
Panasonic

DIMENSION 4

Microwave/Convection Oven

NEW ZEALAND COOKBOOK

This cookbook is applicable to models:

NN-8550 and NN-9850

We are glad you have chosen to purchase a PANASONIC microwave/convection oven. If you have never used a microwave oven before you will realise that the oven uses a totally different method of converting energy into heat. This requires an understanding of what exactly happens to food when placed in the oven. After reading the introductory chapter, I am sure you will be able to master the basic technique and thereby develop a firm understanding of your new oven. This book includes recipes from starters to desserts. After trying our recipes be sure to adapt your favourite recipes to microwave methods. Start experimenting now, and enjoy the first class results you will achieve by using your new microwave/convection oven.

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KEY TO SYMBOLS USED IN RECIPES

B	BAKE
C	COMBINATION
G	GRILL
O	ONE TOUCH SENSOR COOK
NO SYMBOL	MICROWAVE ONLY

Introduction

Microwaves and How They Work

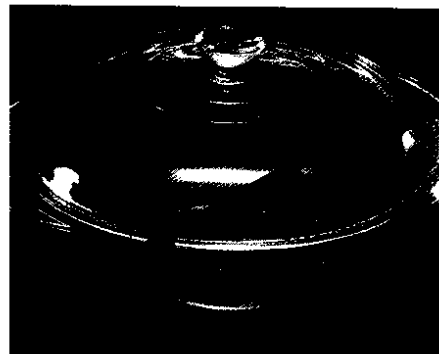
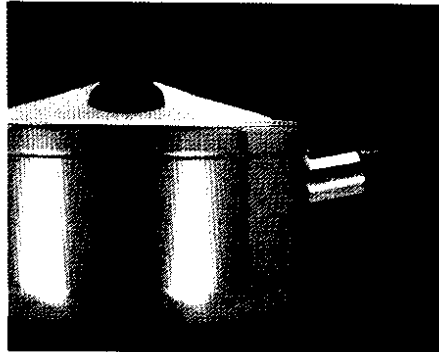
Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length.

Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven). From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

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

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

1. REFLECTED
2. TRANSMITTED
3. ABSORBED



Reflection

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

Transmission

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

Absorption

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

Microwave Cooking Utensils

Microwave cooking opens new possibilities in convenience and flexibility for cooking containers. Although new microwave accessories are constantly being introduced, many utensils readily available in most kitchens may also be used for microwave cooking and heating.

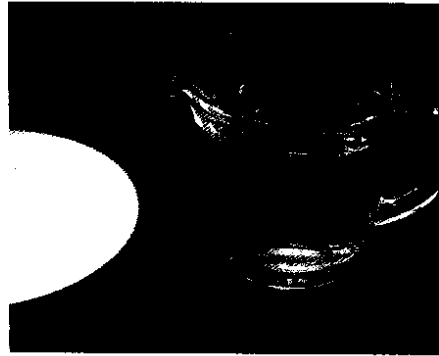
Cookware you already have can be tested to see if it is microwave oven safe. You will be surprised at the number of items you already have in your kitchen that are suitable for microwave cooking. Handles on dishes generally do not become hot as they are not in direct contact with heat from the food.

Size and Shape of Container

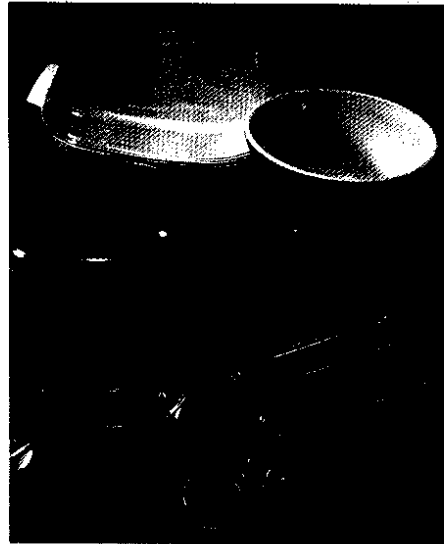
If the container is too deep, it takes longer to cook the centre of the food and the edges may be overcooked. If the container is too shallow, the food cooks faster and may cause overcooking. Choosing the correct container is important. This chapter will help you to understand.

How to Test a Container for Safe Microwave Oven Use

Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested; heat 1 minute on HIGH. If the container is microwave oven safe it should remain comfortably cool and the water should be hot. If the container is hot it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

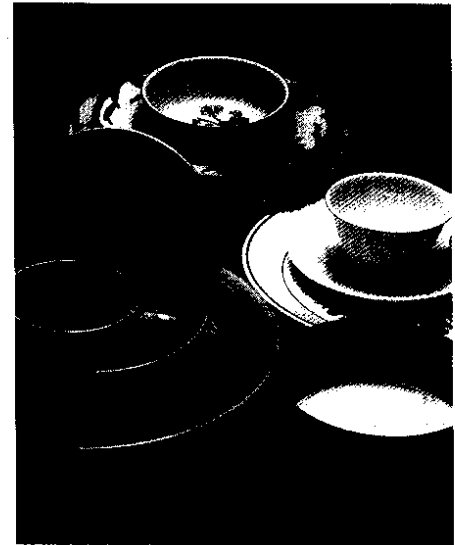


Glass, Ceramic and China



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

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



Several types of glassware and dinnerware are not recommended for use in the microwave oven. Remember these basic rules when using dinnerware and glassware. Do not use dishes with metallic trim or containers with metal parts. Arcing may occur and/or the dish may break.

Do not use dishes which are cracked, or which have a crazed surface, as continued microwave heating will cause them to break.

Do not use ceramic mugs or cups with glued-on handles. The handles may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy, the heat from the food may cause the glassware to crack.

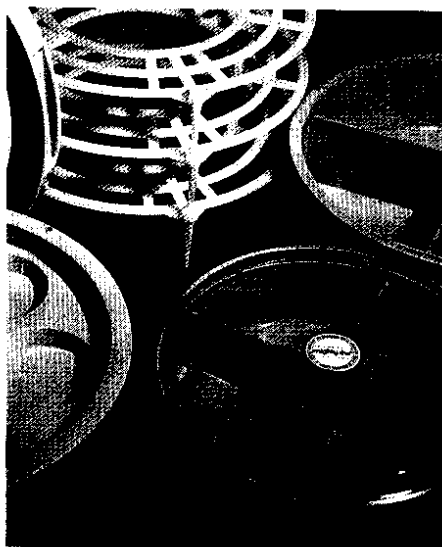


Jars and Bottles



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

Plastic



Plastic dishes, cups and some freezer containers may be used in the microwave oven. Choose plastic containers carefully since some can become soft, distorted or pitted from the heat of the food. Check manufacturer's recommendations concerning microwave safety. Plastic dishes should not be used for cooking over an extended period of time or with foods having high fat or sugar content. Most dishwasher-proof plastics are suitable for microwave oven cooking. Melamine dishes and some Tupperware® containers are not microwave safe. Do not use plastic when cooking by combination, baking or grilling.



Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. Close cooking bag with nylon tie provided, otherwise, use a piece of cotton string, or a strip cut from the open end of the bag. Make six 1 cm slits in the top of bag to allow steam to escape. **DO NOT** use wire twist-tie to close bag. They can act as an antenna and cause arcing (blue sparks). Wire twist-ties could ignite and damage the oven.

DO NOT USE PLASTIC COOKING BAGS for One Touch Sensor Cooking.

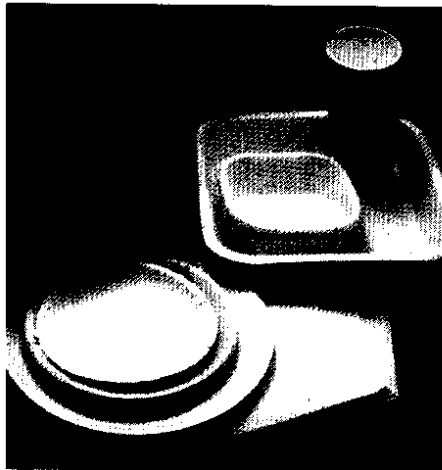
DO NOT COOK IN PLASTIC FOOD STORAGE BAGS. They are not heat resistant and may melt.



Plastic Wrap such as GLAD WRAP (Zendel Industries NZ Ltd) can be used to cover dishes in most recipes. It is ideal for use when cooking by One Touch Sensor on model NN-9850. Over an extended heating time some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns. After heating, loosen plastic but let dish stand covered.

Paper Products and Freezer Wrap

All are handy materials for microwave cooking. Use them for foods with short cooking times (maximum time 5 minutes) and low fat content. Avoid wax coated paper goods since the wax may melt onto

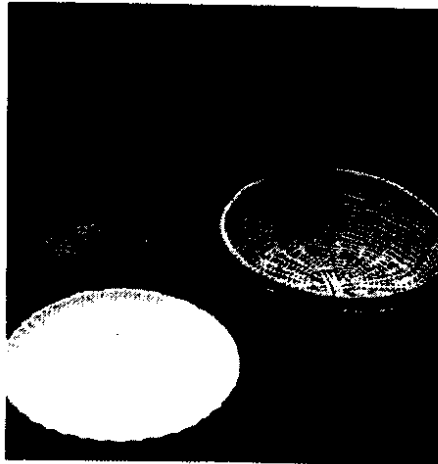


the food when the food reaches high temperatures. Greaseproof paper is suitable to use to prevent splatter. Disposable polyester coated paperboard containers are sturdy, come in a variety of sizes, and are ideal for microwaving.

Paper Towel

Paper towel is suitable for short cooking times and for foods with a low fat or water content. It is often used to absorb fat and excess moisture. When cooking bacon for instance, cover with a layer of paper towel. Avoid colour printed paper towels as the colour may run into the food during cooking.

CAUTION: DO NOT use recycled paper products such as brown paper bags and newspaper since they contain impurities which may cause arcing (blue sparks) and damage the oven.



Straw, Wicker, Wood and Foil

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

Metal and Foil

Metal containers or utensils, and those with metallic trim, should NOT be used in the microwave oven. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly.

There is also the possibility of "arcing". This is a static discharge or blue spark between gaps in the metal or between the metal and the interior of the oven. Arcing may cause damage to the oven walls. If arcing occurs turn the unit off and transfer food to a non-metallic container.

Although metal utensils must be avoided in microwave cooking, some metal can be helpful when used correctly.



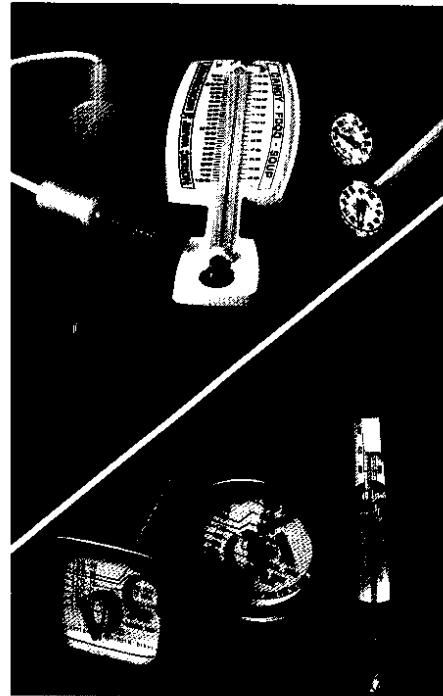
Aluminium Foil can be used safely if certain guidelines are followed. Because it reflects microwave energy, foil can be used to advantage in some recipes. It can be used to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Foil is used in these cases to slow or stop the cooking process and prevent overcooking.

Metal Twist-Ties, either paper or plastic coated, should NOT be used in the microwave oven.



Metal Skewers can be used if there is a large amount of food in proportion to the amount of metal. Take care in the placement of the skewers to avoid arcing between the skewers or between the skewers and the sides of the oven. Wooden skewers are the best and can be easily purchased at your local market, grocery store, or in the housewares section of many department stores.

Frozen Dinner Trays can be used in the microwave oven, but results are only satisfactory if the container is no higher than 2 cm. In metal containers, all the heating takes place from the top; the metal container reflects the energy directed to the sides and bottom. See Heating Convenience Foods, page 20.



Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking by microwave or combination.

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

Canning—Do Not Use Your Microwave Oven for Canning

Canning and sterilising of canning jars should NOT be done in a microwave oven. Home canning destroys mould, yeast, bacteria and enzymes in foods to prevent spoilage.

Low acid and nonacid foods require a temperature of 115°C which is above the boiling point of water. In canning 115°C is obtained by using a pressure canner set at 4.5 kilograms pressure (at sea level). Your microwave oven can only bring plain water to the boiling point (100°C).

High acid foods are processed in a hot water bath canner. The canning jars are covered by water which is kept at a rolling boil. Your microwave oven cannot duplicate this procedure.

Since canning jars also need to be submerged in water for sterilisation, it would be impossible to do this procedure in a microwave oven.

