section on oven accessories page 37).

## Grilling

Oven accessories to use

**When grilling foods the wire shelf should be in the upper shelf position and the glass shelf in the middle position to catch drips. Alternatively you can use the enamel shelf in the top or middle positions. When positioning the wire shelf, the vertical wires of the shelf should sit lower than the sides of the shelf.**

Place food on wire shelf



The wire shelf will allow fat and juices to drip through into the glass shelf to reduce excess splatter and smoke when grilling.

Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove the wire shelf 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 touch 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, chops or small items, place the enamel shelf in the upper shelf position.



## Guidelines

1. There is no microwave power on the GRILL only program.
2. Use the accessories provided, as explained above.
3. The Grill will only operate with the oven door closed.
4. 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.
5. GRILL 2 and GRILL 3 are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
6. NEVER COVER THE FOOD WHEN GRILLING.
7. ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER GRILLING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT.
8. 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. DO NOT PUT ACCESSORIES IN DISH WASHER. **It is not necessary to clean the back and top of the oven cavity which has a catalytic self-clean lining.**

## Convection cooking

Your Combination Oven can be used as a conventional oven using the CONVECTION mode which incorporates a heating element with a fan. For best results always place food in a preheated oven.

The grill will come on when the oven is preheating. You can cook in three ways when using convection cooking

1. On the enamel shelf in either of the shelf positions.
2. On the wire shelf in either of the shelf positions.
3. Both of the above at the same time, to use the oven for two level cooking.

See individual guidelines on pages 39-40 for recommended accessories to use.

You can preheat with or without the enamel shelf or wire shelf in position.



Tap Convection. The oven starts at 150 °C. Tap the key and the temperature will count up in 10 °C stages to 230 °C, then 40 °C and 100 °C .

Touch Start to preheat.

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

\* Skip this step when preheating is not required.

Select the cooking time by tapping "+"/"-" or swipe the slider bar. Maximum cooking time is 9 hours.



Touch Start.

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

### ■ CAUTIONS

THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.

### ■ Note

1. Open the door using the pull down door because if Stop/Cancel is touched the program may be cancelled.
2. The oven can not preheat to 40 °C.
3. You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
4. After touching Start, the selected temperature can be recalled and changed. Touch Convection once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by tapping convection.
5. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.

## Convection cooking

### Guidelines

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

It is possible to cook on one or two levels when using convection cooking.

Oven accessories to use:

### ONE LEVEL COOKING

If cooking on one level, you can use the enamel shelf or wire shelf in either of the shelf positions.

**Roasting meat:** Enamel shelf in lower shelf position.



**Baking:** Enamel shelf in lower shelf position.



You can use the enamel shelf as a baking dish for roasting potatoes or vegetables, and for baking fairy cakes, scones and cookies. It is also ideal for re-heating pre-cooked convenience pastry items.

**Roasting Veg / Potatoes:** enamel shelf in lower shelf position.



**Reheating:** enamel shelf in lower shelf position.



## Convection cooking

### Two level cooking

When cooking on two levels use the enamel shelf on the lower shelf position and the wire shelf in the upper shelf position.

#### Batch Baking: Fairy cakes



Depending on the recipe, you can preheat with or without the accessories in position. See individual recipes for details.

#### Cooking a complete meal: Frozen pizza on upper level, frozen oven chips on lower level



#### ■ Two level cooking is ideal for:

1. Batch baking, fairy cakes, cookies and scones on two levels.
2. Cooking a complete meal together. Frozen pizza on the upper level and frozen chips on the lower level.
3. Cooking roast potatoes on the upper level and roast vegetables on the lower level.
4. Re-heating small pastry items in large batches - Sausage rolls, pastry pies, quiches (all pre-cooked). Ensure that the shelves are inserted correctly, and are secure before use. Do not place a dish of food weighing more than 4 kg (8 lb 14 oz) on the shelf.

#### ■ CAUTIONS

1. **ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER COOKING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT.**
2. **MAKE SURE THAT YOU HOLD THE DISH AND/OR SHELF FIRMLY WITH BOTH HANDS WHEN YOU ARE REMOVING THEM FROM THE OVEN.**

## Convection cooking

### Guideline to oven temperatures

For best results always place food in a preheated oven.

Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150 °C and count up in 10 °C stages to 230 °C, then back to down to 40 °C then 100 °C. Food is generally cooked UNCOVERED - unless it is a casserole or you wish to use roasting bags for joints.

| Temp °C    | Use   | Temp °F | Gas mark |
|------------|---|---------|----------|
| 40 °C      | Proving Bread   | 90 °F   | ⅓        |
| 100 °C     | Pavlova   | 200 °F  | ¼        |
| 110 °C     | Meringues   | 225 °F  | ¼        |
| 140 °C     | Rich Fruit Cake   | 275 °F  | 1        |
| 150 °C     | Lemon Meringue, Meringue Roulade, Cheesecake                  | 300 °F  | 2        |
| 160/170 °C | Casseroles, Gingerbread, Small Tarts, Cookies                 | 325 °F  | 3        |
| 180 °C     | Souffle, Strudel, Victoria Sandwich, Fairy Cakes, Meat Joints | 350 °F  | 4        |
| 190 °C     | Filo Pastry, Quiche, Gratins, Lasagne, Pastry pies, Chicken   | 375 °F  | 5        |
| 200 °C     | Stuffed Peppers, Scones, Eclairs, Swiss Roll, Muffins         | 400 °F  | 6        |
| 220 °C     | Vegetable parcels, Yorkshire Puddings, Bread                  | 425 °F  | 7        |
| 230 °C     | Garlic bread, roast potatoes, baking pizza.                   | 450 °F  | 8        |

## Turbo-bake cooking

The oven can be programmed to cook or reheat food by the grill and the convection oven working simultaneously, to give foods that extra crispness and colour. This is known as Turbo-bake and can often reduce traditional oven cooking times.



Tap Turbo-bake to select oven temperature. The oven starts at Grill 2 + 150 °C, the temperature will count up in 10 °C stages to 230 °C then 100 °C. The grill level can not be changed from Grill 2.

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

\* Skip this step when preheating is not required.

Select the cooking time by tapping "+"/"-." or swipe the slider bar. Maximum cooking time is 9 hours.



Touch Start.

Note: Check that just the convection symbol  and grill  are still in the display. If the microwave symbol  is displayed this is incorrect and the program should be cancelled.

Reselect the turbo-bake setting.

### Note

1. It is recommended to place food in a preheated oven.
2. Open the door using the pull down door, because if Stop/Cancel is touched the program may be cancelled.
3. Turbo-bake is not available with convection 40 °C.
4. It is not possible to change the Grill level when using Turbo-Bake. To use a different grill level in combination with convection, program manually. Refer to page 50.
5. You can change the cooking time during cooking if required. Tap "+"/"-." to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
6. After touching Start, the selected temperature can be recalled and changed. Tap Convection once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by tapping convection.
7. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.

### CAUTIONS

**ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER COOKING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT.**

## Turbo-bake cooking

Oven accessories to use:

Use the enamel shelf or wire shelf for turbo-bake cooking.



Joints of meat are placed on the enamel shelf in the lower shelf position. Items of meat are placed on the enamel shelf in the upper shelf position.



Pizza can be placed directly on the wire shelf in the upper shelf position.

### Suggested cooking options

| Food                | Weight | Traditional oven     | Turbo – bake                |
|---------------------|--------|----------------------|-----------------------------|
| Chicken Legs        | 800 g  | 40 mins<br>200 °C    | 28 mins<br>230 °C + GRILL 2 |
| Duck Breast Fillets | 350 g  | 30-35 mins<br>220 °C | 18 mins<br>230 °C + GRILL 2 |
| Thick Sausages      | 300 g  | 25-30 mins<br>190 °C | 15 mins<br>230 °C + GRILL 2 |
| Pork Chops          | 800 g  | 20-25 mins<br>200 °C | 18 mins<br>230 °C + GRILL 2 |
| Chicken Thighs      | 800 g  | 40 mins<br>200 °C    | 25 mins<br>230 °C + GRILL 2 |
| Pizza               | 310 g  | 8-10 mins<br>180 °C  | 6 mins<br>230 °C + GRILL 2  |

#### ■ Guidelines

It is recommended to place food in a preheated oven.

Food is cooked UNCOVERED. DO NOT USE PLASTIC CONTAINERS.

## Turbo-cook cooking

The oven can be programmed to cook or reheat food more efficiently by using the turbo-cook function. Selecting turbo-cook after convection, grill or a combination of both will simultaneously add microwave (simmer) 300 W power to reduce the cooking time.



and/or



Select first cooking mode and power level.

+

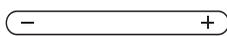


Touch Turbo-cook.



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

\* Skip this step when there is no need to preheat.



Select the cooking time by tapping "+"/ "-" or swipe the slider bar. Maximum cooking time is 9 hours.

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

### ■ Note

1. Preheat is not available with Grill + Microwave mode.
2. Turbo-cook is not available with convection 40 °C.
3. It is not possible to change the Microwave power level when using Turbo-cook.
4. You can change the cooking time during cooking if required. Tap "+"/ "-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

### ■ CAUTIONS

**ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES. AFTER COOKING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT.**

## Turbo-cook cooking

Suggested cooking options

| Food                        | Weight | Combination                   | Time         |
|-----------------------------|--------|-------------------------------|--------------|
| Cottage pie                 | 450 g  | 230 °C + Grill 1 + Turbo Cook | 14 - 15 mins |
| Fish pie                    | 450 g  | 230 °C + Grill 1 + Turbo Cook | 12 - 14 mins |
| Lasagne                     | 600 g  | 220 °C + Grill 1 + Turbo Cook | 11 - 12 mins |
| Fish fingers                | 230 g  | 230 °C + Grill 1 + Turbo Cook | 8 - 10 mins  |
| Scampi                      | 280 g  | 230 °C + Grill 2 + Turbo Cook | 10 mins      |
| Jacket potatoes             | 500 g  | 230 °C + Grill 1 + Turbo Cook | 30 mins      |
| Meat pies                   | 110 g  | 230 °C + Grill 2 + Turbo Cook | 4 - 5 mins   |
| Savoury pasties /<br>slices | 225 g  | 230 °C + Grill 1 + Turbo Cook | 8 - 9 mins   |

## Combination cooking

Your oven has 4 methods of cooking by combination.

1. Convection and Microwave
2. Convection and Grill
3. Grill and Microwave
4. Convection, Grill and Microwave

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

All this happens simultaneously resulting in most foods being cooked in  $\frac{1}{2}$ - $\frac{2}{3}$  of the conventional cooking time.

There is no need to preheat on COMBINATION programs, **EXCEPT when cooking pastry.**

It is possible to use smooth seamed metal tins and foil containers on COMBINATION. They must not be placed directly onto the wire shelf or arcing will occur. Place them directly on the glass shelf.

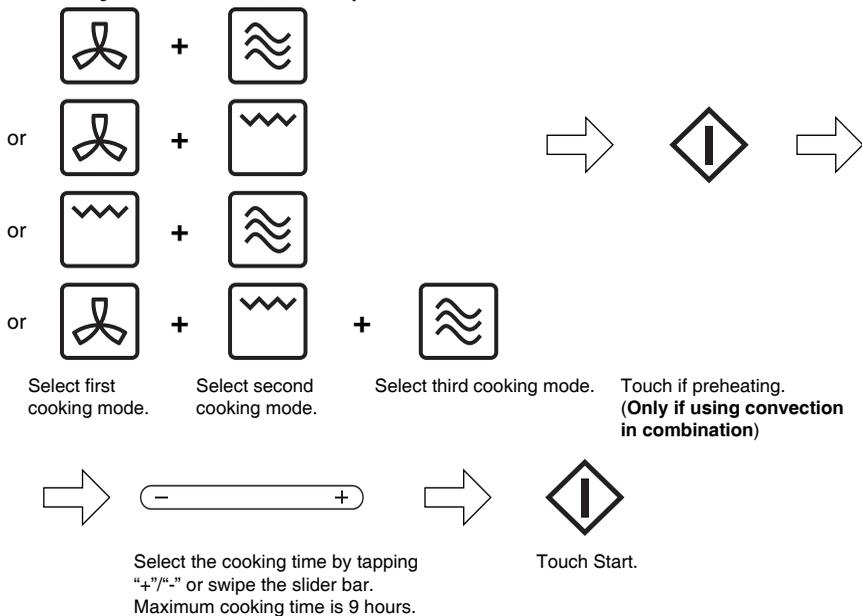
If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the container or re-program to GRILL, CONVECTION or TURBO-BAKE only. To cook successfully by COMBINATION you should always use a minimum of 200 g (7 oz) food. Small quantities should be cooked by Convection, Grill or Turbo-bake.

### ■ Note

**THE ENAMEL SHELF CANNOT BE USED FOR COMBINATION COOKING.**

## Combination cooking

The cooking modes can be selected in any order.



### ■ Note

1. Preheating is not available for Grill + Microwave.
2. Combination modes are not available with convection 40 °C.
3. High/Defrost microwave power is not available in combination.
4. When placing food in the oven after preheating, just pull the door handle down because if Stop/Cancel is pressed the program may be cancelled.
5. You can change the cooking time during cooking if required. Tap "+"/"- to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

### ■ Containers to use

Do not use plastic MICROWAVE containers on Combination programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill - heatproof glass e.g. Pyrex® or ceramic are ideal. But do not put dishes on wire shelf in upper shelf position directly under the grill. Place the wire shelf in the lower shelf position.

### ■ Oven accessories

When using any Combination cooking program the wire shelf may be used in any shelf position. Do not place metal containers directly on the wire shelf when cooking on combination mode. **DO NOT USE THE ENAMEL SHELF ON COMBINATION COOKING.**

### ■ CAUTIONS

**ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER COOKING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT.**

## Combination 1. Convection and microwave

This is the most popular combination mode combining convection heat with microwave power. Casseroles, fruit crumble, chicken, jacket potatoes, and pastries are very successful using this combination. Unsuitable foods are those which contain whisked eggs, meringues, celebration cakes, biscuits and yorkshire puddings.

It is not necessary to preheat on combination except when cooking pastry dishes, to achieve a better result. Do not use this program with less than 200 g (7 oz) of food.



Tap Convection to select the desired temperature. The oven starts at 150 °C, and then the temperature will count up in 10 °C stages to 230 °C, then 100 °C. 40 °C can not be set in combination mode.

Tap Micro Power to select desired micro power level. HIGH/DEFROST power is not available.

Touch if preheating.

| Touch   | Power Level | Wattage |
|---------|-------------|---------|
| Once    | Medium      | 600 W   |
| Twice   | Low         | 440 W   |
| 3 Times | Simmer      | 300 W   |
| 4 Times | Warm        | 100 W   |



Select the cooking time by tapping “+”/“-” or swipe the slider bar. Maximum cooking time is 9 hours.

Touch Start.

### Note

1. You can change the cooking time during cooking if required. Tap “+”/“-” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping “-” to zero will end cooking. It is impossible to adjust time by swiping the slider during cooking.
2. To turn food just pull the door handle downwards to open, remove the accessories, turn the food, return to the oven, close the door and touch Start. The oven will continue to count down the remaining cooking time.

### CAUTIONS

**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.**

## Combination 1. Convection and microwave

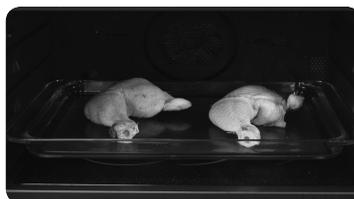
Oven accessories to use

Do not use this program with less than 200 g (7 oz) of food.

**DO NOT USE THE ENAMEL SHELF FOR COMBINATION COOKING.**



Non-metallic dishes or items of food can be placed directly onto wire shelf in the lower or middle shelf position.



Joints and portions of meat should be placed on the glass shelf in the lower or middle shelf position.



Recipes using foil or metal containers e.g. cakes and pastries should not be placed directly on the wire shelf. Place on the glass shelf.

### ■ Guidelines

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 base of the oven are wiped with a cloth squeezed in hot soapy water to remove any grease. It is not necessary to clean the back and top of the oven cavity which has a catalytic self-clean lining.

The chart below gives suggestions for Combination programs. For cooking times refer to cooking charts or a similar recipe in the book. It is not possible to use HIGH or DEFROST Microwave power in this mode.

| Oven Temperature | Microwave Power | Use                                     |
|------------------|-----------------|---|
| 230 °C           | WARM            | Fruit Crumble                           |
| 220 °C           | SIMMER          | Cauliflower cheese and macaroni, quiche |
| 220 °C           | WARM            | Chilled rice pudding                    |
| 190 °C           | SIMMER          | Whole Chicken/Turkey                    |
| 160 °C           | WARM            | Cakes, Casseroles                       |

Foods should always be cooked until browned and piping hot.

### ■ CAUTIONS

**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.**

## Combination 2. Convection and grill

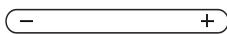
This combination mode can be programmed to cook or reheat food by combining grill and convection simultaneously, to give foods that extra crispness and colour. This can often reduce traditional oven cooking times. Do not use this program with less than 200 g (7 oz) of food.



Tap Convection. The oven starts at 150 °C. Tap the key and the temperature will count up in 10 °C stages to 230 °C, then 40 °C and 100 °C. 40 °C can not be set in combination mode.

Tap to select Grill power.  
1 tap for Grill 2 (Medium),  
2 taps for Grill 3 (Low),  
3 taps for Grill 1 (High),  
(default setting is Grill 2)

Touch Start to preheat. A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.  
\* Skip this step when preheating is not required.



Select the cooking time by tapping "+"/"-" or swipe the slider bar. Maximum cooking time is 9 hours.

Touch Start.  
Note: Check that just the convection symbol  and grill  are still in the display. If the microwave symbol  is displayed this is incorrect and the program should be cancelled.  
Reselect Convection and Grill setting.

### Note

1. It is recommended to place food in a preheated oven.
2. Open the door using the pull down door, because if Stop/Cancel is touched the program may be cancelled.
3. You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
4. After touching Start, the selected temperature can be recalled and changed. Tap Convection once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by tapping convection.
5. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.
6. Oven accessories usage refer to page 43.

### CAUTIONS

**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.**

## Combination 3. Grill and microwave

This combination mode is suitable for foods which are normally grilled and for reheating small savoury items. Do not use this program with less than 200 g (7 oz) of food.

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

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



Tap Grill to select desired grill power level.

| Touch   | Power Level      | Wattage |
|---------|------------------|---------|
| Once    | Grill 1 (High)   | 1300 W  |
| Twice   | Grill 2 (Medium) | 950 W   |
| 3 Times | Grill 3 (Low)    | 700 W   |

Tap Micro power to select desired micro power level. HIGH/DEFROST power is not available.

| Touch   | Power Level | Wattage |
|---------|-------------|---------|
| Once    | Medium      | 600 W   |
| Twice   | Low         | 440 W   |
| 3 Times | Simmer      | 300 W   |
| 4 Times | Warm        | 100 W   |



Select the cooking time by tapping “+”/“-” or swipe the slider bar. Maximum cooking time is 9 hours.

Touch Start.

### Note

- You can change the cooking time during cooking if required. Tap “+”/“-” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping “-” to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
- To turn food just pull the door handle downwards to open, remove the accessories, turn the food, return to the oven, close the door and touch Start. The oven will continue to count down the remaining cooking time.

## Combination 3. Grill and microwave

Oven accessories to use

**DO NOT USE THE ENAMEL SHELF FOR COMBINATION COOKING.**



Food can be placed directly onto the wire shelf in the top or middle shelf positions.

The glass shelf can be placed underneath to catch any drips. When cooking fish or small items, food can be placed directly on the glass shelf.



### ■ Guidelines

1. Food is always cooked **UNCOVERED**.
2. To turn food just pull the door handle downwards to open, remove the accessories, turn the food, return to the oven, close the door and touch Start. The oven will continue to count down the remaining cooking time.
3. After Grilling it is important that the Grill accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. It is not necessary to clean the back and top of the oven cavity which has a catalytic self-clean lining.

For advice on cooking times refer to cooking charts and recipes in this book. See pages 71-86. Foods should always be cooked until browned and piping hot.

### ■ CAUTIONS

**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.**

## Combination 4. Convection, grill and microwave

This combination mode is very useful for foods which require quick browning or crisping. Unsuitable foods are, cakes, meringues, foods containing whisked eggs and yorkshire puddings. Food should always be cooked uncovered.



Tap Convection to select oven temperature. The oven starts at 150 °C and the temperature will count up in 10 °C stages to 230 °C then 100 °C. 40 °C can not be set in combination mode.

Tap Grill to select the desired grill level.

| Touch   | Power Level      | Wattage |
|---------|------------------|---------|
| Once    | Grill 2 (Medium) | 950 W   |
| Twice   | Grill 3 (Low)    | 700 W   |
| 3 Times | Grill 1 (High)   | 1300 W  |



Tap Micro power to select desired microwave power level. HIGH/DEFROST power is not available.

Touch if preheating.

Select the cooking time by tapping "+" / "-" or swipe the slider bar. Maximum cooking time is 9 hours.

| Touch   | Power Level | Wattage |
|---------|-------------|---------|
| Once    | Medium      | 600 W   |
| Twice   | Low         | 440 W   |
| 3 Times | Simmer      | 300 W   |
| 4 Times | Warm        | 100 W   |



Touch Start.

### Note

- You can change the cooking time during cooking if required. Tap "+" / "-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
- To turn food just pull the door handle downwards to open, remove the accessories, turn the food, return to the oven, close the door and touch Start. The oven will continue to count down the remaining cooking time.

## Combination 4. Convection, grill and microwave

Oven accessories to use

Do not use this program with less than 200 g (7 oz) of food.

**DO NOT USE THE ENAMEL SHELF FOR COMBINATION COOKING.**



Non-metallic dishes or items of food can be placed directly onto the wire shelf in the lower or middle shelf positions.



Food should be placed directly onto the wire shelf in either of the shelf positions. The glass shelf can be placed underneath to catch any drips.



When cooking small items or fish, food should be placed directly on to the glass shelf in the middle or the lower shelf positions.

### ■ Guidelines

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 base of the oven are wiped with a cloth squeezed in hot soapy water to remove any grease. **It is not necessary to clean the back and top of the oven cavity which has a catalytic self-clean lining.**

## Combination 4. Convection, grill or turbo-bake and microwave

Do not use this program with less than 200 g (7 oz) of food.  
We suggest the following options for this Combination mode.

| Convection<br>(Oven temp) | Grill | Microwave<br>Power | Use   |
|---------------------------|-------|--------------------|---|
| 230 °C                    | 1     | WARM               | Fresh breaded fish fillets                                  |
| 230 °C                    | 2     | SIMMER             | Frozen scampi, reheat meat pies and pasties, larger lasagne |
| 230 °C                    | 3     | SIMMER             | Frozen breaded fish fillets                                 |
| 220 °C                    | 1     | SIMMER             | Lasagne, cauliflower cheese, Quorn® escalopes               |
| 220 °C                    | 2     | SIMMER             | Reheat large meat pies, quiche, fruit pies                  |
| 220 °C                    | 3     | SIMMER             | Frozen thin and crispy pizzas.                              |

For advice on cooking times refer to cooking charts and recipes in this book. See pages 71-86.

Foods should always be cooked until browned and piping hot.

### ■ CAUTIONS

**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.**

## Multi-stage cooking

### 2 or 3 stage cooking



Tap Micro power to select desired power level.

Set cooking time using slider by tapping "+"/"-" or swipe the bar.

Tap Micro power to select desired power level.



Set cooking time using slider by tapping "+"/"-" or swipe the bar.

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

### Example:

**To DEFROST (270 W) for 2 minutes and cook food on MAX (1000 W) power for 3 minutes.**



Tap Micro power twice to select defrost power (270 W).

Set the cooking time to 2 minutes using the slider.

Touch Micro power once to select max power (1000 W).



Set the cooking time to 3 minutes using the slider.

Touch Start.

### Note

1. For 3 stage cooking, enter another cooking program before touching Start.
2. During operation, touching Stop/Cancel once will stop the operation. Touching Start will re-start the programmed operation. Touching Stop/Cancel twice will stop and clear the programmed operation.
3. Whilst not operating, touching Stop/Cancel will clear the selected program.
4. Auto programs cannot be used with multi-stage cooking.

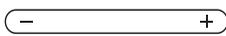
## Multi-stage cooking

Example:

**To GRILL 3 (low) for 4 minutes and cook food on LOW power (440 W) for 5 minutes.**



Tap Grill 3 times to select Grill 3 (low)



Set the cooking time to 4 minutes using the slider.



Tap Micro power 4 times to select low power (440 W)



Set the cooking time to 5 minutes using the slider.



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

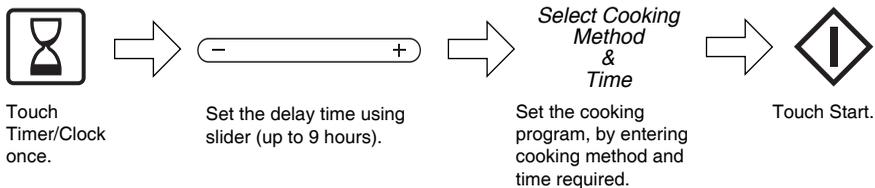
### ■ Note

1. For 3 stage cooking, enter another cooking program before touching Start.
2. During operation, touching Stop/Cancel once will stop the operation. Touching Start will re-start the programmed operation. Touching Stop/Cancel twice will stop and clear the programmed operation.
3. Whilst not operating, touching Stop/Cancel will clear the selected program.
4. Auto programs cannot be used with multi-stage cooking.

## Using the timer

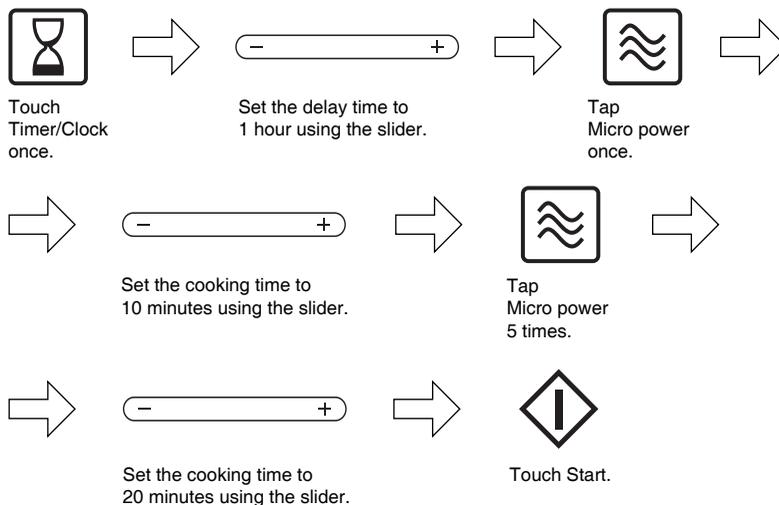
### Delay start cooking

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



### Example:

Delay start: 1 hour      Max power (1000 W): 10 mins      Simmer Power (300 W): 20 mins



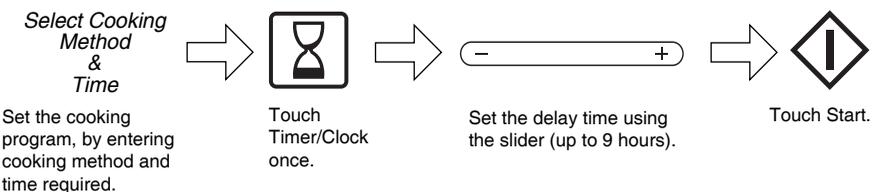
### Note

1. Three stage cooking can be programmed including Delay Start cooking.
2. If the oven door is opened during the delay time, the time in the display window will continue to count down.
3. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
4. Delay start cannot be used before an auto program.

## Using the Delay/Stand feature

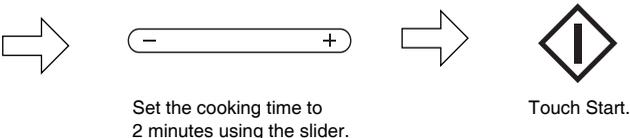
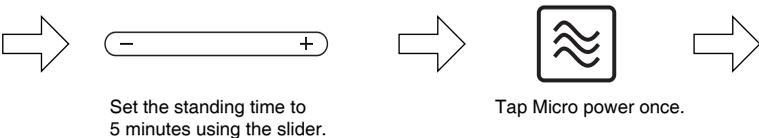
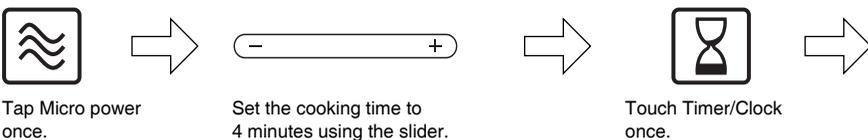
To set a standing time:

By using the Timer, you can program Stand Time after cooking is completed or use to program the oven as a minute timer.



Example:

Max power (1000 W): 4 mins      Stand Time: 5 mins      Max power (1000 W): 2 mins



### Note

1. Three stage cooking can be programmed including stand time
2. If the oven door is opened during the stand time or minute timer, the time in the display window will continue to count down.
3. If the programmed stand time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
4. This feature may also be used as a minute timer. In this case touch the Timer/Clock, set time and touch Start.
5. Standing time cannot be used after an auto program.

## Chaos defrost



This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread. Tap Chaos defrost to select the correct defrost category and then enter in the weight of the food in grams (see page 61).

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

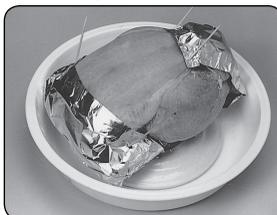
The **CHAOS Theory** principle is used in auto weight defrost programs to give you a quick and more even defrost. The CHAOS system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check the food. **IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY.** On hearing the first beep you should **TURN** and **SHIELD** (if possible). On the second beep you should turn the food or break it up.

1st Beep



Turn or Shield

1st Beep



Turn or Shield

2nd Beep



Turn or break up

Note:

1. Check foods during defrosting. Foods vary in their defrosting speed.
2. It is not necessary to cover the food.
3. Always turn or stir the food especially when the oven "beeps". Shield if necessary (see point 5).
4. Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
5. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks.
6. Allow standing time so that the centre of the food thaws out. (minimum 1 hour for joints of meat and whole chickens)

## Chaos defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight starts from the minimum weight for each category.



Tap Chaos defrost.  
Once Meat Items.  
Twice Meat Joints.  
Three times Bread.

Select the weight by tapping "+"/"-" or swipe the slider bar. The slider bar will count up in 10 g steps.