Improperly canned food may spoil and be dangerous to consume. We recommend that canning be done only on a conventional range top following standard canning procedures.

In addition, certain canning lids and rings may cause arcing in the microwave oven.

Browning Dishes

These are used to sear chops, meat, hamburger, steaks, sausages and other foods which would not otherwise brown in the microwave oven because of the short cooking



time. The browning dish is specially designed for microwave oven use. However, it is by no means a necessity. You can sear some foods, such as meat in a frying pan instead. Crown Corning® makes a browning dish which comes in several styles and sizes. The browning dish is like a casserole dish and is ideal for sautéing onions, meats and for shallow frying. The browning skillet is suitable for grilling chops, steaks and sausages, as it has a gutter around the outside for fat and meat juices.

Remember:

- *Food can be covered with a loose sheet of absorbent towel to prevent splattering.
- *Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.
- *The surface of a browning dish can be scratched easily. Clean it gently with a liquid cleanser or soak overnight with a teaspoon of baking soda.

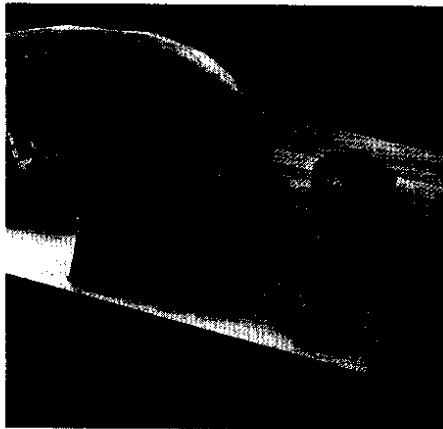
- *Do not use your browning dishes on a conventional stove or in a conventional oven.
- *Follow manufacturer's guide for heating times.
- *Turn food over once during cooking.
- *Always press food well down onto the surface of the browning dish for maximum contact.
- *Take care when removing the browning dish from the oven as it is very hot. Place the hot dish on a heat-resistant surface.

Cooking Chart for Browning Dishes

Food	Pre-Heat (In minutes) on HIGH	Cooking Time For Food Per Side (in minutes) on HIGH
Steak (500 g) Rare Medium Well	5 to 7 5 to 7 5 to 7	2 3 4
Lamb chops 4 Chops (500 g)	5 to 7	2 to 3
Pork Chops 4 Chops (750 g)	5 to 7	3 to 4
Sausages (thin) 4 (175 g) 6 (250 g) 8 (375 g)	5 to 7 5 to 7 5 to 7	1½ to 2 2 to 2½ 3 to 3½

Recipe Preparation and Techniques

Microwaves penetrate the surface of the food to a depth of about two to three centimetres and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwaving techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must to be familiar with the following tips.



Size and Quantity

Small portions cook faster than large portions.

As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has only the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.

As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

Liquid Content

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



Shape

Uniform sizes cook more evenly. To compensate for irregular shapes, overlap thin pieces and arrange as evenly as possible.

Bone and Fat

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

Cooking in Layers

Cooking in layers is not always successful as it takes twice as long to cook as a single layer and cooking may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.



Starting Temperature

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



Density and Composition

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

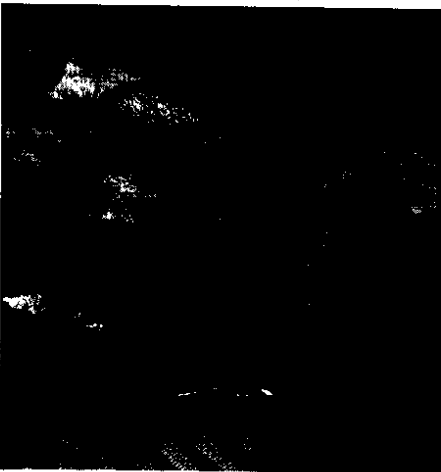
Timing

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



Stirring

Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside. When cooking by One Touch Sensor (model NN-9850), stir food, if necessary, when the time appears in the display.

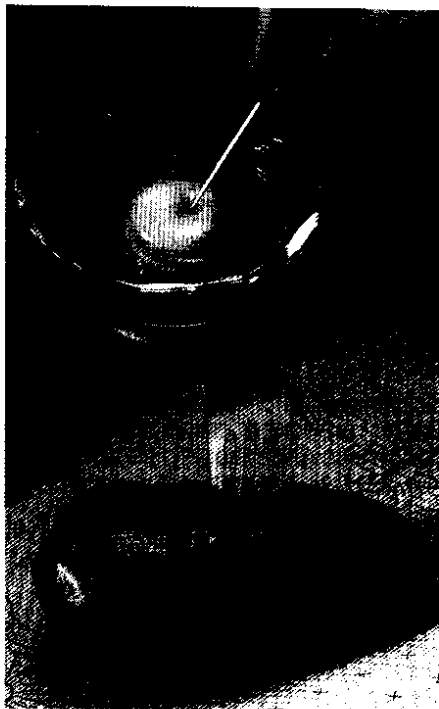


Turning and Rearranging

Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result.



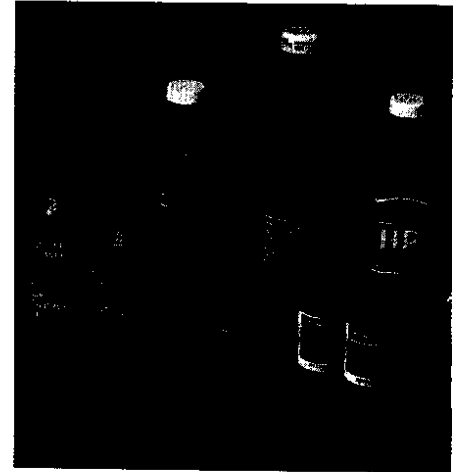
Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the edge to the centre and pieces from the centre to the edge of the dish. When cooking by One Touch Sensor (model NN-9850) turn or rearrange food, if necessary, when the time appears in the display.



Piercing

The skin or membranes on some foods will cause steam to build up during microwave cooking. Foods must be pierced, scored or have a

strip of skin peeled off before cooking to allow steam to escape. **Eggs** should have the yolk pierced twice and the white pierced several times. **Potatoes and Kumaras** should be pricked and **Apples** should have a 2.5 cm strip of skin removed. Scrub **New Potatoes** to break the skin.



Browning

Meats and poultry, cooked longer than 10 to 15 minutes, brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce or soy sauce. Simply brush one of these sauces over meat or poultry before cooking.

Baked goods do not need long cooking time and, therefore, do not brown. When cakes or cupcakes will be iced no one will notice this visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of castor sugar or the surface can be sprinkled with dark spices before baking.



Covering

Covering food minimises the microwave cooking time.

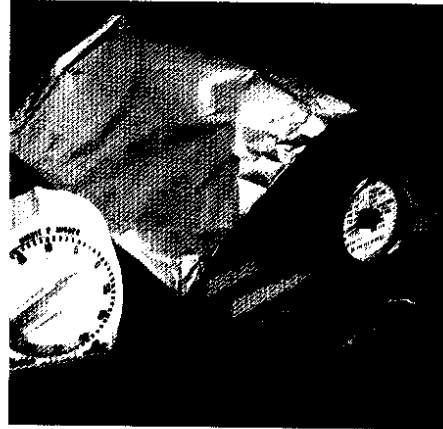
Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so retains more heat and steam.

Wax paper and paper towel hold the heat in, but not the steam. These materials also prevent splattering. Use paper towel, wax paper or no cover, when steam is not needed for tenderising.



Cured Meats

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



Standing Time

The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules had been vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to microwave energy.

Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking.

The amount of standing time varies with the size and density of the food. In meat cookery the internal temperature will rise between 5°C and 10°C if allowed to stand covered for one third of the cooking time.

Casseroles and vegetables need a shorter amount of standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges.

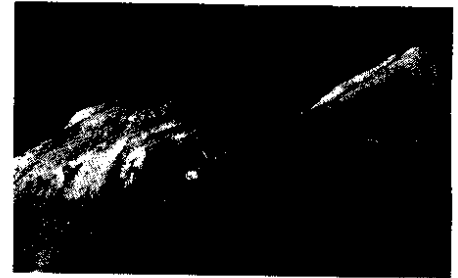
The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminium foil.

Testing for Desired Cooking

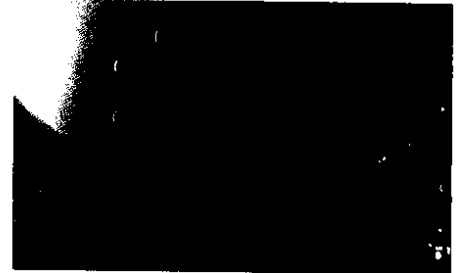
The same test for desired cooking used in conventional cooking may be used for microwave cooking after standing time.



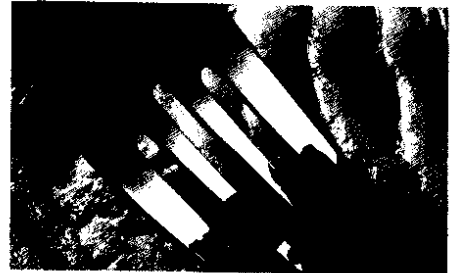
Cakes are cooked when a toothpick comes out clean and cake pulls away from side of the dish.



Chicken is done when juices are clear and drumstick moves freely.



Meat is done when fork-tender or splits at fibres.



Fish is cooked when it flakes and is opaque.

Foods Not Suited to Microwave Cookery

No single appliance does everything. From experience I have found the following things unsuccessful:

1. Cooking two food items from a raw state in layers.
2. Canning. This process requires prolonged high temperatures.
3. Deep frying. This cookery method requires a stable temperature for the oil.
4. Sterilising baby bottles and jam jars.
5. Reheating in narrow-neck bottles, example—tomato sauce bottles, for long periods of time.
6. Cooking choux pastry, flakey pastry and others which require a crust to trap air.
7. Raw pastry and raw filling cook at different rates if cooked together.
8. Large food loads, example—four chickens take a long time to cook.
9. Foods which have a high sugar or fat content and are thin. Microwaves penetrate to the centre and burn the food, while the surface appears normal; examples—drop biscuits, marshmallow and chocolate. However, careful timing can eliminate this problem.

Converting Your Favourite Conventional Recipes

The most difficult decision when adapting conventional recipes to microwave cooking is selecting the time. One basic rule is to cut the suggested cooking time to one quarter or a third of the conventional cooking time. For example, a chicken which takes 1½ hours to cook in a moderate oven will take 20 to 25 minutes on MEDIUM-HIGH power in a microwave oven. It is also helpful to find a similar microwave recipe and adapt that time and power setting. Remember, it is always best to undercook a recipe and then add an extra minute or two to finish if off.

Here are some other tips that might help:

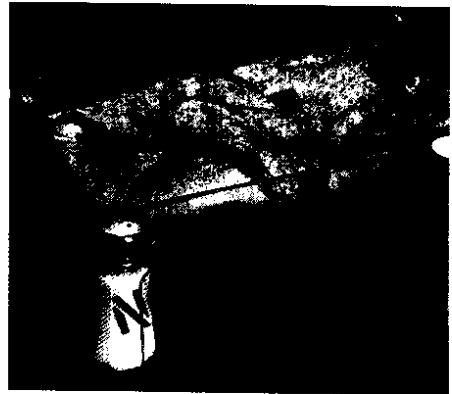
- *For meat cooking reduce liquids in a conventional recipe by one half to two thirds. In microwave cookery there isn't sufficient time for excess liquid to evaporate during cooking, e.g. 1 cup (250 ml) should be reduced to ½ cup (125 ml).
- *Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
- *Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
- *Do not salt meats, poultry or vegetables before cooking otherwise they will toughen and dry out.
- *If one ingredient takes longer to cook than others, precook it in the microwave oven first. Onion, celery and capsicum are examples. Or substitute one which is quick cooking.
- *If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
- *Reduce leavening agents for cakes by one quarter (¼) and increase liquids by one quarter.

*Biscuits require a stiff dough. Increase flour by about 20 per cent. Substitute brown sugar for white sugar, and use biscuit recipes that have dark spices or require icing. Because of the short cooking time biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a large dinner plate lined with greaseproof paper.

*Since microwaves penetrate food about two centimetres from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook (sometimes this can happen when cooking conventionally).

*Foods which are closest to the source of energy cook faster.

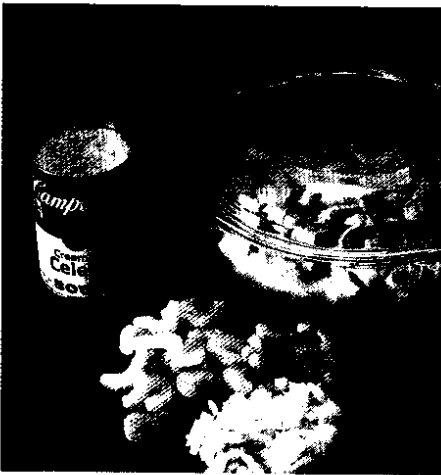
*Items with a lot of water, such as rice or pasta, cook in about the same time as they would on a conventional stove (refer to Rice and Pasta chapter).



Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked souffles or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven. A basic rule when converting conventional recipes to microwave recipes is to cut the suggested cooking time to one quarter. Also, find a similar microwave recipe and adapt that time and power setting. Season meats with herbs and spices before cooking; salt after cooking.



Stews are not browned before cooking. Omit any oil or fat that would be used for browning. Cut stewing meat into 3 cm pieces. Cut carrots, potatoes and other firm vegetables into even pieces. Carrots should be thinly sliced and potatoes cut into cubes. Reduce liquid by one half. Cover with glass lid and cook on HIGH to bring liquid to the boil and cook on MEDIUM-LOW until tender.



Casseroles cook well by microwave. Cut foods into uniform pieces. Condensed soup makes a good base for casseroles. Select a dish that is large enough to allow for stirring. Cooking covered with a glass lid or plastic wrap reduces cooking time. To keep crumb toppings crisp sprinkle on before standing time.

Increasing and Decreasing Recipes

The recipes in this book are designed for 4 to 6 servings. However, you can cook for 1 or 2, or for a large number, with your microwave oven. The following guidelines will assist you to cook for the number required. The variables which affect cooking time are weight, density and temperature of food. It therefore follows that if you decrease the recipe you should also decrease the cooking time. Likewise, if you increase the recipe quantities you should allow extra time.

When **decreasing** a recipe, reduce all ingredients proportionately and use a suitably sized dish. Remember, food cooked in a larger flatter dish will cook more quickly than that cooked in a smaller deeper dish. Use the power level recommended but for one serving allow a quarter to half of the time given and for two servings allow half to two thirds the time given. Start checking the results after the minimum cooking time.

When **increasing** a recipe, increase all ingredients proportionately and increase the size of the dish, ensuring it is deep enough to prevent boiling over. When increasing the ingredients by half, allow one third extra cooking time at the same power level. When doubling a recipe add half the original cooking time. When cooking roasts always work out the cooking times based on the recommended minutes per 500 grams. If a recipe has been increased be sure to also increase the standing time.

Serving a Piping Hot Meal

The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavour of either.

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

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

First, to build up your confidence, I will explain how all the food can be cooked in the microwave oven.

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

While you are learning to plan meals, you may get a bit behind time. Don't worry. Remember, the dinner servings may be suitably reheated on HIGH at 2 minutes for each serving.

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

Oven Features

Variable Power

Variable power works similarly to the heat setting controls on your conventional stove. Of course, not all foods cook at the same temperature, so these controls are necessary. The same applies to the variable controls on the microwave oven. For example, the lower the power setting, the more evenly the food cooks, although it will take a little more time to cook. PANASONIC microwave ovens feature variable power.

Variable power control gives you a choice of different power levels, representing decreasing amounts of microwave energy. Different types of food can then be cooked at different speeds, as the table below shows.

POWER	OUTPUT	EXAMPLE OF USE
HIGH	100%	Make sauces Boil water Cook fresh fruit and vegetables Cook fish Cook confectionery Pre-heat browning dish Reheating
MEDIUM-HIGH	70%	Cook cakes Cook meats and poultry Heat milk Cook eggs and cheeses
MEDIUM	55%	Cook egg custards Melt butter Melt chocolate Cook casseroles
MEDIUM-LOW	30%	Cook less tender cuts of meat Simmer soups and stews Soften butter Soften cream cheese
LOW	10%	Keep food warm Proof yeast Soften ice-cream
DEFROST	30%	Thawing
STAND/TIMER	0%	Start cooking at a later time Program standing time after cooking Reminder timer

Power/Time Program cooking

You can program up to 3 stages in your oven. Once programmed it will automatically proceed from the first to the last stage. This is especially helpful when cooking casseroles and pot roasts. The ingredients are first brought to the boil on HIGH, then simmered at a lower power to allow flavours to blend or meat to tenderise. Stand time can be programmed as well.

The following is a guide for three stage cooking:

- Use HIGH power to bring food to the boil.
- Set MEDIUM-LOW power for the second cook stage when cooking less tender cuts of meat. Allow about 20 to 30 minutes per 500 grams.
- Choose MEDIUM for a second stage when blending flavours. Timing for this second stage is mostly a matter of preference.
- Program the necessary STAND time at the end of the program.
- Use LOW to keep food at serving temperature.

Example, to cook a casserole with 1 kg of meat program HIGH power for 10 minutes, then program MEDIUM-LOW for 50 to 60 minutes, then program LOW for 30 minutes. Press START. The display will return to the first power level and start cooking as you have programmed the oven.

Auto Start/Clock

This pad is used to both set the clock on your Microwave Oven and to delay the start of cooking for up to 11 hours 59 minutes.

THE CLOCK IS A 12-HOUR CLOCK. To set, press the Auto Start/Clock pad. The colon in the display window will blink. Program in the time of day in hours and minutes, using the minutes and seconds pads. When used to set the clock, the time pads operate as hours/minutes rather than minutes/seconds as when used for cooking times. After setting the time, press the Auto Start/Clock pad again. The colon will stop blinking and the time will remain in the display.

If the power should fail the clock will need to be re-set. During normal oven use, however, there is no need to touch the clock pad as the time automatically returns to the display at the end of each cooking procedure.

AUTO START is used to delay the start of cooking. To operate, program in the desired cooking power and time (2 stages can be entered), then press the Auto Start pad. Using the time pads, enter the time of day at which you want your food to start cooking. Press Start. The display will return to the current time of day and count down until the time you have selected is reached. The oven will automatically start cooking according to your instructions, turning off at the completion of the program.

To recall the selected start time before cooking, press the Auto Start pad. The start time will appear on the display while your finger is held on the pad.

Auto Start cannot be programmed in conjunction with any of the automatic features, for example Auto Defrost or One Touch Sensor Cook. This is to prevent the starting temperature of the food from rising before the start of defrost or cooking. A change in the starting temperature would give inaccurate results. It can, however, be used on any of the Manual Combination programs.

Timer/Stand

This feature allows you to program in a Stand Time during a cooking sequence or at the completion of cooking. It is also very useful to use as a minute timer.

- *To build a stand time into a cooking program, operate as follows:
Set power/time for the first stage of cooking, touch Timer/Stand, then set the desired amount of time you wish to delay the cooking, then program in the remaining cooking power/time. Touch start.
- *To add standing time at the end of cooking:
Program in one or two stage power/time cooking, then press Timer/Stand and set the required standing time. Press Start.
- *To use as a kitchen minute timer:
Press Timer/Stand and put in the amount of time desired. Press Start. The display will count down the reminder time and beep 5 times to draw your attention to the time.
Note: If the oven door is opened while the Timer/Stand is operating the display will continue to count down.

More/Less (Model NN-9850)

This feature is used in conjunction with One Touch Sensor Cooking. By pressing this pad once the cooking time is increased by 10%; 2 presses will reduce the time by 10%. It should be used after the One Touch Sensor Cook program has been selected and before the start pad is pressed.

The More/Less feature can be used in conjunction with Reheat, Vegetables, Rice/Pasta. Fish and Frozen Foods only.

Defrosting

Not only does a microwave allow you to defrost in a fraction of the time that it would take at room temperature, but because of this speed the likelihood of bacteria building up is minimised. You have the choice of defrosting by time, selection, or Auto Defrost. To operate Auto Defrost on model NN-9850, press Defrost pad, then select the weight using the 1.0 kg and the 0.1 kg pads. Press Start. On model NN-8550 simply select the weight of the food to be defrosted, by pressing the 1 kg and 0.1 kg pads in the Auto Defrost section of the control panel. Press Start. The oven will then calculate the correct amount of time needed to defrost the food.

Preparing Food for Freezing

The finished quality of the food will depend on the original quality before freezing, the care the food receives during freezing, and the techniques and times used for defrosting. Select good quality fresh meat, poultry, or fish for freezing. Foods should be frozen as soon as possible after purchasing to preserve their quality. When **WRAPPING FOR FREEZING** arrange meat in thin uniform layers. Package mince in 2 to 5 cm thick rectangular, square or round shapes.



Chicken pieces, chops and stewing meat will defrost more easily if frozen in 1 or 2 piece layers with a piece of waxed paper between the layers. **WRAPPING MATERIALS** best suited for use in the freezer are odourless, moisture and vapour proof. Heavy-duty plastic wraps and bags, and freezer wrap are suitable. If aluminium foil is used for wrapping, all pieces of foil should be removed before defrosting in your microwave oven. Otherwise arcing may occur. Meats may also be frozen in their store packaging for short periods of time.

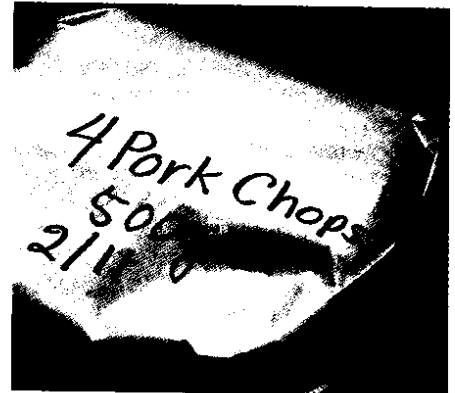


REMOVE GIBLETS from fresh whole poultry. (The giblets may be frozen separately, if desired). Clean and dry poultry. Tie legs and wings with string; this helps poultry keep its shape during freezing. If poultry is packaged frozen, it may be defrosted even though the giblets are inside the cavity. However, the cavity will be very icy after the defrosting cycle. It will be necessary to run cold water inside the poultry.

FISH AND SHELLFISH are best frozen in single layers. Fillets may be frozen 2 or 3 deep, but place a piece of wax paper or plastic wrap between each layer. Prawns or scallops may be quick frozen on a biscuit tray covered with plastic wrap. Once they are frozen simply remove from the biscuit tray and place in a freezer bag or container. If they are thoroughly frozen before placing in the bag they will not stick to each other.



REMOVE ALL AIR before sealing plastic bags. Plastic or freezer wrap is a good wrapping procedure to follow. Centre food to be wrapped on material. Bring two edges up over the centre and start folding down in 3 cm tucks until wrap is close to meat. Remove excess air from package. Shape ends into triangles and fold up over centre. Tape securely.



Auto Defrost

By programming Defrost and/or the weight of the food in kilos and tenths of kilos, the oven will determine defrosting time and power levels. Once the oven is programmed the defrosting time will appear in the display window. The following is a guide as to types of food which can be defrosted using this program and maximum recommended weights:

FOOD	MAX. WEIGHT
Minced Meat Sausages Chicken Pieces Chops	2 kg
Roast Meat Whole Poultry	4 kg (NN-8550) 6 kg (NN-9850)
Whole Fish Fish Fillets Scallops Prawns Mussels	1kg

Auto Defrost is designed to automatically defrost popular cuts of meat and poultry as well as fish. For model NN-9850, to operate simply press the AUTO DEFROST pad. Put in the weight of the item to be defrosted using the kilo and tenths of kilo pads. The 1 kg will stop flashing and change to the required weights. The flashing symbol is simply a reminder to put in the weight. For model NN-8550 put in the weight of the item to be defrosted, using the kilo and tenths of kilo pads in the Auto Defrost section of the control panel. Be sure to follow the guideline above as to maximum weights. After selecting the weight press the START pad. The oven will automatically calculate the defrosting time. Food larger than the recommended weights or items not listed should be defrosted manually.

How to get the best results using Auto Defrost:

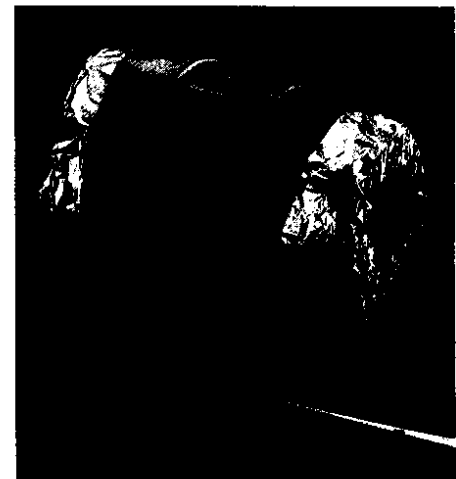
- Ensure food to be defrosted has been frozen for at least 48 hours.
- Remove meat, fish or poultry from its wrapping and place it in an uncovered dish.
- Elevate the food on a low rack or upturned saucer so it does not sit in its own juices as it defrosts.
- During the defrost time the oven will beep twice. This will happen after one third and two thirds of the time having elapsed. The beeps remind you to turn meat over, rearrange piece meat or remove defrosted portions of meat such as mince, chops or fish fillets.
- At the first beep shield areas of roasts such as thin areas near bones, wings, legs, breast etc. with aluminium foil to avoid heating. When using foil care should be taken that the foil does not touch the inside of the oven cavity. Foil should be held in place with toothpicks.
- After defrosting leave joints to stand for 15 to 30 minutes before cooking. For poultry, remove giblets and rinse under cold water, then stand for 15 to 30 minutes before cooking.

Defrosting Meat by Power/Time

Remove meat from its original wrapper and place on a rack in a shallow dish. Select DEFROST and set for time recommended in the chart.



Turn joints of meat over twice during defrosting. Shield edges and unevenly shaped ends with foil halfway through defrost cycle.



Halfway through defrost cycle break apart cubed or minced meat, separate chops and remove meat that is defrosted.

Roasts may still be icy in the centre so stand for 15 to 30 minutes.



Defrosting Poultry by Power/Time

Remove poultry from original wrapper and place on a rack in a shallow dish. Select DEFROST and set calculated time. Turn poultry twice during defrosting. Shield the ends of drumsticks, wings and breast bone with foil after half the defrost time. Also break apart chicken portions and remove small pieces such as wings which may defrost before larger pieces. Rinse poultry under cold water to remove ice crystals.



ITEM	DEFROST TIME PER 500 GRAMS (minutes)
Beef Roasts	16 to 20
Beef Mince	14 to 16
Beef Cubed	14 to 16
Beef Steak	8 per 250 g
Lamb Roasts	15 to 18
Lamb Chops	14 to 16
Pork Roasts	15 to 18
Pork Chops	14 to 16
Ham Roast	15 to 18
Offal Heart	14 to 16
Offal Kidney	12 to 15
Offal Liver	12 to 15
Offal Tripe	14 to 16

ITEM	DEFROST TIME PER 500 GRAMS (minutes)
Whole Chicken	16 to 20
Chicken Portions	14 to 16
Whole Turkey	16 to 20
Boneless Roast	16 to 20
Rabbit Portions	12 to 16
Whole Duck	16 to 20

Defrosting Fish and Shellfish by Power/Time

Remove fish from original wrapper and set on a rack in a shallow dish.



Select DEFROST and set calculated time recommended in the chart. Halfway through the defrost cycle turn whole fish or blocks of fillets over, separating any layers. Also break apart prawns or scallops. Remove pieces that are defrosted.



ITEM	DEFROST TIME PER 500 GRAMS (minutes)
Fish Fillets	8 to 12
Fish Steaks	10 to 12
Whole Fish	10 to 12
Prawns/Shrimps	12 to 14
Mussels	12 to 14

Defrosting Frozen Convenience Foods

Food that normally takes several hours to defrost at room temperature can quickly be defrosted in the Microwave Oven. Consult the chart for recommended defrosting times and techniques.

ITEM	WEIGHT	TIME ON DEFROST (in minutes)	STAND TIME (in minutes)	HINTS
Bacon Rashers	225 g	1½ to 2	2	Turn once
Bread	Un sliced Loaf: (large) (small) Sliced (large) 1 slice Rolls—2 Rolls—4 Croissants—4	8 to 10 4 to 6 9 to 11 35 seconds ¾ to 1 2½ to 3 2½ to 3	10 10 10 1 to 2 1 to 2 2 5	Leave in open plastic bag Leave in open plastic bag Leave in open plastic bag
Butter	225 g	10 seconds on HIGH		
Cakes	Layer type, whole Cheesecake Cupcake	45 to 60 seconds 45 to 60 seconds 10 to 15 seconds	5 5	Remove wrapping. Remove from foil tray.
Plated Meal	1 average meal	5 to 8 seconds		Reheat on HIGH for 2 minutes, covered.
Sausages	250 g (thick) 500 g (thick)	2 to 3 3 to 4	5 5	

Heating Frozen Convenience Foods

ITEM	APPROX. HEATING TIME on HIGH (in minutes)	SPECIAL HINTS
TV Style dinner	8 to 10	Remove foil cover and replace with plastic wrap.
Cannelloni, Lasagne.	6 to 7	If foil container is deeper than 2 cm remove to a plate.
Pie, Meat or Fruit (150 g to 200 g)	DEFROST 3 to 4	Defrost upside down on a paper towel lined plate. Turn right side up to heat.
Pizza 450 g Individual	6 to 7 3 to 4	Heat on serving plate.
Cooked chicken 4 pieces 2 pieces	7½ to 11 4 to 6½	Arrange on paper towel lined plate. Turn over once.
Fish Fingers—6	3 to 4	Arrange on a plate.
Pouch type frozen meals	MEDIUM-HIGH 5 to 6	Pierce bag and place on plate.

Reheating

Important Points to Consider when Reheating Food from Freezer-to-Table

1. **VOLUME**—
The greater the volume and the more dense the item, the longer it takes to reheat. For example, a frozen cake will take less time to heat than a frozen casserole.
2. **LARGE VOLUME**—
Large, dense, frozen pre-cooked foods are best thawed on defrost until icy in the centre and then heated on **MEDIUM-HIGH**. This prevents overcooking of the edges. Stirring is often needed to distribute heat evenly.
3. **COMMERCIAL FROZEN FOODS**—
These can be heated in their aluminium foil or plastic trays. Foil trays must be no more than 2 centimetres high and must not touch the interior of the Microwave Oven. Remove cover from the tray and replace with paper towel or plastic wrap to prevent splattering.
4. **COMMERCIAL FROZEN FOODS**—
May vary in size and ingredients from one brand to another so heating times may vary slightly.
5. **UNCOOKED FROZEN FOODS**—
These are cooked at similar power levels to pre-cooked convenience foods but times need to be increased.
6. **FOODS TO BE SERVED AT ROOM TEMPERATURE**—
For best results defrost for a short time and allow to stand to complete the thawing process.
7. **VACUUM—SEALED POUCHES**—
These must be pierced before heating to allow steam to escape. This prevents bursting. It is often better to remove food in pouches to a suitably sized dish for heating. This enables it to heat more evenly, it can be stirred, and it is easier to handle when hot.
8. **HIGH MOISTURE FOODS**—
Those which contain a raw pastry base and filling cannot be cooked by microwave alone. The pastry and filling cook at different rates due to the moisture content. They can be cooked on Combination or on straight convection heat using the Bake mode.
9. **STANDING TIME**—
Overheating will result in toughness and hardening. Remember to allow 5 to 10 minutes standing time, covered, and then test before adding extra heating time. To test pies and rolls feel underneath. If warm they are ready to serve.

Reheat Fresh Convenience Foods by Time

ITEM-FRESH	POWER	TIME (in minutes)	SPECIAL HINTS
Baked Beans (440 g)	HIGH	4 to 6	Stand 3 minutes, covered.
Spaghetti (440 g)	HIGH	4 to 6	Stand 3 minutes, covered.
Creamed Corn (440 g)	HIGH	4 to 6	Stand 3 minutes, covered.
Ravioli (445 g)	HIGH	5 to 7	Stand 3 minutes, covered.
Soups			
Milk Based (1 litre)	MEDIUM-HIGH	10 to 12	Uncovered. Stir once during heating.
4 cups			
Water based (1 litre)	HIGH	8 to 10	Stir during reheating.
4 cups			
Casserole (1 litre)	MEDIUM-HIGH	12 to 14	Reheat covered with lid or plastic wrap. Stir after heating. Stand 3 to 4 minutes.
1 Plate Food	HIGH	2 to 4	Arrange food evenly spread on plate. Add butter or gravy where desired. Cover plate with plastic wrap. Use plate divider to stack plates.
2 Plates Food	HIGH	6 to 8	
Family Meat Pie (450 g)	HIGH	4 to 6	Leave in foil tray if less than 2 cm deep.

Auto Reheat— NN-8550

By using Auto Reheat you are able to heat 1 to 4 servings of a wide range of foods automatically. Food should be at room or refrigerator temperature, whichever is the natural storage place, and should be placed in a suitably sized bowl.

Dinners are able to be heated on the serving plate. Food should be loosely covered with a lid or plastic wrap to retain moisture.

To operate, press the Auto Reheat pad until the number of servings (approx. 250 g each) is indicated in the display, then Press Start.

The reheat time will appear in the display and count down.

Allow heated food to stand for 2 to 3 minutes before stirring, where possible, and serving.

One Touch Sensor Reheat—NN-9850

Sensor Reheat is an automatic program which enables you to reheat a wide range of foods from room or refrigerator temperature.

To operate, place food in a suitable sized bowl, or arrange meal on a serving plate, and cover with plastic wrap. Press Sensor Reheat, then press Start. The oven will heat the food for the required time, then automatically turn off.

Examples of types of food which reheat well on these two programs are: plated meals, soups, casseroles, spaghetti, tinned vegetables, puddings and leftovers.

Important Points to Consider when Reheating Fresh Foods by Sensor or Auto Reheat

1. **STARTING TEMPERATURE—**
These programs are designed for food at refrigerator or room temperature.

2. **PLATED MEALS—**
Arrange food evenly on the plate. Spread food so that it can heat evenly and quickly. When assembling plates of leftovers use foods that are of similar temperature (all refrigerated).
3. **COVERING FOODS—**
Food should be covered with a lid or plastic wrap to hold in the heat and prevent loss of moisture.
4. **HEATING ONE SERVING BY TIME—**
Place in oven on High for 1 to 2 minutes for most foods and test by feeling the bottom of the plate. If the plate is warm it indicates that the food is hot enough. If the plate is cool, food may be warm but it will lose heat to the plate and taste cold when served.
5. **ELEVATION—**
When heating more than one plated meal at a time use microwave plate stackers to fit the meals in the oven. **ONLY HEAT ONE PLATED MEAL AT A TIME ON SENSOR REHEAT.**

Heating Liquids Charts

DESIRED TEMPERATURE	LIQUID	AMOUNT	POWER	APPROX. HEATING TIME (in minutes)
Boiling (100°C)	Water	1 cup (250 ml)	HIGH	2 to 3
		2 cups (500 ml)	HIGH	4 to 5
		4 cups (1 litre)	HIGH	9 to 11
Scalding (about 82°C)	Milk	1 cup (250 ml)	MEDIUM-HIGH	3 to 4
		2 cups (500 ml)	MEDIUM-HIGH	5 to 7
Steaming (for beverages) (about 78°C)	Water	1 mug (250 ml)	HIGH	1½ to 2
		2 mugs (250 ml ea)	HIGH	2½ to 3½
		4 mugs (250 ml ea)	HIGH	6 to 8
		1 coffee cup (150 ml)	HIGH	1 to 1½
		2 coffee cups (150 ml ea)	HIGH	2 to 2½
Steaming (about 70°C)	Milk	4 coffee cups (150 ml ea)	HIGH	4 to 5
		1 mug (250 ml)	MEDIUM-HIGH	1½ to 2
		2 mugs (250 ml ea)	MEDIUM-HIGH	2½ to 3½
		4 mugs (250 ml ea)	MEDIUM-HIGH	6 to 8
		1 coffee cup (150 ml)	MEDIUM-HIGH	1 to 1½
2 coffee cups (150 ml ea)	MEDIUM-HIGH	2 to 2½		
4 coffee cups (150 ml ea)	MEDIUM-HIGH	4 to 5		

WARNING: Heated liquids can erupt if not mixed with air. Do not heat liquids in your Microwave Oven without first stirring.

One Touch Sensor Cook—NN-9850

In addition to Sensor Reheat, there are four One Touch Sensor Cook programs—namely Vegetables, Rice/Pasta, Fish and Frozen Foods. The One Touch Sensor Cook programs are located on the right hand side of the control panel under the One Touch Cooking heading. The One Touch Sensor Cook pads are indicated by a blue line.

These are fully automatic programs. There is no need to program in power levels or cooking time; the oven does this for you. To operate it is simply a matter of pressing the appropriate One Touch Sensor pad, then pressing Start. The number of the program selected will show up in the display. While the number shows in the display, do not open the oven door. However, once the remaining cooking time appears and counts down, the door can be opened, the dish uncovered, and food turned, stirred, rearranged or basted.

When cooking on any One Touch Sensor program food should be in a suitably sized dish and covered securely with plastic wrap or a tight fitting lid.


When using the One Touch Sensor—Vegetables category, press the pad once for root vegetables and twice for green vegetables. The chart on page 90 indicates which setting to use.

The frozen foods pad also covers two categories. One press for frozen dinners and 2 presses for frozen vegetables.

Desired Cooking Control—More/Less

One Touch Sensor cooking times can be varied by approximately 10%, depending on personal tastes. For example, if you like your vegetables a little softer than the program cooks them, simply press the More/Less pad once, before pressing Start. This will increase the cooking time by approximately 10%. If you prefer your vegetables less cooked than the program provides, press the More/Less pad twice to reduce the cooking time by 10%. Always use the More/Less pad after selecting your cooking category, and before pressing start.