Touch Start.

| Program        | Weight range   | Suitable foods  |
|----------------|----------------|---|
| 1. Meat items  | 100 g - 1200 g | Small pieces of meat, chicken portions, chops, steaks, minced meat. Place on a plate or shallow dish. Turn at beeps and shield. |
| 2. Meat joints | 400 g - 2500 g | Whole chicken, meat joints. Place on an upturned saucer on a plate. Turn at beeps and shield.                                   |
| 3. Bread       | 100 g - 900 g  | Rolls, buns, slices of bread and loaves. Place on a plate. Turn at beeps.   |

### 1. Meat items (mince/chops/chicken portions)

NOT SUITABLE FOR SAUSAGES, these can be defrosted manually. Please refer to Defrosting chart on pages 34-35. Chops and chicken portions should be arranged in a single layer and turned frequently during defrosting. It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Standing time 15-30 mins.

### 2. Meat joints/Whole chickens

Whole chickens and meat joints will require shielding during defrosting especially if it is a particularly fatty piece. This is to prevent food starting to cook on the outside edges. Protect wings, breast and fat with smooth pieces of aluminium foil secured with cocktail sticks. DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Standing time of at least 1 hour should be allowed for joints after defrosting.

### 3. Bread

This program is suitable for small items which are required for immediate use, they may feel warm straight after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS e.g. cheesecake. Standing time 10-15 mins.

### ■ Note

1. When the defrosting time is longer than 60 minutes, the time will appear in hours and minutes.
2. The shape and size of the food will determine the maximum weight the oven can accommodate.
3. Allow standing time to ensure the food is completely defrosted.

## 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 the recommended microwave power level and/or combination setting together with a suggested cooking time. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving. Please check carefully and adjust the cooking time if required, as would be the case with a conventional cooking appliance.

### How it works

Once the auto sensor program has been selected and start touched 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 program is still in the display window the oven door **SHOULD NOT BE OPENED**. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

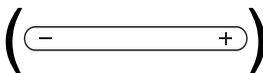
### Adjust to Taste

Preferences for degree of cooking vary for each individual. After having used auto sensor programs a few times, you may decide you would prefer your food cooked to a different degree of cooking. By using "+/-" the programs can be adjusted to cook food for a longer or shorter time. After selecting the auto sensor program, tap "+/-" or swipe the slider bar before touching Start. The oven will automatically cook the food 10% more or 10% less.

### example



Select desired Auto Sensor program. The food category appears in the window.



Optional



Touch Start. The food category will be repeated in the display window. Do not open the oven door until 2 beeps sound and cooking time appears in the display Window.

### IMPORTANT NOTE:

1. For best results the 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. The sensor programs cannot be used when the oven is hot. If "HOT" appears in the display window, when trying to set a Sensor program, do not touch Stop/Cancel. A fan will automatically operate to cool the oven within 10-15 minutes, as long as the word "HOT" is left in the display, otherwise cooling may take longer. If in a hurry, cook the food manually, i.e. select the correct power level and cooking time.

## Auto sensor programs

| Program              | Minimum Weight | Maximum Weight |
|----------------------|----------------|----------------|
| 4. Chilled meal      | 200 g          | 1000 g         |
| 5. Frozen meal       | 200 g          | 800 g          |
| 6. Fresh vegetables  | 200 g          | 1000 g         |
| 7. Frozen vegetables | 200 g          | 800 g          |
| 8. Jacket potatoes   | 200 g          | 1500 g         |
| 9. Boiled potatoes   | 200 g          | 1000 g         |
| 10. Fresh fish       | 200 g          | 800 g          |
| 11. Casserole        | 900 g          | 2000 g         |
| 12. Meat sauce       | 450 g          | 2000 g         |
| 13. Rice             | 100 g          | 300 g          |
| 14. Pasta            | 100 g          | 450 g          |

### ■ Guidelines for use

For the auto sensor programs it is not necessary to enter the weight of the food. They must ONLY be used for the foods described.

1. Only cook foods within the weight ranges described (see table above).
2. Only use the accessories as indicated on pages 65-67.
3. Always choose a container size that is suitable for the quantity of food i.e. DO NOT allow too large a headspace or the food may not be cooked correctly.
4. The oven automatically calculates the cooking time or the remaining cooking time.
5. The door should not be opened before the time appears in the display window.
6. The temperature for frozen food is assumed to be -18 °C to -20 °C, for refrigerator foods +5 °C to +8 °C.
7. To prevent any mistakes during auto sensor programs ensure that the base of the oven and container are dry.
8. The room temperature should not be more than 35 °C and not less than 0 °C.
9. For auto sensor programs, fresh vegetables, frozen vegetables, boiled potatoes and fresh fish, cover with cling film. Pierce the cling film with a sharp knife once in the centre and four times around the edge. For chilled meal and frozen meal programs reheat in container purchased. Pierce covering film. If transferring meals into a dish, cover with pierced cling film. For auto sensor programs rice and pasta cover with a lid.
10. Most foods benefit from a STANDING time after cooking on an auto program, to allow heat to continue conducting to the centre.
11. To allow for some variations that occur in food, check that food is thoroughly cooked before serving.

## Auto sensor programs

When you select an auto sensor program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed. See below to identify the symbols:



Microwave



Grill



Convection



Accessory placement



Wire shelf



Glass shelf



Enamel shelf

## Auto sensor programs



### 4. Chilled meal 200 g - 1000 g

To reheat a fresh precooked meal. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. + 5 °C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Tap auto sensor programs key once then touch 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.



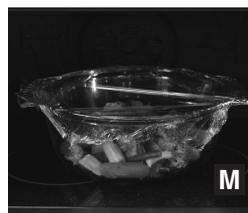
### 5. Frozen meal 200 g - 800 g

To reheat a frozen precooked meal. All foods must be pre-cooked and frozen (-18 °C); Reheat in container as purchased or in a pyrex dish. Meals in irregular shaped containers may need longer cooking. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Tap auto sensor programs key twice then touch Start. Stir at beeps and cut the blocks into pieces. Stir again at end of program and allow a few minutes standing time. Check temperature and cook further minutes if necessary before eating.



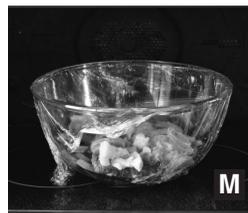
### 6. Fresh vegetables 200 g - 1000 g

To cook fresh vegetables. Place prepared vegetables into a suitable sized container. Sprinkle with 1 tbsp (15 ml) cold water per 100 g vegetables. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Place container on base of oven. Stir at beeps. Tap auto sensor programs key three times then touch Start. Drain after cooking and season to taste.



### 7. Frozen vegetables 200 g - 800 g

To cook frozen vegetables. Place vegetables into a suitable sized container. Sprinkle with 1-3 tbsp (15-45 ml) cold water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Place container on base of oven. Stir at beeps. Tap auto sensor programs key four times then touch Start. Stir at the end of program and allow a few minutes standing time. Drain and season to taste.



**M** = Microwave cooking only

**C** = Convection cooking only

**MC**

= Combination: Convection + Micro power

or Combination: Grill + Micro power

or Combination: Convection + Grill + Micro power

## Auto sensor programs

### 8. Jacket potatoes 200 g - 1500 g

To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200 g - 250 g each, for best results. Wash and dry potatoes and prick with a fork several times. Place potatoes on Wire shelf in lower shelf position. Tap auto sensor programs five times. Touch Start.



### 9. Boiled potatoes 200 g - 1000 g

Prepare potatoes and cut into even size pieces. Place in shallow Pyrex® dish. Add 15 ml (1 tbsp water) per 100 g of potatoes. Cover with pierced cling film. Pierce cling film once in the centre and four times around the edge. Place the container on base of oven. Stir at beeps. Tap auto sensor programs key six times then touch Start.



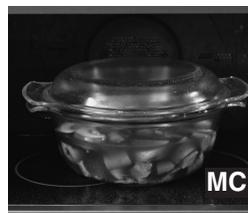
### 10. Fresh fish 200 g - 800 g

To cook fresh fish. Shield the thinner portions. Ensure fish is not overlapping. Place in a shallow container on base of oven. Add 1-3 tbsp (15 - 45 ml) of cold water. Cover with cling film. Pierce cling film once in the centre and four times around the edge. Place container on base of oven. Tap auto sensor programs key seven times then touch Start. Stand for 5 minutes.



### 11. Casserole 900 g - 2000 g

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 on base of oven. Tap auto sensor programs key eight times then touch Start. When oven beeps stir the casserole.



**M** = Microwave cooking only

**C** = Convection cooking only

**MC** = Combination: Convection + Micro power

or Combination: Grill + Micro power

or Combination: Convection + Grill + Micro power

## Auto sensor programs

### 12. Meat sauce 450 g - 2000 g

To cook raw mince beef based sauce, i.e. Bolognese sauce and also very finely diced chicken or pork fillet to be cooked in a sauce. Ensure a minimum quantity of 300 ml liquid or sauce. If using a cook-in sauce add equal quantity of water to cook-in sauce. Cover with a lid. Place on base of oven. Tap auto sensor programs key nine times then touch Start. Stir at beeps.



### 13. Rice 100 g - 300 g

For cooking rice for savoury dishes not rice puddings. This program is not suitable for brown rice. Rinse the rice thoroughly before cooking. Use a large bowl. Add 2-2.5 times boiling water to rice. Cover with a lid. Place on base of oven. Tap auto sensor programs key ten times then touch Start. Stir at beep. Allow to stand for 5 minutes after cooking. Drain after cooking.



### 14. Pasta 100 g - 450 g

For cooking dried pasta. Use a large bowl. Add 1 tsp salt, 1 tbsp oil and boiling water. For 100 g - 290 g pasta add 1 litre of boiling water. For 300 g - 450 g pasta add 1½ litre of boiling water. Cover with a lid. Place on base of oven. Tap auto sensor programs key eleven times then touch Start. Stir at beep. Drain after cooking.



**M** = Microwave cooking only

**C** = Convection cooking only

**MC** = Combination: Convection + Micro power  
or Combination: Grill + Micro power  
or Combination: Convection + Grill + Micro power

## Auto weight programs

This feature allows you to cook foods by setting the weight. The oven determines the Micro power level and/or combination setting, then gives a cooking time; this cooking time has been developed following extensive testing by our Home Economists in our development kitchen. Select the category of food and enter the weight. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.



Select desired Auto weight program. The food category appears in the window.

Select the weight by tapping “+”/“-” or swipe the slider bar.

Touch Start.

When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed. See below to identify the symbols:



Microwave



Grill



Convection



Accessory placement



Wire shelf



Glass shelf



Enamel shelf

### ■ Guidelines for Use

The auto weight programs must **ONLY** be used for foods described.

1. Only cook foods within the weight ranges described below.
2. Always weigh the food rather than relying on the package weight information.
3. Only use the accessories as indicated on pages 69-70.
4. Do not cover food, as the programs use a combination of Microwave and Grill and/or Convection, and it will prevent the food from browning. The heat of the grill and/or oven 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. We recommend a standing time of 10-15 minutes upon completion of cooking roast meats.
6. 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 |
|----------------------------|----------------|----------------|
| 15. Beef rare              | 500 g          | 1500 g         |
| 16. Beef medium            | 500 g          | 1500 g         |
| 17. Beef well done         | 500 g          | 1500 g         |
| 18. Lamb medium            | 1500 g         | 2500 g         |
| 19. Lamb well done         | 1500 g         | 2500 g         |
| 20. Roast potatoes         | 200 g          | 800 g          |
| 21. Frozen potato products | 200 g          | 500 g          |
| 22. Chilled pizza          | 100 g          | 450 g          |
| 23. Frozen pizza           | 100 g          | 450 g          |

## Auto weight programs



### 15. Beef rare 500 g - 1500 g

For cooking rare fresh roast beef (top side, rump or silver side). Place on glass shelf in lower shelf position. Tap auto weight programs key once, enter the weight of the food and touch Start. Stand for 10 to 15 mins.



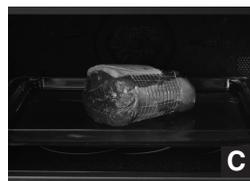
### 16. Beef medium 500 g - 1500 g

For cooking medium fresh roast beef (topside, rump or silverside). Place on glass shelf in lower shelf position. Tap auto weight programs key twice, enter the weight of the food and touch Start. Stand for 10 to 15 mins.



### 17. Beef well done 500 g - 1500 g

For cooking well done fresh roast beef (topside, rump or silverside). Place on glass shelf in lower shelf position. Tap auto weight programs key three times, enter the weight of the food and touch Start. Stand for 10 to 15 mins.



### 18. Lamb medium 1500 g - 2500 g

For cooking medium fresh roast leg of lamb with bone. Place on glass shelf in lower shelf position. Tap auto weight programs key four times, enter the weight of the food and touch Start. Turn at beep. Stand for 10 to 15 mins.



### 19. Lamb well done 1500 g - 2500 g

For cooking well done fresh roast leg of lamb with bone. Place on glass shelf in lower shelf position. Tap auto weight programs key five times, enter the weight of the food and touch Start. Turn at beep. Stand for 10 to 15 mins.



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or Combination: Grill + Micro power  
or Combination: Convection + Grill + Micro power

## Auto weight programs

### 20. Roast potatoes 200 g - 800 g

Peel and cut potatoes into even sized pieces. Place on glass shelf. Add 1-3 tbsp (15-45 ml) olive oil. Place shelf in lower shelf position. Tap auto weight program key six times, enter the weight of the food and touch Start. Turn at beeps.



### 21. Frozen potato products 200 g - 500 g

To cook frozen oven chips and potato products, e.g. hash browns, croquettes, etc. that are suitable for GRILLING. Spread out potato products on glass shelf in middle shelf position. Tap auto weight program key seven times, enter weight of food and touch Start. For best results, cook in a single layer and stir at beeps.

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



### 22. Chilled pizza 100 g - 450 g

For reheating and browning the top of chilled pre-cooked pizza. Remove all packaging and place the chilled pizza on the wire shelf in middle shelf position. Tap auto weight programs key eight times, enter weight of food and touch Start.



### 23. Frozen Pizza 100 g - 450 g

For reheating and browning the top of frozen pre-cooked pizza and cheese baguette. Remove all packaging and place the frozen pizza on the wire shelf in middle shelf position. Tap auto weight program key nine times, enter weight of food and touch Start. This program is not suitable for deep pan pizzas.



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**MC** = Combination: Convection + Micro power  
or Combination: Grill + Micro power  
or Combination: Convection + Grill + Micro power

## Cooking and reheating guidelines

Most foods reheat very quickly in your oven by **HIGH** power. 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 72-86 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 4-7 mins on High power to reheat. Do not stack meals.

### Canned foods

Remove foods from can and place in a suitable dish before heating. Stir food halfway through cooking and again at the end of heating.

### Soups

Use a bowl and stir before heating and at least once during reheating and again at the end.

### Casseroles

Stir halfway through and again at the end of heating.

#### ■ Mince pies - Caution!

**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 - Caution!

Take great care when reheating these items. **DO NOT LEAVE UNATTENDED.**  
**DO NOT ADD EXTRA ALCOHOL.**

#### ■ Babies' bottles - Caution!

Milk or formula **MUST** be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby.

#### ■ Note

Liquid at the top of the 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 BABIES' 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 and quantity. Pastry or Bread items reheated by microwave will be soft not crisp.

### HEATING CATEGORY

Your oven is Heating Category E and this is displayed on the rear of your oven.

The information on this label will assist you in using new instructions on food packs to enable you to program the best heating time in your oven.



Microwave symbol

The IEC (60705) power output (watts)

The heating category for small packs of food

| Food   | Weight/Quantity | Power Level  | Time to Select (approx) | Instructions/Guidelines  |
|--|-----------------|--------------|-------------------------|--|
| <b>Babies bottles – CAUTION</b>  |                 |              |                         |  |
| After heating by Microwave, liquid at the top of a bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. When testing the temperature of the milk, squirt a little onto your inner wrist. The milk droplets on your skin should feel warm, not hot. |                 |              |                         |  |
| For 250 ml of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 25 secs. CHECK CAREFULLY   |                 |              |                         |  |
| For 100 ml of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 15 secs. CHECK CAREFULLY   |                 |              |                         |  |
| <b>BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.</b>  |                 |              |                         |  |
| Croissants / brioche   | 1               | HIGH Micro   | 10 secs                 | Place in glass dish on base. Do not cover.                           |
|  | 4               | HIGH Micro   | 30 secs                 |  |
|  | any             | 200 °C       | 2-3 mins                | Preheat oven with enamel shelf in lower shelf position.              |
| <b>CANNED PASTA</b>  |                 |              |                         |  |
| Ravioli  | 400 g           | HIGH Micro   | 3 mins                  | Place in a heatproof bowl and cover. Place on base and stir halfway. |
| Macaroni cheese  |                 |              | 2½ mins                 |  |
| Spaghetti  |                 |              | 3 mins                  |  |
| <b>CANNED PUDDINGS</b>   |                 |              |                         |  |
| Rice pudding   | 213 g           | HIGH Micro   | 1 min                   | Place in a heatproof bowl and cover. Place on base and stir halfway. |
|  | 400 g           |              | 2 mins                  |  |
| Sponge pudding   | 300 g           | MEDIUM Micro | 2½ mins                 | Place in a heatproof bowl on base.                                   |
| Custard - small jug  | 250 g           | HIGH Micro   | 1½ mins                 | Place in a heatproof bowl and cover. Place on base and stir halfway. |
|  | 500 g           |              | 3 mins                  |  |

### ■ Points for checking

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

## Reheating charts

| Food                             | Weight/<br>Quantity | Power Level     | Time to Select<br>(approx) | Instructions/Guidelines   |
|----------------------------------|---------------------|-----------------|----------------------------|---|
| <b>CANNED SOUPS</b>              |                     |                 |                            |   |
| Condensed                        | 295 g               | HIGH Micro      | 4-5 mins                   | Place in a heatproof bowl and stir in one can of water. Cover and place on base stirring halfway. |
| Healthy option                   | 415 g               |                 | 2½ mins                    |   |
| Luxury/vegetable/<br>broth       | 400/415 g           |                 | 3 mins                     | Place in a heatproof bowl and cover. Place on base and stir halfway.                              |
| Creamed                          | 400 g               |                 | 3 mins                     |   |
| <b>CHILLED SOUPS</b>             |                     |                 |                            |   |
| 1 Portion                        | 250 ml              | HIGH Micro      | 2½ mins                    | Place in a heatproof bowl and cover. Place on base and stir halfway.                              |
| 2 Portion                        | 500 ml              |                 | 4½ mins                    |   |
| <b>CANNED VEGETABLES</b>         |                     |                 |                            |   |
| Baked beans                      | 200 g               | HIGH Micro      | 1-1½ mins                  | Place in a heatproof bowl and cover. Place on base and stir halfway.                              |
|                                  | 415 g               |                 | 2½ mins                    |   |
| Baked beans with<br>sausages     | 200 g               |                 | 1½ mins                    |   |
| Broad beans                      | 300 g               |                 | 2 mins                     |   |
| Butter beans                     | 210 g               | 1½ mins         |                            |   |
| Carrots, sliced                  | 300 g               | MEDIUM<br>Micro | 3 mins                     |   |
| Green beans                      | 400 g               | HIGH Micro      | 2 mins                     |   |
| Mushrooms                        | 290 g               |                 | 2 mins                     |   |
| Peas, mushy                      | 400 g               |                 | 2 mins                     |   |
| Peas, petit pois                 | 400 g               |                 | 2 mins                     |   |
| Peas, garden                     | 300 g               | MEDIUM<br>Micro | 2 mins                     |   |
| Peas, marrowfat                  | 300 g               |                 | 3 mins                     |   |
| Sweetcorn                        | 200 g               | MEDIUM<br>Micro | 2 mins                     |   |
|                                  | 330 g               |                 | 3½ mins                    |   |
| Tomatoes                         | 400 g               |                 | 4 mins                     |   |
| <b>PLATED MEAL - Chilled</b>     |                     |                 |                            |   |
| Small - child portion            | 1                   | MEDIUM<br>Micro | 5 mins                     | Cover and place on base.  |
| Large - adult portion            |                     |                 | 7 mins                     |   |
| <b>DRINKS - Room Temperature</b> |                     |                 |                            |   |
| 1 Mug cold milk                  | 235 ml              | HIGH Micro      | 1½-2 mins                  | Place in a heatproof mug on base. Stir halfway and after reheating.                               |
| 1 Jug cold milk                  | 568 ml<br>(1 pint)  |                 | 5 mins                     |   |
| 1 Mug cold coffee/tea            | 235 ml              |                 | 1½ mins                    |   |
| 1 Mug cold milky<br>coffee       |                     |                 | 1 min 10 sec               |   |

### ■ Points for checking

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

## Reheating charts

| Food  | Weight/<br>Quantity | Power Level                            | Time to Select<br>(approx) | Instructions/Guidelines  |
|---|---------------------|--|----------------------------|--|
| <b>SAVOURY PASTRY PRODUCTS - PRECOOKED</b>  |                     |  |                            |  |
| <b>PASTRIES REHEATED BY MICROWAVE WILL HAVE A SOFT BASE</b>   |                     |  |                            |  |
| Pasties/slices  | 150/165 g           | HIGH Micro                             | 1min -1min 30 secs         | Place in glass dish on base.   |
|   | 165 g               | 230 °C+<br>GRILL 1+<br>WARM<br>Micro   | 7-8 mins                   | Place on glass shelf on lower shelf position.  |
|   | 225 g               | 230 °C+<br>GRILL 1+<br>SIMMER<br>Micro | 8-9 mins                   |  |
| Meat pies   | 110 g               | HIGH Micro                             | 1 min                      | Place on a plate on the base of oven.  |
|   | 110 g               | 230 °C+<br>GRILL 2+<br>SIMMER<br>Micro | 4-5 mins                   | Remove product from foil container and place glass shelf in lower shelf position.    |
|   | 110 g (2)           |  | 7-8 mins                   |  |
|   | 250 g               | 180 °C+<br>GRILL 3+<br>SIMMER<br>Micro | 8-9 mins                   |  |
|   | 600 g               |  | 12 mins                    |  |
| Quiche  | 175 g               | 220 °C+<br>GRILL 2+<br>SIMMER<br>Micro | 6 mins                     | Remove product from foil container and place on glass shelf in lower shelf position. |
|   | 400 g               | 220 °C+<br>SIMMER<br>Micro             | 8 mins                     |  |
| Sausage rolls - x 1   | 150 g               | HIGH Micro                             | 1 min 10 sec               | Place in glass dish on base.   |
|   |                     | 230 °C+<br>GRILL 1+<br>WARM<br>Micro   | 5 mins                     | Place on glass shelf on lower shelf position.  |
| Snack size x 6  | 200 g               | 230 °C+<br>GRILL 1+<br>WARM<br>Micro   | 8-9 mins                   | Place on glass shelf on lower shelf position.  |
| <b>PUDDINGS AND DESSERTS - WHERE MICROWAVE ONLY IS INVOLVED TRANSFER FOOD FROM FOIL CONTAINER TO A SIMILAR SIZED HEATPROOF DISH</b> |                     |  |                            |  |
| Bread & butter pudding  | 500 g               | 230 °C+<br>GRILL 2+<br>WARM<br>Micro   | 12-15 mins                 | Place on wire shelf in lower shelf position.   |

### ■ Points for checking

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

## Reheating charts

| Food  | Weight/<br>Quantity | Power Level                            | Time to Select<br>(approx) | Instructions/Guidelines  |
|---|---------------------|--|----------------------------|--|
| Chilled custard   | 500 g               | HIGH Micro                             | 4 mins                     | Place in large jug. Cover and place on base stir halfway.                                |
| Chilled rice pudding  | 150 g               | HIGH Micro                             | 1 min -<br>1 min 30 secs   | Place on base.   |
|   | 500 g               | 220 °C+<br>WARM<br>Micro               | 15 mins                    | Place on glass shelf in lower shelf position.  |
| Fruit crumble   | 600 g               | 230 °C+<br>WARM<br>Micro               | 15-16 mins                 | Place on wire shelf in lower shelf position.   |
| Fruit pie - large<br>- Individual x 1   | 600 g               | 220 °C+<br>GRILL 2+<br>SIMMER<br>Micro | 10 mins                    | Remove product from foil container and place on the glass shelf in lower shelf position. |
|   |                     | HIGH Micro                             | 15-20 secs                 | Place in glass dish on base.   |
| Mince pies - x 2  | 110 g               | HIGH Micro                             | 20 secs                    | Place on micro-safe plate on base.   |
| Pancakes  | 250 g               | MEDIUM<br>Micro                        | 2 mins                     | Pierce packet and place in glass dish on base.   |
| Spotted dick  | 100 g               | MEDIUM<br>Micro                        | 1 min                      | Pierce film lid and place on base.   |
| Sponge pudding - large<br>Individual  | 365 g               | MEDIUM<br>Micro                        | 3 mins                     | Pierce film lid and place on base.   |
|   | 120 g               |  | 1½ mins                    |  |
| <b>CHRISTMAS PUDDING - Do not leave unattended as overheating can cause the food to ignite.</b>   |                     |  |                            |  |
| Small/slice   | 100 g               | MEDIUM<br>Micro                        | 1½ mins                    | Pierce film lid and place on base.   |
| Medium  | 227 g               | MEDIUM<br>Micro                        | 4 mins                     |  |
|   |                     | or HIGH Micro                          | 1½-2 mins                  |  |
| Large   | 454 g               | MEDIUM<br>Micro                        | 5 mins                     |  |
|   |                     | or HIGH Micro                          | 3 mins                     |  |
| <b>READY MEALS - Chilled. Transfer food from foil container to a similar sized heatproof dish. Healthy eating options will only slightly brown on combination because of the lower fat content.</b> |                     |  |                            |  |
| Cauliflower cheese  | 350 g               | 220 °C+<br>GRILL 1+<br>SIMMER<br>Micro | 10 mins                    | Place on glass shelf in the lower shelf position.  |

### ■ Points for checking

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

## Reheating charts

| Food                  | Weight/<br>Quantity | Power Level  | Time to Select<br>(approx) | Instructions/Guidelines   |
|-----------------------|---------------------|--|----------------------------|---|
| Cottage/shepherds pie | 450 g               | HIGH Micro<br>or<br>230 °C+<br>GRILL 1+<br>SIMMER<br>Micro | 7-8 mins<br><br>14-15 mins | Place on base.<br><br>Place on glass shelf on the lower shelf position. |
|                       | 1.2 kg              | 230 °C+<br>GRILL 1+<br>SIMMER<br>Micro                     | 18-20 mins                 | Place on glass shelf on the lower shelf position.                       |
| Fish/veg bake         | 450 g               | HIGH Micro<br>or<br>230 °C+<br>GRILL 1+<br>SIMMER<br>Micro | 7 mins<br><br>12-14 mins   | Place on base.<br><br>Place on glass shelf on the lower shelf position. |
|                       | 700 g               | 220 °C+<br>GRILL 1+<br>SIMMER<br>Micro                     | 15 mins                    | Place on glass shelf on the lower shelf position.                       |
| Onion bhajis/samosas  | 300 g               | 230 °C+<br>GRILL 1+<br>WARM<br>Micro                       | 9 mins                     | Place on glass shelf on lower shelf position. Turn halfway.             |
| Lasagne               | 450 g               | HIGH Micro<br>or<br>230 °C+<br>GRILL 1+<br>SIMMER<br>Micro | 5 mins<br><br>10-12 mins   | Place on base.<br><br>Place on glass shelf on the lower shelf position. |
|                       | 600 g               | 220 °C+<br>GRILL 2+<br>SIMMER<br>Micro                     | 11-12 mins                 | Place on glass shelf on the lower shelf position.                       |
|                       | 1.2 kg              | 230 °C+<br>GRILL 1+<br>SIMMER<br>Micro                     | 17 mins                    | Place on glass shelf on the lower shelf position.                       |
| Macaroni cheese       | 450 g               | 220 °C+<br>GRILL 1+<br>SIMMER<br>Micro                     | 8 mins                     | Place on glass shelf on the lower shelf position.                       |
|                       | 1.2 kg              | 220 °C+<br>GRILL 2+<br>SIMMER<br>Micro                     | 15 mins                    | Place on glass shelf on the lower shelf position.                       |

### ■ Points for checking

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

## Reheating charts

| Food   | Weight/<br>Quantity | Power Level  | Time to Select<br>(approx)   | Instructions/Guidelines   |
|--|---------------------|--|------------------------------|---|
| <b>READY MEALS - Chilled.</b><br>Transfer food from foil container to a similar sized heatproof dish. Healthy eating options will only slightly brown on combination because of the lower fat content. |                     |  |                              |   |
| Chilled mashed potato  | 450 g               | MEDIUM<br>Micro                                      | 6-7 mins                     | Pierce lid and place on base. Stir halfway.                         |
| Carrot and swede mash  | 500 g               | MEDIUM<br>Micro                                      | 6-7 mins                     | Pierce lid and place on base. Stir halfway                          |
| Spring rolls x 4   | 270 g               | 230 °C+<br>GRILL 2+<br>WARM<br>Micro                 | 9-10 mins                    | Place on glass shelf on lower shelf position.                       |
| <b>READY MEALS - Frozen.</b><br>Transfer food from foil container to a similar sized heatproof dish. Remove any covering/lid film lid.   |                     |  |                              |   |
| Cauliflower cheese   | 400 g               | 220 °C +<br>SIMMER<br>Micro                          | 20-25 mins                   | Place on glass shelf in lower shelf position.                       |
| Cottage/fish/<br>shepherds pie   | 450 g               | HIGH Micro<br>or<br>230 °C+<br>GRILL 2+<br>LOW Micro | 10 mins<br><br>15 mins       | Place on base.<br><br>Place on glass shelf in lower shelf position. |
| Lasagne/cannelloni   | 400 g               | HIGH Micro<br>or<br>230 °C+<br>GRILL 2+<br>LOW Micro | 10-12 mins<br><br>20-22 mins | Place on base.<br><br>Place on glass shelf in lower shelf position. |
| Macaroni cheese  | 400 g               | HIGH Micro<br>or<br>220 °C+<br>SIMMER<br>Micro       | 10-12 mins<br><br>18-20 mins | Place on base.<br><br>Place on glass shelf in lower shelf position. |
| <b>QUORN®</b>  |                     |  |                              |   |
| Burgers  | 200 g (4)           | MEDIUM<br>Micro                                      | 4 mins                       | Place in glass dish.  |
| Escalopes  | 240 g (2)           | 220 °C+<br>GRILL 1+<br>SIMMER<br>Micro               | 6-8 mins                     | Place on glass shelf in lower shelf position.                       |