Tips for Cooking on One Touch Sensor

When you are cooking your own favourite recipes on One Touch Sensor, look through the cookbook for the symbol  to indicate recipes with One Touch Sensor directions. Use these as a basis for determining the correct program to use. Remember, whatever the quantity you are cooking, the oven will work out the correct times without you having to do complicated calculations.

Quantities less than 200 g are best cooked by manual power and time. For proper cooking results on the One Touch Sensor programs it is important to follow directions in the recipes regarding container size and covering.

Dishes should always be securely covered, either with a lid designed for the dish, or with plastic wrap.

Dishes without their own lids should be completely, but loosely, covered with plastic wrap. Large dishes may need two overlapping pieces of plastic wrap. Allow at least 2.5 cm overlap. To prevent the heat from softening and breaking the wrap, ensure the wrap does not touch the item being cooked. If you are concerned that the wrap will touch the food, leave a little slack in it before sealing the wrap down around the dish. This will allow the wrap to lift away from the food as steam builds under it. Plastic wrap must NEVER be pierced for One Touch Sensor cooking. Plastic wrap becomes porous at 100°C and allows a burst of steam to pass through it.

During standing time loosen plastic wrap by piercing. Always remove plastic wrap and lids away from you to avoid steam burns.

DO NOT USE oven roasting bags on Sensor programs.

DO NOT USE freezer bags on One Touch Sensor programs.

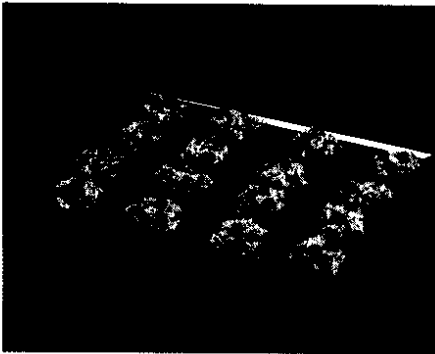
DO NOT USE plastic dishes as plastic wrap does not adhere.

The principals of shielding areas with foil to prevent overcooking still apply with One Touch Sensor cooking. Shielding should be done when the time appears in the display (refer page 7).

Details for correct use of each One Touch Sensor program are given at the start of the appropriate recipe section.

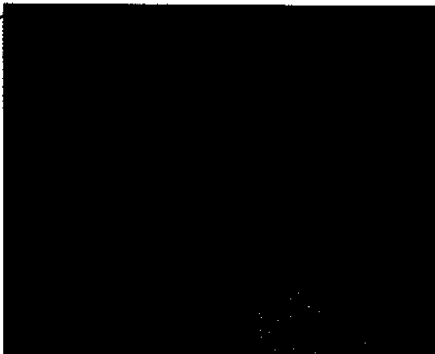
Convection—Bake

Just like a conventional oven, the convection oven has a heating element to give the dry heating needed to produce crisp brown exteriors. The difference between a conventional oven and a convection oven is that the convection oven has a fan to circulate the hot air in the oven cavity. The constantly circulating hot air creates a more uniform air temperature within the oven cavity. Convection cooking temperatures range from 100°C to 250°C. Consult recipes for details on temperature settings and cooking times.



Accessories

The Oven Rack is used when baking. Remove the glass or metal turntable tray and roller ring when baking and stand the Oven Rack on the floor of the oven.



*Grave says Contradicts
Japan says not necessary*

Hints for Baking

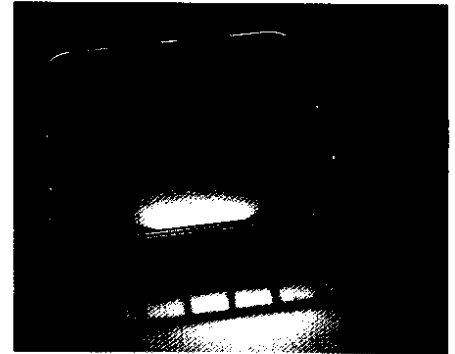
Place Oven Rack in the oven. Preheat oven to desired temperature by pressing the "Bake" pad (100°C to 250°C). Press Start. "P" will appear in display window and will be stationary. When "P" flashes oven has preheated and is ready for use. Open door and place food in oven on Oven Rack. Close door. Select cooking time by using the time pads. Press Start.

When cooking on the "Bake" mode, the time pads change status. The left hand pad operates in single hours, the next pad is inoperative, and the two right hand pads represent 10 minutes and single minutes.

It should be remembered that there is only a top element in the oven, as opposed to a top and bottom element in conventional ovens. However, the hot air is circulated by a fan to give an even heat throughout the oven cavity. Because the cavity is small it will lose heat rapidly if the door is allowed to stand open for any length of time. It is therefore recommended when baking to have food ready to load into the oven once it is up to heat and you have opened the door.

Once the oven has heated to the required temperature, and the "P" is flashing, it will hold its heat for up to 70 minutes if the oven door is not opened. DO NOT press the stop pad before opening the door as you may cancel the program. If this should happen press the "Bake" pad until the desired temperature is displayed, then put in the time. It is not necessary to pre-heat a second time unless the door has been left open. Once the food is in the oven and the time set, press Start.

In order to get a golden bottom on scones and cakes it is an advantage to place them on a pre-heated tray. For example, for scones or cakes pre-heat the oven with the roasting pan sitting on the oven rack.



Once the oven is up to temperature, place the scones directly on the hot pan, or the cake pan into the hot pan.

As with conventional cooking it is often necessary to turn a tray of biscuits around halfway through cooking to give an even colour.

The recipes in this book will act as a handy guide to baking your own favourite recipes as to temperatures, types of dish to use and cooking times.

Cakes and biscuits are best cooked in metal pans and trays as they have a good heat retention. Shallow sponge roll tins are ideal for baking biscuits on and are readily available at kitchenware shops.

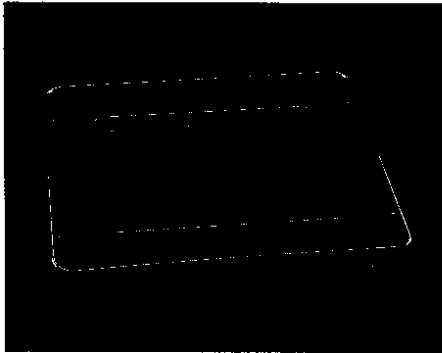
Note: When cooking on convection heat, it is important that you remove the turntable and roller ring before pre-heating the oven.

Combination

Combination cooking is ideal for roasting meats, poultry and for baking. Combination cooking automatically alternates between convection and microwave heating. The advantage of combination cooking is that it gives the browning of convection and often shortens the conventional cooking time.

Accessories

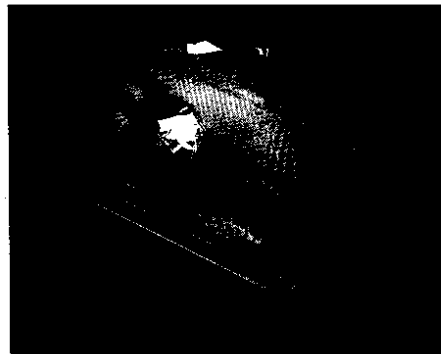
When cooking meat or poultry by Combination the food should be placed on Wire Rack. The rack should be placed in a 5 cm deep oblong microwave-safe and heat resistant dish on the turntable tray.



Cooking by Manual Combination

There are six Manual Combination categories, each with pre-programmed microwave power levels and temperature. They cover a wide variety of foods, allowing you to cook your own favourite recipe with ease. Generally combination cooking takes half to two thirds of conventional cooking time.

To operate, press the "Combination" pad until the appropriate category number for the food you wish to cook is indicated in the display. Select the desired cooking time by using the time pads at the top of the panel. Press Start.



When cooking meat or poultry place the Wire Rack in a 5 cm deep oblong microwave-safe and heat resistant dish. Set the meat on the rack. The dish should be placed directly on the turntable. Other foods should be placed in microwave-safe and heat resistant dishes and placed directly on the turntable.

DO NOT use the Oven Rack, Roasting Pan or Grill Tray when cooking by combination.

Refer to recipe sections for further details on the use of the various Combination programs.

Cooking by Weight Combination: Model NN-9850

There are three Weight Combination settings. When using these settings there is no need to set oven temperature or microwave power level. Simply press "Beef/Lamb", "Pork" or "Poultry". Using the 1 kg and 0.1 kg pads program in the weight of the food. Press Start. The cooking time will appear in the display and count down. Refer to meat and poultry chapters for details of use.

Manual Combination

CATEGORY NUMBER	OVEN TEMPERATURE	SUITABLE TYPES OF FOOD
1	150°C	Casseroles, Meatloaves, Rich Fruit Cakes
2	160°C	Quiche, Milk Dishes
3	180°C	Roasts of Meat
4	190°C	Chicken Pieces, Roast Vegetables, Jacket Potatoes/Kumaras, Cakes
5	200°C	Whole Poultry
6	230°C	Puddings, Slices

Grilling

Grilling is cooking at high temperatures with the food close to the heat. This gives meat a rich brown appearance. Use only high quality, well marbled meats for grilling since the high temperature can dry out the less choice meats.

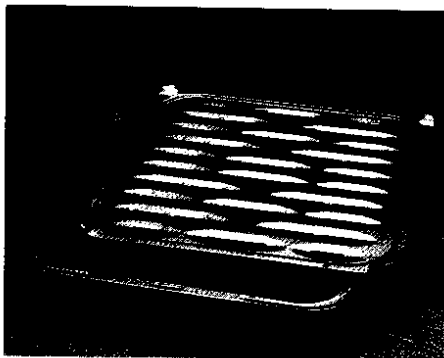
GRILL SETTING	OVEN TEMPERATURE
1	250°C
2	230°C

There are two grill settings. Grill 1 (250°C) is ideal for cooking steaks, sausages, chops and chicken portions. Grill 2 (230°C) is suited to items which need to be basted during grilling and for frozen products such as fish fingers, chips, hash browns etc.



Accessories

Grill Tray is used for grilling meats, poultry and fish. Always place grill tray on drip tray or roasting pan. This prevents the food from sitting in grease and juices and gives a crisper exterior. The grill tray and drip tray may be brushed with oil or melted butter to aid in clean up. Always preheat oven with grill tray and drip tray in place on the oven rack guide for grilling.



Cooking by Grill

Place Oven Rack in the oven rack guide. Place grill tray and drip tray onto Oven Rack.

Pre-heat grill by pressing "Grill" pad and selecting 1 or 2. Press Start. "P" will appear in display window and will be stationary. When "P" flashes grill has preheated and is ready for use.

Open door, place food on preheated grill tray. Close door. Select cooking time by using the time pads. Press Start.

Note: When using Grill functions, place Oven Rack into the oven with the stoppers to the back of the oven. Always remove the turntable tray and roller ring when grilling.

Cookware and Utensil Guide

	Microwave Oven	Bake	Combination	Grill
Aluminium Foil	For Shielding	Yes	For Shielding	Yes
Browning Dish	Yes	No	No	No
Brown Paper Bags	No	No	No	No
Dinnerware Oven/Microwave Safe Non Oven/Microwave Safe	Yes Yes	Yes No	Yes No	No No
Disposable Polyester Paperboard Dishes	Yes	Yes up to 220°C.	Yes up to 220°C.	No
Glassware Oven Glassware & Ceramic	Yes	Yes	Yes	Yes for short term top browning
Non Heat Resistant	No	No	No	No
Grill Tray/Drip Tray (Roasting Pan)	No	No	No	Yes
Metal Cookware	No	Yes	No	Yes
Metal Twist-Ties	No	Yes	No	No
Oven Cooking Bag	Yes	Yes	Yes	No
Oven Rack	No	Yes	No	Yes
Paper Towels and Napkins	Yes	No	No	No
Plastic Dishes Microwave Safe	Yes	check manufacturer's recommendation, must withstand heat		No
Non Microwave Safe	No	No	No	No
Plastic Wrap	Yes	No	No	No
Straw, Wicker, Wood	Yes	No	No	No
Thermometers Microwave Safe	Yes	No	No	No
Conventional	No	Yes	No	Yes
Turntable Tray/Roller Ring	Yes	No	Yes	No
Waxed Paper	Yes	No	No	No
Wire Rack	No	No	Yes	No

5 a b g

Safety of Microwave Ovens

Since 1962, when PANASONIC marketed its first microwave oven, there has not been a single recorded mishap.

There is great confusion between non-ionising energy, such as microwaves, and effects produced by the ionising radiation of X-rays, cosmic rays and nuclear radiation.

Microwaves are a non-ionising form of energy located between radio waves and infra red in the electromagnetic energy spectrum. We are exposed constantly to these types of energy without harm. Non-ionising radiation does not cause cumulative damage to the tissue and the body does not

“store” microwaves as it does ionising radiation.

All microwave ovens require approval by electrical supply authorities.

They must feature certain safety devices including the following:

Safety Features

Safety locks:

1. Door Handle Switch

When you touch the door latch to open the oven door, all microwave activity immediately ceases. There is no way to open the door without first pushing or releasing the door switch. This shuts off all microwaves, just as your radio or television will not play or show a picture if the station or channel is turned off.

2. Independent Door Safety Lock

In the door is a second built-in lock which works independently of the door opening switch. This lock will completely turn off microwave activity the instant the door is opened.

3. Circuit Break Switch

If at any time one of the first two switches becomes inoperative, the unit will throw a circuit breaker and become inoperative. This turns the unit off completely.

Safety seals:

1. Capacitive Seal

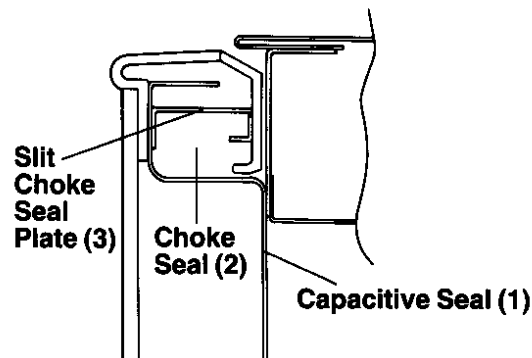
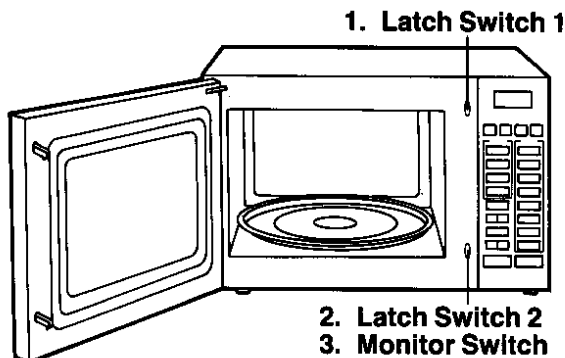
Consisting of a metal door surface which forms a condenser when the door is closed. It reflects all microwaves back inside the oven cavity.

2. Choke Seal

The door is a kind of trap consisting of a channel as shown in the illustration below. It is designed so that incoming microwaves are forced to make a u-turn and are reflected back into the oven.

3. Slit Choke Seal Plate

The Slit Choke Seal Plate located inside the choke seal channel increases the absorption of microwaves.



Where to Place your Microwave Oven

A microwave oven is portable. It can be placed on a bench top, on a shelf or mounted on a wall bracket. It must be positioned so that the air circulates freely around the entire unit. Do not put it near a conventional stove, as steam and heat from conventional cooking could affect the microwave mechanism. PANASONIC supplies microwave oven trim kits so your microwave oven can be built into your kitchen cabinet. However, the kit does not suit all models. Your local PANASONIC agent will gladly advise you of the suitability for your model.

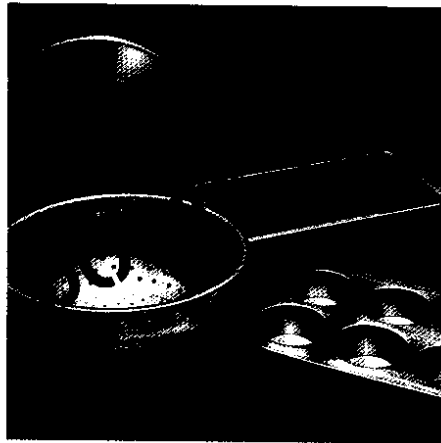
Energy Consumption

Microwave ovens save energy and reduce electricity bills, but the amount of saving depends on what you cook and how you cook. You save more energy by cooking in smaller quantities in microwave ovens. If you cook a large quantity of food at once, it may take longer than it would in a conventional oven. However, you do have the benefits of clean and compact cooking, and delicious and nutritious food. With experience you will soon discover the most efficient way of producing terrific meals using a minimum of time, fuss and energy!

Microwave Precautions

Your microwave oven should be plugged into an electric circuit without other appliances connected to the same circuit. Otherwise, the electrical voltage may be low and cooking time may be longer.

Remember not to use metallic or metal objects. These cause sparks to fly in the microwave oven while it is operating. Utensils with gold or silver paint such as that on some crockery, or metal touching the interior walls of the microwave oven will have this effect. The spark results when a microwave hits the metal, discharging static electricity. This is called "arcing" and if it should occur, stop the oven and remove the "metallic" utensil.



Precautions to Avoid Possible Exposure to Excessive Microwave Energy

- (a) **Do not attempt to operate this oven with the door open** since open-door operation can result in harmful exposure to microwave energy. It is important not to make defective or tamper with the safety interlocks.
- (b) **Do not place any object** between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- (c) **Do not operate the oven** if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the:
 - (1) door (bent)
 - (2) hinges and latches (broken or loosened)
 - (3) door seals and sealing surfaces
- (d) **The oven should not be adjusted or repaired** by anyone except properly qualified service personnel.

Handy Hints and Tips

In your microwave oven, you can roast meat, stew, steam, poach, fry, sear, sauté and grill. There is also no need for double boilers. Because heat works on all areas of food at once in a microwave oven, scorching and lumping which occur as a result of concentrated heat (as with cooking on a conventional hotplate) do not happen in a microwave oven.

- Vulnerable foods which attract microwaves (dairy foods, fatty meats and sugar) should be placed underneath and dense food items (vegetables) on top for the best heat penetration.
- Stir sauces and soups occasionally during cooking or reheating to ensure even heat.
- Pierce foods with a light skin to allow steam to escape and prevent exploding or bursting.
- Bottles with narrow necks should not be used for cooking or prolonged heating. As the food expands, it may cause the container to break.
- Avoid overcooking food. As in a conventional oven, overcooking can cause food to burn, or just dry out. A few too many seconds can ruin food by microwaves so it is best to cook foods to the minimum times suggested.
- Because the temperature of oil cannot be controlled in a microwave oven, do not attempt deep frying.
- Use vessels that will easily accommodate the amount of food you are cooking.
- It is easy to test food while it is cooking in a microwave oven. Because heat is instantaneous, the oven does not have to "reheat" after being opened briefly. If foods are tested while cooking, you can vary suggested times to suit your tastes.
- Shorten cooking time when using polyunsaturated margarine rather than butter, as the former reaches a higher temperature.
- To enjoy red wine at room temperature after it has been refrigerated, simply heat on HIGH for 30 to 40 seconds.
- To blanch (1 cup) nuts, place in a pie plate. Cover with hot tap water and heat on HIGH for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.
- To toast coconut, place half a cup on a plate and cook on HIGH for 1 to 2 minutes, stirring occasionally.
- To make buttered breadcrumbs, combine 1 cup breadcrumbs and 2 tablespoons butter and heat on HIGH for 1 to 2 minutes, stirring occasionally.
- When heating 110 g baby food or formula, select HIGH for 15 to 30 seconds, depending on the amount of food or liquid and the starting temperature of it. Test temperature before serving or further heating.
- For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on turn table tray. Heat on HIGH for 1 to 2 minutes.
- To soften cream cheese or butter, place in oven on MEDIUM-LOW for ½ to 1 minute per ½ cup.
- Refrigerated cheese (250 g) can be heated to room temperature on MEDIUM-HIGH for ½ to 1 minute, depending on type.
- When having a barbecue, partially cook food in the microwave, season and finish cooking on the barbecue.
- To melt chocolate, place 100 g broken chocolate in a 4-cup glass jug and heat on MEDIUM-HIGH for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time to cooking.
- To remove oven odours, combine ½ teaspoon vanilla essence with 1 cup water in a small bowl and heat on HIGH 4 to 5 minutes. Wipe oven interior with a damp cloth.

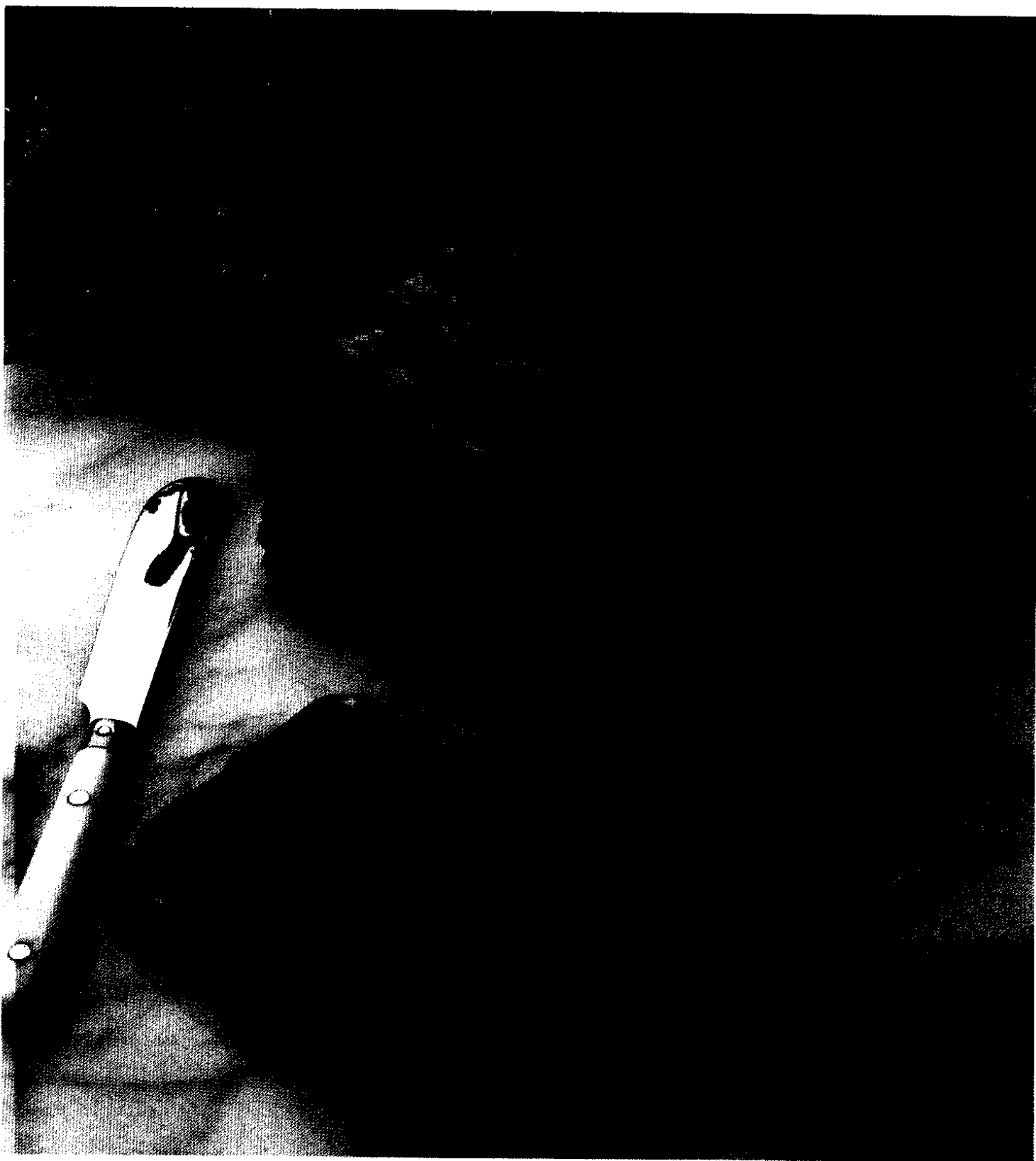
Before Calling for Service

Many times a service call can be avoided by checking a few simple things. The following conditions are not caused by a defect in the unit itself, so please check the following points before requesting service.

Condition	Time-Saving Checks
No Power	*Oven plugged in? *Check home fuse or circuit breaker.
Oven not operating	*Oven door closed? *Controls set properly?
Takes longer than time in cookbook	*Incorrect power selection? *Low voltage at power outlet? *Starting temperature and shape of foods vary, so simply cook a little longer.
Uneven cooking Undercooking or Overcooking	*Improperly wrapped or used incorrect container? *Controls set properly? *For large meat, utilise standing time at room temperature after cooking.
Oven light flickers	*This is normal.
Water condensation around door	*This is normal merely wipe dry.
Sparks occur	*Metallic wrap or container touching oven wall. *Dish or glassware trimmed in gold or silver. *Container has metal parts or trim.

Recipe Notes

Savouries & Snacks



Terrine de Pork

TERRINE DE PORK **B**

Serves: 6 to 8

Ingredients:

1 kg pork, cut into 2.5 cm cubes
125 g pork fat, cut into 2.5 cm cubes
1 egg, lightly beaten
2 tsp mixed herbs
1 tbsp chopped parsley
1 onion, finely chopped
1 tsp onion salt
freshly ground black pepper
6 rashers bacon, rind removed

Method:

Feed pork and fat gradually into a food processor until finely minced. Combine meat with egg, herbs, parsley, onion, salt and pepper. Line a 2-litre, rectangular dish with bacon rashers. Firmly pack meat into bacon lined dish and fold bacon ends over top.