### ■ Points for checking

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

## Cooking charts

| Food  | Weight/<br>Quantity | Power Level                           | Time to Select<br>(approx)                    | Instructions/Guidelines   |
|---|---------------------|---------------------------------------|---|---|
| <b>BREAD</b>  |                     |                                       |   |   |
| Part-baked rolls  | 300 g (6)           | 230 °C+<br>GRILL 1+<br>WARM<br>Micro  | 10 mins                                       | Place on glass shelf in lower shelf position.   |
| Part-baked garlic baguette/ciabatta   | 170 g               | 230 °C+<br>GRILL 1+<br>WARM<br>Micro  | 9-10 mins                                     | Place on glass shelf in lower shelf position.   |
| Garlic doughballs x 12  | 165 g               | 230 °C+<br>GRILL 1+<br>WARM<br>Micro  | 10 mins                                       | Place on glass shelf in lower shelf position.   |
| <b>BACON AND PORK - from raw - CAUTION: Hot fat! Remove accessories with care.</b>  |                     |                                       |   |   |
| Bacon rashers   | 300 g (8)           | HIGH Micro<br>or<br>GRILL 1           | 4 mins or<br>50 secs per rasher<br>10-12 mins | Place on micro-safe rack or plate on base and cover with kitchen towel to minimise splatter. Place on enamel shelf in upper shelf position. |
| Gammon steaks x 2   | 500 g               | MEDIUM<br>Micro                       | 7-8 mins                                      | Place on a glass dish and cover with pierced cling film. Place on base of oven.   |
| Pork joint  |                     | 230 °C<br>Followed by<br>190 °C       | for 30 mins then<br>40 mins per 500 g         | Preheat oven. Place joint on enamel shelf in lower shelf position. Leave for 10 mins after cooking and before carving.                      |
| Pork loin steaks  | 500 g (5)           | GRILL 1                               | 20-22 mins                                    | Place on enamel shelf in upper shelf position. Turn halfway.  |
| Gammon joint  | 800 g               | 180 °C                                | 30 mins per 500 g<br>plus 30 mins extra       | Preheat oven. Place joint on enamel shelf in lower shelf position.  |
| <b>BEANS &amp; PULSES - should be pre-soaked in cold water overnight (boiling water split yellow peas) except lentils which do not need to be pre-soaked.</b> |                     |                                       |   |   |
| Black eyed peas   | 250 g               | HIGH Micro<br>then<br>SIMMER<br>Micro | 10 mins then<br>40 mins                       | Use 600 ml (1 pt) boiling water in a large bowl. Cover.   |
| Chick peas  | 250 g               | HIGH Micro<br>then<br>SIMMER<br>Micro | 10 mins then<br>40 mins                       | Use 600 ml (1 pt) boiling water in a large bowl. Cover.   |
| Haricot beans   | 250 g               | HIGH Micro<br>then<br>SIMMER<br>Micro | 10 mins then<br>40 mins                       | Use 600 ml (1 pt) boiling water in a large bowl. Cover.   |
| Lentils   | 250 g               | HIGH Micro                            | 12 mins                                       | Use 600 ml (1 pt) boiling water in a large bowl. Cover.   |

### ■ Points for checking

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

## Cooking charts

| Food  | Weight/<br>Quantity | Power Level   | Time to Select<br>(approx)  | Instructions/Guidelines   |
|---|---------------------|---|---|---|
| <b>BEANS &amp; PULSES - should be pre-soaked in cold water overnight (boiling water split yellow peas) except lentils which do not need to be pre-soaked.</b> |                     |   |   |   |
| Marrowfat peas  | 250 g               | HIGH Micro<br>then<br>SIMMER<br>Micro                           | 3 mins then<br>40 mins  | Use 600 ml (1 pt) boiling water in a large bowl. Cover.   |
| Red kidney beans  | 250 g               | HIGH Micro<br>then<br>SIMMER<br>Micro                           | 15 mins then<br>40 mins   | Use 600 ml (1 pt) boiling water in a large bowl. Cover. Must boil for at least 12 mins to destroy toxic enzymes.  |
| Split yellow peas   | 250 g               | HIGH Micro<br>then<br>SIMMER<br>Micro                           | 10 mins then<br>30 mins   | Use 600 ml (1 pt) boiling water in a large bowl. Cover.   |
| <b>BEEF - CAUTION: Hot fat! Remove dish with care. Recommended temperatures for beef are: Rare 60 °C; medium 70 °C; well done 80 °C.</b>                      |                     |   |   |   |
| Beef burgers ( fresh)   | 227 g (2)           | GRILL 1   | 15 mins   | Place on enamel shelf in upper shelf position. Turn halfway.  |
| Beef burgers (frozen raw)   | 227 g (4)           | GRILL 1   | 14-15 mins  | Place on enamel shelf in upper shelf position. Turn halfway.  |
| Joint   |                     | 230 °C<br>followed by<br>180 °C                                 | 20 mins<br>per 450 g/1 lb<br>Rare: 20 mins<br>Medium: 30 mins<br>Well done:<br>40-50 mins | Preheat oven.<br>Place on enamel shelf in lower shelf position. Turn halfway.   |
| Mince   |                     | HIGH then<br>MEDIUM<br>Micro                                    | 10 mins<br>then 15 mins per<br>500 g  | Place in micro safe dish with enough stock to cover meat. Add seasonings. Cover and stir halfway.   |
| Rump/ sirloin   | 250 g               | GRILL 1   | Medium: 14 mins<br>Well done:<br>18 mins  | Place on enamel shelf in upper shelf position. Turn halfway.  |
| <b>BEEF - CAUTION: Hot fat! Remove dish with care.</b>  |                     |   |   |   |
| Stewing steak   | 450-675 g           | HIGH then<br>SIMMER<br>Micro<br>or<br>160 °C +<br>WARM<br>Micro | 10 mins then<br>60 mins<br><br>1hour -<br>1hour 30 mins                                   | Place in micro-safe dish. Add enough stock to cover meat and vegetables. Cover, place on base and stir halfway.<br><br>Place in casserole dish with lid. Add stock and vegetables. Cover, place on base and stir halfway. |

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## Cooking charts

| Food  | Weight/<br>Quantity | Power Level                            | Time to Select<br>(approx)         | Instructions/Guidelines   |
|---|---------------------|--|------------------------------------|---|
| <b>CHICKEN from raw - CAUTION: Hot fat! Remove accessory with care.</b> |                     |  |                                    |   |
| Breasts, boneless and skinless  | 200 g               | MEDIUM<br>Micro                        | 5-6 mins                           | Place in glass dish. Cover. Place on base of oven.  |
|   | 400 g               | MEDIUM<br>Micro                        | 11 mins                            |   |
|   | 400 g               | 230 °C +<br>GRILL 1                    | 20 mins                            | Place on enamel shelf in lower shelf position.  |
| Coated chicken breast   | 350 g               | 230 °C +<br>GRILL +<br>WARM<br>Micro   | 12 mins                            | Place on glass shelf in lower shelf position.   |
| Chicken legs  | 1.0 kg              | MEDIUM<br>Micro                        | 17 mins                            | Place in glass dish on base of the oven. Cover.   |
|   |                     | or<br>230 °C +<br>GRILL 1              | 25 mins                            | Place on enamel shelf in lower shelf position. Turn halfway.  |
| Drumsticks/thighs   | 600 g (5)           | MEDIUM<br>Micro                        | 12 mins                            | Place in glass dish on base of oven.  |
|   |                     | or<br>GRILL 1                          | 25 mins                            | Place on enamel shelf in upper shelf position. Turn halfway.  |
|   |                     | or<br>230 °C +<br>GRILL 1              | 18-20 mins                         | Place on enamel shelf in upper shelf position. Turn halfway.  |
| Kiev (fresh)  | 260 g (2)           | 230 °C+<br>GRILL 1+<br>SIMMER<br>Micro | 10 mins                            | Place on glass shelf in lower shelf position.   |
| Whole/breast joints   |                     | MEDIUM<br>Micro                        | 8 mins per 450 g                   | Place in glass dish on base of oven. Cover.   |
|   |                     | 190 °C +<br>SIMMER<br>Micro            | 12-13 mins<br>per 450 g            | Place chicken breast side down on an upturned saucer in glass dish on base of oven. Turn halfway.   |
| <b>EGGS - Poached.</b>  |                     |  |                                    |   |
| 1 Egg   | 45 ml water         | HIGH Micro<br>then<br>MEDIUM<br>Micro  | 1 min 10 secs<br><br>40 secs       | <ul style="list-style-type: none"> <li>- Place water in a shallow dish and heat for 1st cooking time.</li> <li>- Add egg (size 3).</li> <li>- Pierce yolk and white.</li> <li>- Cover.</li> <li>- Cook for 2nd cooking time.</li> <li>- Then leave to stand for 1 min.</li> </ul> |
| 2 Egg   | 90 ml water         | HIGH Micro<br>then<br>MEDIUM<br>Micro  | 1 min 40 secs<br><br>1 min 30 secs |   |
| 4 Egg   | 180 ml water        | HIGH Micro<br>then<br>MEDIUM<br>Micro  | 3 mins<br><br>3 mins               |   |

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## Cooking charts

| Food  | Weight/<br>Quantity | Power Level                          | Time to Select<br>(approx)        | Instructions/Guidelines  |
|---|---------------------|--------------------------------------|-----------------------------------|--|
| <b>EGGS - Scrambled. Use microwave safe bowl.</b> |                     |                                      |                                   |  |
| 1 Egg   |                     | HIGH Micro                           | 30 secs                           | - Add 1 tbsp of milk for each egg used.<br>- Beat eggs, milk and knob of butter together.<br>- Place bowl on base.<br>- Cook for 1st cooking time then stir.<br>- Cook for 2nd cooking time stirring halfway then stand for 1 min. |
| 2 Eggs  |                     | HIGH Micro                           | 30 secs<br>1 min                  |  |
| 4 Eggs  |                     | HIGH Micro                           | 20 secs<br>1 min 30 secs<br>1 min |  |
| <b>FISH - FRESH from raw.</b>                     |                     |                                      |                                   |  |
| Lightly dusted fillets                            | 265 g (2)           | 230 °C+<br>GRILL 2+<br>WARM<br>Micro | 10-12 mins                        | Place on glass shelf in lower shelf position.  |
| Breaded Fillets                                   | 350 g (2)           | 230 °C+<br>GRILL 1+<br>WARM<br>Micro | 15 mins                           | Place on glass shelf in lower shelf position.  |
| Cakes   | 270 g (2)           | 230 °C+<br>GRILL 1+<br>WARM<br>Micro | 10 mins                           | Place on glass shelf in lower shelf position.  |
| Fillets   | 300 g               | MEDIUM<br>Micro                      | 5-6 mins                          | Place in glass dish. Add 1 tbsp (15 ml) water. Cover with pierced cling film and place on base of oven.  |
|   | 700 g               | MEDIUM<br>Micro                      | 10 mins                           |  |
| Steaks  | 300 g (2)           | 190 °C+<br>SIMMER<br>Micro           | 12 mins                           | Place on glass shelf in lower shelf position.  |
| Whole x 1   | 225 g/300 g         | HIGH Micro                           | 3-4 mins                          | Place in glass dish and pierce skin. Add 30 ml of liquid. Cover with pierced cling film and place on base of oven.   |
| Whole x 2   | 500-600 g           | 180 °C+<br>SIMMER<br>Micro           | 10-12 mins                        | Place on glass shelf in lower shelf position.  |

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## Cooking charts

| Food  | Weight/<br>Quantity    | Power Level                            | Time to Select<br>(approx)        | Instructions/Guidelines   |
|---|------------------------|--|-----------------------------------|---|
| <b>FISH - FROZEN from raw.</b>  |                        |  |                                   |   |
| Breaded fillets   | 200 g (2)              | 230 °C+<br>GRILL 2+<br>SIMMER<br>Micro | 12 mins                           | Place on glass shelf in lower shelf position. Turn halfway.                     |
| Cakes   | 270 g (2)              | 230 °C+<br>GRILL 2+<br>WARM<br>Micro   | 14 mins                           |   |
| Fish fingers  | 110 g (4)<br>230 g (8) | 230 °C+<br>GRILL 2+<br>SIMMER<br>Micro | 6-8 mins<br>8-10 mins             | Place on glass shelf in lower shelf position.                                   |
| Fillets   | 200 g                  | MEDIUM<br>Micro                        | 8 mins                            | Place in glass dish, and cover with pierced cling film.                         |
| Scampi  | 280 g                  | 230 °C+<br>GRILL 2+<br>SIMMER<br>Micro | 10 mins                           | Place on glass shelf in lower shelf position.                                   |
| Boil in the bag   | 150 g                  | MEDIUM<br>Micro                        | 6 mins                            | Place bag sauce side down in glass dish. Pierce top. Shake bag halfway through. |
| <b>FRUIT - Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on base of oven.</b> |                        |  |                                   |   |
| Baked apple-cored   | 200 g                  | MEDIUM<br>Micro                        | 4 mins                            | Place in glass dish on base of oven.  |
| Apples - stewed   | 500 g                  |  | 10-11 mins                        | Place in glass dish on base of oven. Add 15 ml (1 tbsp) water. Cover.           |
| Apricots-stewed   | 300 g                  |  | 5-6 mins                          |   |
| Pears - stewed  | 500 g                  |  | 8 mins                            |   |
| Plums - poached   | 400 g                  | HIGH Micro                             | 8 mins                            | Add 300 ml (½ pt) of water. Only half fill dish. Cover.                         |
| Plums - stewed  | 400 g                  | MEDIUM<br>Micro                        | 7-8 mins                          | Add 15 ml (1 tbsp) water. Cover.  |
| Rhubarb - stewed  | 500 g                  |  | 6 mins                            |   |
| <b>GAME- Caution: Hot fat! Remove dish with care.</b>   |                        |  |                                   |   |
| Duck breast fillets   | 400 g                  | 200 °C                                 | 30 mins                           | Preheat oven. Prick the skin and place in enamel shelf in lower shelf position. |
| Duck, whole   |                        | 190 °C                                 | 30 mins<br>per 450 g              |   |
| Crispy duck-reheat  | 500 g                  | 230 °C                                 | 20 mins                           | Preheat oven and place duck on enamel shelf in lower shelf position.            |
| Pheasant, whole   |                        | 180 °C                                 | 20 mins per 450 g<br>plus 20 mins | Preheat oven. Place on enamel shelf in lower shelf position.                    |

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## Cooking charts

| Food  | Weight/<br>Quantity     | Power Level                      | Time to Select<br>(approx)   | Instructions/Guidelines  |
|---|-------------------------|----------------------------------|--|--|
| <b>LAMB - from raw - CAUTION: Hot Fat! Remove accessory with care.</b>  |                         |                                  |  |  |
| Joint   |                         | 180 °C                           | Medium: 25 mins per 450 g plus 25 minutes or Well done: 30 mins per 450 g plus 30 minutes. | Preheat oven. Place joint on enamel shelf in lower shelf position. Turn halfway. Once cooked allow the joint to stand for 10 minutes - this will make the joint easier to carve. |
| Loin/ leg steaks  | 600 g (4)               | GRILL 1                          | Medium: 19-20 mins<br>Well Done: 22-25 mins  | Place on enamel shelf in upper shelf position. Turn halfway.   |
| Chops/cutlets   | 400 g (4)               | GRILL 1                          | Medium: 12-14 mins<br>Well Done: 16-18 mins  |  |
| Casserole/stewing Lamb  |                         | 160 °C+<br>WARM<br>Micro         | 1hr 20 mins -<br>1hr 30 mins   | Place in casserole, add stock and vegetables, cover with lid and place on base. Stir halfway.  |
| <b>PASTA. Use 3 litre (6 pt) large bowl</b>   |                         |                                  |  |  |
| Fusilli/ macaroni/ penne  | 200 g                   | HIGH Micro                       | 12 mins  | Use 550 ml (1 pint) boiling water. Add 15 ml oil. Cover. Stir halfway.   |
| Linguine/tagliatelle  | 250 g                   |                                  | 10-12 mins   | Use 700 ml (1 ¼ pt) boiling water.   |
| Spaghetti   | 250 g                   |                                  | 8-10 mins  | Add 15 ml oil. Cover. Stir halfway.  |
| <b>PIZZA - FRESH chilled - N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.</b> |                         |                                  |  |  |
| Deep pan  | 555 g                   | 230 °C+<br>GRILL 1+<br>LOW Micro | 10-11 mins   | Place directly on wire shelf in middle shelf position.   |
| Thin and crispy   | 150 g<br>335 g<br>370 g | 230 °C+<br>GRILL 1+<br>LOW Micro | 4-5½ mins<br>6 mins<br>7 mins  | Place pizza directly on wire shelf in middle shelf position  |
| <b>PIZZA - FROZEN - N.B. Remove all packaging.</b>  |                         |                                  |  |  |
| Deep pan  | 440 g                   | 230 °C+<br>GRILL 1+<br>LOW Micro | 10-12 mins   | Place directly on wire shelf in middle shelf position.   |
| Individual deep   | 320 g (2)               | 230 °C+<br>GRILL 2+<br>LOW Micro | 10 mins  |  |
| Thin and crispy   | 335 g                   | 230 °C+<br>GRILL 1+<br>LOW Micro | 7-8 mins   |  |

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## Cooking charts

| Food   | Weight/<br>Quantity                 | Power Level                | Time to Select<br>(approx) | Instructions/Guidelines   |
|--|-------------------------------------|----------------------------|----------------------------|---|
| <b>PORRIDGE - N.B. Use a large bowl.</b>                                 |                                     |                            |                            |   |
| 1 serving  | 25 g oats<br>150 ml<br>(¼ pt) milk  | HIGH Micro                 | 2 mins                     | Place on base and stir halfway.   |
| 2 servings   | 50 g oats<br>275 ml<br>(½ pt) milk  |                            | 3 mins                     |   |
| 4 servings   | 100 g oats<br>550 ml<br>(1 pt) milk |                            | 5 mins                     |   |
| <b>POTATO PRODUCTS part cooked - FROZEN</b>                              |                                     |                            |                            |   |
| Croquettes/<br>smiley faces  | 300 g                               | 230 °C+<br>GRILL 1         | 10-12 mins                 | Place on enamel shelf in upper<br>shelf position. Turn halfway.                           |
| Hash browns  |                                     |                            | 10-12 mins                 |   |
| Oven fries   |                                     | 10 mins                    |                            |   |
| Potato wedges  |                                     | 230 °C                     | 17 mins                    |   |
| Southern fries   |                                     | 230 °C                     | 15 mins                    |   |
| Waffles  |                                     | 230 °C+<br>GRILL 1         | 10-12 mins                 |   |
| <b>RICE Use 3 litre (6 pt) large bowl</b>                                |                                     |                            |                            |   |
| Basmati  | 250 g                               | HIGH Micro                 | 8-10 mins                  | Use 550 ml (1 pt) boiling water.<br>Cover and stir halfway.                               |
| Easy cook long grain   |                                     |                            | 10 mins                    |   |
| Long grain white   |                                     |                            | 10 mins                    |   |
| Steam rice   |                                     |                            | 3-4 mins                   | Place in glass dish.  |
| <b>SAUSAGES from raw - CAUTION: Hot Fat! Remove accessory with care.</b> |                                     |                            |                            |   |
| Cocktail sausages  | 390 g (30)                          | GRILL 1                    | 14 mins                    | Place on enamel shelf in upper<br>shelf position. Turn halfway.                           |
| Thick  | 454 g (8)                           |                            | 12-15 mins                 |   |
| Thin   | 340 g (12)                          |                            | 12 mins                    |   |
| Vegetarian   | 300 g (6)                           |                            | 12 mins                    |   |
| <b>TURKEY</b>  |                                     |                            |                            |   |
| Breasts, boneless and<br>skinless  | 400 g                               | MEDIUM<br>Micro            | 8 mins                     | Place in glass dish. Cover.   |
| Whole  |                                     | 190 °C+<br>SIMMER<br>Micro | 13-14 mins.<br>per 450 g   | Place in a glass roasting dish on<br>an upturned saucer on base of<br>oven. Turn halfway. |

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## Cooking charts

| Food  | Weight/<br>Quantity      | Power Level                            | Time to Select<br>(approx)                  | Instructions/Guidelines                       |
|---|--------------------------|--|---|---|
| <b>FRESH VEGETABLES - Place in shallow micro-safe dish.</b> |                          |  |   |   |
| Asparagus   | 200 g                    | MEDIUM<br>Micro                        | 4-4½ mins                                   | Add 45 ml (3 tbsp) water and cover.           |
| Baby corn   | 200 g                    |  | 5-6 mins                                    |   |
| Broad beans   | 200 g                    |  | 8 mins                                      |   |
| Runner beans  | 150 g                    |  | 5 mins                                      |   |
| Beetroot  | 450 g                    |  | 10-12 mins                                  |   |
| Broccoli  | 250 g                    |  | 5 mins                                      |   |
| Brussel sprouts   | 200 g                    |  | 5-6 mins                                    |   |
| Butternut squash  | 300 g                    |  | 9-10 mins                                   |   |
| Cabbage - sliced  | 300 g                    |  | 8 mins                                      |   |
| Carrots - sliced  | 200 g                    |  | 6-8 mins                                    |   |
| Cauliflower - florets                                       | 400 g                    |  | 10 mins                                     |   |
| Courgettes  | 250 g                    |  | 5 mins                                      |   |
| Corn on the cob   | x 2                      |  | 7 mins                                      |   |
| Parsnips - parboiled  | 300 g                    |  | 7 mins                                      |   |
| for roasting sliced   | 300 g                    |  | 8 mins                                      |   |
| Peas  | 200 g                    |  | 5 mins                                      |   |
| Potatoes - boiled   | 500 g                    | 10-12 mins                             |   |   |
| Potatoes - par-boiled                                       | 500 g                    | 6-7 mins                               |   |   |
| Jacket potatoes -<br>250 g each                             | x 1<br>x 2<br>x 4<br>x 6 | HIGH Micro                             | 6 mins<br>11 mins<br>23 mins<br>35 mins     | Place on glass shelf in lower shelf position. |
|   | x 1<br>x 2<br>x 4<br>x 6 | 230 °C+<br>GRILL 1+<br>SIMMER<br>Micro | 15 mins<br>20 mins<br>28-30 mins<br>35 mins | Place on glass shelf in lower shelf position. |
| Spinach   | 200 g                    | MEDIUM<br>Micro                        | 4 mins                                      | Add 45 ml (3 tbsp) water and cover.           |
| Sugar snap peas   | 200 g                    |  | 6 mins                                      |   |
| Swede - cubed   | 400 g                    |  | 10 mins                                     |   |
| - Diced for mashing   | 400 g                    |  | 15 mins                                     |   |
| Sweet potato  | 400 g                    |  | 10 mins                                     |   |
| Turnip  | 300 g                    | 12 mins                                |   |   |

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## Cooking charts

| Food   | Weight/<br>Quantity | Power Level     | Time to Select<br>(approx) | Instructions/Guidelines                        |
|--|---------------------|-----------------|----------------------------|--|
| <b>FROZEN VEGETABLES - Place in shallow micro-safe dish.</b> |                     |                 |                            |  |
| Battered onion rings   | 250 g               | 230 °C          | 20 mins                    | Place on enamel shelf in upper shelf position. |
| Beans - broad  | 200 g               | MEDIUM<br>Micro | 7-8 mins                   | Add 30 ml (2 tbsp) water. Cover.               |
| Beans - green  | 200 g               | MEDIUM<br>Micro | 8-9 mins                   |  |
| Broccoli - florets   | 250 g               | MEDIUM<br>Micro | 7 mins                     |  |
| Carrots - sliced   | 200 g               | HIGH Micro      | 4 mins                     |  |
| Cauliflower  | 250 g               | MEDIUM<br>Micro | 8 mins                     |  |
| Mixed vegetables   | 200 g               | MEDIUM<br>Micro | 8 mins                     |  |
| Peas   | 200 g               | MEDIUM<br>Micro | 6-7 mins                   |  |
| Soya beans   | 200 g               | HIGH Micro      | 3-4 mins                   |  |
| Steam vegetables   | 125 g               | HIGH Micro      | 3 mins                     | Place in a glass dish on base of oven.         |
| Sweetcorn  | 200 g               | MEDIUM<br>Micro | 6 mins                     | Add 30 ml (2 tbsp) water. Cover.               |

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## Increasing and decreasing recipes

### Increasing recipes

- **To increase a recipe from 4 to 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 stand times by 5 mins per lb.
- 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 mins on MEDIUM power for 4 servings will become 40 mins on MEDIUM power for 6 servings.

- **When doubling a recipe from 4 to 8,** add on half the original cooking time, i.e. 30 mins on MEDIUM power for 4 servings will become 45 mins on MEDIUM power 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 mins on MEDIUM power for 4 servings will become 15-20 mins on MEDIUM power 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.

Many cookbooks refer to 650 W ovens, however since 1990 oven output powers have been set by a new standard (IEC). When using other cookbooks, the 1000 W

output power of your oven must be allowed for. Use the same power level suggested e.g. HIGH or MEDIUM 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.

## ingredients

**SERVES 4**

1 medium onion,  
coarsely chopped  
1 tbsp (15 ml) olive oil  
2 cloves garlic, crushed  
700 g (1 lb 5 oz) sweet potatoes,  
peeled and chopped  
1 large red pepper,  
deseeded and chopped  
700 ml (1 ¼ pt) vegetable stock  
150 (5 fl oz) ml coconut milk  
salt and pepper

**Dish: 1 Pyrex® bowl,  
3 litres (6 pt) capacity**

## Sweet potato soup

Place the onion, oil and garlic into a large bowl and cover. Place on base of the oven and cook on HIGH MICROWAVE for 2 mins. Add the potato and pepper. Cover and cook on HIGH MICROWAVE for 5 mins. Add stock, cover and cook on MEDIUM MICROWAVE for 20 mins, or until the potatoes are soft, stirring halfway. Allow to cool slightly. Place in liquidiser and puree until smooth. Stir in the coconut milk and season to taste. Heat on MEDIUM MICROWAVE for 3 mins, or until piping hot.

## ingredients

**SERVES 4**

5 large tomatoes  
30 ml (2 tbsp) olive oil  
1 onion, chopped  
450 g (1 lb) red or orange peppers,  
thinly sliced  
30 ml (2 tbsp) tomato purée  
Pinch of sugar  
475 ml vegetable stock  
60 ml (4 tbsp) soured cream  
(optional)  
salt and pepper  
Chopped fresh dill, to garnish

**Dish: large Pyrex® bowl**

## Tomato and red pepper soup

Skin the tomatoes by plunging them in boiling water for 30 seconds. Chop the flesh and reserve any juice. Place half the oil in a bowl with the onion and cover with pierced cling film. Cook on HIGH MICROWAVE for 2 minutes, stirring once. Add the peppers and remaining oil, mixing well. Cover and cook on HIGH MICROWAVE for 5 minutes, stirring halfway through cooking. Stir in the chopped tomatoes, tomato purée, seasoning, sugar and a few tablespoons of stock. Cover and cook on HIGH MICROWAVE for 4 minutes, stirring halfway through cooking, until the vegetables are tender. Stir in the rest of the stock and purée in a blender or food processor until smooth. Strain the soup to remove the skins and season to taste. Pour into bowls, swirl in the soured cream, if desired, and garnish with dill.

## ingredients

**SERVES 6**

1-3 green chillies  
7 cm (3") piece of root ginger,  
peeled and finely chopped  
2-3 lemongrass sticks – just the  
soft middle part finely chopped  
1 small pack of fresh coriander stalks,  
keep leaves for garnish  
7.5 ml (1½ tsp) Chinese five spice  
5 ml (1 tsp) ground cumin  
30 ml (2 tbsp) olive oil  
1 onion sliced  
1 butternut squash,  
around 1.1 kg whole weight  
600 ml (1 pt) vegetable stock  
400 g (14 oz) tin of low fat  
coconut milk  
juice of 2 limes  
salt and pepper

**Dish: 3 litre (6 pt) Pyrex® bowl**

## Thai butternut squash soup

Make the spicy paste by combining the first seven ingredients. Use a food processor or a pestle and mortar to do this. Add onion to the paste. Put in a large glass mixing bowl, cover with pierced cling film and cook on HIGH MICROWAVE for 5 mins. Peel and chop butternut squash scraping out all seeds and stringy bits. Add butternut squash and hot stock to the mixing bowl, cover with pierced cling film. Cook on HIGH MICROWAVE for 15-20 mins or until butternut squash is soft, stirring once during cooking time. Add coconut milk, juice of limes, salt and pepper. Liquidise. Stir and serve with coriander leaves.

## Stuffed mushrooms

Cook bacon rashers on a microwave rack or a dinner plate on HIGH MICROWAVE for 1-2 mins or until crisping and brown. When cool, chop into small pieces. In a small bowl, mix together grated cheese, bacon, mustard and breadcrumbs. Add beaten egg, milk, parsley and seasoning and mix until well combined. Fill mushroom cavities with mixture. Cut cheese slices into 1 cm squares and place on top of filling. Place one tomato slice on top of each mushroom. Place mushrooms in a circle on a plate and cook on the base of the oven on HIGH MICROWAVE for 4 mins or until cheese starts to melt and mushrooms are just cooked.

## ingredients

### SERVES 4 - 6

2 streaky bacon rashers  
25 g (1 oz) grated cheese  
3 ml (½ tsp) French mustard  
50 g (2 oz) fresh breadcrumbs  
1 egg  
60 ml (4 tbsp) milk  
15 ml (1 tbsp) fresh parsley, chopped  
salt and pepper  
275 g (10 oz) flat mushrooms, approx 2.5 cm (1") in diameter, stalks removed  
2 thin slices of cheddar cheese  
1 tomato, thinly sliced

**Dish: microwave rack or dinner plate and 1 large dinner plate**

## Onion & feta tarts

Roll out the puff pastry and cut out 6 circles, each about 10 cm diameter. Refrigerate the pastry for 30 mins. Put the onion and oil in a glass dish. Cover and cook for 3-4 minutes on HIGH MICROWAVE. Preheat on CONVECTION 220 °C. Add the pine nuts, cheese, olives, sun-dried tomatoes and capers to the onions. Season. Place 6 pastry circles on the enamel shelf and prick them with a fork. Divide the mixture between the six pastry circles. Cook the tartlets on middle shelf position CONVECTION 220 °C for 10-15 mins or until golden.

## ingredients

### SERVES 4 - 6

250 g (9 oz) of puff pastry  
30 ml (2 tbsp) olive oil  
150 g (5 oz) peeled and sliced onions  
25 g (1 oz) pine nuts  
75 g (3 oz) feta-type cheese in small pieces  
25 g (1 oz) black olives, stoned and chopped  
25 g (1 oz) sun-dried tomatoes (in oil or rehydrated), roughly chopped  
10 g (1 tbsp) capers  
salt and pepper  
Fresh oregano to garnish

**Dish: Pyrex® dish**  
**Oven accessory: enamel shelf**

## Teriyaki chicken skewers

Mix marinade in small glass bowl, heat on HIGH MICROWAVE for 30 secs to 1 min, or until the sugar has dissolved, leave to cool. Place the chicken in a glass bowl and coat the chicken in the marinade and leave for 4 hours in the refrigerator. Put chicken on skewers and place on wire self in middle shelf position. Cook on GRILL 1 + MEDIUM MICROWAVE for 10 mins or until cooked through, turning occasionally.