To Cook by Microwave:

Cook on MEDIUM-HIGH for 30 to 35 minutes. Stand to cool with a heavy weight on top. Serve cold, sliced with bread or salad.

To Bake:

Remove turntable and roller ring. Preheat oven to 180°C. Prepare terrine as above. Cover terrine with foil and cook on 180°C for 1½ hours. Stand to cool with a heavy weight on top. Serve cold, sliced, with bread or salad.

Tip: For garnish, bay leaves may be placed under the bacon before cooking.

HAM AND CHEESE CROISSANTS

Serves: 2

Ingredients:

2 croissants
4 slices ham
4 slices tasty cheese
salt and pepper

Method:

Cut croissant in half lengthwise. Place cut side up on a dinner plate. Place ham on top of each croissant. Place cheese on top. Cook on HIGH for 1½ to 2 minutes. Season with salt and pepper to taste.

MEATBALLS IN TOMATO MINT SAUCE

Serves: 4 to 6

Ingredients:

500 g topside mince
1½ cups fresh breadcrumbs
1 onion chopped
1 clove garlic, crushed
1 egg lightly beaten
1 tbsp worcestershire sauce
1 tbsp tomato sauce
4 tbsp freshly chopped mixed herbs
ground black pepper
1 small onion, chopped
1 tbsp pine nuts
1 tbsp butter
1 cup tomato puree
1 tbsp chopped mint
2 tbsp grated parmesan cheese

Method:

Place mince, breadcrumbs, onion, garlic, egg, worcestershire sauce, tomato sauce, herbs and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls. Place half the meatballs onto a paper towel lined dinner plate, evenly spaced. Cook on MEDIUM-HIGH for 3 to 4 minutes, turning halfway through cooking. Set aside.

Repeat above procedure with remaining meat balls. Place onion, pine nuts and butter in a 2-cup jug and cook on HIGH for 2 to 3 minutes. Add tomato puree and mint and stir well. Place meatballs and sauce in a 2-litre dish and combine gently. Sprinkle with parmesan cheese and heat on MEDIUM-HIGH for 4 to 5 minutes.

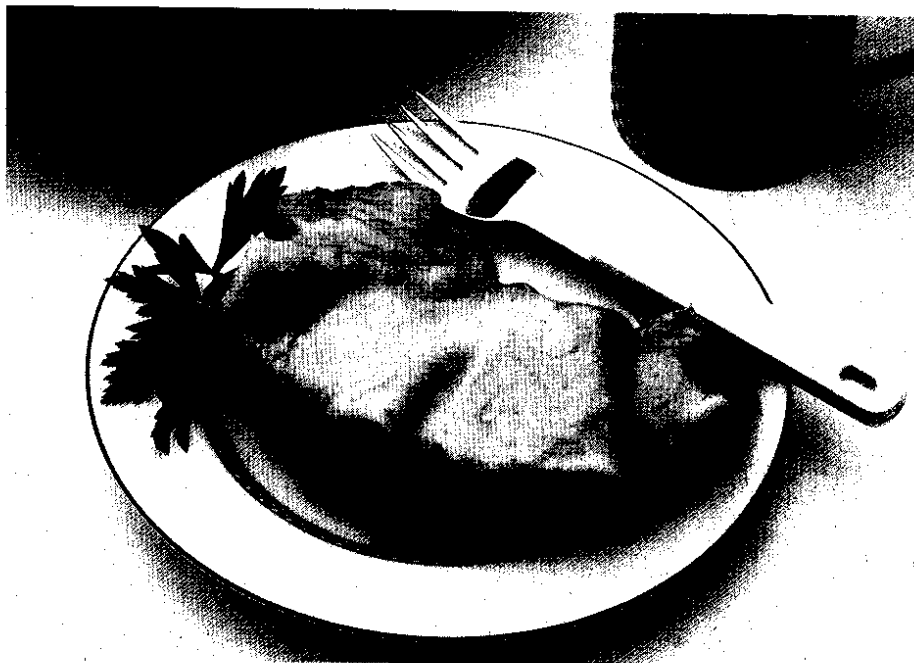
MEXICAN DIP

Ingredients:

310 g can red kidney beans
¼ cup oil
½ cup grated cheese
½ tsp salt
1 to 1½ tsp chilli powder

Method:

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



Ham and Cheese Croissants

STUFFED MUSHROOMS

G

Makes: 8

Ingredients:

2 rashers bacon, rind removed
1 small onion, finely chopped
1 tbsp chopped parsley
¾ cup grated cheese
ground black pepper to taste
8 medium sized mushrooms, stalks removed

Method:

Finely chop bacon and combine with onion in a 1-litre casserole dish. Cook on HIGH for 3 to 4 minutes. Add parsley, ½ cup cheese and pepper to bacon mixture. Remove turntable and roller ring. Preheat oven on GRILL 1. Wipe mushrooms clean. Place onion and bacon mixture in mushroom caps and sprinkle remaining ¼ cup cheese on top. Cook on GRILL 1 for 3 to 4 minutes or until cheese has melted.

FRANKFURTERS

Serves: 5

Ingredients:

10 frankfurters
¼ cup water

Method:

Place frankfurters in a shallow casserole dish. Make a few slits in each. Add water to dish. Cover dish with a lid or plastic wrap. Cook on HIGH for 4 to 5 minutes.

Tip: To cook one frankfurter, place on a plate and cook on HIGH for 30 to 40 seconds.

AL'S NACHOS

B

Serves: 4 to 6

Ingredients:

1 tbsp butter
1 onion finely chopped
1 tsp Mexican chilli powder
465 g red kidney beans, drained
300 ml carton sour cream
200 g packet corn chips
1 cup grated cheese
paprika

Method:

Place butter, onion and chilli powder into a small bowl. Cook on HIGH for 3 minutes, stirring halfway through cooking. Remove turntable and roller ring. Preheat oven to 180°C. Mash kidney beans in a food processor or use a potato masher, add sour cream and onion mixture and mix well. Place half of the bean mixture into a 2-litre casserole dish. Sprinkle with half of the corn chips and top with remaining bean mixture. Place remaining corn chips on top of bean mixture and top with cheese. Sprinkle with paprika. Cook on 180°C for 20 to 25 minutes.

MELBA TOAST

G B

Makes: 36 pieces

Ingredients:

9 slices white toasting bread

Method:

Remove turntable and roller ring. Preheat oven on GRILL 1. Place bread slices on grill tray and cook on GRILL 1 for 3 minutes. Turn and cook a further 2 minutes. Preheat oven to 180°C. Remove crusts from toast. Cut each slice diagonally to form 4 triangles. Place triangles on a baking tray and cook on 180°C for 4 to 6 minutes, or until golden and dry.

TUNA AND CORN BREAD CASES

B

Makes: 18

Ingredients:

2 tbsp butter
1 tsp curry powder
1 onion finely chopped
2 tbsp flour
¾ cup milk
220 g can tuna, drained
310 g can whole kernal corn, drained
18 slices white bread, crusts removed
melted butter for brushing.

Method:

Place butter and curry in a 2-litre casserole dish. Cook on HIGH for 1 minutes. Add onion and cook on HIGH for a further 2 minutes. Add flour, stir well and gradually add milk. Cook on HIGH for 2 minutes. Stir. Add tuna and corn to sauce mixture and mix well. Set aside. Remove turntable and roller ring. Preheat oven to 190°C. Brush each side of bread with melted butter. Place bread in patty tins, pressing in firmly. Cook on 190°C for 10 to 12 minutes. Spoon filling into prepared cases. Cook on 190°C for a further 10 to 12 minutes.



Al's Nachos

PATE

Makes: 2 cups

Ingredients:

2 rashers bacon, rind removed and bacon chopped
1 small onion, finely chopped
1 clove garlic, crushed
125 g butter
375 g chicken livers, trimmed and cut in half.
½ tsp pepper
2 tbsp brandy
2 tbsp sour cream

Method:

Place bacon, onion, garlic and butter into a small casserole dish. Cook on HIGH for 4 to 5 minutes. Add chicken livers and pepper to mixture. Cover and cook on MEDIUM-HIGH for 6 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in a blender or food processor. Add brandy and sour cream and process until smooth. Pour into a 2-cup mould and refrigerate until set.



Pâté

NUTS AND BOLTS

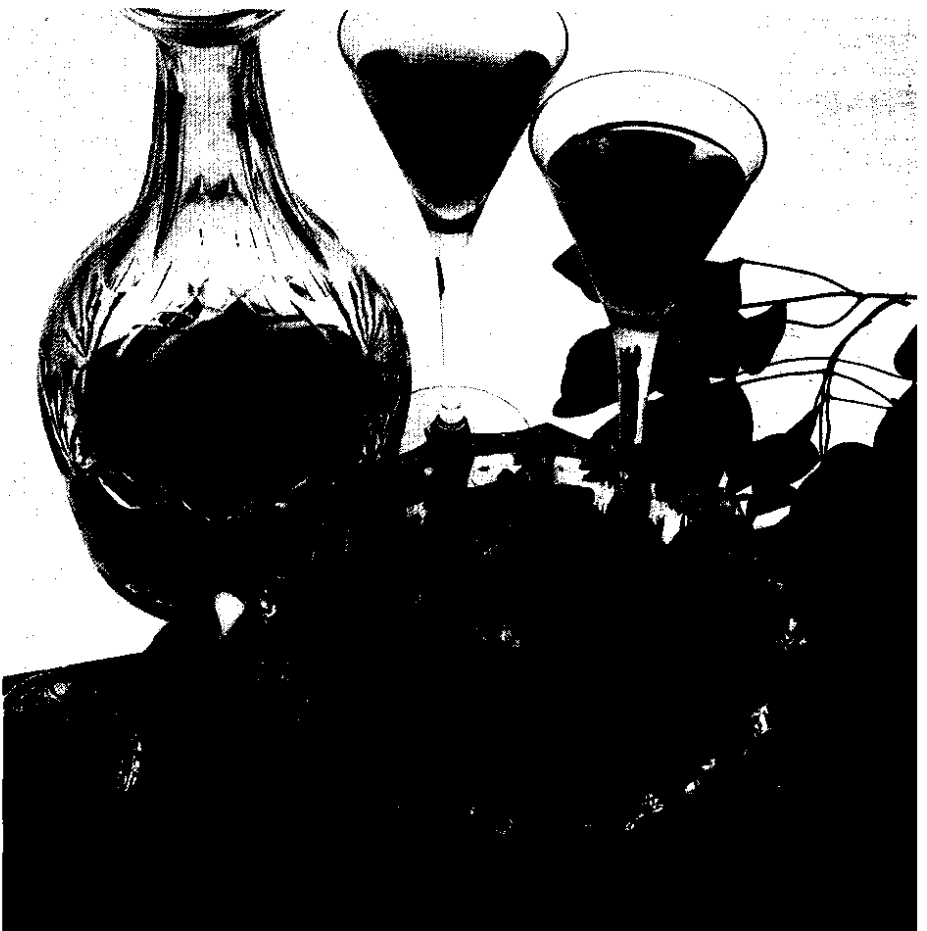
Serves: 6 to 8

Ingredients:

½ cup butter
½ tsp curry powder
2 tbsp worcestershire sauce
½ tsp salt
¼ tsp garlic powder
52 g packet mixed rice crackers
75 g packet sesame bits (rice crackers)
200 g salted peanuts
125 g packet pretzel sticks
½ cup Nutri Grain

Method:

Place butter, curry, worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients, mix well and cook on HIGH for 5 to 6 minutes, stirring halfway through cooking. Serve in a bowl with drinks.