## ingredients

### SERVES 4

60 ml (4 tbsp) light soy sauce  
45 ml (3 tbsp) spring onions  
30 ml (2 tbsp) soft brown sugar  
15 ml (1 tbsp) rice vinegar or sherry  
10 ml (2 tsp) fresh ginger, finely grated  
5 ml (1 tsp) garlic, finely grated  
4 chicken thighs, cubed

**Dish: small Pyrex® bowl, skewers**  
**Oven accessory: wire shelf in middle shelf position**

## ingredients

**SERVES 4**

- 200 g (7 oz) or 4-5 large flat mushrooms
- 10 ml (2 tsp) olive oil
- 8 slices ciabatta
- 25 g (1 oz) softened butter beaten with 1 chopped clove of garlic
- 150 g (5 oz) jar roasted red peppers, sliced if necessary
- 100 g (4 oz) firm goat's cheese

**Dish: 1 Pyrex® bowl,**  
**Oven accessory: wire shelf**  
**in higher shelf position**

## ingredients

**SERVES 4**

- 200 g (7 oz) salmon, boned, skinned, and cut into bite-sized pieces.
- 125 g (4 oz) cooked peeled prawns
- juice of ½ lemon
- salt and pepper
- 125 g (4 oz) filo pastry
- 50 g (2 oz) butter, melted

**Dish: greased baking sheet**  
**32 x 23 cm (12 ½ x 9 inches)**  
**Oven accessory: wire shelf in**  
**lower shelf position**

## ingredients

**SERVES 4**

- 2 small French baguette, cut into 8 slices
- 60 ml (4 tbsp) cranberry sauce
- 175 g (6 oz) brie, sliced
- sesame seeds

**Oven accessory: wire shelf**

## ingredients

**MAKES 40 - 45**

- 115 g (4 oz) plain flour
- 115 g (4 oz) chilled butter, diced
- 115 g (4 oz) mature cheddar, finely grated
- 50 g (2 oz) can anchovy fillets in oil, drained and roughly chopped
- 50 g (2 oz) pitted black olives, roughly chopped
- ½ tsp cayenne pepper
- salt

**Oven accessory:**  
**enamel shelf in lower shelf**  
**position**

## Red pepper &amp; mushroom bruschetta

Slice mushrooms, place in a bowl and drizzle with olive oil. Place on base of oven, cover with pierced cling film and cook on MEDIUM MICROWAVE for 5 mins. Leave to cool slightly. Spread one side of each slice of ciabatta with garlic butter. Place the ciabatta slices on the wire shelf in higher shelf position and toast on GRILL 1 for 5 mins. Layer mushrooms and pepper on top of ciabatta slices. Cut the goat's cheese into 8 slices and put one slice on top of each stack. Place wire shelf in higher shelf position and cook on GRILL 1 + SIMMER MICROWAVE for 4-5 mins.

## Prawn &amp; salmon filo parcels

Combine salmon and prawns. Sprinkle with lemon juice and season to taste. Preheat the oven empty on CONVECTION 190 °C. Cut the filo pastry into 8 squares measuring 18 cm (7 inch). Brush 2 squares with the melted butter, covering the remaining squares with a damp tea towel. Place ¼ of the salmon & prawn mixture in the middle of one buttered filo square. Fold 2 sides of the filo to form a rectangle. Fold one of the open ends over the filling and the other one underneath. Place this parcel on the second buttered square and draw up the edges and seal the parcel. Repeat this process three more times. Place parcels on baking sheet, brush with melted butter and place on wire shelf. Cook in lower shelf position on CONVECTION 190 °C for 15 mins or until crisp and golden.

## Brie &amp; cranberry crostini

Preheat grill on GRILL 1. Place the slices of baguette on the wire shelf in the higher shelf position. Toast on GRILL 1 for 2-3 mins or until lightly toasted. Turn the slices over and spread each slice with cranberry sauce. Top with a slice of brie and sprinkle with sesame seeds. Return crostini's on wire shelf to the oven in the middle shelf position. Cook on GRILL 1 + SIMMER MICROWAVE for 5-6 mins or until cheese has started to melt and sesame seeds turn golden.

## Olive &amp; anchovy bites

Place the flour, butter, cheese, anchovies, olives and cayenne pepper in a food processor and pulse until mixture forms a firm dough. Cover the dough. Chill for 20 minutes. Preheat on CONVECTION 200 °C. Roll out the dough thinly on a lightly floured surface. Divide the dough in two. Cut the dough into 5 cm wide strips, then cut across each strip in alternate directions to make triangles. Transfer onto enamel shelf, cook in the lower shelf position on CONVECTION 200 °C for 8 - 10 minutes until golden. Repeat with another portion of dough. Cool on a wire rack. Sprinkle with sea salt.

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 (1 pt) of boiling water and 1 sliced lemon in a large bowl, cook on SIMMER power for 20 mins. 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. Large whole fish must have the tail and head shielded halfway through cooking with smooth pieces of tin foil secured with cocktail sticks.



#### 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 pierced cling film or lid.

#### Liquid

Fresh fish should always be sprinkled with 30 ml (2 tbsp) 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.



## ingredients

**SERVES 4**

500 g (1 lb 1 oz) frozen mixed seafood  
 250 ml (½ pt) milk  
 3 shallots  
 1 carrot  
 150 g (5 oz) mushrooms  
 30 g (1 oz) butter  
 3 tbsp (45 ml) flour  
 1 tbsp (15 ml) fruity white wine  
 1 tbsp (15 ml) chopped dill  
 salt and pepper  
 30 g (1 oz) grated emmental

**Dish: 1 Pyrex® bowl + 1 small shallow Pyrex® dish (24 cm (10") diameter)**  
**Oven Accessory: Wire shelf in lower shelf position**

## Seafood bake

Defrost the seafood for 6 mins on MEDIUM MICROWAVE, stirring several times. Drain and keep the liquid, adding 250 ml milk to it. Chop the shallots, the carrot and the mushrooms and cook this mixture in a bowl, covered, with 30 g of butter for 4 mins on HIGH MICROWAVE. Add 3 tbsp of flour, stir and cook again for 1 min on HIGH MICROWAVE then add the milk and juice from the seafood. Cook this sauce for 5-6 mins on HIGH MICROWAVE, stirring halfway (if the sauce isn't thick enough, you can add some sauce thickener mixed with white wine). Add 1 tbsp wine and the dill, check the seasoning once you've added the seafood. Pour into the baking dish. Sprinkle with grated cheese, place on wire shelf and cook 6 mins. On the middle shelf on GRILL 1 + MEDIUM MICROWAVE then 6-8 mins on GRILL 1.

## ingredients

**SERVES 4**

1 onion, finely chopped  
 1 garlic clove, crushed  
 25 g (1 oz) butter  
 225 g (8 oz) brown cap mushrooms, quartered  
 225 g (8 oz) Arborio (risotto) rice  
 juice and rind of 1 lemon  
 3 ml (½ tsp) saffron strands, crushed  
 300 ml (½ pt) hot vegetable stock  
 300 ml (½ pt) white wine  
 100 g (4 oz) frozen peas  
 300 g (11 oz) cooked peeled prawns  
 30 ml (2 tbsp) finely chopped chives

**Dish: large Pyrex® bowl**  
**Oven accessory: wire shelf in lower shelf position**

## Prawn risotto

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

## ingredients

**SERVES 2**

60 ml (4 tbsp) natural low fat yoghurt  
 30 ml (2 tbsp) sun-dried tomato pesto  
 30 ml (2 tbsp) chopped fresh parsley or dill  
 2 x 175 g (2 x 6 oz) cod or haddock fillets, skinned

**Dish: small shallow Pyrex® dish**  
**Oven accessory: wire shelf in lower shelf position**

## Sun dried tomato fish bake

In a Pyrex® dish mix the yoghurt, pesto and 1 tbsp of parsley or dill and season well. Place fish fillets in a Pyrex® dish and pour over the yoghurt sauce. Place on wire shelf on middle shelf position and cook on GRILL 1 + MEDIUM MICROWAVE for 6-8 mins. Sprinkle the remaining parsley or dill over the dish and serve with salad and crusty bread.

## Special occasion fish pie

Place the white fish and 2 tbsp water in shallow dish on base of oven. Cover with pierced cling film. Cook on FRESH FISH AUTO SENSOR PROGRAM or on MEDIUM MICROWAVE for 8 mins. Skin, bone and flake the fish. Place sliced potatoes in a large shallow dish with 3 tbsps water and cover. Place on base of oven and par-boil on MEDIUM MICROWAVE for 8 mins then allow to cool slightly. Put butter in a large bowl. Place on base of oven and melt on HIGH MICROWAVE for 30 seconds then stir in flour to make a roux. Mix in the milk and wine gradually, stirring continuously until well combined and cook on HIGH MICROWAVE for 3 mins. Stir and cook for a further 2-3 mins on HIGH MICROWAVE stirring halfway. Mix in the fish, mixed seafood, gherkins and herbs. Season and pour into the oval dish. Place sliced potatoes on top of fish sauce. Add capers then top with grated cheese. Place on wire shelf in lower shelf position and cook on CONVECTION 220 °C + SIMMER MICROWAVE for 25-35 mins or until piping hot and golden.

## ingredients

### SERVES 4

450 g (1 lb) white fish  
900 g (2 lb) potatoes, sliced  
50 g (2 oz) butter  
50 g (2 oz) flour  
450 ml (¾ pt) milk  
300 ml (½ pt) white wine  
450 g (1 lb) mixed seafood  
6 gherkins, diced  
15 ml (1 tbsp) fresh parsley  
10 ml (2 tsp) dill  
salt and pepper  
15 ml (1 tbsp) capers  
75 g (3 oz) cheddar cheese, grated

**Dish:** shallow oval Pyrex® dish, large Pyrex® bowl  
**Oven accessory:**  
No accessory then wire shelf in lower shelf position

FISH

## Thai steamed trout

Place fish fillets into a shallow dish, sprinkle the remaining ingredients on the top of the fish. Cover, place on base of the oven and cook on MEDIUM MICROWAVE for 4-5 mins, or until the fish is cooked through. Serve with rice.

## ingredients

### SERVES 2

2 trout fillets,  
approx 140 g (5 oz) each  
2 cloves of garlic, finely chopped  
1-2 small red chilli,  
finely chopped  
1 lime, zest and juice  
4 spring onions, finely chopped  
30 ml (2 tbsp) light soy sauce

**Dish:** shallow Pyrex® dish

## Steamed mussels with garlic

Scrub mussels and pull off any beards discarding any broken or open shells. Place oil, onion and garlic in a dish, cover with pierced cling film. Place on base of oven and cook on HIGH MICROWAVE for 2 mins. Add wine and cook on HIGH MICROWAVE for 3 mins. Add the mussels, cover dish with pierced cling film and cook on MEDIUM MICROWAVE for 5-6 mins. Discard any unopened shells. Add the parsley and stir before serving.

## ingredients

### SERVES 2

900 g (2 lb) mussels  
(weight in shells)  
15 ml (1 tbsp) olive oil  
1 onion finely chopped  
2 garlic cloves, crushed  
150 ml (¼ pt) dry white wine  
1 bunch flat-leaf parsley,  
finely chopped

**Dish:** large rectangular Pyrex® dish

## ingredients

**SERVES 6****For the sauce**

- 15 g (½ oz) butter
- 15 g (½ oz) flour
- 275 ml (½ pt) milk
- 350 g (12 oz) fresh haddock fillet
- 350 g (12 oz) fresh undyed smoked haddock
- 100 g (4 oz) prawns
- salt and pepper
- 1 tbsp chopped flat leaf parsley

**For the topping**

- 700 g (1 lb 8 oz) potatoes, peeled, chopped into small chunks
- 450 g (1 lb) sweet potatoes, peeled, chopped into small chunks
- 50 g (2 oz) butter

**Dish:** large jug,  
shallow oval Pyrex® dish  
**Oven accessory:** wire shelf in  
lower shelf position

## Prawn &amp; haddock pie

Put butter in large jug, place on base of oven and cook on HIGH MICROWAVE for 30 secs. Stir in flour to make a roux. Add the milk gradually, stirring continuously until well combined and cook for 2 mins on HIGH MICROWAVE. Stir and cook for a further 2 mins on HIGH MICROWAVE stirring halfway. Season and set aside. Place fresh and smoked haddock in dish with 2 tbsp water, cover with pierced cling film and place on base of oven. Cook fish on FRESH FISH AUTO SENSOR PROGRAM or on MEDIUM MICROWAVE for 10 mins. Flake the fish into a shallow oval dish and scatter the prawns over. Pour over the sauce, season and sprinkle with chopped parsley. Place white and sweet potatoes in a dish with 3 tbsp water. Place on base of oven, cover and cook on BOILED POTATOES AUTO SENSOR PROGRAM or on MEDIUM MICROWAVE for 10 - 12 mins until soft. Drain. Mash potato with 25 g (1 oz) butter. Spoon potato mix over the top of the fish mixture to cover. Fluff up with a fork. Place on wire shelf in lower shelf position and cook on CONVECTION 230 °C + GRILL 3 + LOW MICROWAVE for 15-20 mins.

## ingredients

**SERVES 4**

- 4 salmon fillets,
- each 100-150 g (4-6 oz)
- 50 g (2 oz) butter

**Marinade**

- 45 ml (3 tbsp) white wine
- 1 garlic clove, crushed
- 2.5 cm (1") fresh root ginger, finely grated

**Mango Salsa**

- 2 red chillies, seeds removed, thinly sliced
- 100 g (4 oz) peeled, cooked prawns
- 4 spring onions, thinly sliced
- 1 small garlic clove, finely chopped
- 1 ripe but firm avocado, peeled and chopped
- ½ ripe mango, peeled and chopped
- 1 lime, juice of

**Dish:** shallow Pyrex® dish

## Salmon with mango salsa

Mix the marinade ingredients together. Pour marinade over salmon in dish and leave to marinate for 2-3 hours in the fridge. Mix all the salsa ingredients together and chill in fridge. Place the salmon on the glass dish directly on base of oven. Cook salmon on MEDIUM MICROWAVE for 7-8 mins. Serve salmon with the salsa.

**NOTE:** For 2 fillets the marinade and salsa quantities should be halved and total cooking time on MEDIUM MICROWAVE should be reduced to 4-6 mins.

## Creamy cod & leek chowder

Place potatoes in a large shallow dish with 3 tbsps water and cover. Place on base of oven and cook on MEDIUM MICROWAVE for 7 mins. Place the butter and leeks in a large bowl. Place on the base of oven and cook on HIGH MICROWAVE for 2-3 mins and then add the potatoes. Stir in the flour and gradually add the fish stock and bay leaf. Cook on HIGH MICROWAVE for 8-10 mins or until the potato is tender. Stir halfway. Then stir in the milk, cod and prawns. Cook on MEDIUM MICROWAVE for 7-8 mins or until the fish is cooked. Remove the bay leaf and season to taste. Serve immediately.

## ingredients

### SERVES 4

500 g (1 lb 2 oz) potatoes, peeled, cut into 1 cm (½") cubes  
25 g (1 oz) butter  
2 large leeks, thickly sliced  
15 ml (1 tbsp) plain flour  
568 ml (1 pt) hot fish stock  
bay leaf  
275 ml (½ pt) milk  
250 g (9 oz) cod fillet, cubed  
10 tiger prawns, peeled

**Dish: large shallow Pyrex® dish and large Pyrex® bowl**

FISH

## Coconut fish curry

Sweat the chopped onion with the cubed pepper in the dish, covered, for 4-5 mins on HIGH MICROWAVE. Add the coconut milk, the peeled and chopped tomato, the curry paste and lemon juice; Cook on HIGH MICROWAVE for 3 mins before adding the fish cut into cubes. Cover and cook on HIGH MICROWAVE for 6-7 mins, stirring halfway through cooking time. Season to taste before serving. If you use 4 frozen fish fillets, cook approx. 13 mins on HIGH MICROWAVE, turning halfway through cooking time.

## ingredients

### SERVES 4 - 5

1 onion  
1 red pepper  
200 ml (7 fl oz) coconut milk  
1 tomato  
1 tbsp curry paste  
juice of ½ lemon  
600 g (1 lb 3 oz) coley or pollock  
salt and pepper

**Dish: 1 Pyrex® dish (22 cm diameter)**

## Mediterranean fish bake

Mix lemon juice, pesto and seasoning together and spoon over the fish in a non metallic dish. Leave to marinade in the fridge for 1-2 hours. Cut vegetables into even sized chunks and toss with the garlic and oil. Place in dish on the wire shelf in lower shelf position and cook on CONVECTION 220 °C + GRILL 2 + SIMMER MICROWAVE for 30 mins. Turn halfway. Scatter the black olives over the vegetables and place the fish and marinade on top of the vegetables. Cook on CONVECTION 220 °C + GRILL 3 + LOW MICROWAVE for 15-20 mins or until cooked through.

## ingredients

### SERVES 4

juice of ½ lemon  
100 g (4 oz) fresh pesto sauce  
salt and pepper  
4 x 175 g (6 oz) thick cut haddock or cod fillets  
700 g (1½ lb) waxy new potatoes (such as charlotte)  
2 medium red onions  
1 red pepper, seeded  
1 yellow pepper, seeded  
1 orange pepper, seeded  
2 garlic cloves, crushed  
15 ml (1 tbsp) extra virgin olive oil  
100 g (4 oz) black olives, chopped (optional)  
lemon wedges and crisp green salad, to serve

**Dish: large Pyrex® rectangular dish**  
**Oven accessory: Wire shelf in lower shelf position**

## ingredients

**SERVES 4**

4 salmon fillets or steaks each  
100-150 g (4-6 oz)  
30 ml (2 tbsp) white wine

**Sauce**

3 egg yolks  
30 ml (2 tbsp) white wine vinegar  
150 g (5 oz) chilled, unsalted  
butter, cut into cubes  
pepper

**Dish: shallow Pyrex® dish,  
1 litre (2 pt) jug**

## Salmon with hollandaise sauce

Place salmon in dish with wine. Place on base of oven, cover and cook on **MEDIUM MICROWAVE** for 8 mins. Leave to stand and make sauce. Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Place jug on base of oven and cook on **HIGH MICROWAVE** for 30 secs. Whisk. Cook on **HIGH MICROWAVE** for 10 secs. Whisk again and cook on **HIGH MICROWAVE** for 10 secs. Repeat 10 secs stages until sauce is thick and creamy. Season and serve immediately with the salmon.

**NOTE:** This sauce must not boil or the eggs will curdle.

## ingredients

**SERVES 4**

4 salmon fillets,  
each 100-150 g (4-6 oz)

**Marinade**

15 ml (1 tbsp) honey  
30 ml (2 tbsp) dark soy sauce  
15 ml (1 tbsp) sherry  
1 garlic clove, crushed  
5 ml (1 tsp) fresh root ginger,  
grated

**Dish: shallow Pyrex® dish**

## Soy &amp; honey salmon

Mix the marinade ingredients together. Pour marinade over salmon in dish and leave to marinate for 2-3 hours in the fridge. Cover salmon with pierced cling film and place on base of oven. Cook salmon on **MEDIUM MICROWAVE** for 7-8 mins.

**NOTE:** For 2 fillets the marinade quantities should be halved and total cooking time on **MEDIUM MICROWAVE** should be reduced to 4-6 mins.

### Defrosted joints

If the meat has previously been frozen, ensure it is properly thawed before cooking by microwave.

### Fat

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

### 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 pierced cling film or lid.

### 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.

**Crispy Bacon** - Cover with a plain piece of kitchen towel to minimise splatter. Cook on HIGH power for approx. 50 secs per rasher, or until desired crispness is achieved.

### 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 rack or upturned saucer to lift them out of their juices.

## ingredients

**SERVES 4**

1 large (350 g) potato  
5 ml (1 tsp) oil  
2 cloves of garlic, crushed  
1 medium onion, chopped  
350 g (12 oz) fresh lamb mince  
400 g (14 oz) can of tomatoes  
30 ml (2 tbsp) tomato puree  
1 large aubergine, sliced  
1 bay leaf  
5 ml (1 tsp) fresh thyme  
5 ml (1 tsp) dried oregano  
3 ml (½ tsp) cinnamon  
salt and pepper

**For the topping**

2 eggs  
150 ml (½ pt) Single cream  
100 g (4 oz) cheddar cheese,  
grated  
25 g (1 oz) Parmesan cheese,  
grated

**Dish: bowl, 1.5 litre (3 pt)  
Pyrex® casserole with lid,  
large shallow rectangular or  
oval Pyrex® dish  
Oven accessory: glass shelf  
in lower shelf position**

## Moussaka

Pierce skin of potato and cook on MEDIUM MICROWAVE for 10-12 mins, leave to cool slightly then slice. Place oil, garlic and onion in a bowl and cover. Place on base of oven and cook on MEDIUM MICROWAVE for 2 mins. Add lamb, tomatoes, puree, season and mix well. Cover and cook on HIGH MICROWAVE for 10 mins. Place aubergine in a dish with 3 tbsp water. Cover, place on base of oven and cook on MEDIUM MICROWAVE for 4 mins. Whisk eggs, cream and cheddar together. Arrange half the aubergine slices in the base of dish and spoon over half the lamb mixture and potato slices, repeat process again. Spread the cheese mixture over the top and sprinkle with Parmesan cheese. Place on glass shelf in lower shelf position and cook on CONVECTION 190 °C + SIMMER MICROWAVE for 15-18 mins or until topping is puffed and golden.

## ingredients

**SERVES 4**

30 ml (2 tbsps) cornflour  
15 ml (1 tbsp) caster sugar  
15 ml (1 tbsp) white wine vinegar  
15 ml (1 tbsp) orange juice  
15 ml (1 tbsp) tomato puree  
15 ml (1 tbsp) sherry  
juice from can of pineapple below  
seasoning to taste  
450 g pork fillet, diced  
½ green pepper, chopped  
225 g can pineapple chunks

**Dish: medium Pyrex® casserole**

## Sweet &amp; sour pork

Mix all sauce ingredients together. Layer pork, pepper and pineapple in casserole. Pour over sauce, cover and cook on MEDIUM MICROWAVE for 15 mins. Or until meat is tender, stirring occasionally.

## Layered chicken

Slice the chicken breasts into strips and place between plastic film and flatten using a rolling pin. Put chicken in a shallow dish with lemon juice, thyme, olive oil and seasoning. Allow to marinate for a couple of hours in the fridge. Preheat on CONVECTION 200 °C with enamel shelf in the lower shelf position. Carefully remove the enamel shelf from the oven using oven gloves. Spread the chicken out on the enamel shelf and put back in the oven. Cook on CONVECTION 200 °C for 10-15 mins or until cooked through, turning halfway. Remove chicken from the shelf and allow to cool slightly. Wash enamel shelf. Roll out pastry to a 25 x 25 cm square. Place ½ of the chicken on the centre third of the pastry. Cover with ½ of the peppers, then all of the brie followed by the rest of the peppers and finally the remaining chicken. Brush the edges of the pastry with beaten egg and draw up the two longer sides together over the filling and press the edges firmly together to seal. Flute the edges. Preheat the oven empty on CONVECTION 200 °C. Transfer the pastry onto the enamel shelf and brush with beaten egg. Sprinkle with parmesan cheese. Cook on CONVECTION 200 °C for 20-25 mins until the pastry is crisp and golden.

## Hungarian goulash

Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish. Cover, place on the base of the oven and cook on LOW MICROWAVE for 40 - 50 minutes or until the meat is tender. Remove from oven immediately stir in the soured cream.

## ingredients

### SERVES 4

2 boneless and skinless chicken breasts  
1 tbsp lemon juice  
1 tsp fresh thyme  
½ tbsp olive oil  
salt and pepper  
400 g (14 oz) ready made puff pastry  
125 g (5 oz) jar of red peppers, drained  
100 g (4 oz) ripe brie  
1 egg, beaten to glaze  
2 tbsp freshly grated parmesan

**Dish:** shallow dish

**Oven accessory:** enamel shelf in lower shelf position

## ingredients

### SERVES 4

700 g (1 lb 8 oz) braising steak, cubed  
50 g (2 oz) seasoned flour  
1 large onion  
1 red pepper, deseeded and chopped  
400 g (14 oz) canned, chopped tomatoes  
175 g (5 oz) mushrooms  
600 ml (1 pt) hot beef stock  
45 ml (3 tbsp) tomato puree  
30 ml (2 tbsp) paprika  
5 ml (1 tsp) sugar  
60 ml (4 tbsp) soured cream

**Dish:** large casserole  
**Pyrex® dish with lid**

## ingredients

**SERVES 4****Meat Sauce**

- 1 onion, chopped
- 1 clove garlic, crushed
- 5 ml (1 tsp) oil
- 400 g (14 oz) can chopped tomatoes
- 150 ml (5 fl oz) red wine
- 30 ml (2 tbsp) tomato puree
- 5 ml (1 tsp) mixed herbs
- 500 g (1 lb 1 oz) beef mince
- salt and pepper

**Lasagne**

- 1 quantity of White Pouring White Sauce (see page 125)
- 100 g (4 oz) grated cheese
- 5 ml (1 tsp) mustard
- salt and pepper
- 250 g (9 oz) fresh lasagne
- 50 g (2 oz) Parmesan cheese, grated

**Dish: 1.5 litre (3 pt) Pyrex®**  
casserole dish with lid,  
large rectangular dish

## Lasagne

Place onion, garlic and oil in casserole. Place on base of oven and cook on MEDIUM MICROWAVE for 3 mins. Place all other meat sauce ingredients in casserole. Stir well. Cover, cook on HIGH MICROWAVE for 10 mins. Then MEDIUM MICROWAVE for 15-20 mins or until cooked. Add mustard and grated cheese to white sauce and cover the base of the dish with a layer of white sauce, then a layer of lasagne, then a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of white sauce. Sprinkle parmesan cheese over the top. Place on the base of the oven and cook on LOW MICROWAVE + GRILL 1 for 10 mins. Then GRILL 1 for 3-5 mins or until golden brown.

## ingredients

**SERVES 4**

- 15 g (0.5 oz) dried porcini mushrooms
- 15 g (0.5 oz) butter
- 225 g (8 oz) mushrooms
- 1 large onion, peeled and finely chopped
- 150 ml (¼ pt) red wine
- 4 fillet steaks, roughly 150 g (5 oz)
- 375 g (13 oz) puff pastry
- 1 large egg, beaten
- salt and pepper

**Dish: large bowl,**  
greased enamel shelf in  
lower shelf position

## Mini boeuf en croute

Soak porcini mushrooms in boiling water for 20 mins. Drain and finely chop. Put the butter, all the mushrooms and onions in a bowl and cover. Place on the base of the oven and cook on HIGH MICROWAVE for 3 mins. Add wine to the mushroom mixture and cook on HIGH MICROWAVE for 7-8 mins. Preheat on CONVECTION 200 °C. Place the fillets on the enamel shelf in the middle shelf position and cook on CONVECTION 200 °C for 10-15 mins. Allow to cool. Cut the pastry into 4 pieces and roll each piece out of a 15 cm x 15 cm square and brush with beaten egg. Place a ¼ of the mushroom mixture into the centre of each pastry square and place a fillet on top. Season. Bring the corners of the pastry to the centre and place on greased enamel shelf. Brush with beaten egg. Cook on in the lower shelf position CONVECTION 220 °C for 15-20 mins for medium and 25-30 mins for well done.

## ingredients

**SERVES 4**

- 450 g (1 lb) lamb fillet, cut into slices
- 50 g (2 oz) plain flour
- salt and pepper
- 2.5 ml (½ tsp) thyme
- 1 medium onion, thinly sliced
- 250 g (9 oz) carrots, sliced
- 450 g (1 lb) potatoes, thinly sliced
- 500 ml (1 pint) stock

**Dish: 3 litre (6 pt)**  
Pyrex® casserole with lid

## Lamb hotpot

Coat the pieces of lamb in seasoned thyme flour and place in casserole dish. Layer the onions and carrots then the potatoes on top. Pour in the stock. Cover, place on base of oven and cook on CONVECTION 160 °C + WARM MICROWAVE for 1 hour 30 mins.

## Belgian beef casserole

Coat the beef in the seasoned flour and place in casserole. Add the remaining casserole ingredients. Cover with lid, place on base of oven and cook on CONVECTION 160 °C + WARM MICROWAVE for 1 - 1½ hours or until tender. Stir halfway.

### ingredients

#### SERVES 4

675 g (1½ lb) braising steak, cubed  
50 g (2 oz) seasoned flour  
2 large onions, sliced thinly  
1 clove garlic, crushed  
575 ml (1 pint) cream stout  
15 g (½ oz) brown sugar  
15 ml (1 tbsp) wine vinegar  
5 ml (1 tsp) mixed herbs

**Dish: 3 litre (6 pt) large  
Pyrex® casserole with lid**

## Steak & mushroom pudding

Coat the steak in seasoned flour and add to casserole with all the filling ingredients. Cover, place on base of oven and cook on CONVECTION 160 °C + WARM MICROWAVE for 1 hour 15 mins. Mix flour, salt and suet together. Mix to a firm dough with cold water. Roll out ¾ of the pastry to line basin. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. Place on base of oven and cook on HIGH MICROWAVE for 2 mins stirring once, or until gravy has thickened. Pour 60 ml (4 tbsp) of gravy over the meat and reserve the rest for serving. Roll remaining pastry to form a lid, moisten the edges and seal over the top of the meat. Place on base of oven and cook on MEDIUM MICROWAVE for 8-10 mins or until pastry looks dry.

### ingredients

#### SERVES 4

##### Filling

450 g (1 lb) braising steak, cubed  
25 g (1 oz) seasoned flour  
150 g (5 oz) mushrooms, sliced  
1 onion, chopped  
1 clove garlic, crushed  
5 ml (1 tsp) thyme  
275 ml (½ pt) hot beef stock  
275 ml (½ pt) cream stout

##### Pudding

175 g (6 oz) self-raising flour  
pinch salt  
75 g (3 oz) suet  
cold water to mix  
15 ml (1 tbsp) cornflour

**Dish: 1.5 litre (3 pt) Pyrex®  
casserole with lid +  
1.2 litre (2 pt) pudding basin**

## Shepherd's pie

Place potatoes in a dish with 3 tbsp water. Cover with pierced cling film, place on base of oven and cook on MEDIUM MICROWAVE for 13-15 mins until soft. Drain and mash well with the milk. Place onion, carrots and butter into dish. Place on base of oven and cook on MEDIUM MICROWAVE for 5 mins or until soft. Add minced meat to vegetables. Then add stock, worcestershire sauce, gravy thickening and tomato puree and season to taste. Cook on HIGH MICROWAVE for 15 mins then spread potato on top of the meat, using a fork to make a pattern on top. Sprinkle with cheese. Place dish on glass shelf in lower shelf position and cook on CONVECTION 190 °C + WARM MICROWAVE for approximately 20 mins or until top is crisp and golden.

### ingredients

#### SERVES 4

1 kg (2.2 lb) potatoes,  
peeled and cubed  
30 ml (2 tbsp) milk  
1 medium onion, chopped  
2 carrots, chopped  
25 g (1 oz) butter  
350 g (12 oz) lamb, minced  
275 ml (½ pt) hot lamb stock  
15 ml (1 tbsp) worcestershire

##### Sauce

15 ml (1 tbsp) gravy thickening  
15 ml (1 tbsp) tomato puree  
salt and pepper  
50 g (1 oz) cheese

**Dish: shallow dish,  
Pyrex® large rectangular dish  
Oven accessory:  
no accessory then glass  
shelf in lower shelf position**

## ingredients

**SERVES 4**

3 cardamom pods  
 ½ cinnamon stick  
 3 ml (¼ tsp) cumin seeds  
 5 ml (1 tsp) garam masala  
 5 ml (1 tsp) chilli flakes  
 2.5 cm (1") fresh root ginger, grated  
 1 garlic clove, crushed  
 25 g (1 oz) ground almonds  
 45 ml (3 tbsp) natural yoghurt  
 600 g (1 lb 5 oz) skinless chicken breast, cut into chunks  
 15 ml (1 tbsp) olive oil  
 2 onions, finely chopped  
 150 ml (½ pt) single cream  
 30 ml (2 tbsp) coriander, chopped

**Dish: 3 litre (6 pt) large Pyrex® casserole with lid**

## Chicken pasanda

Place the cardamom, cinnamon, cumin, garam masala, chilli, ginger, garlic, almonds and yoghurt into a non metallic bowl. Add chicken and stir well. Leave to marinate in the fridge for 2-3 hours. Place oil and onions in casserole. Place on base of oven and cook on HIGH MICROWAVE for 2 mins. Stir chicken into onions. Place casserole on base of oven, cover and cook on MEDIUM MICROWAVE for 15 mins. Stir. Cook for a further 10-15 mins on SIMMER MICROWAVE. Stir in cream and coriander and cook on MEDIUM MICROWAVE for 3 mins or until hot.

## ingredients

**SERVES 4**

1 onion, chopped  
 1 clove garlic, crushed  
 5 ml (1 tsp) oil  
 400 g (14 oz) can chopped tomatoes  
 150 ml (5 fl oz) red wine  
 30 ml (2 tbsp) tomato puree  
 5 ml (1 tsp) mixed herbs  
 500 g (1 lb 1 oz) beef mince  
 salt and pepper

**Dish: 1.5 litre (3 pt) Pyrex® casserole dish with lid**

## Savoury mince

Place onion, garlic and oil in casserole. Place on base of oven and cook on MEDIUM MICROWAVE for 3 mins. Place all other ingredients in casserole. Stir well. Cover, cook on HIGH MICROWAVE for 10 mins. Then MEDIUM MICROWAVE for 15-20 mins or until cooked. Variation: Chilli Con Carne add 400 g (14 oz) can red kidney beans drained, 5-10 ml (1-2 tsp) chilli powder and 1 diced green pepper with the onion, garlic and oil.

## ingredients

**SERVES 4**

50 g (2 oz) creamed coconut  
 275 ml (½ pt) boiling water  
 500 g (1 lb 2 oz) lamb fillet, cut into strips about 4 cm (½ inch) long  
 2 garlic cloves, crushed  
 2.5 cm (1 inch) fresh root ginger, finely grated  
 30 ml (2 tbsp) thai green curry paste  
 1 lime, grated rind and juice  
 30 ml (2 tbsp) fresh coriander

**Dish: 3 litre (6 pt) Pyrex® casserole with lid**

## Thai lamb curry

Mix the coconut with the boiling water. Mix all the remaining ingredients except the coriander with the lamb and leave to marinade in the fridge for 30 mins. Combine the coconut and the lamb mixture and stir well. Cover, place on base of oven and cook on CONVECTION 160 °C + WARM MICROWAVE for 55-60 mins stirring halfway. Garnish with fresh coriander.

## Cheesy chicken breasts

Mix the breadcrumbs with the cheese and season well. Dip each chicken breast in the garlic mayonnaise and then the crumbs until coated. Place on the glass shelf and cook on CONVECTION 230 °C + GRILL 3 + SIMMER MICROWAVE for 20-25 mins. Slice the chicken and serve.

### ingredients

#### SERVES 4

100 g (4 oz) ciabatta breadcrumbs  
75 g (3 oz) gruyere cheese, grated  
salt and pepper  
4 x 150 g chicken breast fillets,  
boneless and skinless  
50 g (2 oz) garlic mayonnaise

#### Dish: Pyrex® dish

Oven accessory: glass shelf  
in lower shelf position

## Marinated chicken breasts

Mix the selected marinade ingredients together. Pour marinade over chicken directly in dish and leave to marinate for 2-3 hours in the fridge. Place the chicken in an oven proof dish. Pour over half the marinade and cover. Place on base of oven. Cook chicken on LOW MICROWAVE for 7 mins. Pour the remaining marinade over the chicken and continue cooking on LOW MICROWAVE for 9-10 mins.

### ingredients

#### SERVES 4

4 x chicken breasts 600 g  
(1 lb 5 oz), boneless and  
skinless

#### Suggested Marinades:

##### Ginger and Soy

10 ml (2 tsp) sesame oil  
30 ml (2 tbsp) light soy sauce  
15 ml (1 tbsp) white wine  
1 garlic clove, crushed  
5 ml (1 tsp) fresh root ginger,  
grated

##### Lemon and Honey:

2 lemons, juice and zest  
30 ml (2 tbsp) honey  
1 garlic clove, crushed

##### Lemon and Thyme:

1 lemon, juice and zest  
45 ml (3 tbsp) white wine  
thyme, 4-5 sprigs

##### Sesame and Honey:

30 ml (2 tbsp) honey  
15 ml (1 tbsp) dark soy sauce  
25 g (1 oz) toasted sesame seeds

Dish: shallow Pyrex® dish

## Toad in the hole

Sift flour and salt in a bowl. Add eggs and half the liquid. Beat until smooth and gradually stir in remaining liquid. Put oil and sausages in tin and place on enamel shelf in lower shelf position. Preheat oven on CONVECTION 220 °C. Cook on CONVECTION 220 °C for 15 mins. Pour in the batter and cook on CONVECTION 220 °C for a further 20 mins or until the batter is well risen and golden brown.

### ingredients

#### SERVES 4

150 g (5 oz) plain flour  
3 ml (½ tsp) salt  
2 eggs  
150 ml (¼ pt) milk  
150 ml (¼ pt) water  
15-30 ml (1-2 tbsp) oil  
450 g (1 lb) sausages

#### Dish: 27 x 22 cm

(10 ½" x 8 ½") oblong tin

Oven accessory:  
enamel shelf in lower shelf  
position

## ingredients

**SERVES 6**

- 10 ml (¼ tbsp) ground ginger
- 3 ml (½ tsp) coarsely ground black pepper
- 8 ml (1½ tsp) ground cinnamon
- 10 ml (¼ tbsp) turmeric
- 15 ml (1 tbsp) paprika
- 3 ml (½ tsp) chilli powder/flakes
- 800 g (1 lb 12 oz) cubed boneless lamb
- 30 ml (2 tbsp) oil
- 300 g (11 oz) onions, chopped
- 2 crushed garlic cloves
- 3 ml (½ tsp) salt
- 150 g (5 oz) sliced carrots
- 150 g (5 oz) ready to eat dried apricots, chopped
- 40 g (1½ oz) sultanas or seedless raisins
- 65 g (2½ oz) toasted flaked almonds
- 10 ml (¼ tbsp) honey
- 150 ml (¼ pint) tomato juice
- 400 g (14 oz) can chopped tomatoes
- 300 ml (½ pint) vegetable stock

**Dish: 3 litre (6 pt) large Pyrex® casserole with lid**

## Spicy lamb tagine

Put spices into bowl and mix well. Add lamb and evenly coat with spices. Place oil, onions and garlic in casserole. Place on base of oven and cook on MEDIUM MICROWAVE for 5 mins. Add lamb mixture and mix thoroughly. Stir in remaining ingredients and cover. Cook on CONVECTION 160 °C + WARM MICROWAVE for 1-1½ hours or until tender, stir halfway.

## ingredients

**SERVES 4**

- 1 kg (2 lb 2 oz) pork spare ribs
- 150 ml (¼ pt) water
- For the glaze**
- 150 g (5 oz) orange marmalade preferably shred less or fine shred
- 25 g (1 oz) dark muscovado sugar
- 100 ml (4 fl oz) fresh orange juice
- 5 cm (2 inch) piece fresh root ginger, peeled and coarsely grated
- 75 ml (5 tbsp) tomato ketchup
- 30 ml (2 tbsp) white wine vinegar

**Dish: 20 x 25 cm (8 x 10 inch) rectangular dish, large bowl**  
**Oven accessory: wire shelf in lower shelf position**

## Sticky ribs

Place the ribs in a single layer in dish with the water. Cover with pierced cling film and place on base of oven and cook on MEDIUM MICROWAVE for 10 mins. Drain. Meanwhile, mix together all the ingredients for the glaze in a large bowl. Place on base of oven and cook on HIGH MICROWAVE for 5 mins. Pour glaze over ribs and place dish on wire shelf in lower shelf position. Cook on CONVECTION 230 °C + GRILL 3 + LOW MICROWAVE for 15 mins. Turn halfway and baste.

## Creamy chicken gratin

Slice the leeks and place in a large bowl with the butter. Place on base of oven and cook on MEDIUM MICROWAVE for 10 mins or until softened. Add the flour and mix well. Stir in the milk and heat on HIGH MICROWAVE for 4-5 mins or until thickened stirring halfway. Add the chicken, ham and cheese then season and mix well. Pour into the dish. Place on glass shelf in lower shelf position and cook on CONVECTION 230 °C + GRILL 3 + LOW MICROWAVE for 15-20 mins or until piping hot and golden.

## ingredients

### SERVES 4

350 g (12 oz) leeks, trimmed  
25 g (1 oz) butter  
25 g (1 oz) plain flour  
300 ml (½ pt) milk  
225 g (8 oz) cooked chicken, chopped  
100 g (4 oz) ham, chopped  
150 g (5 oz) gruyere cheese, grated  
salt and pepper

**Dish: large bowl, rectangular dish**

**Oven accessory: glass shelf in lower shelf position**

## Coq au vin

Place bacon, herbs and garlic in casserole. Place on base of oven and cook on HIGH MICROWAVE for 2 mins. Place remaining ingredients in casserole dish and cover. Place on base of oven and cook on CONVECTION 160 °C + WARM MICROWAVE for 1 hour 30 mins or until cooked through. Skim off any excess fat. Thicken using a little cornflour mixed with water. Serve sprinkled with chopped parsley.

## ingredients

### SERVES 4

100 g (4 oz) streaky bacon, chopped  
5 ml (1 tsp) mixed herbs  
1 clove garlic, crushed  
4 chicken portions approx. 1.2 kg (2 ½ lb) in weight, skin removed  
salt and pepper  
100 g (4 oz) button mushrooms  
300 g (10 oz) whole shallots, peeled  
30 ml (2 tbsp) brandy  
275 ml (½ pt) red wine  
150 ml (¼ pt) chicken stock  
cornflour to thicken  
parsley, chopped

**Dish: 3 litre (6 pt) large Pyrex® casserole with lid**

## Chicken satay

For the serving sauce: Crumble 50 g (2 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1 tbsp) of the lemon juice, 15 ml (1 tbsp) of the soy sauce, the chilli powder and 300 ml (½ pt) water. Place on base of the oven and cook on HIGH power for 5-6 mins or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl. Cut the chicken into small chunks and place in a bowl. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight. Thread the chicken onto wooden skewers. Place on wire shelf, cover with any remaining marinade and cook on GRILL 1 + SIMMER MICROWAVE in middle shelf position for 20 mins with glass shelf in lower shelf position, turning occasionally. Serve hot with the sauce for dipping.

## ingredients

### SERVES 4

100 g (4 oz) creamed coconut  
90 ml (6 tbsp) crunchy peanut butter  
45 ml (3 tbsp) lemon juice  
30 ml (2 tbsp) soy sauce  
large pinch of chilli powder  
4 chicken breast fillets, skinned  
approx 600 g (1 lb 5 oz)  
30 ml (2 tbsp) vegetable oil  
2 garlic cloves, crushed  
5 ml (1 tsp) ground turmeric  
5 ml (1 tsp) five-spice powder  
5 ml (1 tsp) coriander seeds  
5 ml (1 tsp) cumin seeds

**Dish: large jug, 4-8 wooden skewers + large shallow Pyrex® dish**  
**Oven accessory: wire shelf in middle shelf position + glass shelf lower shelf position**

## ingredients

**SERVES 4**

900 g (2 lb) unsmoked gammon joint, cold water to cover  
 300 ml (½ pt) white wine (optional)  
 1 onion, peeled  
 4 whole cloves  
 10 peppercorns  
 45 ml (3 tbsp) honey  
 30 ml (2 tbsp) orange juice  
 15 g (½ oz) demerara sugar  
 15 ml (1 tbsp) dijon mustard  
 12 whole cloves

**Dish: 3 litre (6 pt) large Pyrex® casserole with lid**  
**Oven accessory: enamel shelf in lower shelf position**

## Glazed gammon

Place gammon in a large casserole dish. Add onion stuck with cloves and peppercorns and cover with water. Place on base of oven and cook on HIGH MICROWAVE for 15 mins then MEDIUM MICROWAVE for 15-20 mins. Per 450 g (1 lb), or until cooked. Drain. Mix together the honey, juice, sugar and mustard. Cook on HIGH MICROWAVE for 1 min. Leave to cool. Remove the gammon rind. Score the fat in a lattice pattern and stud with cloves. Brush over half of the glaze. Preheat oven on CONVECTION 180 °C + GRILL 1. Place gammon on enamel shelf in lower shelf position and cook on CONVECTION 180 °C + GRILL 1 for 10-15 mins until golden spreading over the remaining glaze halfway through cooking time.

## ingredients

**SERVES 4**

500 g (1 lb 2 oz) new potatoes, halved  
 45 ml (3 tbsp) pesto  
 15 ml (1 tbsp) oil  
 1 onion, finely chopped  
 4 x 125 g (4 oz) boneless skinned chicken breasts, cut into strips  
 400 g (14 oz) can chopped tomatoes  
 2 tbsp tomato puree  
 4 -5 drops Tabasco sauce  
 175 g (6 oz) fresh white breadcrumbs  
 1 garlic clove, finely chopped  
 50 g (2 oz) Parmesan cheese, grated

**Dish: shallow oval Pyrex® dish**  
**Oven accessory: glass shelf in lower shelf position**

## Pesto chicken crumble

Place potatoes in a dish with 45 ml (3 tbsp) water. Cover, place on base of the oven and cook on HIGH MICROWAVE for 7-8 mins. Drain. Stir the pesto into the potatoes and put aside to keep warm. Place oil and onion in a bowl and cook on HIGH MICROWAVE for 2-3 mins to soften the onion. Add chicken, cover and cook on MEDIUM MICROWAVE for 4 mins. Add the tomatoes, tomato puree and the Tabasco to the chicken. Cover and cook on MEDIUM MICROWAVE for 3 mins. Stir and cook for a further 5-6 mins on MEDIUM MICROWAVE. Add potatoes. Mix the breadcrumbs with the garlic and Parmesan cheese and sprinkle over the chicken. Place dish on glass shelf in lower shelf position and cook on CONVECTION: 200 °C + GRILL 2 + LOW MICROWAVE for 10-11 mins until heated through and golden brown in colour.

## Chicken casserole

Coat chicken with flour and place in fridge. Place oil, butter, garlic, shallots and mushrooms into casserole. Place on base of the oven and cook on HIGH MICROWAVE for 3 mins. Stir in Dijon mustard and add chicken. Then stir in stock and wine. Add potatoes and carrots. Cover casserole, place on glass shelf in lower shelf position and cook on CONVECTION 160 °C + WARM MICROWAVE for 50 mins stirring halfway. Stir in asparagus, broad beans and cream and cook on CONVECTION 160 °C + WARM MICROWAVE for a further 10-15 mins. Stir in herbs and serve with crusty bread.

## ingredients

### SERVES 4

4 x 225 g (8 oz) boneless skinless chicken breasts cut into small chunks  
50 g (2 oz) plain flour  
15 ml (1 tbsp) oil  
15 g (½ oz) butter  
1 garlic clove, crushed  
4 shallots, chopped  
150 g (5 oz) mushrooms, sliced  
15 ml (1 tbsp) Dijon mustard  
200 ml (7 fl oz) hot chicken or vegetable stock  
200 ml (7 fl oz) dry white wine  
225 g (8 oz) baby new potatoes, halved  
225 g (8 oz) baby carrots  
100 g (4 oz) asparagus tips  
100 g (4 oz) shelled, fresh or frozen broad beans  
45 ml (3 tbsp) double cream  
30 ml (2 tbsp) mixed fresh parsley and tarragon, chopped  
Crusty bread, to serve

**Dish: 3 litre (6 pt) large Pyrex® casserole with lid**  
**Oven accessory: glass shelf in lower shelf position**

Meat and Poultry

## Stuffed aubergines

Place the whole aubergines on the glass shelf in the lower shelf position and cook on CONVECTION 220 °C for 20 mins or until soft. Remove from oven and cool. Cut the aubergines in half horizontally, leaving the stalks attached. Scoop out the flesh and chop finely. Place garlic and onion in dish. Place on base of the oven and cook on HIGH MICROWAVE for 2 mins. Add beef, tomatoes, aubergine flesh, olives, oregano, and tomato puree. Cover and cook on HIGH MICROWAVE for 10 mins. Use the bread to make breadcrumbs. Mix 40 g (1 oz) of the parmesan with the breadcrumbs and add to beef mixture. Fill the aubergine skins with the filling. Place aubergines on glass shelf and sprinkle with the remaining parmesan. Place glass shelf in lower shelf position and cook on CONVECTION 220 °C + GRILL 1 + WARM MICROWAVE for 15 mins.

## ingredients

### SERVES 4

2 large aubergines  
1 garlic clove, crushed  
1 medium onion, chopped  
200 g (7 oz) minced beef  
400 g (14 oz) tin chopped tomatoes  
25 g (1 oz) pitted black olives, chopped  
10 ml (2 tsp) dried oregano  
30 ml (2 tbsp) tomato puree  
75 g (3 oz) sliced crusty bread  
50 g (2 oz) parmesan freshly grated

**Dish: 1.5 litre (3 pt) Pyrex® casserole dish with lid**  
**Oven accessory: glass shelf in lower position**

## ingredients

**SERVES 4**

30 ml (2 tbsp) oil  
 1 medium onion, chopped  
 1 green pepper, deseeded and chopped  
 225 g (8 oz) carrots, sliced  
 450 g (1 lb) lean pork, cubed  
 30 ml (2 tbsp) seasoned flour  
 1 bay leaf  
 5 ml (1 tsp) dried sage  
 salt and pepper  
 300 ml (½ pt) dry cider

**Dumplings**

175 g (6 oz) self raising flour  
 75 g (3 oz) suet  
 pinch of salt  
 5 ml (1 tsp) mustard powder  
 15 ml (1 tbsp) fresh parsley, chopped  
 150 ml (¼ pt) cold water

**Dish: 3 litre (6 pt) large Pyrex® casserole with lid**  
**Oven accessory: glass shelf in lower shelf position**

## Pork with herby dumplings

Place oil, onion, green pepper and carrots in casserole. Cover and place on base of oven and cook on HIGH MICROWAVE for 5 mins. Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients. Place glass shelf in lower shelf position, cover and cook on CONVECTION 160 °C + WARM MICROWAVE for 1 hour or until pork is tender. 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. When pork is cooked, uncover and place dumplings around the edge of dish. Cook uncovered on CONVECTION 160 °C + WARM MICROWAVE for 15 mins or until dumplings are cooked through.

## ingredients

**SERVES 4**

225 g (8 oz) carrots, sliced  
 3 celery sticks, sliced  
 5 ml (1 tsp) vegetable oil  
 4 boneless pork chops  
 15 ml (1 tbsp) English mustard  
 1 onion, finely chopped  
 25 g (1 oz) butter  
 15 g (½ oz) flour  
 300 ml (½ pt) milk  
 salt and pepper  
 450 g (1 lb) potatoes, peeled and finely sliced

**Dish: 20 x 25 cm (8" x 10") Pyrex® rectangular dish**  
**Oven accessory: glass shelf in lower shelf position**

## Pork &amp; potato bake

Mix the carrots, celery and oil together in the dish. Cover, place on the base of the oven and cook on HIGH MICROWAVE for 4-5 mins. Arrange the chops in a single layer on top of the vegetables, spread mustard over evenly. Make onion sauce by cooking the onion with half the butter on HIGH MICROWAVE for 2-3 mins. Add the flour and stir well. Gradually add the milk and cook on HIGH MICROWAVE for 1½ mins. Stir and cook for a further 1-2 mins or until thick and cooked. Season to taste. Pour sauce over chops. Arrange potato slices on top, cover and cook on HIGH MICROWAVE for 5 mins. Uncover, dot with remaining butter. Place on glass shelf in lower shelf position and cook on CONVECTION 170 C + LOW MICROWAVE for 25-30 mins or until potatoes are golden.

## ingredients

**SERVES 4**

250 g (9 oz) brown lentils  
 1 large onion, chopped  
 4 slices smoked bacon, diced  
 thyme, pinch  
 1 stock cube  
 4 smoked sausages  
 salt  
 Freshly ground black pepper

**Dish: 2 litre Pyrex® casserole**

## Pork with lentils

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

## Greek lamb stew

Place the lamb and onion in casserole dish and cover. Place on base of the oven and cook on MEDIUM MICROWAVE for 10 mins. Split the chili along its length leaving the top intact, (remove seeds) - this adds flavour to the stew without too much heat. Stir the chilli, garlic, rosemary, wine and tomatoes into the lamb, with the lid on. Cook on LOW MICROWAVE for 40 mins stirring halfway. Stir in the black olives and linguine and continue to cook on LOW MICROWAVE for a further 15 mins or until the linguine is cooked. Remove the chilli and rosemary, and discard. Stir in feta cheese and mint before serving.

### ingredients

#### SERVES 4

700 g (1 lb 5 oz) lamb fillet, cut into chunks  
2 onions, chopped  
1 red chilli  
2 cloves garlic, crushed  
1 sprig rosemary  
275 ml (½ pt) white wine  
400 g (14 oz) can chopped tomatoes  
45 ml (3 tbsp) sliced black olives  
100 g (4 oz) linguine, broken into small pieces  
150 g (5 oz) feta cheese cubed  
15 g (½ oz) fresh mint chopped

**Dish: 3 litre Pyrex® casserole dish with lid**

## Normandy style chicken

Cut the chicken fillets into pieces. Sweat the chopped shallots in butter, covered, for 2 mins on HIGH MICROWAVE. Add the chicken pieces, the white wine or cider, salt, pepper and the apples, peeled, cored and cubed. Cover and cook on HIGH MICROWAVE for 12-14 mins, stirring halfway through cooking time. Drain the chicken pieces and keep them to one side, covered in aluminium foil. Add the cream and the sauce thickener with Calvados in the dish and cook, uncovered, a further 3-4 mins on HIGH MICROWAVE. Season to taste and put the chicken pieces back into the sauce.

### ingredients

#### SERVES 4

800 g (1 lb 7 oz) chicken fillets  
2 shallots  
40 g (1 oz) butter  
1 glass of white wine or cider  
salt and pepper  
4 large apples  
4 tbsp double cream  
sauce thickener  
2 tbsp Calvados

**Dish: 1 Pyrex® dish (25 cm (10") diameter)**

- 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 power and time.

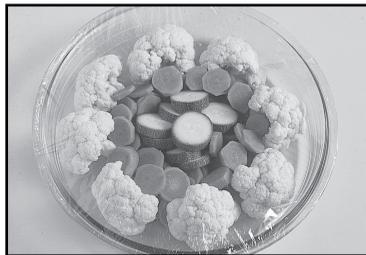


- Fresh vegetables require 45 ml (3 tbsp) water.
- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.



- 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 MEDIUM power for 10 mins. approx. with 90 ml (6 tbsp) 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 (7-9 oz).

## Before Cooking

Wash potatoes and prick skins several times. Spread around edge of oven base.

## After Cooking

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

## Gratin dauphinois

Rub halves of garlic around inside of dish and discard. Place potatoes in dish with 45 ml (3 tbsp) water. Cover, place on base of the oven and par-boil on HIGH MICROWAVE for 5 mins. Drain. Slice thinly. Layer the potato slices in the dish, seasoning with salt, pepper and nutmeg between each layer. Pour the cream evenly over the top of the potatoes and dot with butter. Place dish on glass shelf in lower shelf position and cook on CONVECTION 190 °C + SIMMER MICROWAVE for 25 mins or until potatoes are cooked.

## Spicy potatoes

Place potatoes in dish with 45 ml (3 tbsp) water. Cover, place on base of the oven and cook on BOILED POTATOES AUTO SENSOR PROGRAM or HIGH MICROWAVE for 8 mins or until cooked. Drain. Mix the remaining ingredients together. Add the potatoes, mix well and cook on MEDIUM MICROWAVE for 2-3 mins.

## Cauliflower cheese

Place cauliflower florets in a shallow dish. Add 45 ml (3 tbsp) water, cover and place on base of the oven. Cook on MEDIUM MICROWAVE for 10 mins. Drain. Melt butter in a jug on HIGH MICROWAVE for 20-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on HIGH MICROWAVE for 3-4 mins. Or until sauce is thick and bubbling. Stir halfway. Stir in 90 g (3 oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs. Place dish on glass shelf in lower shelf position and cook on CONVECTION 220 °C + GRILL 2 + WARM MICROWAVE for 10-15 mins. or until golden brown.

## ingredients

### **SERVES 4-6**

1 clove of garlic, halved  
700 g (1½ lb) potatoes, halved  
salt and pepper  
pinch nutmeg  
150 ml (¼ pt) double cream  
25 g (1 oz) butter

**Dish: 20 cm (8") shallow**

**Pyrex® dish**

**Oven accessory: glass shelf  
in lower shelf position**

## ingredients

### **SERVES 4**

350 g (12 oz) potatoes, cubed  
45 ml (3 tbsp) natural yoghurt  
10 ml (2 tsp) mango chutney  
3 ml (½ tsp) cumin, turmeric,  
coriander and garam masala  
10 ml (2 tsp) fresh coriander  
pinch chilli powder  
15 g (½ oz) sultanas  
salt and pepper

**Dish: 1 litre (2 pt) Pyrex® dish**

## ingredients

### **SERVES 4**

1 cauliflower, florets  
25 g (1 oz) butter  
25 g (1 oz) flour  
3 ml (½ tsp) French mustard  
300 ml (½ pt) milk  
seasoning to taste

### **Topping:**

100 g (4 oz) grated cheese  
25 g (1 oz) breadcrumbs

**Dish: shallow Pyrex® dish,**

**jug**

**Oven accessory: glass shelf  
in lower shelf position**

## ingredients

**SERVES 4**

- 1 aubergine, sliced
- 1 courgette, sliced
- 1 onion, sliced
- 1 green pepper, cut into chunks
- 1 red pepper, cut into chunks
- 1 clove of garlic, peeled and crushed
- 400 g (14 oz) can of tomatoes salt and pepper to taste

**Dish: 20 cm (8")  
Pyrex® casserole**

## ingredients

**SERVES 4**

- 3 red and 3 yellow peppers
- 15 ml (1 tbsp) oil
- 2 cloves garlic, crushed
- 1 bunch spring onions sliced thinly
- 100 g (4 oz) long grain rice
- 300 ml (½ pt) hot vegetable stock
- 50 g (2 oz) pine nuts
- 100 g (4 oz) cherry tomatoes, halved
- 100 g (4 oz) mozzarella, diced
- 100 g (4 oz) gorgonzola or any blue cheese, diced handful each of parsley and basil, chopped

**Dish: 1.5 litre (3 pt) ovenproof  
Pyrex® dish**  
**Oven accessory: glass shelf  
in lower shelf position**

## ingredients

**SERVES 4**

- 15 ml (1 tbsp) oil
- 1 onion, finely chopped
- 1 green pepper, chopped
- 1 chilli, chopped
- 2 carrots, diced
- 5 ml (1 tsp) chilli powder
- 3 ml (½ tsp) cumin
- 175 g (6 oz) bulgar wheat
- 400 g (14 oz) can chopped tomatoes
- 30 ml (2 tbsp) tomato puree
- 450 ml (¾ pt) water
- 400 g (14 oz) can red kidney beans, drained

**Dish: 3 litre (6 pt) large  
Pyrex® casserole with lid**

## Ratatouille

Combine all ingredients in a casserole. Cover, place on base of the oven and cook on HIGH MICROWAVE for 12-14 mins or until vegetables are soft. Stir halfway through cooking time.

## Stuffed peppers

Slice the tops off the peppers and put to one side. Remove the seeds and rinse out. Place oil, garlic and onions into a large ovenproof dish and stir. Place on base of the oven and cook on HIGH MICROWAVE for 2 mins. Add rice and hot stock. Cover and cook on HIGH MICROWAVE for 8-9 mins. Allow to cool slightly and then stir in pine nuts, cherry tomatoes, mozzarella, Gorgonzola, parsley and basil. Season well. Fill peppers with cheesy mixture and place in ovenproof dish. Place dish on glass shelf in lower shelf position and cook on CONVECTION 200 °C + GRILL 2 + SIMMER for 10 mins Place tops back on peppers and cook on CONVECTION 200° C + GRILL 1 + SIMMER MICROWAVE for a further 5 mins.

## Vegetarian chilli

Place oil, onion, pepper, chilli and carrots in a large casserole. Cover, place on base of the oven and cook on HIGH MICROWAVE for 4-5 mins or until softened. Add chilli and cumin. Stir in bulgar wheat, chopped tomatoes, tomato puree and water. Cover and cook on HIGH MICROWAVE for 10 mins. Stir in red kidney beans, cover and cook on HIGH MICROWAVE for 2-3 mins.

## Roast vegetable parcels

Place the chopped tomatoes and puree in a bowl. Place on base of the oven and cook on HIGH MICROWAVE for 5 mins then MEDIUM MICROWAVE for 7-8 mins or until mixture is reduced in volume and thickened. Cut vegetables into even sized chunks and toss with the garlic and oil in shallow dish. Place on the glass shelf in lower shelf position and cook on CONVECTION 220 °C + GRILL 2 + SIMMER MICROWAVE for 30 mins. Turn halfway, mix the tomato sauce with the cooked vegetables and pine nuts. Preheat oven on CONVECTION 220 °C. Mix together the gruyere cheese, Boursin and single cream. Roll out pastry until it measures approx 30 cm (12") square. Divide into 4 equal squares. Place of the vegetable mixture in the centre of the square and top with ½ of the cheese mixture. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water and glaze with beaten egg. Place parcels on enamel shelf in lower shelf position and cook on CONVECTION 220 °C for 20 mins or until golden and cooked through.

## Vegetarian curry

Combine garlic, oil and spices in casserole. Place on base of the oven and cook on HIGH MICROWAVE for 30 secs. Add aubergine and all other ingredients to casserole, except cashews. Cover and cook on HIGH MICROWAVE for 10 mins. Then SIMMER MICROWAVE for 30-40 mins or until vegetables are soft. Stir occasionally. Sprinkle with cashews and serve with boiled rice.

**NOTE:** This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

## ingredients

### SERVES 4

200 g (7 oz) can chopped tomatoes  
10 ml (2 tsp) tomato puree  
700 g (1½ lb) mixed vegetables e.g. sweet potato, red pepper, leeks, aubergine  
1 clove garlic, crushed  
15 ml (1 tbsp) olive oil  
25 g (1 oz) pine nuts  
50 g (2 oz) gruyere cheese, grated  
100 g (4 oz) Boursin, cheese  
15 ml (1 tbsp) single cream  
350 g (12 oz) ready made puff pastry  
1 beaten egg to glaze

**Dish:** large bowl, shallow ovenproof dish, round baking sheet

**Oven accessory:** glass shelf in lower shelf position then enamel shelf in lower shelf position

## ingredients

### SERVES 4

2 cloves of garlic, chopped  
15 ml (1 tbsp) oil  
pinch cayenne pepper  
15 ml (1 tbsp) medium curry powder  
2.5 cm (1") root ginger, peeled  
1 medium aubergine, diced  
1 small cauliflower, divided into florets  
2 medium potatoes, diced  
100 g (4 oz) green beans, sliced  
1 fresh chilli, deseeded and sliced  
150 ml (¼ pt) vegetable stock  
400 g (14 oz) can chopped tomatoes  
100 g (4 oz) cashew nuts

**Dish:** 3 litre (6 pt) Pyrex® casserole

## ingredients

**SERVES 4**

- 225 g (8 oz) bag spinach leaves
- 200 g (7 oz) jar sundried tomatoes in oil
- 100 g (4 oz) feta cheese, cubed
- 2 eggs, beaten
- 250 g (9 oz) pack filo pastry

**Dish: 3 litre bowl, 22 cm (9") loose bottomed cake tin**  
**Oven accessory: enamel shelf in lower shelf position**

## Greek pie

Place spinach into a large bowl, cover and place on the base of the oven, cook on HIGH MICROWAVE for 4-5 mins or until wilted. Leave to cool slightly then squeeze out any excess water and roughly chop. Preheat on CONVECTION 180 °C with enamel shelf in lower shelf position. Drain tomatoes, reserving the oil. Roughly chop the tomatoes and put into a bowl along with the spinach, feta and eggs. Mix well. Take a sheet of pastry and brush liberally with some of the sundried tomato oil. Drape oil-side down into the cake tin so that some of the pastry hangs over the side. Brush oil on another piece of pastry and place in the tin, just a little further round. Keep placing the pastry pieces in the tin until the pastry is all used, then spoon over the filling. Pull the sides into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil. Place the tin on the enamel shelf in the lower shelf position and cook on CONVECTION 180 °C for 30 mins until the pastry is crispy and golden brown. Remove from the tin. Slice into wedges.

## ingredients

**SERVES 4**

- 450 g (1 lb) leeks, sliced thinly
- 450 g (1 lb) potatoes, peeled and sliced thinly
- 150 g (5 oz) blue cheese
- 225 g (8 oz) Greek yoghurt
- 75 ml (5 tbsp) double cream salt and pepper
- 50 g (2 oz) brown breadcrumbs

**Dish: 1.5 litre (3 pt) Pyrex® ovenproof dish**  
**Oven accessory: glass shelf in lower shelf position**

## Leek &amp; potato gratin

Place the vegetables in a large bowl. Add 90 ml (6 tbsp) of water and cover. Place on base of the oven and cook on HIGH MICROWAVE for 10-12 mins or until the vegetables are softened. Crumble or finely chop the cheese into a bowl and gradually blend in the yoghurt and the double cream. Drain the vegetables and arrange in a flan dish. Season and pour over the blue cheese cream mixture. Sprinkle with breadcrumbs. Place on glass shelf in the lower shelf position and cook on CONVECTION 230 °C + GRILL 3 + LOW MICROWAVE for 10-12 mins or until golden brown.

## ingredients

**SERVES 4**

- 1 onion, chopped
- 260 g (9 oz) carrots, grated
- 1 tbsp olive oil
- 2 tsp mild chilli powder
- 1 tsp ground cumin
- 400 g (14 oz) tin chopped tomatoes, drained
- 400 g (14 oz) tin baked beans, drained
- 400 g (14 oz) tin mixed beans, rinsed and drained
- 6 small tortillas
- 200 g (7 oz) low fat natural yoghurt
- 50 g (2 oz) hard cheese, grated

**Dish: Large Pyrex® casserole dish & 22 x 22 cm (9" x 9") square Pyrex® dish**  
**Oven accessory: enamel shelf in lower shelf position**

## Bean enchiladas

Cook the onion and carrots with the olive oil in the covered Pyrex® casserole dish on the base of the oven on HIGH MICROWAVE for 5-6 minutes. Stir halfway through cooking. Stir in the chilli powder and ground cumin. Cook on HIGH MICROWAVE for 1 minute. Stir in the tomatoes and beans. Cover and bring to the boil on HIGH MICROWAVE for 8-10 minutes then cook on SIMMER MICROWAVE for 10 minutes, stirring occasionally. Spread a thin layer of the mixture over the base of the square Pyrex® dish. Fill each tortilla with a few tbsp of the mixture, fold over the ends and roll up to seal. Place into the dish seal side down. Cover with the remaining mixture. Mix the yoghurt and grated cheese together and spoon evenly over the dish. Place on enamel shelf in the lower shelf position and brown on GRILL 1 for 10-15 minutes.

## Porcini mushrooms risotto

Soak the mushrooms for at least 2 hours with 400 ml warm water. Cook the chopped onion with butter in the bowl, covered on HIGH MICROWAVE for 2 mins 30 secs. Mix in the casserole with rice. Cover and cook on HIGH MICROWAVE 1 minute. Add peeled and crushed garlic, half the vegetable stock and half the mushrooms' soaking water. Cover and cook 4-5 mins on HIGH MICROWAVE and 15 mins on SIMMER MICROWAVE, adding the remaining stock and mushrooms' soaking water halfway through cooking time. Add the chopped mushrooms and basil leaves 3 minutes before the end, adding a few spoonfuls of hot water if needed. Add parmesan. Season to taste and leave the risotto to stand, covered, for 8 mins before stirring with a fork.

## Stuffed courgettes

Preheat on CONVECTION 200 °C. Place the courgettes in a single layer in the Pyrex® dish, close together, cut side up. Lightly brush with olive oil. Place on the wire shelf in the lower shelf position and bake for 20 minutes. For the stuffing mix all the ingredients together in a bowl. Sprinkle the mixture on the top of the courgettes and drizzle the remaining olive oil over. Return to the oven and bake for 10-15 mins on CONVECTION 200 °C.

### ingredients

#### **SERVES 4**

40 g (2 oz) dried porcini mushrooms  
1 onion  
50 g (2 oz) butter  
250 g (9 oz) arborio rice  
1 garlic clove  
500 ml (¾ pt) hot water with 1 vegetable stock cube added  
basil leaves, chopped  
30 g (1 oz) parmesan

**Dish: 1 Pyrex® casserole (3 litres)  
+ 1 small bowl**

### ingredients

#### **SERVES 4**

2 courgettes, halved lengthways  
2 tsp extra virgin olive oil

#### **For the stuffing:**

30 g dried white breadcrumbs  
20 g pine nuts  
3 spring onions, trimmed and finely sliced  
1 garlic clove, crushed  
1 tsp dried thyme leaves  
20 g Parmesan, finely grated

**Dish: shallow Pyrex® dish  
Oven accessory: Wire shelf  
in lower shelf position**

## ingredients

**SERVES 6-8**

- 300 g (11 oz) quinoa
- 2 courgettes
- 300 g (11 oz) frozen peas
- 1 bunch of mint
- 100 ml (4 fl oz) olive oil
- juice of 2 lemons
- salt and pepper

**Dish: 1 Pyrex® large bowl +  
1 Pyrex® medium bowl**

## Quinoa tabbouleh with mint

To be prepared the day before it is eaten. Weigh out the quinoa in a large bowl and cook it with twice the volume of salted hot water, firstly for 5 minutes on HIGH MICROWAVE then on SIMMER MICROWAVE for 10-15 minutes. Drain and leave to cool. Meanwhile chop the courgettes finely. Cover the chopped courgettes and frozen peas with water in a bowl and cook on HIGH MICROWAVE for 6 to 8 minutes. Drain well and leave to cool. Remove the mint leaves from the stalk and mix with the olive oil and lemon juice. Add this mixture to the quinoa, courgette and pea mixture. Check the seasoning and leave to rest for several hours before serving.

## ingredients

**SERVES 4**

- 375 g (13 oz) ready rolled puff pastry
- 30 ml (2 tbsp) olive oil
- 500 g (1 lb 1 oz) red onions, peeled & thinly sliced
- 15 ml (1 tbsp) fresh thyme
- 45 ml (3 tbsp) balsamic vinegar
- 10 ml (2 tsp) muscovado sugar
- salt and pepper
- balsamic glaze for decoration
- 200 g (7 oz) soft goats cheese, cut into slices

**Dish: large Pyrex® bowl,  
23 cm (9") flan tin/dish**  
**Oven Accessory: enamel shelf in lower shelf position, greased**

## Goats cheese &amp; onion tart

Place pastry on the greased enamel shelf and make an incision 2 cm from each edge all the way round the pastry. Prick the base with a fork and chill for 15 mins. In the fridge. Place the oil, onions and thyme into a large bowl. Place on base of oven and cook on HIGH MICROWAVE for 5 mins. Add balsamic and sugar, stir and cook on HIGH MICROWAVE for 10 mins. Stir halfway and season. Preheat oven on CONVECTION 200 °C. Place the onions on the pastry. Decorate with cheese and cook in lower shelf position on CONVECTION 200 °C for 20 mins.

## ingredients

**SERVES 6**

- 350 g (12 oz) ready made shortcrust pastry
- 100 g (6 oz) courgettes, thinly sliced
- 1 garlic clove, crushed
- 100 g (6 oz) broccoli
- 50 g (2 oz) peas
- 50 g (6 oz) asparagus
- 50 g (4 oz) tomatoes
- 100 g (4 oz) full fat soft cheese
- 150 ml (¼ pt) single cream
- 2 eggs plus 1 egg yolk
- 40 g (1½ oz) mature cheddar

**Dish: bowl, 23 cm (9")  
Pyrex® flan dish**  
**Oven accessory: glass shelf in lower shelf position**

## Summer vegetable flan

Line the flan dish with the pastry, prick the base with a fork and chill for 15 mins. in the fridge. Preheat oven on CONVECTION 210 °C. Place flan dish on glass shelf in the lower shelf position and bake blind on CONVECTION 210 °C for 20 mins. With baking beans. Remove baking beans and lining after 10 mins and place flan back in oven for final 10 mins. Place the courgettes, garlic, broccoli and peas in a bowl with 3 tbsp of water. Cover, place on base of oven and cook on MEDIUM MICROWAVE for 6 mins. Drain. Place in the pastry case with the asparagus and quartered tomatoes. Beat the soft cheese with the cream and eggs, pour over the vegetables and sprinkle with cheddar. Place the flan dish on glass shelf in lower shelf position and cook on CONVECTION 180 °C + WARM MICROWAVE for 25-30 mins or until just set.

## Roasted vegetable moussaka

Toss the prepared vegetables with the garlic and oil. Place in dish on glass shelf in lower shelf position and cook on CONVECTION 220 °C + GRILL 2 + SIMMER MICROWAVE for 30 mins, turning every 10 mins. Stir in the tomatoes and sun-dried tomatoes. Season to taste. Beat together the cottage cheese, eggs, cheddar cheese and yoghurt, then season. Pour over the vegetables. Place on glass shelf in lower shelf position and cook on CONVECTION 230 °C + GRILL 1 + WARM MICROWAVE for 10-15 mins or until golden brown.

## ingredients

### **SERVES 4-6**

1 red onion, cut into strips  
2 red peppers, deseeded and cubed  
1 aubergine, cubed  
2 courgettes, cubed  
350 g (12 oz) sweet potato, peeled and cubed  
4 garlic cloves, whole  
45 ml (3 tbsp) olive oil  
salt and pepper  
400 g (14 oz) canned, chopped tomatoes  
25 g (1 oz) sun-dried tomatoes, chopped  
225 g (8 oz) cottage cheese  
3 large eggs  
175 g (6 oz) cheddar cheese, grated  
45 ml (3 tbsp) natural yoghurt

**Dish: 2 litre (4 pt)  
Pyrex® ovenproof dish  
Oven accessory: glass shelf  
in lower shelf position**

## Tagliatelle toscana

Cook the pasta in 600 ml boiling water, covered, on HIGH MICROWAVE for 4 mins or until tender. Drain. Place onion, garlic and oil in a bowl, cover and cook on HIGH MICROWAVE for 2 mins or until soft. Add the remaining ingredients except the mozzarella, tagliatelle and parmesan cheese, cover and cook on HIGH MICROWAVE for 6-8 mins. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on the base of the oven on CONVECTION 230 °C + GRILL 1 + MEDIUM MICROWAVE for 10-12 mins or until golden brown and piping hot.

## ingredients

### **SERVES 4-6**

1 large aubergine, cubed  
350 g (12 oz) tagliatelle, fresh  
1 onion  
1 clove garlic, crushed  
15 ml (1 tbsp) olive oil  
400 g (14 oz) tin of chopped tomatoes  
5 ml (1 tsp) basil  
15 ml (1 tbsp) tomato puree  
15 g butter  
salt and pepper  
8-10 black olives, stoned  
100 g (4 oz) mozzarella, diced  
30 ml (2 tbsp) parmesan cheese

**Dish: Deep Pyrex® casserole dish**

## ingredients

**SERVES 4**

350 g (12 oz) dried pasta e.g. penne  
 2 red peppers, seeded  
 and cut into chunks  
 2 red onions cut into wedges  
 2 mild red chillies,  
 seeded and diced  
 3 garlic cloves,  
 coarsely chopped  
 5 ml (1 tsp) golden caster sugar  
 30 ml (2 tbsp) olive oil  
 salt and pepper  
 700 g (1½ lb) small ripe  
 tomatoes, quartered  
 handful fresh basil leaves  
 25 g (1 oz) grated parmesan

**Dish: 3 litre (6 pt) Pyrex® bowl  
 + large Pyrex® ovenproof dish  
 Oven accessory: glass shelf  
 in lower shelf position**

## Spicy tomato pasta

Put pasta in a bowl, add 1 litre of boiling water, cover. Place on base of oven and cook on HIGH MICROWAVE for 10-12 mins. Drain. Preheat oven on CONVECTION 230 °C + GRILL 1. Place peppers red onions, chillies and garlic in a large ovenproof dish. Sprinkle with sugar, drizzle over the oil and season well with salt and pepper. Place on glass shelf in lower shelf position and cook on CONVECTION 230 °C + GRILL 1 for 15 mins. Add tomatoes, stir and cook on CONVECTION 230 °C + GRILL 1 for 10 mins or until golden and starting to soften. Remove the vegetables from the oven. Stir in the pasta and cook on the base of the oven on CONVECTION 230 °C + GRILL 2 + WARM MICROWAVE for 5 mins. Tear the basil leaves on top and sprinkle with parmesan to serve.

## ingredients

**SERVES 4**

1 bunch asparagus  
 (approx. 250 g/9 oz)  
 450 ml (¾ pt) hot vegetable stock  
 2 leeks, trimmed and finely sliced  
 40 g (1½ oz) butter  
 200 g (7 oz) risotto rice  
 100 g (4 oz) frozen peas  
 Finely shredded zest  
 and juice lemon  
 salt & pepper  
 40 g (1½ oz) fresh parmesan  
 cheese  
 5 g (¼ oz) fresh basil

**Dish: small Pyrex® bowl +  
 large Pyrex® bowl**

## Lemon &amp; asparagus risotto

Cut asparagus into 2.5 cm (1") pieces. Add 30 ml (2 tbsp) stock and place in bowl. Cover, place on base of oven and cook on HIGH MICROWAVE power for 2 mins. Place leeks and 25 g (1 oz) butter in a large bowl. Place on base of oven and cook on HIGH MICROWAVE for 2 mins. Add the rice to the leeks and stir in the hot vegetable stock. Cover and cook on HIGH MICROWAVE for 10 mins. Stir in the peas, lemon zest and juice and cook on MEDIUM MICROWAVE for 2 mins. Stir in the cooked asparagus, basil, remaining butter and 25 g (1 oz) Parmesan cheese. Cook on MEDIUM MICROWAVE for 2 mins. Serve in warmed bowls sprinkled with a few whole basil leaves and the rest of the Parmesan cheese.

## ingredients

**SERVES 4**

250 g (9 oz) fusilli  
 1 litre (1¾ pt) boiling water  
 5 ml (1 tsp) olive oil  
 1 red and 1 yellow pepper, sliced  
 2 cloves of garlic, crushed  
 5 ml (1 tsp) crushed dried chillies  
 2 x 400 g (1 lb 12 oz) tins  
 chopped tomatoes  
 2 x 200 g (14 oz) tins tuna,  
 drained and flaked  
 25 g (1 oz) fresh breadcrumbs  
 30 ml (2 tbsp) grated parmesan

**Dish: 3 litre (6 pt) Pyrex® bowl,  
 3 litre (6 pt) Pyrex® casserole  
 Oven accessory: enamel shelf  
 in lower shelf position**

## Spicy tuna pasta bake

Place pasta in water. Cover, place on the base of oven and cook on HIGH MICROWAVE for 10 mins, or until soft. Leave to stand for 2-3 mins. Drain. Place the oil and peppers in the casserole dish and cook on HIGH MICROWAVE for 5 mins, until the peppers have slightly softened. Add the garlic and chilli to the pepper mixture and cook on HIGH MICROWAVE for 1 min. Add the tomatoes and sugar, stir and cook on HIGH MICROWAVE for a further 5 mins. Stir tuna and pasta into the tomato and pepper mixture until coated. Top with breadcrumbs and parmesan. Place the dish on enamel shelf in lower shelf position and cook on GRILL 1 for 5-7 mins, or until golden.

## Mixed mushroom cannelloni

Put the lasagne sheets in a bowl with 1 litre of boiling water. Cover, place on the base of the oven and cook on HIGH MICROWAVE for 5 mins. Drain and keep covered in cold water until ready to use. Place the oil, onion and garlic in a bowl. Place on the base of the oven and cook on HIGH MICROWAVE for 4 mins. Add the mushrooms and thyme to the onions and cook, uncovered on HIGH MICROWAVE for 5 mins. Drain, season and cool slightly. Preheat the oven on CONVECTION 180 °C. Crumble half of the goats cheese logs into the cooled mushroom mixture and stir. Drain the lasagne sheets and spoon 2-3 tbsp of the mushroom mixture along the edge of each lasagne sheet, leaving a 1 cm (½") border. Roll up the pasta sheets. Put the pasta in a shallow oven proof dish and spoon over the cheese sauce. Slice the remaining goats cheese into thick rounds and arrange across the middle of the pasta rolls. Place dish on enamel shelf in lower shelf position cook on CONVECTION 180 °C for 25-30 mins.

## ingredients

### SERVES 4

6 fresh lasagne sheets  
45 ml (3 tbsp) olive oil  
1 small onion, finely chopped  
3 garlic cloves, sliced  
25 g (1 oz) pack fresh thyme, finely chopped  
225 g (8 oz) chestnut mushrooms, roughly chopped  
100 g (4 oz) button mushrooms  
250 g (9 oz) goats cheese  
350 g (12 oz) tub cheese sauce

**Dish:** shallow Pyrex® oven proof dish  
**Oven accessory:** Enamel shelf in lower shelf position

## Lentil biryani

Place rice in bowl with 550 ml (1 pt) boiling water. Cover, place on the base of the oven and cook on HIGH MICROWAVE for 8-10 mins and stir halfway. Place the oil and onion in casserole. Place on base of oven and cook on HIGH MICROWAVE for 3 mins or until softened. Add the ginger, garlic, turmeric, chilli and curry powder and cook on HIGH MICROWAVE for 2 mins. Add the yoghurt, mushrooms, tomatoes and lentils. Cover and cook on MEDIUM MICROWAVE for 20 mins or until the lentils are tender and the liquid has evaporated. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Heat on MEDIUM MICROWAVE for 3-4 mins. Garnish and serve.

## ingredients

### SERVES 4-6

450 g (1 lb) basmati rice  
15 ml (1 tbsp) oil  
1 large onion, sliced  
5 ml (1 tsp) root ginger, grated  
1 garlic clove, crushed  
3 ml (½ tsp) turmeric  
5 ml (1 tsp) chilli powder  
10 ml (2 tsp) curry powder  
150 ml (¼ pt) natural yoghurt  
100 g (4 oz) mushrooms, sliced  
2 tomatoes, peeled and chopped  
200 g (4 oz) tinned green lentils  
50 g (2 oz) cashew nuts

### Garnish

hard boiled egg slices and coriander leaves

**Dish:** 3 litre (6 pt) large Pyrex® casserole with lid

## ingredients

**SERVES 4**

1 medium onion, chopped  
 10 ml (2 tsp) vegetable oil  
 2 medium courgettes, sliced thickly  
 1 red pepper, seeded and chopped  
 2 medium carrots, peeled & thinly sliced  
 1 small cauliflower, cut into florets  
 100 g (4 oz) dried apricots, halved  
 2 cloves garlic, crushed  
 425 g (15 oz) can chick peas, drained  
 3 ml (½ tsp) each: ground turmeric, ground coriander, ground cumin  
 5 ml (1 tsp) paprika  
 2.5 cm (1") fresh root ginger, peeled and finely chopped  
 salt and pepper  
 450 ml (¾ pt) hot vegetable stock  
 chopped parsley to garnish

**Dish: 3 litre (6 pt) large Pyrex® casserole with lid**

## Vegetable &amp; chick pea casserole

Place the onion and oil in the casserole. Place on base of the oven and cook on HIGH MICROWAVE for 2 mins or until starting to soften. Add the prepared vegetables, apricots, garlic, chickpeas and stir in the spices, salt, pepper and stock. Cover and cook on MEDIUM MICROWAVE for 20 mins, or until vegetables are soft. Stir two or three times during cooking. Serve with couscous or rice and garnish with parsley.

**TIP:** To prepare couscous: Place 300 ml (½ pt) vegetable stock in a bowl and 1.5 ml (¼ tsp) turmeric. Cook on HIGH MICROWAVE for 4 mins or until boiling. Add 175 g (6 oz) couscous and allow to stand for 5 mins. Fluff up with a fork before serving.

## ingredients

**SERVES 4**

25 g (1 oz) butter  
 30 g (1 oz) flour  
 250 ml (8 fl oz) milk  
 4 eggs  
 80 g (3 oz) gruyere, grated,  
 salt and pepper

**Dish: jug,  
 15 cm (6") soufflé dish  
 Oven accessory: enamel shelf  
 in lower position**

## Cheese soufflé

Place butter in a jug on the base of the oven and melt on HIGH MICROWAVE for 30 secs. Stir in flour. Cook on HIGH MICROWAVE for 30 secs. Stir in milk gradually, whisk until smooth. Cook the bechamel on HIGH MICROWAVE for 2 - 3 mins. Whisk briskly and add grated cheese, then egg yolks one at a time. Season. Preheat oven to CONVECTION 210 °C with enamel shelf in lower shelf position. Meanwhile, butter and flour the soufflé dish. Then whisk the egg whites until stiff. Gently incorporate the cooled mornay sauce with the help of a spatula. Pour into the dish without pressing down. Cook on CONVECTION 210 °C for about 20 mins. then on CONVECTION 180 °C for a further 10 mins. Serve immediately.

## ingredients

**SERVES 4**

300 g (11 oz) shortcrust pastry  
 100 g (4 oz) back smoked bacon  
 100 g (4 oz) gruyere, grated  
 150 ml (¼ pt) milk  
 3 eggs  
 150 ml (¼ pt) single cream  
 salt and pepper  
 grated nutmeg

**Dish: 23 cm (9") metal tin  
 Oven accessory:  
 glass shelf in lower shelf  
 position**

## Quiche lorraine

Cut bacon into small pieces. Place on a covered plate on the base of the oven on HIGH MICROWAVE for 1 minute. Drain. Line the flan dish with the pastry. Place the bacon and grated gruyere onto the pastry base. Mix together the seasoned milk, eggs, cream and grated nutmeg with an electric whisk. Pour into the pastry dish. Cook on glass shelf in lower shelf position on CONVECTION 210 °C + WARM MICROWAVE for 27 mins.

## Croque monsieur

Preheat grill on GRILL 1. Place the bread, buttered side up on the wire shelf in the upper shelf position and cook on GRILL 1 for 3-4 mins or until browning. 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 uppermost. Place back on the wire shelf in upper shelf position shelf and cook on GRILL 2 + SIMMER MICROWAVE for 1½ -2 mins or until the cheese has melted.

### ingredients

#### SERVES 2

4 slices bread, buttered  
5 ml (1 tsp) Dijon mustard  
2 slices smoked ham  
100 g (4 oz) sliced cheese

**Dish:** 3 litre (6 pt) large Pyrex® casserole with lid  
**Oven accessory:** wire shelf in the upper shelf position

## Bacon & potato bake

Place potatoes in a dish with 45 ml (3 tbsp) water. Cover, place on the base of the oven and par-boil on HIGH MICROWAVE for 10 mins. Slice thickly. Place onion and bacon in bowl and cook on HIGH MICROWAVE for 3 mins. Stir halfway. Chop cheese into chunks. Layer half the potatoes in the buttered ovenproof dish. Scatter over half of the onion, bacon & cheese. Lightly season with salt & pepper. Repeat layers, then pour cream evenly over the top. Place on the glass shelf in the lower shelf position and cook on CONVECTION 230 °C + GRILL 2 + SIMMER MICROWAVE for 15-20 mins or until golden brown.

### ingredients

#### SERVES 4-6

1 kg (2 lb 2 oz) baking potatoes, peeled and halved  
1 onion, finely chopped  
225 g (8 oz) smoked back bacon, cut into strips  
225 g (8 oz) brie  
150 ml (¼ pt) single cream

**Dish:** large Pyrex® shallow dish, oval Pyrex® heatproof dish, buttered  
**Oven accessory:** glass shelf in lower shelf position

## Macaroni cheese

Cook macaroni in 550 ml (1 pt) boiling water. Cover, place on the base of the oven and cook on HIGH MICROWAVE for 5-6 mins or until soft. Drain. Place butter, onion and bacon in a jug. Cook on HIGH MICROWAVE for 5 mins or until onion is soft. Stir halfway through cooking. Stir in flour and cook for 30 secs on HIGH MICROWAVE. Gradually add milk, stir well and season. Cook on HIGH MICROWAVE for 5-6 mins or until sauce is thick and bubbling. Stir twice during cooking. Add mustard and 100 g (4 oz) grated cheese. Add macaroni and season. Place the macaroni mixture in dish. Sprinkle with breadcrumbs and remaining cheese. Place dish on the glass shelf in the lower shelf position and cook on CONVECTION 230 °C + GRILL 3 + LOW MICROWAVE for 10-15 mins or until cheese starts to melt.

### ingredients

#### SERVES 4

200 g (7 oz) quick cooking macaroni  
40 g (1½ oz) butter  
1 small onion, finely chopped  
100 g (4 oz) bacon, chopped  
40 g (1½ oz) flour  
600 ml (1 pt) milk  
5 ml (1 tsp) French mustard  
150 g (5 oz) cheddar cheese, grated  
salt and pepper  
25 g (1 oz) fresh brown breadcrumbs

**Dish:** large Pyrex® dish, jug  
**Oven accessory:** glass shelf in lower shelf position

## ingredients

**SERVES 4**

- 1 medium onion, finely diced
- 10 ml (2 tsp) olive oil
- 175 g (6 oz) self-raising flour
- 3 ml (½ tsp) salt
- 3 ml (½ tsp) mustard powder
- 3 ml (½ tsp) cayenne pepper
- salt and pepper
- 25 g (1 oz) butter
- 40 g (1½ oz) strong cheddar cheese, grated
- 40 g (1½ oz) Parmesan cheese
- 25 g (1 oz) black olives, stoned and chopped
- 1 egg, beaten
- 45 ml (3 tbsps) milk
- 1 beaten egg for glazing

**Dish: bowl, 1 baking sheet  
32 x 23 cm (12" x 9") greased**  
**Oven accessory: enamel shelf, greased in lower shelf position and wire shelf in upper shelf position**

## Cheese, onion &amp; olive scones

Place onion and oil in a bowl. Place on the base of the oven and cook on HIGH MICROWAVE for 2 mins or until softened. Preheat oven on CONVECTION 200 °C with wire shelf in upper shelf position. Sift together the flour, salt, mustard and cayenne with seasoning. Rub in the butter. Mix in onion, cheeses and olives. Beat egg and milk together. Add enough of the egg and milk to form soft dough. On a floured surface roll out dough to approx. 2 cm thick. Cut out rounds using a 5 cm pastry cutter and brush with beaten egg. Place the rounds on the enamel shelf and the baking sheet. Place the enamel shelf in the lower shelf position and the baking sheet on the wire shelf. Cook on CONVECTION 200 °C for 15-20 mins or until cooked and golden brown.

## ingredients

**MAKES 24**

- 350 g (12 oz) readymade short crust pastry
- 90 g (3½ oz) red pesto or sun-dried tomato puree
- 2 medium sized tomatoes, peeled, seeded and chopped
- 25 g (1 oz) black olives, chopped
- 125 g (4 oz) Fontina or Mozzarella cheese grated
- 1 garlic clove crushed
- 25 g (1 oz) parmesan cheese, grated
- 5 ml (1 tsp) dried oregano

**Dish: 2 x 12 bun tins  
32 cm x 24 cm (12½" x 9½")**  
**Oven accessory: enamel shelf in lower shelf position + wire shelf in upper shelf position**

## Cheese &amp; red pesto tartlet

Roll out the short crust pastry to a thickness of approximately 3 mm (⅛"). Cut out 24 circles using a 7.5 cm (3") pastry cutter. Place in two lightly greased bun tins. Chill pastry for 30 mins. Preheat oven on CONVECTION 200 °C with both enamel shelf in lower shelf position and wire shelf in upper shelf position. Mix the red pesto, tomatoes, black olives, mozzarella and garlic together in a bowl. Fill the tartlet shells with mixture. Sprinkle the parmesan and oregano over the tartlets. Place bun tins on shelves and cook on CONVECTION 200 °C for 15-20 mins or until golden brown.

## ingredients

**SERVES 4-6**

- 75 g (3 oz) plain flour
- pinch of salt
- 1 egg
- 75 ml (2½ fl oz) milk
- 75 ml (2½ fl oz) water
- oil for tin

**Dish: 12 section bun tin  
32 cm (12") x 24 cm (9")**  
**Oven accessory: wire shelf in lower shelf position**

## Yorkshire puddings

Place flour and salt in a mixing bowl. Make a well in the centre and break in egg. Beat egg into flour and gradually add milk and water, beating well until smooth. Stand until required. Place 5 ml (1 tsp) oil in each section of the bun tin. Place on wire shelf, preheat oven to CONVECTION 220 °C. Pour batter into heated oil in tins. Place on wire shelf and cook on CONVECTION 220 °C for 15-20 mins or until well risen and brown.

### Container size

To avoid boil over always use a container at least twice the capacity of the sauce.

### Covering

**DO NOT** cover sauces when cooking.

### Stirring - Important

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 **HIGH MICROWAVE** and stir halfway.

### Microwave level

Most sauces require **HIGH MICROWAVE** for cooking. Sauces containing eggs should be cooked on **SIMMER MICROWAVE**.

### 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

Melt the butter for 1 min, covered, on **MEDIUM MICROWAVE** on base of oven. Add the flour, stir, and cook for a further 1 min on **MEDIUM MICROWAVE**. Set aside; Heat the milk in a jug on **HIGH MICROWAVE** 2 mins 30 s - 3 mins. Pour the milk over the butter and flour mixture, whisking all the time. Cook again for 2 - 3 mins, whisking vigorously several times and paying close attention to ensure that the sauce doesn't overflow. Check the seasoning and add a pinch of grated nutmeg. You can add 2 egg yolks and 80 g of grated cheese to make it into a Mornay sauce.

### ingredients

#### **SERVES 500 ml**

35 g (1 oz) butter  
35 g (1 oz) flour  
500 ml (18 fl oz) milk  
salt  
pepper  
grated nutmeg

**Dish: 1 Pyrex® bowl  
1.5 litre (2.6 pt) capacity**

## Pepper sauce

Chop the onion and cook in the bowl with butter for 2-3 minutes on **HIGH MICROWAVE**. Add flour, mix, cook again for 1 minute on **HIGH MICROWAVE** and add stock, 1 tbsp vinegar and 2 tsp of white pepper. Cook uncovered at **HIGH MICROWAVE** for 3 minutes. Remove from the oven and add a dash of cognac, a knob of butter and crème fraîche. Mix well and add plenty of salt before serving.

### ingredients

#### **SERVES 5-6**

1 onion  
40 g (1 oz) butter  
30 g (1 oz) flour  
400 ml (14 fl oz) of hot stock  
made from 2 stock cubes  
tarragon vinegar  
2 tsp white pepper  
cognac  
200 ml (7 fl oz) crème fraîche

**Dish: 1 large Pyrex® bowl**

## Chocolate sauce

Place butter in the jug on base of oven. and melt on **HIGH MICROWAVE** for 20-30 secs. Stir in sugars, cocoa powder and vanilla essence. Gradually add milk, stirring well. Cook on **HIGH MICROWAVE** for 2 mins. Stir well. Cook on **HIGH MICROWAVE** for 1 min. Stir and continue to cook in 30 secs stages until you achieve a smooth and glossy consistency that coats the back of the spoon.

### ingredients

#### **SERVES 4**

25 g (1 oz) butter  
75 g (3 oz) caster sugar  
75 g (3 oz) brown sugar  
50 g (2 oz) cocoa powder, sieved  
3 ml (½ tsp) vanilla essence  
300 ml (½ pt) milk

**Dish: 1 litre Pyrex® jug (2 pt)**

## ingredients

3 egg yolks  
30 ml (2 tbsp) white wine  
vinegar  
150 g (5 oz) chilled,  
unsalted butter,  
cut into cubes  
pepper

**Dish: 1 litre (2 pt) Pyrex® jug**

## ingredients

1 medium onion, finely chopped  
1 celery stick, finely chopped  
1 carrot, finely chopped  
25 g (1 oz) butter  
2 cloves garlic, crushed  
2 x 400 g (14 oz) cans of  
tomatoes  
3 ml (½ tsp) each of basil,  
oregano and ground bay leaves  
150 ml (¼ pt) red wine  
or vegetable stock  
salt and pepper

**Dish: 1 litre (2 pt) Pyrex® jug**

## ingredients

2 eggs  
50 g (2 oz) caster sugar  
300 ml (½ pt) milk  
5 ml (1 tsp) vanilla essence

**Dish: 1 litre (2 pt) Pyrex® jug**

## ingredients

150 g (5 oz) soft muscovado sugar  
75 ml (3 fl oz) double cream  
75 g (3 oz) butter

**Dish: 1 litre (2 pt) Pyrex® jug**

## ingredients

meat or poultry dripping with  
sediment  
25 g (1 oz) flour  
300 ml (¼ pt) stock  
salt and pepper

**Dish: 1 litre (2 pt) Pyrex® jug**

## Hollandaise sauce

Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Place jug on the base of the oven and cook on HIGH MICROWAVE for 30 secs. Whisk. Cook on HIGH MICROWAVE for 10 secs. Whisk again and cook on HIGH MICROWAVE for 10 secs. Repeat 10 secs stages until sauce is thick and creamy. Season and serve immediately with salmon steaks or asparagus spears.

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

## Tomato sauce

Place onion, celery, carrot, butter and garlic in casserole. Place on the base of the oven and cook on HIGH MICROWAVE for 4 mins. Add the tomatoes, herbs and wine or stock. Cover and cook on MEDIUM MICROWAVE for 15 mins. Liquidise then press through a sieve for a smooth sauce. Season to taste.

## Custard sauce

Beat eggs with sugar and 45 ml (3 tbsp) milk. Place remaining milk with vanilla essence. Place on the base of the oven and cook on HIGH MICROWAVE for 1 min. Add milk to eggs and stir well. Cook on SIMMER MICROWAVE for 1 min. Stir well. Continue to cook on SIMMER MICROWAVE for 10-15 mins stirring every 30 secs until the sauce coats the back of a spoon.

## Butterscotch sauce

Put all ingredients in a large bowl. Place on the base of the oven and cook on HIGH MICROWAVE for 1 min. Stir and continue cooking on HIGH MICROWAVE in 1 minute intervals until smooth and hot.

## Gravy

Scrape dripping and sediment from roasting dish into the jug. Stir flour into dripping and then gradually blend in stock. Place on the base of the oven and cook on HIGH MICROWAVE for 2-3 mins stirring halfway through. Season and serve.

## Shortcrust pastry

Place flour and salt into a mixing bowl. Rub the margarine into the flour until the mixture resembles fine breadcrumbs. Add enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed. If possible, rest for 15 mins. before rolling out.

### ingredients

225 g (8 oz) plain flour  
pinch salt  
100 g (4 oz) margarine  
45 ml (3 tbsp) cold water

**Dish:** large Pyrex® bowl

## Choux pastry

Place butter and water in a large jug and heat on HIGH MICROWAVE for 2-3 mins or until nearly boiling. Immediately tip in all the flour and beat well until mixture is smooth. Cool slightly. Beat in eggs one at a time, beating vigorously until mixture is smooth and glossy.

### ingredients

50 g (2 oz) butter  
150 ml (¼ pt) water  
65 g (2½ oz) plain flour sifted  
2 eggs, lightly beaten

**Dish:** large Pyrex® jug

## Suetcrust pastry

Mix together flour, salt and suet. Add enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed.

### ingredients

225 g (8 oz) self-raising flour  
3 ml (½ tsp) salt  
100 g (4 oz) shredded suet  
105 ml (7 tbsp) cold water

**Dish:** large Pyrex® bowl

## Minced beef & onion pie

Combine all filling ingredients except thickening in casserole dish. Cover, place on base of oven and cook on HIGH MICROWAVE for 5 mins then MEDIUM MICROWAVE for 15 mins. Mix gravy thickening with water and stir into meat. Leave to cool. Preheat oven on CONVECTION 220 °C. Roll out half the pastry to fit pie plate. Remove mince with a slotted spoon, reserving gravy for serving and place on pastry base. Roll out remaining pastry for a lid and place on top of mince, sealing the edges with water. Cut 2 slits in top of pastry and glaze top with egg. Place on glass shelf in lower shelf position and cook on CONVECTION 200 °C + SIMMER MICROWAVE for 20-25 mins or until cooked.

### ingredients

#### SERVES 4

350 g (12 oz) lean minced steak  
1 medium onion, chopped  
450 ml (½ pt) hot beef stock  
15 ml (1 tbsp) tomato puree  
5 ml (1 tsp) yeast extract (Marmite.)  
salt and pepper  
10 ml (2 tsp) gravy thickening  
500 g (1 lb 2 oz) shortcrust pastry  
beaten egg to glaze

**Dish:** large Pyrex® casserole and lid, 20 cm (8") pie plate  
**Oven accessory:** glass shelf in lower shelf position

## ingredients

### SERVES 4

- 25 g (1 oz) butter
- 200 g (7 oz) leeks, sliced
- 50 g (2 oz) plain flour
- 450 ml (¾ pt) milk
- 150 g (5 oz) stilton
- 400 g (14 oz) cooked chicken, cubed
- 250 g (9 oz) puff pastry
- 1 egg, beaten

**Dish: bowl, 22.5 cm (9") gratin dish**

**Oven accessory: glass shelf in lower shelf position**

## Chicken & stilton pie

Place the butter and leeks in bowl. Place on the base of the oven and cook on HIGH MICROWAVE for 8 minutes or until soft. Add the flour, stir well then gradually add the milk and cook on HIGH MICROWAVE for 4 mins or until the sauce has thickened. Preheat the oven on CONVECTION 210 °C. Finely chop the cheese and add to the sauce, mix in the chicken. Roll the pastry for a lid and place on top of the chicken mixture. Brush with beaten egg. Place dish on glass shelf in lower shelf position and cook on CONVECTION 210 °C + SIMMER MICROWAVE for 20-25 mins. Or until cooked and browned.

## ingredients

### SERVES 4-6

- 25 g (1 oz) caster sugar
- 5 ml (1 tsp) cinnamon
- 2 cooking apples, peeled, cored and sliced
- 15 ml (1 tbsp) lemon juice
- 350 g (12 oz) puff pastry
- 1 egg, beaten

**Dish: 20 cm (8") pie plate**

**Accessory: glass shelf in lower shelf position**

## Apple pie

Mix together sugar and cinnamon. Toss apples in lemon juice. Sprinkle sugar mixture over. Divide pastry in half. Roll out half and line base of plate. Place apple filling on top of pastry. Roll out remainder of pastry and cut to a circle for lid. Seal edges, crimp and brush top with egg. Preheat oven on CONVECTION 220 °C. Place pie on glass shelf in lower shelf position and cook on CONVECTION 220 °C + SIMMER MICROWAVE for 15-20 mins or until cooked.

## ingredients

### SERVES 6

- 125 g (4 oz) butter
- 250 g (8 oz) plain flour
- 25 g (1 oz) icing sugar
- 1 egg yolk
- 30 ml (2 tbsp) water

### Filling

- 60 g (2 oz) cornflour
- 400 ml (¾ pt) water
- 3 lemons, juice and grated rind of
- 125 g (4.4 oz) sugar
- 3 egg yolks

### Meringue

- 225 g (8 oz) caster sugar
- 4 egg whites

**Dish: 25 cm (10") flan dish**

**Oven accessory: enamel shelf in lower shelf position**

## Lemon meringue pie

Rub butter into the flour until the mixture resembles fine breadcrumbs and stir in sugar. Add egg and enough water so that when the mixture is kneaded lightly for a few seconds a firm, smooth dough is formed. Line the flan dish with the pastry, prick the base with a fork and chill for 15 mins in the fridge. Line pastry with greaseproof paper and baking beans, place flan dish on enamel shelf in lower shelf position, bake blind of CONVECTION 210 °C 10 mins, remove the beans and bake for another 10 mins, until golden. Leave to cool. Place cornflour, water and lemon juice and rind in a jug, stir. Place on the base of the oven and cook on HIGH MICROWAVE for 2 mins. Stir and cook on HIGH MICROWAVE for 2 mins or until smooth, glossy and thickened. Add sugar. Cool slightly. Add egg yolks. Mix well. Pour into pastry case. Preheat oven on CONVECTION 150 °C. Whisk egg whites stiffly. Add sugar gradually – whisking after each addition. Pile meringue onto lemon filling. Place flan on enamel shelf in lower shelf position and cook on CONVECTION 150 °C for 40-45 mins or until lightly browned.

## Baked jam roly poly pudding

Roll out pastry to approx. 23 x 32 cm (9" x 13"). Spread the jam over the pastry leaving 1 cm (½") border all round. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges well. Brush top with milk and place in loaf dish. Place dish on glass shelf in lower shelf position and cook on CONVECTION 200 °C + LOW MICROWAVE for 15-20 mins or until golden.

## ingredients

### SERVES 4

1 quantity of suet pastry  
75 ml (5 tbsp) seedless raspberry jam  
milk to glaze

**Dish: 1 kg (2 lb) glass loaf dish**

**Accessory: glass shelf in lower shelf position**

## Éclairs

Melt the butter and water together on HIGH MICROWAVE 2-3 mins or until bubbling. Immediately tip in all the flour and beat well until mixture is smooth. Allow to cool slightly. Beat in eggs one at a time, beating vigorously until mixture is smooth and glossy. Place the choux pastry into a piping bag fitted with a plain 1 cm nozzle. Pipe fingers 9 cm long on lightly greased, slightly wet baking sheet. Preheat on CONVECTION 200 °C with the enamel shelf in the lower shelf position. Place baking sheet on the enamel shelf. Cook on CONVECTION 200 °C for approx. 15 - 20 mins. Pierce each éclair and return for a further 5-10 mins to crisp if necessary. When cooked cool on a wire rack. Whip the cream until stiff and fill the éclairs. Dissolve cocoa in hot water and stir into icing sugar, beating well until smooth, add extra water if required. Ice the filled éclairs and leave until set.

## ingredients

### SERVES 6

#### Choux Pastry:

50 g (2 oz) butter  
150 ml (5 fl oz) water  
65 g (2 oz) plain flour sifted  
2 eggs, lightly beaten

#### Éclairs:

150 ml (5 fl oz) whipping cream  
10 ml cocoa powder  
15 ml hot water  
100 g (4 oz) icing sugar, sieved

This recipe is most successful when mixed by hand

**Dish: baking sheet, greased**  
**Oven accessory: enamel shelf in lower shelf position**

## Strudel

Preheat on CONVECTION 180 °C. Mix the apples and lemon juice in a bowl. Add the sugar, walnuts, sultanas, cinnamon and almonds and mix. Take three sheets of filo pastry and brush them with melted butter. Lay the sheet with the shortest side nearest you. Lay the second 5-6 cm over the longest side of the first sheet, overlapping the third sheet over the second. Lay three more sheets of filo pastry on top of each other. Pour the apple filling over the filo pastry, but leave around 2.5 cm free around one sheet of pastry. Fold the sides over the filling and brush with butter. Roll the pastry from the long side and butter the last long sheet in to seal the strudel. Place the strudel with the seam towards you on enamel shelf and place in the lower shelf position. Brush with melted butter. Bake the strudel for 30 mins on CONVECTION 180 °C. Sprinkle with icing sugar before serving.

## ingredients

### SERVES 4

600 g (1 lb 3 oz) apples preferably Granny Smith, cores removed, cut into rough pieces, juice of 1 lemon  
3 tbsp brown sugar  
50 g (2 oz) walnuts, roughly chopped  
4 tbsp sultanas  
1 level tbsp cinnamon  
50 g (2 oz) almonds sliced  
225 g (8 oz) filo pastry  
50 g (2 oz) butter, melted  
icing sugar to serve

**Oven accessory: enamel shelf in lower shelf position, greased**

## Custard tart

Line a lightly greased flan dish with the pastry. Prick pastry with a fork and chill for 15 mins. Bake blind, lining pastry with greaseproof paper and baking beans for 10 mins on CONVECTION 180 °C on the glass shelf in lower shelf position. Remove baking beans and continue cooking for a further 10 mins. Remove the glass shelf. Mix the milk and vanilla and heat on HIGH MICROWAVE for 3 mins on base of oven. Mix together eggs and sugar. Gradually add the milk to the egg mixture and stir well. Strain the egg mixture into the flan case and sprinkle with nutmeg. Place dish on the glass shelf in lower shelf position and cook on CONVECTION 180 °C + WARM MICROWAVE for 15-20 mins or until set.

## ingredients

### SERVES 6

350 g (12 oz) shortcrust pastry  
450 ml (¾ pint) milk  
1 tsp vanilla extract  
4 eggs  
50 g (2 oz) caster sugar

**Dish: 22.5 cm (9") flan dish**  
**Oven accessory: glass shelf in lower shelf position**

## ingredients

**SERVES 4**

100 g (4 oz) short grain rice  
1 litre (2 pt) whole milk  
80 g (3 oz) sugar  
small piece of cinnamon stick  
1 vanilla pod

**Dish: 1 Pyrex® bowl,  
2.5 litres (4½ pt) capacity**

## Rice pudding

Pour the rice, milk and sugar in the bowl. Add the cinnamon and split vanilla pod. Do not cover. Bring to the boil by heating on HIGH MICROWAVE for 7-8 mins, paying close attention to ensure that the milk doesn't overflow, then cook on SIMMER MICROWAVE for 50-60 mins. Leave to cool down, covered for at least 1 hour.

## ingredients

**SERVES 4**

100 g (4 oz) self-raising flour  
100 g (4 oz) caster sugar  
pinch of salt  
25 g (1 oz) cocoa or  
drinking chocolate  
50 g (2 oz) margarine  
1 egg, beaten  
5 ml (1 tsp) vanilla essence  
60 ml (4 tbsp) milk

**Sauce:**

100 g (4 oz) soft brown sugar  
25 g (1 oz) cocoa or  
drinking chocolate  
150 ml (¼ pt) hot water

**Dish: 20 cm (8") soufflé dish**

## Chocolate fudge pudding

Place flour, sugar, salt and cocoa into a mixing bowl. Melt margarine in a small dish on MEDIUM MICROWAVE for 40 secs - 1 min or until melted. Add melted margarine to flour, along with egg, vanilla essence and milk. Beat well. Pour mixture into soufflé dish. Mix together brown sugar and cocoa and sprinkle over mixture. Pour over hot water and cook on HIGH MICROWAVE for 5 - 6 mins or until set on top. The pudding will separate on cooking, giving a chocolate fudge sauce at the bottom.

## ingredients

**SERVES 4**

150 g (5 oz) self-raising flour  
pinch of salt  
50 g (2 oz) caster sugar  
50 g (2 oz) suet  
1 egg  
150 ml (¼ pt) milk  
30 ml (2 tbsp) jam or golden syrup

**Dish: 1.2 litre (2 pt)  
Pyrex® pudding basin**

## Steamed suet sponge pudding

Mix the flour and salt and stir in sugar and suet. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency. Put the jam or syrup in the base of the greased pudding basin and pour pudding mixture over. Place on base of oven and cook on MEDIUM MICROWAVE for 7-8 mins.

## Sticky pudding with toffee sauce

Pour 150 ml (¼ pt) boiling water over the chopped dates and set aside to cool. Cream the butter and sugar until light and fluffy. Beat in the eggs a little at a time. Fold in the flour, spices and the dates with the liquid. Pour mixture into basin and cook on MEDIUM MICROWAVE for 8-10 mins or until cooked. To make the sauce, place all the ingredients in a large jug and cook on HIGH MICROWAVE for 1 minute or until the sugar has dissolved. Stir and continue to cook on HIGH MICROWAVE for 1-2 mins or until smooth and hot. Drizzle the hot sauce over the sponge and serve with whipped cream.

## ingredients

### SERVES 4

150 g (5 oz) fresh or ready to eat dates stoned and finely chopped  
50 g (2 oz) butter  
150 g (5 oz) caster sugar  
2 eggs, lightly beaten  
150 g (5 oz) self raising flour  
3 ml (½ tsp) grated nutmeg  
3 ml (½ tsp) ground ginger

### Sauce:

150 g (5 oz) muscovado sugar  
75 ml (3 fl oz) double cream  
75 g (3 oz) butter

**Dish: 1.2 litre (2 pt) Pyrex® pudding basin, large jug**

## Creme caramel

Put the milk and vanilla pod into a bowl and cook on HIGH MICROWAVE for 5 minutes. Take out of the microwave and leave to infuse for 5 minutes. Put the eggs and sugar in a bowl and whisk until thoroughly combined. Discard the vanilla pod and whisk the milk into the egg and sugar mixture. Make the caramel. Put the water and sugar in a small bowl and cook on HIGH MICROWAVE for 2 mins - 2 mins 30 secs. WATCH ALL THE TIME. As soon as it turns light golden brown, stop. Pour the caramel into four ramekins. Rotate the moulds quickly so that it coats the sides of the moulds. Preheat the oven on CONVECTION 150 °C. Strain the custard through a sieve and pour into the moulds and stand them in a small roasting tin half filled with boiling water. Place the tin on the enamel shelf in the lower shelf position and cook on CONVECTION 150 °C for 45 minutes. Chill in the refrigerator before turning out of their moulds.

## ingredients

### SERVES 4

500 ml (17 fl oz) milk  
1 vanilla pod, split lengthways  
4 eggs  
50 g (2 oz) caster sugar

### Caramel

50 g (2 oz) sugar  
1 tbsp water

**Dish: small bowl, 3 litre (6 pt) Pyrex® bowl, 4 ramekins**  
**Oven accessory: enamel shelf in lower shelf position**

## Bread & butter pudding

Arrange the bread and fruit in the prepared dish. Put milk in a jug. Place on the base of the oven and cook for 3 mins. On MEDIUM MICROWAVE but do not allow to boil. Beat together the eggs and sugar, add the milk, stirring well. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 mins. Place dish on glass shelf in lower shelf position and cook on CONVECTION 190 °C + GRILL 3 + WARM MICROWAVE for 20 mins or until set and browned.

## ingredients

### SERVES 4

6 slices of bread, buttered and cut into triangles  
75 g (3 oz) mixed dried fruit  
450 ml (¾ pt) milk  
3 eggs  
50 g (2 oz) caster sugar  
3 ml (½ tsp) nutmeg

**Dish: jug, 20 x 25 cm (8" x 10") oblong, greased Pyrex® dish**  
**Oven accessory: glass shelf in lower shelf position**

## ingredients

**SERVES 6**

4 medium egg whites  
250 g (9 oz) caster sugar  
5 ml (1 tsp) cornflour  
5 ml (1 tsp) malt vinegar  
5 ml (1 tsp) vanilla extract

**Topping:**

300 ml (½ pt) double cream,  
softly whipped  
250 g (9 oz) strawberries, sliced

**Dish:** large Pyrex® bowl  
**Oven accessory:** enamel  
shelf in lower shelf  
position

## Strawberry pavlova

Preheat the oven on CONVECTION 150 °C. Mark a 25 cm (10") circle on a sheet of parchment paper and line the enamel shelf. Whisk the egg whites until stiff but not dry. Slowly whisk in the sugar until the mixture is thick and glossy. Blend the cornflour, vinegar and vanilla extract to a smooth paste, in a separate bowl and then whisk into egg whites. Spread the mixture inside the circle on the parchment paper. Place enamel shelf in lower shelf position and cook Pavlova on CONVECTION 150 °C for 1 hour. Turn the oven off and leave the pavlova inside for another hour to dry out. When cool spread cream all over the meringue and scatter the strawberries on top.

## ingredients

**SERVES 6**

450 g (1 lb) ripe pears, peeled  
and thinly sliced  
15 ml (1 tbsp) muscovado sugar  
2 mangos, peeled, stoned and  
roughly chopped  
1 piece stem ginger, finely chopped

**Topping:**

175 g (6 oz) plain flour  
75 g (3 oz) butter  
75 g (3 oz) muscovado sugar  
75 g (3 oz) pecan nuts,  
roughly chopped

**Dish:** shallow ovenproof dish  
**Oven accessory:** enamel shelf  
in lower shelf position

## Mango, pear &amp; ginger crumble

Put the pears in dish with the sugar and 45 ml (3 tbsp) water. Cover, place on the base of the oven and cook on HIGH MICROWAVE for 5 mins. Preheat the oven on CONVECTION 180 °C. Drain the pears, return to the dish and add the mango and stem ginger. Spoon the mixture into dish and leave to cool. Make the topping. Rub the butter into the flour, stir in the sugar and pecan nuts. Sprinkle the topping over the fruit. Place dish on enamel shelf in lower shelf position and cook on CONVECTION 180 °C for 30-35 mins.

## ingredients

**SERVES 4**

700 g (1½ lb) fresh fruit,  
peeled and sliced  
(e.g. apples, plums, rhubarb,  
gooseberries, blackcurrants)  
Sugar to taste

**Crumble topping:**

75 g (3 oz) butter  
175 g (6 oz) plain flour  
100 g (3 oz) sugar

**Dish:** suitable sized,  
Pyrex® heatproof dish  
**Oven accessory:** glass shelf  
in lower shelf position

## Fruit crumble

Layer prepared fruit in the dish. Add sugar to taste, depending on the sharpness of the fruit. Rub butter into the flour until mixture resembles fine breadcrumbs. Stir in the sugar. Sprinkle the crumble over the fruit, so that it is completely covered. Place dish on glass shelf in lower shelf position and cook on CONVECTION 230 °C + SIMMER MICROWAVE for 15-20 minutes, or until golden brown.

## Red fruit compote

Place the plums, cherries and blueberries in dish. Place on the base of the oven and cook on LOW MICROWAVE for 10 mins. Stir in the strawberries and cook on LOW MICROWAVE for a further 3-4 mins. Stir the raspberries and sugar into the hot fruit and allow to cool before serving.

## ingredients

### SERVES 4

225 g (8 oz) plums, halved  
225 g (8 oz) cherries, stoned  
225 g (8 oz) blueberries  
225 g (8 oz) strawberries  
225 g (8 oz) raspberries  
50 g (2 oz) golden caster sugar

**Dish:** large shallow ovenproof Pyrex® dish

## Christmas pudding

Place apple and carrot in a large bowl. Place on the base of the oven and cook on HIGH MICROWAVE for 5 mins. Beat well to make a thick puree. Stir in juice, rind and mixed fruit. Cook on HIGH MICROWAVE for 2 mins. Stir in brandy and treacle. Stand for 5 mins. Beat in rest of ingredients. Press into the pudding basin. Cover and cook on MEDIUM MICROWAVE for 5 mins. Stand for 5 mins. Cook on HIGH MICROWAVE for another 2-3 mins or until just firm.

**NOTE:** 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.

## ingredients

### SERVES 6-8

1 cooking apple, peeled and grated  
1 carrot, peeled and grated  
1 orange, juice and grated rind  
400 g (14 oz) mixed dried fruit  
45 ml (3 tbsp) brandy  
15 ml (1 tbsp) black treacle  
50 g (2 oz) self-raising flour  
pinch of salt  
15 ml (1 tbsp) cocoa  
5 ml (1 tsp) mixed spice  
3 ml (½ tsp) nutmeg  
100 g (4 oz) shredded suet  
150 g (5 oz) fresh breadcrumbs  
50 g (2 oz) mixed peel  
50 g (2 oz) flaked almonds  
2 eggs, beaten

**Dish:** 1.3 litre (2 pt) pudding basin lightly greased

## Chocolate cheesecake

Place butter in bowl on the base of the oven and melt on HIGH MICROWAVE for 40-50 secs. Stir in biscuits and press into base of flan. Melt chocolate with milk on MEDIUM MICROWAVE for 1-2 mins. Leave to cool slightly. Preheat oven on CONVECTION 150 °C. Mix all the remaining ingredients and stir in chocolate. Pour over biscuit base. Place flan on enamel shelf in lower shelf position and cook on CONVECTION 150 °C for 30-35 mins. Chill before serving.

## ingredients

### SERVES 6

100 g (4 oz) butter  
250 g (9 oz) digestive biscuits, crushed  
150 g (5 oz) plain chocolate  
30 ml (2 tbsp) milk  
450 g (1 lb) soft cheese  
100 g (4 oz) soft brown sugar  
2 large eggs  
5 ml (1 tsp) vanilla essence

**Dish:** 23 cm (9") deep flan tin, greased

**Accessory:** enamel shelf in lower shelf position

## ingredients

**SERVES 6**

700 g (1 lb 8 oz) rhubarb, chopped  
3 tbsp ginger jam  
3 oranges segmented

**Topping:**

300 g (11 oz) plain flour  
150 g (5 oz) softened butter  
150 g (5 oz) demerara sugar  
ground ginger to taste

**Dish: Large shallow oven proof Pyrex® dish**

**Oven accessory: glass shelf on lower shelf position**

## Rhubarb, ginger &amp; orange crumble

Place rhubarb in dish with 1 tbsp water, cover and cook on HIGH MICROWAVE for 6 mins. Place the jam and the orange segments around the rhubarb. Rub butter into the flour until the mixture resembles breadcrumbs. Stir in the sugar. Add spices to taste. Sprinkle the crumble over the fruit. Put the glass shelf in the lower shelf position and cook on CONVECTION 230 °C + SIMMER MICROWAVE for 20 mins.

Tip: Alternatively swap rhubarb, ginger jam and oranges for apple and sultanas. Swap ground ginger for mixed spice and cinnamon.

## ingredients

**SERVES 8**

200 g (7 oz) butter or margarine  
200 g (7 oz) dark muscovado sugar  
4 eggs, beaten  
200 g (7 oz) plain flour  
50 g (2 oz) ground almonds  
100 ml (3 fl oz) sherry  
75 g (3 oz) candied peel  
75 g (3 oz) glace cherries, roughly chopped  
250 g (9 oz) currants  
250 g (9 oz) raisins  
100 g (4 oz) pecan nuts, broken into pieces  
finely grated zest of 1 lemon  
7.5 ml (1½ tsp) mixed spice  
2.5 ml (½ tsp) vanilla extract  
2.5 ml (½ tsp) baking powder

**Dish: 20 cm (8") round tin, greased and lined**

**Oven accessory: enamel shelf in lower shelf position**

## Celebration cake

Prepare the tin by lining with a double layer of greaseproof paper on the inside and tie a double band of greaseproof paper around the outside. Cream the butter and sugar until pale and fluffy. Add the eggs one at a time, beating well after each addition. Fold in half the flour using a metal spoon, then fold in the rest. Stir in the almonds. Mix in the sherry, and then add the peel, cherries, raisins, currants, nuts, lemon zest, spice and vanilla. Stir in the baking powder. Spoon mixture into the tin and spread evenly, removing all air pockets. Make a small dip in the centre. Preheat oven on CONVECTION 140 °C. Place tin on enamel shelf in the lower shelf position and cook on CONVECTION 140 °C for 2 hours or until a skewer inserted in the middle comes out clean. Leave cake to cool in tin. When completely cold wrap well in cling film and foil to store until ready to decorate. The cake will keep for several months.

## ingredients

**12 little cakes**

100 g (4 oz) butter  
100 g (4 oz) sugar  
2 eggs, beaten  
100 g (4 oz) self-raising flour

**Dish: 1 baking tray, 32 cm (12") x 24 cm (9") each with 12 holes + 12 individual paper cases**

**Oven accessory: enamel shelf in lower shelf position**

## Small cakes

Preheat on CONVECTION 170 °C with the enamel shelf in the lower shelf position. Beat the butter, which has been kept at room temperature, and the sugar until a mousse-like consistency is achieved. Add the eggs one at a time, beating well after each egg is added. Mix in the flour. Fill individual paper cases two thirds full with the mixture. Place baking tray on enamel shelf. Cook on CONVECTION 170 °C for 20-25 mins.

## Cookies

Preheat on CONVECTION 170 °C with wire shelf in upper shelf position. Cream together the butter and sugar until pale, then beat in the egg. Mix in the flour until well combined and add the chosen additions. Place walnut-sized spoonfuls of dough well apart on greased baking tray and enamel shelf, flatten slightly with a fork. Place one baking tray onto the wire shelf in the upper shelf position and the enamel shelf in the lower shelf position and cook for 10-15 mins or until golden. Remove cookies from baking tray and enamel shelf and allow to cool on a wire rack.

## ingredients

### SERVES 12

#### Basic Cookie Dough:

100 g (4 oz) butter  
100 g (4 oz) caster sugar  
1 egg, beaten  
175 g (6 oz) plain flour

#### Variations:

White Chocolate and Pistachio Nut  
75 g (3 oz) white chocolate, chopped  
50 g (2 oz) pistachio nuts, chopped

#### Chocolate Chunk:

50 g (2 oz) white chocolate, chopped  
50 g (2 oz) dark chocolate, chopped

#### Dish: 1 baking tray

30 cm (12") x 21.5 cm (8")

Oven accessory: enamel shelf in lower shelf position and wire shelf in upper shelf position

## Streusel muffins

Make streusel topping by melting the butter on HIGH MICROWAVE for 10-20 secs. Add the remaining topping ingredients and combine to make a soft dough. Chill. Sift together the flour, bicarbonate, baking powder and salt. Stir in the sugar. Melt butter for the muffins on HIGH MICROWAVE power for 30 secs - 1 min. Cool slightly then mix in the buttermilk and egg. Preheat on CONVECTION 170 °C with the enamel shelf in the lower shelf position. Lightly stir the buttermilk mixture into the flour mixture. Fold fruit in gently. Divide mixture equally between 6 muffin cases. Crumble small amounts of streusel topping over each muffin. Place muffin tin on enamel shelf and cook on CONVECTION 170 °C for 20-25 mins or until browned and well risen.

## ingredients

### MAKES 6

#### Streusel topping:

50 g (2 oz) butter  
75 g (3 oz) plain flour  
30 ml (2 tbsps) granulated sugar  
15 ml ground mixed spice

#### Muffins:

200 g (8 oz) plain flour  
3 ml (½ tsp) bicarbonate of soda  
10 ml (2 tsp) baking powder  
pinch salt  
75 g (3 oz) caster sugar  
75 g (3 oz) butter  
200 ml (7 fl oz) buttermilk  
1 medium egg, beaten  
100 g (4 oz) fresh berries

#### Dish: 1 x 6 hole muffin tin + 6 paper muffin cases

Oven accessory: enamel shelf in lower shelf position

## Victoria sandwich

Cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition. Fold in half the flour, using a metal spoon, then fold in the remaining flour. Spoon the mixture into the tins and level with a knife. Preheat oven on CONVECTION 180 °C. Place one tin in the centre of the enamel shelf and one tin in the centre of the wire shelf. Cook on CONVECTION 180 °C for 20-25 mins or until cooked. Sandwich together with cream and jam and dust with icing sugar or with a filling of your choice.

## ingredients

### SERVES 6

175 g (6 oz) butter or margarine  
175 g (6 oz) caster sugar  
3 eggs  
175 g (6 oz) self-raising flour

#### Dish: 2 x 18 cm (7") cake tins, greased and lined

Oven accessory: enamel shelf in lower position + wire shelf in upper position

## ingredients

**SERVES 8**

100 g (4 oz) plain chocolate  
 100 g (4 oz) butter  
 4 eggs  
 100 g (4 oz) icing sugar  
 50 g (2 oz) self raising flour  
 50 g (2 oz) ground almonds

**Topping:**

50 g (2 oz) butter  
 25 g (1 oz) cocoa powder  
 30 ml (2 tbsp) milk  
 225 g (8 oz) icing sugar

**Dish: 23 cm (9") round tin,  
 greased and lined**  
**Oven accessory: enamel shelf  
 in lower shelf position**

## Chocolate cake

Place chocolate and butter in a bowl. Place on the base of the oven and melt on HIGH MICROWAVE for 1-2 mins. Cool slightly. Whisk eggs and sugar until pale and fluffy and then fold in the chocolate mixture. Fold in the flour and almonds. Spoon the mixture into the tin. Preheat oven on CONVECTION 180 °C. Place tin on enamel shelf in lower shelf position and cook on CONVECTION 180 °C for 40 mins or until cooked. Leave to cool.

To make the topping, place butter in a bowl on the base of the oven and melt on HIGH MICROWAVE for 30-40 secs. Stir in the remaining ingredients and beat well until smooth. Spread the topping over the top of the cake.

## ingredients

**SERVES 6-8**

225 g (8 oz) plain flour  
 pinch salt  
 10 ml (2 tsp) ground ginger  
 10 ml (2 tsp) baking powder  
 3 ml (¼ tsp) bicarbonate of soda  
 100 g (4 oz) soft brown sugar  
 75 g (3 oz) butter or margarine  
 75 g (3 oz) treacle  
 75 g (3 oz) golden syrup  
 150 ml (¼ pt) milk  
 1 egg, beaten

**Dish: 18 cm (7") square tin  
 lined with 2 strips of  
 greaseproof paper to form a  
 cross**

**Oven accessory: glass shelf  
 in lower shelf position**

## Gingerbread

Sift the flour, salt, ginger, baking powder and bicarbonate of soda into a bowl. Place the sugar, butter, treacle and syrup in a bowl on the base of the oven and cook on HIGH MICROWAVE for 1 min. Whisk the milk and egg together. Make a well in the centre of the dry ingredients and pour in the liquid and syrup, mixing thoroughly. Pour the mixture into the cake tin. Place tin on glass shelf in lower shelf position and cook on CONVECTION 160 °C + SIMMER MICROWAVE for 15-20 mins. Or until just firm.

## ingredients

**SERVES 8**

3 medium eggs, beaten  
 125 g (4 oz) caster sugar  
 125 g (4½ oz) plain flour

**Filling:**

jam or cream  
 icing sugar to dredge

**Dish: Swiss roll tin  
 33 x 23 cm (13"x 9"),  
 greased and lined with  
 baking parchment**  
**Oven accessory: wire shelf in  
 lower shelf position**

## Swiss roll

Whisk eggs and sugar together in a heatproof bowl until pale and creamy, and mixture leaves a trail on the surface when the whisk is lifted. Carefully fold in half of the sifted flour, and then fold in the other half. Fold in 15 ml (1 tbsp) of hot water. Tip the tin to allow mixture to run into corners. Preheat oven on CONVECTION 200 °C with wire shelf in lower shelf position. Place tin on wire shelf and cook on CONVECTION 200 °C for 10 mins. Place sheet of greaseproof paper on a damp tea towel and dredge paper with caster sugar. Quickly turn the Swiss roll out onto the greaseproof and carefully remove the baking parchment. Spread with jam or desired filling. Roll up from short side with the aid of the greaseproof paper. Dredge with icing sugar.

## Carrot cake

Place all the cake ingredients in a large bowl and mix well. Spoon into tin. Place tin on glass shelf in lower shelf position and cook on CONVECTION 170 °C + SIMMER MICROWAVE for 20-25 mins or until cooked and well risen. Allow to cool in the tin. To make the topping cream the butter and cream cheese until smooth. Stir in sieved icing sugar. Decorate the cooled cake with the cream cheese topping and walnuts.

### ingredients

#### SERVES 8

150 ml (¼ pt) sunflower oil  
250 g (9 oz) wholemeal self-raising flour  
10 ml (2 tsp) baking powder  
10 ml (2 tsp) cinnamon  
5 ml (1 tsp) nutmeg  
150 g (5 oz) light muscovado sugar  
50 g (2 oz) walnuts, coarsely chopped  
125 g (4½ oz) carrots, grated  
2 ripe bananas, mashed  
2 eggs, beaten

#### Cream Cheese Topping:

75 g (3 oz) butter  
100 g (4 oz) cream cheese  
225 g (8 oz) icing sugar  
chopped walnuts to decorate

**Dish: 20 cm (8") square tin, base lined**

**Oven accessory: glass shelf in lower shelf position**

## Banana cake

Peel the banana and mash until smooth with the vanilla flavouring. Place the butter and sugar in a bowl. Place on the base of the oven and heat on HIGH MICROWAVE for 1 minute, or until soft. Stir in the flour, salt and bicarbonate of soda. Beat in the eggs and mashed banana. Spoon into the prepared cake tin. Place tin on glass shelf in lower shelf position and cook on CONVECTION 160 °C + WARM MICROWAVE for 17-18 mins. Or until cooked.

### ingredients

#### SERVES 8

1 banana, large  
3 ml (½ tsp) vanilla flavouring  
75 g (3 oz) butter  
100 g (4 oz) granulated sugar  
150 g (5 oz) self-raising flour  
3 ml (½ tsp) salt  
2 ml (¼ tsp) bicarbonate of soda  
2 eggs

**Dish: 20 cm (8") cake tin, lined with greaseproof paper**

**Oven accessory: glass shelf in lower shelf position**

## Dundee cake

Mix the chopped nuts, fruit, peel and flour together. Cream the fat, sugar and lemon rind until pale and fluffy. Beat in the eggs one at a time. Fold in the dry ingredients. Spoon mixture into tin and hollow out the centre slightly. Split the reserve almonds, and arrange on top. Place tin on glass shelf in lower shelf position and cook on CONVECTION 160 °C + WARM MICROWAVE for 40-45 mins.

### ingredients

#### SERVES 8

100 g (4 oz) currants  
100 g (4 oz) sultanas  
100 g (4 oz) raisins  
50 g (2 oz) whole almonds, blanched and chopped, reserve 6 whole for decoration  
100 g (4 oz) chopped mixed peel  
225 g (8 oz) butter or margarine  
225 g (8 oz) soft brown sugar  
grated rind of one lemon  
4 eggs  
275 g (10 oz) plain flour

**Dish: 20 cm (8") round tin, greased and lined**

**Oven accessory: glass shelf in lower shelf position**

## ingredients

**SERVES 8**

175 g (6 oz) soft margarine  
 175 g (6 oz) caster sugar  
 3 eggs, beaten  
 200 g (7 oz) self raising flour  
 3 ml (½ tsp) salt  
 5 ml (1 tsp) mixed spice  
 45 ml (3 tbsp) Camp coffee  
 essence  
 15 ml (1 tbsp) milk  
 15 ml (1 tbsp) black treacle  
 75 g (3 oz) chopped walnuts

**Icing:**

50 g (2 oz) soft margarine  
 225 g (8 oz) icing sugar  
 30 ml (2 tbsp) Camp coffee  
 essence  
 15 ml (1 tbsp) water

**Dish: 18 cm (7") round cake  
 tin, greased and lined**  
**Oven accessory: glass shelf  
 in lower shelf position**

## Coffee walnut cake

Cream margarine and sugar until light and fluffy. Gradually beat in the eggs. Fold in the dry ingredients. Add coffee essence, milk, treacle and walnuts. Stir well and spoon into tin. Place tin on glass shelf and cook on CONVECTION 160 °C + SIMMER MICROWAVE for 20-25 mins. Cool and cut in half. Beat all icing ingredients together until smooth. Sandwich cake together with half the icing and spread the remainder over the top. Decorate with whole walnuts.

## ingredients

**SERVES 8-10**

175 g (6 oz) margarine  
 175 g (6 oz) brown sugar  
 3 eggs  
 150 g (5 oz) wholemeal self  
 raising flour  
 100 g (4 oz) self raising flour  
 Almond essence  
 350 g (1 lb) cooking apples  
 whole weight then peeled,  
 cored and thinly sliced  
 Juice of ½ a lemon  
 25 g (1 oz) brown sugar  
 2 ml (¼ tsp) nutmeg  
 3 ml (½ tsp) cinnamon  
 Slivered almonds

**Dish: 20 cm (8") round cake  
 tin, lined**  
**Oven accessory: glass shelf  
 in lower shelf position**

## Spicy apple cake

Cream together margarine and sugar until light and fluffy, gradually add the beaten eggs. Fold in the flours and a few drops of almond essence. In a separate bowl combine apple slices, lemon juice, sugar, nutmeg and cinnamon. Mix well. Place ⅓ rds of cake mixture into prepared tin. Arrange the drained apple mixture on top, leaving a space around the edge. Top with remaining cake mixture, sprinkle with almonds. Place on glass shelf in lower shelf position and cook on CONVECTION 160 °C + WARM MICROWAVE for 45-50 mins or until cooked.

## Chocolate brownies

Put the plain chocolate and butter in a large bowl. Place on the base of the oven and cook on HIGH MICROWAVE for 3 mins. Leave to cool slightly. Sieve the flour and baking powder into a bowl and set aside. Stir the sugar into the chocolate. Add the eggs and vanilla essence. Fold in the flour and chocolate. Pour the chocolate mixture into the prepared cake tin. Place on glass shelf and cook on CONVECTION 180 °C + SIMMER MICROWAVE for 18 mins. The middle should feel soft when cooked. Allow to cool in the tin. Remove the brownies from the tin and cut into squares.

## ingredients

### SERVES 10

250 g (9 oz) plain chocolate  
250 g (9 oz) unsalted butter  
175 g (6 oz) plain flour  
5 ml (1 tsp) baking powder  
300 g (11 oz) caster sugar  
4 large eggs, lightly beaten  
5 ml (1 tsp) vanilla essence  
75 g (3 oz) milk chocolate,  
cut into large chunks  
75 g (3 oz) white chocolate,  
cut into large chunks

**Dish:** bowl, 20 x 20 x 4 cm  
(8" x 8" x 2") tin lined with  
lightly buttered greaseproof  
paper

**Oven accessory:** glass shelf  
lower shelf position

## Fruit scones

Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas. Make a well in the centre and stir in enough milk to form a soft dough. Knead lightly. Pat out to 2 cm (¾") thick and cut into 10 rounds with a 5 cm (2") cutter. Preheat oven on CONVECTION 210 °C with wire shelf in upper position. Place the rounds on the baking sheet and enamel shelf and brush with beaten egg. Place enamel shelf in lower position and baking sheet on wire shelf. Cook on CONVECTION 210 °C for 12-15 mins or until cooked and golden brown.

## ingredients

### SERVES 10

225 g (8 oz) self-raising flour  
pinch salt  
5 ml (1 tsp) baking powder  
50 g (2 oz) butter  
25 g (1 oz) caster sugar  
50 g (2 oz) sultanas  
75 ml (5 tbsp) milk  
beaten egg to glaze

**Dish:** bowl, baking sheet  
32 x 23 cm (12" x 9") greased  
and enamel shelf greased  
**Oven accessory:** enamel  
shelf in lower shelf position  
and wire shelf in upper shelf  
position

## ingredients

**SERVES 8**

250 g (9 oz) butter  
 275 g (10 oz) golden syrup  
 75 g (3 oz) light muscovado sugar  
 425 g (15 oz) porridge oats

**Dish: bowl, 30 x 20 x 3.5 cm  
 (12"x 8"x 1") tin lined with  
 lightly buttered greaseproof  
 paper**

**Oven accessory: enamel  
 shelf in lower shelf position**

## Flapjack

Place the butter, syrup and sugar into bowl. Place on the base of the oven and cook on MEDIUM MICROWAVE for 4-5 mins. Stir the oats into the butter and press the mixture into the tin. Preheat the oven on CONVECTION 180 °C. Place tin on enamel shelf and cook on CONVECTION 180 °C for 25 mins. Leave to cool in the tin for 5 mins. then mark into 18 pieces. Allow to cool completely before removing from the tin.

## ingredients

**SERVES 10****Shortbread:**

225 g (8 oz) plain flour  
 75 g (3 oz) caster sugar  
 175 g (6 oz) unsalted butter

**Caramel:**

200 g (7 oz) butter  
 397 g (14 oz) unsweetened  
 condensed milk  
 60 ml (4 tbsp) golden syrup

**Topping:**

300 g (11 oz) milk or dark  
 chocolate in chunks  
 30 ml (2 tbsp) vegetable oil

**Dish: bowl 28 x 17 cm (11" x 7")  
 cake tin, greased and lined**

**Oven accessory: enamel shelf  
 in lower shelf position**

## Millionaires shortbread

Place flour and sugar in a bowl and rub in butter. Press dough into tin. Preheat oven on CONVECTION 170 °C on enamel shelf in lower shelf position. Prick shortbread with a fork and cook on CONVECTION 170 °C for 5 mins, then reduce temperature to 150 °C for 30-40 mins. Remove from oven when shortbread has a golden colour and leave to cool in tin. Remove shelf. Place butter for caramel in a bowl and melt on HIGH MICROWAVE for 1-2 mins. Add condensed milk and syrup. Whisk until thoroughly mixed and cook on HIGH MICROWAVE for 10 mins. Stir mixture every minute to prevent burning. Caramel should have thickened, allow to cool slightly. Pour caramel over shortbread. Place chocolate and oil in a large bowl and melt on HIGH MICROWAVE for 1-2 mins. Stir, allow to cool slightly. Pour chocolate on caramel and chill.

## Standard bread/bread rolls

In a large bowl, combine the flour, yeast and salt. Rub in the butter or margarine. Add the warm water then mix to a dough. Turn onto a floured surface and knead for 10 mins. For 1 loaf mould into the desired shape on the greased enamel shelf. For rolls divide into 8 and shape into rolls. Place on the greased enamel shelf. Cover and prove until the dough has doubled in size in a warm place or place in the oven to prove on CONVECTION 40 °C. Preheat on CONVECTION 200 °C. Glaze bread with beaten egg and sprinkle with seeds, if desired. Place enamel shelf in oven in the lower shelf position and cook on CONVECTION 200 °C for 25-30 mins for a loaf or 15-20 mins for rolls or until golden.

## Pizza

Cook the finely sliced onions and garlic in a bowl, with the olive oil, for 3-4 minutes on HIGH MICROWAVE. Leave to cool. Using your hands, spread out the dough in the enamel shelf without making a raised edge. Spread on the sauce, onions, oregano and season, covering all the dough well. Cook on CONVECTION 220 °C for 10-15 mins. Then add other ingredients according to taste, cheese, anchovies, olives, bacon pieces etc. and continue cooking on CONVECTION 220 °C for 8-10 minutes.

## Focaccia

In a large bowl, combine the flour, yeast and salt. Gradually add the olive oil and 3-5 tbsp of warm water until you have soft dough. Turn onto a floured surface and knead for 10 mins. Place in a greased bowl, cover and prove until the dough has doubled in size in a warm place or on CONVECTION 40 °C. Knock back the dough and knead again for a few minutes. Press the dough onto a greased 25 cm round tin, cover and prove in a warm place or on CONVECTION 40 °C for approximately 30 mins. Preheat on CONVECTION 190 °C with the enamel shelf in the lower shelf position. Dimple the surface of the dough. Drizzle with a little extra olive oil and sprinkle with coarse sea salt. Cook on CONVECTION 190 °C for 20-25 mins or until golden. Carefully remove from the tin and leave to cool on a rack.

## Sun dried tomato rolls

In a large bowl, combine the flour, yeast and salt, stir in the tomatoes. Gradually add the olive oil, passata and 3-5 tbsp of warm water until you have soft dough. Turn onto a floured surface and knead for 10 mins. Divide dough into 6 and place on enamel shelf. Prove until dough has doubled in size in a warm place or on CONVECTION 40 °C. Preheat on CONVECTION 220 °C. Drizzle with a little extra olive oil and sprinkle with coarse sea salt. Cook on CONVECTION 220 °C for 15-20 mins or until golden.

## ingredients

### **Serves 1 loaf or 8 rolls**

450 g (1 lb) strong bread flour  
1 sachet dried yeast  
5 ml salt  
15 g butter or margarine  
275 ml (10 fl oz) warm water

### **For Wholemeal Bread**

Use 225 g (8 oz) each of wholemeal and strong white bread flour

### **For Granary Bread**

Use 450 g (1 lb) granary flour instead of strong white bread flour

**Oven accessory: enamel shelf in lower shelf position**

## ingredients

### **SERVES 2-4**

2 onions, finely sliced  
3 garlic cloves, crushed  
1 tbsp olive oil  
1 roll of pizza dough  
150 g (5 oz) tomato sauce  
1 tbsp oregano  
100 g (4 oz) grated mozzarella salt, pepper

### **Dish: 1 bowl**

**Oven accessory: enamel shelf in middle shelf position**

## ingredients

### **SERVES 1 loaf**

400 g (14 oz) strong bread flour  
1 sachet dried yeast  
10 ml (2 tsp) salt  
75 g (5 tbsp) olive oil  
10 ml (2 tsp) coarse sea salt

### **Dish: 25 cm round tin**

**Oven accessory: Enamel shelf in lower shelf position**

## ingredients

### **SERVES 6 rolls**

250 g (9 oz) strong bread flour  
7 ml (1 tsp) sachet dried yeast  
5 ml (1 tsp) salt  
25 g (1 oz) sun-dried tomatoes, roughly chopped  
45 ml (3 tbsp) olive oil  
75 ml (3 fl oz) passata  
75 ml (3 fl oz) warm water  
5 ml (1 tsp) olive oil

**Oven accessory: enamel shelf in lower shelf position, greased**

### Sterilizing jars

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

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.**

### Stirring - Important

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

### Covering

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

**WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILIZE BABIES' BOTTLES.**

**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.

### ingredients

**Makes approx. 2-2½ lb jam**  
 675 g (1½ lb) plums or damsons  
 200 ml (7 fl oz) water  
 675 g (1½ lb) jam sugar  
 30 ml (2 tbsps) lemon juice  
 5 ml (1 tsp) butter

**Dish: large Pyrex® bowl**

### Plum jam

Prick the plums and place in a large bowl with the water. Place on the base of the oven and cook on MEDIUM MICROWAVE for 10 mins or until the fruit is soft. Add the rest of the ingredients and cook on HIGH MICROWAVE for 5 mins stirring frequently. Wash down any sugar crystals from around the bowl and bring to the boil on HIGH MICROWAVE. Continue to cook on HIGH MICROWAVE until setting point is reached approx. 25-30 mins. Leave to cool slightly, remove the stones, then pot, seal and label.

### ingredients

**Makes approx. 2 lb**  
 675 g (1½ lb) tomatoes  
 225 g (8 oz) cooking apples,  
 peeled and sliced  
 1 medium onion, chopped  
 100 g (4 oz) granulated sugar  
 30 ml (2 tbsps) tomato puree  
 5 ml (1 tsp) salt  
 200 ml (7 fl oz) white wine  
 vinegar  
 10 ml (2 tsp) ground ginger  
 2 ml (¼ tsp) cayenne pepper  
 3 ml (½ tsp) mustard powder

**Dish: large Pyrex® bowl**

### Tomato chutney

Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 mins. Drain. Peel off skin and roughly chop flesh. Blend apple and onion in a food processor to a thick puree. Combine all ingredients together in a bowl. Cover, place on base of oven and cook on HIGH MICROWAVE for 25-30 mins. Stirring occasionally, or until the mixture is thick with no excess liquid. Leave to stand for 10 mins then stir and pour into sterilized jars. Cover and label.

## Red onion marmalade

Put oil in bowl with onions cover with a lid or pierced cling film. Place on the base of the oven and cook on MEDIUM MICROWAVE for 10 mins stirring halfway. Add all other ingredients and mix well. Cover and cook on MEDIUM MICROWAVE for 30-35 mins. Cool slightly, then pour into a clean, sterilized jar. Allow to cool thoroughly before chilling.

### ingredients

**Makes 1½ lb**  
 45 ml (3 tbsp) olive oil  
 4 large red onions halved  
 and thinly sliced  
 50 g (2 oz) Demerara sugar  
 100 g (4 oz) sultanas  
 300 ml (½ pint) red wine  
 125 ml (4 fl oz) red wine vinegar

**Dish: large Pyrex® bowl**

## Soft fruit jam

Place all ingredients in a large bowl. Cook on HIGH MICROWAVE for 5 mins (10-15 mins if using frozen fruit). Stir occasionally. Continue to cook until sugar has dissolved. Wash down any sugar crystals from around the bowl. Bring mixture to the boil on HIGH MICROWAVE. Continue to cook until setting point is reached approx. 15-20 mins. Leave to cool slightly, stir then pot, seal and label.

### ingredients

**SERVES 2-2½ lbs**  
 450 g (1 lb) soft fruit, washed  
 450 g (1 lb) caster sugar  
 3 ml (2 tbsp) lemon juice  
 5 ml (1 tsp) butter

**Dish: Large Pyrex® bowl**

## Lemon curd

Place all the ingredients in the bowl and mix together well. Cook on HIGH MICROWAVE for 5-6 minutes, stirring every minute to begin with then every 30 seconds once the mixture starts to thicken. When the mixture stays on the back of the spoon, stop cooking, before the eggs cook too much. The mixture will continue to thicken as it cools. Fill the jars while the curd is hot, close them and turn them over. Keep the lemon curd in the fridge.

### ingredients

**Makes 2 jars**  
 4 untreated lemons, the juice  
 and zest of  
 400 g (14 oz) crystallised sugar  
 4 beaten eggs  
 100 g (4 oz) butter

**Dish: 1 Pyrex® bowl,  
 2 litre (3.5 pt) capacity**

## Questions & answers

Q: Why won't my oven turn on?

**A:** When the oven does not turn on, check the following:

1. Is the oven plugged in securely? Remove the plug from the outlet, wait 10 seconds and reinsert.
2. Check the circuit breaker and the fuse. Reset the circuit breaker or replace the fuse if it is tripped or blown.
3. If the circuit breaker or fuse is all right, plug another appliance into the outlet. If the other appliance works, there probably is a problem with the oven. If the other appliance does not work, there probably is a problem with the outlet.

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

Q: My oven causes interference with my TV. Is this normal?

**A:** Some radio and TV 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.

Q: The oven won't accept my program. Why?

**A:** The oven is designed not to accept an incorrect program. For example, the oven will not accept a fourth stage.

Q: Sometimes warm air comes from the oven vents. Why?

**A:** The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.

Q: I can't set an auto cook program and 'HOT' appears in the display. Why?

**A:** If the oven has previously been used and it is too hot to be used on an Auto Sensor Cook Program, 'HOT' will appear in the display window. After the 'HOT' disappears, the Auto Sensor Cook Programs may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

Q: Can I use a conventional oven thermometer in the oven?

**A:** Only when you are using GRILL/CONVECTION/TURBO-BAKE cooking mode. The metal in some thermometers may cause arcing in your oven and should not be used on MICROWAVE and COMBINATION cooking modes.

Q: There are humming and clicking noises from my oven when I cook by COMBINATION. What is causing these noises?

**A:** The noises occur as the oven automatically switches from MICROWAVE power to GRILL/CONVECTION to create the combination setting. This is normal.

Q: My oven has an odour and generates smoke when using the COMBINATION and GRILL function. Why?

**A:** After repeated use, it is recommended to clean the oven and then run the oven without food. This will burn off any food, residue or oil which may cause an odour and/or smoking.

## Questions & answers

- Q: The oven stops cooking by microwave and 'H97' or 'H98' appears in the display. Why?
- A: This display indicates a problem with the microwave generation system. Please contact an authorised Service Centre.**
- Q: The fan continues to rotate after cooking. Why?
- A: After using oven, the fan motor may rotate to cool the electrical components. This is normal and you can continue using the oven at this time.**
- Q: Can I check the pre-set oven temperature while cooking or preheating by Oven?
- A: Yes. Touch Convection and the oven temperature will appear in the display window for 2 seconds.**
- Q: "DEMO MODE PRESS ANY KEY" appears in the display and the oven does not cook. Why?
- A: The oven has been programmed in DEMO MODE. This mode is designed for retail store display. Deactivate this mode by touch Micro Power once and Stop/Cancel 4 times.**
- Q: Can I use a conventional oven thermometer in the oven?
- A: Only when you are using GRILL/ CONVECTION/TURBO-BAKE cooking mode. The metal in some thermometers may cause arcing in your oven and should not be used on MICROWAVE and COMBINATION cooking modes.**
- Q: The operation guide has disappeared on my display, I can only see numbers?
- A: The operation guide was turned off by tapping Timer/Clock 4 times. When colon or time of day is displayed, touch Timer/Clock 4 times to turn the operation guide back on.**
- Q: The control panel keys do not respond when tapped. Why?
- A: Ensure the oven is plugged in. The oven may be in stand-by mode. Open and close the door to activate.**

## Technical specifications

Rated Voltage: **230-240 V 50 Hz**  
Operating Frequency: **2450 MHz**  
Input Power: **Max 2700 W**  
**Microwave 990 W**  
**Grill 1330 W**  
**Convection 1380 W**  
Output Power: **1000 W (IEC-60705)**  
**Grill 1300 W**  
**Convection 1350 W**

Outer Dimensions: **494 mm (W) x 438 mm (D) x 390 mm (H)**  
Oven Cavity Dimensions: **410 mm (W) x 320 mm (D) x 250 mm (H)**  
Weight: without internal accessories **20 kg**  
Noise: **56 dB**

**Weight and Dimensions shown are approximate.**

This product is an equipment that fulfills the European standard for EMC disturbances (EMC = Electromagnetic Compatibility) EN 55011. According to this standard this product is an equipment of group 2, class B and is within required limits. Group 2 means that radio-frequency energy is intentionally generated in the form of electromagnetic radiation for warming up of foods. Class B means that this product may be used in normal household areas.



Information on Disposal for Users of Waste Electrical & Electronic Equipment (private households)

This symbol on the products and/or accompanying documents means that used electrical and electronic products should not be mixed with general household waste.

For proper treatment, recovery and recycling, please take these products to designated collection points, where they will be accepted on a free of charge basis. Alternatively, in some countries you may be able to return your products to your local retailer upon the purchase of an equivalent new product.

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

Penalties may be applicable for incorrect disposal of this waste, in accordance with national legislation.

For business users in the European Union

If you wish to discard electrical and electronic equipment, please contact your dealer or supplier for further information.

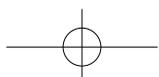
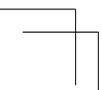
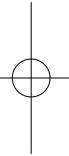
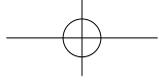
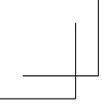
Information on Disposal in other Countries outside the European Union

This symbol is only valid in the European Union.

If you wish to discard this product, please contact your local authorities or dealer and ask for the correct method of disposal.

Manufactured by:  
Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd  
888, 898 Longdong Road.  
Pudong, Shanghai, 201203, China.

Imported by:  
Panasonic Marketing Europe GmbH  
Contact:  
Panasonic Testing Centre  
Winsbergring 15, 22525 Hamburg,  
Germany.



## Cookery Advice Line

For **COOKERY ADVICE** call: **01344 862108**

Open Monday to Friday 9am–12pm

Home Economists will provide friendly guidance on queries relating to recipes and cooking in your microwave.

the **ideas**  
**kitchen**

Visit Panasonic's **The Ideas Kitchen** website for Microwave advice, recipes, cooking tips and offers:

[www.theideaskitchen.co.uk](http://www.theideaskitchen.co.uk)



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