Nuts and Bolts

SEAFOOD TRIANGLES

B

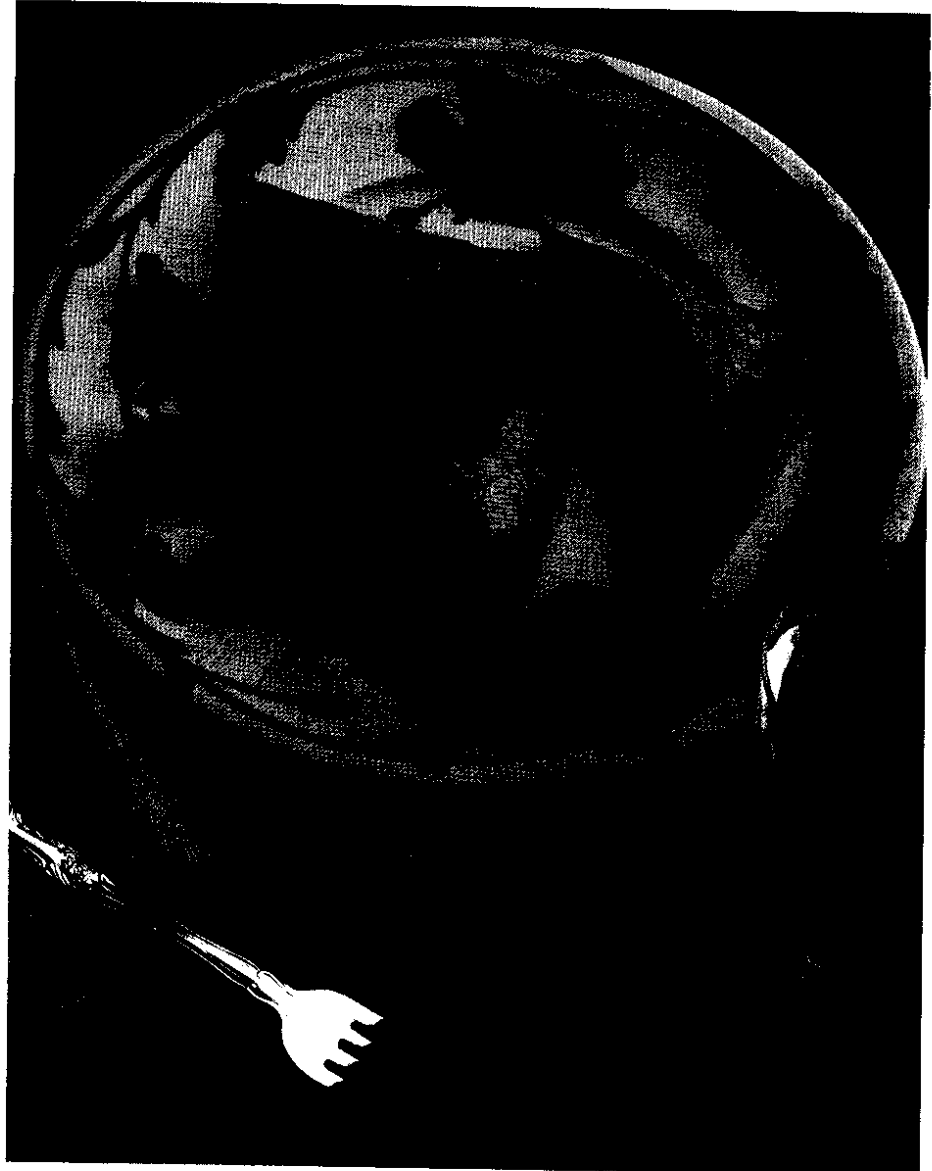
Makes: 16

Ingredients:

1 tbsp butter
3 spring onions, finely chopped
1 tbsp flour
½ cup milk
1 tsp lemon juice
pinch cayenne pepper
2 tbsp parsley, finely chopped
200 g can crabmeat, well drained
200 g can prawns, well drained
16 sheets filo pastry
(approx. 30×40 cm each)
125 g melted butter or margarine

Method:

Place butter and spring onions in a 1-litre casserole dish and cook on HIGH for 1 minute. Add flour, stir and cook on HIGH for 30 seconds. Gradually add milk, stirring. Cook on HIGH for 2 minutes. Stir. Add remaining ingredients (except filo pastry and melted butter or margarine) and set aside. Remove turntable and roller ring. Preheat oven to 200°C. Take one sheet of filo pastry, brush with butter and fold in three lengthwise. Brush top of pastry with melted butter. Place a tablespoonful of filling on the bottom corner of strip. Fold corner over filling to form a triangle and continue folding until the triangle is complete. Brush completed triangles with butter. Place triangles on a greased baking tray and cook on 200°C for 10 to 12 minutes, or until puffed and golden.



Seafood Triangles

MINI SAUSAGE ROLLS

B

Makes: 20

Ingredients:

400 g sausage meat
salt and pepper
plain flour
2 sheets ready rolled puff pastry
1 egg lightly beaten

Method:

Remove turntable and roller ring. Preheat oven to 220°C. Cut each pastry sheet in half. Season meat with salt and pepper and divide into four equal portions. Place a small amount of flour onto a work surface and roll each meat portion into a long roll, measuring the width of the pastry sheet. Place meat along long edge of pastry and roll up tightly.

Brush a little water on the edge to secure closed. Repeat with remaining pastry and meat. Place long rolls on a greased baking tray. Brush with egg and cut halfway through each roll to make 5 individual sausage rolls. Cook on 220°C for 20 to 25 minutes.

VEGETABLE SAMOSAS

B

Makes: 16

Ingredients:

25 g butter
1 small onion, finely chopped
1 cm piece fresh ginger, finely chopped
175 g mixed frozen vegetables, defrosted and finely chopped
½ tsp salt
¼ tsp coriander
½ tsp chilli powder (or to taste)
¼ tsp cumin
¼ tsp cinnamon
2 medium sized potatoes, cooked and mashed
1 tbsp lemon juice
16 sheets filo pastry
75 g butter (extra)

Method:

Place butter and onion in a large bowl. Cook on HIGH for 1½ to 2 minutes. Stir in the ginger, mixed vegetables, salt, coriander, chilli powder, cumin and cinnamon. Cook on HIGH for 2 to 3 minutes. Add potatoes and lemon juice. Mix well. Melt extra butter in a jug on HIGH for 40 seconds. Remove turntable and roller ring. Preheat oven to 200°C. Take one sheet of filo pastry, brush with melted butter and fold in half lengthwise. Place a tablespoon of filling in bottom corner of strip, fold corner over filling to form a triangle. Continue folding until the pastry is used up, brushing the top surface at each fold. Brush completed Samosa with butter. Repeat with remaining ingredients. Cook on 200°C for 10 to 12 minutes, or until golden brown.

ITALIAN MUSSELS

Serves: 2 to 4

Ingredients:

20 g butter
1½ cups chopped leeks
1 clove garlic, crushed
440 g can peeled tomatoes, roughly chopped
1 tbsp tomato paste
½ tsp dried oregano
½ tsp dried basil
freshly ground black pepper
750 g New Zealand green lipped mussels

Method:

Place butter, leeks and garlic in a shallow 3-litre dish. Cook on HIGH for 2 minutes. Stir well. Add tomatoes, tomato paste, oregano, basil and pepper. Mix well. Cook on HIGH for 3 to 4 minutes. Add mussels, spooning some of the tomato mixture into the shells to increase the flavour. Cover and cook on HIGH for 5 to 6 minutes. Serve immediately.

PRAWN WRAP-UPS

Serves: 6

Ingredients:

5 rashers bacon, rind removed and bacon cut in half
10 medium size green prawns, peeled and deveined
1 tbsp plum jam
1 tbsp chilli sauce
2 tsp soy sauce
1 tsp wine

Method:

Place bacon on a plate and cover with paper towel. Cook on HIGH for 3 to 4 minutes. Wrap bacon around prawns and secure with a toothpick. Place all prawn wraps in a shallow casserole dish. Place remaining ingredients in a 1-cup jug and cook on HIGH for 30 to 60 seconds. Pour over prawn wraps and chill for several hours. Cook on HIGH for 3 to 5 minutes. Drain off sauce and serve.

SPICY PEANUTS

Ingredients:

30 g butter
2 tsp chilli powder
2 cloves garlic, crushed
salt to taste
500 g shelled roasted peanuts

Method:

Place butter in bowl and cook on HIGH for 30 to 40 seconds to melt. Add chilli, garlic and salt. Mix thoroughly. Add peanuts and toss to coat well. Cook on HIGH for 4 to 5 minutes, stirring once. Tip onto a paper towel to cool.

COURGETTE BOATS

Serves: 4 to 6

Ingredients:

4 medium sized courgette
2 large mushrooms, chopped
2 spring onions, finely sliced
30 g butter
2 tsp flour
170 g crabmeat
salt and pepper
¼ cup grated cheddar cheese
extra ¼ cup grated cheddar cheese
paprika

Method:

Cut courgette in half lengthwise. Scoop out centre, leaving ½ cm all around sides. Place courgette halves in a shallow dish and cook on HIGH for 2 to 3 minutes. Set aside. Place courgette pulp, mushrooms, spring onions and butter into a 2-litre dish and cook on HIGH for 2 to 3 minutes. Stir in flour and cook on HIGH for a further 1½ to 2 minutes. Combine crabmeat, seasonings and cheese and add to mushroom mixture. Stir well. Fill courgette halves with mixture, sprinkle with extra cheese and paprika. Place into a 2-litre dish and cook on MEDIUM-HIGH for 1 to 2 minutes. Garnish with fresh herbs. Serve as a snack, or cut diagonally and serve as hors' d'oeuvre.

MINI PIZZAS

Serves: 2 to 4

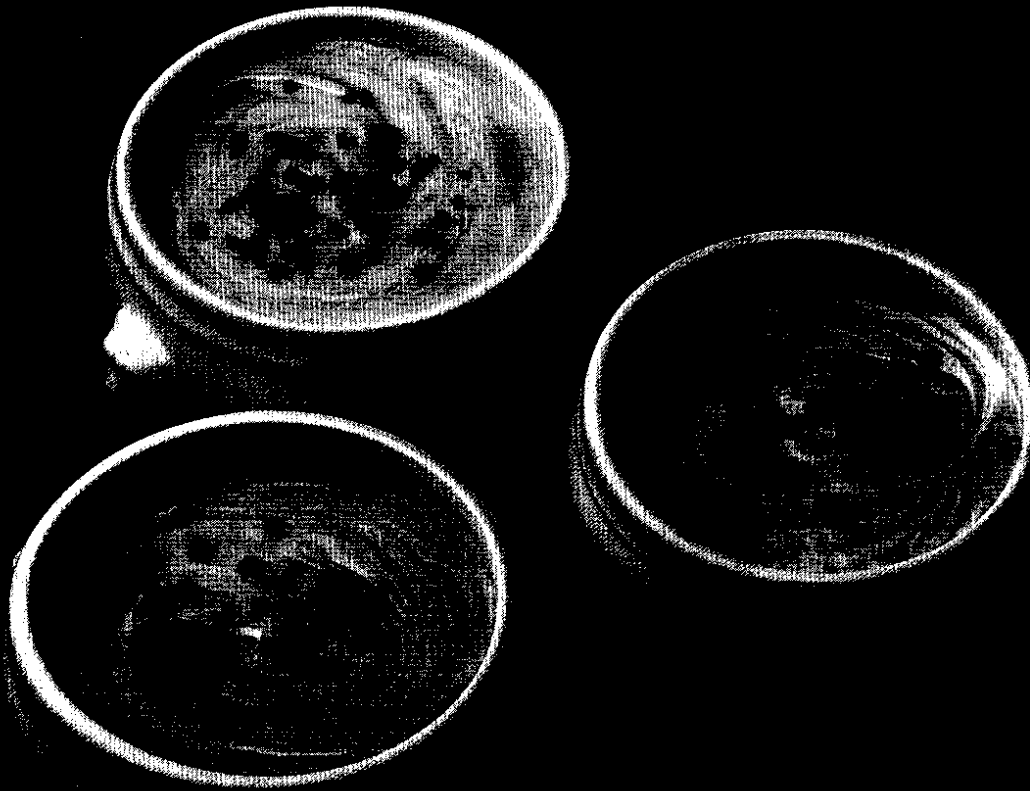
Ingredients:

4 small pita breads
2 tbsp tomato paste
¾ cup grated mozzarella cheese
¾ cup chopped salami
50 g mushrooms, chopped
2 tomatoes, chopped
1 tsp mixed dried herbs

Method:

Place pita breads onto a dinner plate, making a 1 cm slit in the top layer of each bread. Spread each pita with tomato paste, then sprinkle with remaining ingredients. Cook on MEDIUM-HIGH for 4 to 5 minutes.

Soups



Pumpkin Soup

PUMPKIN SOUP

Serves: 2 to 4

Ingredients:

1 kg pumpkin
3/4 cup water
1 chicken stock cube
(1 tsp chicken stock powder)
1 clove garlic, crushed
1 tsp curry powder
salt and pepper
2/3 cup cream
1 tbsp chopped chives

Method:

Peel pumpkin and remove seeds. Dice pumpkin into 3 cm pieces. Place pumpkin in a 2-litre casserole dish, add water, stock cube, garlic and curry. Cover and cook on HIGH for 15 to 20 minutes. Cool slightly. Puree pumpkin and liquid in a blender or food processor. Stir in salt, pepper and cream. Pour back into casserole dish. Cook on HIGH for 4 to 5 minutes. Spoon into individual serving dishes and garnish with chives.

FRENCH ONION SOUP

G

Serves: 8

Ingredients:

30 g butter
750 g onions, peeled and thinly sliced
2 tbsp flour
4 cups beef stock
1/2 cup white wine
freshly ground black pepper
1 small French Stick, cut into 16 slices
125 g grated swiss cheese

Method:

Place butter in a 2-litre casserole dish. Cook on HIGH for 1 minute. Add onions and cook on HIGH for 6 to 8 minutes. Add flour, stir well and cook on HIGH for 1 minute. Gradually stir in stock, wine and black pepper. Cook on HIGH for a further 10 to 12 minutes. Remove turntable and roller ring. Preheat oven on GRILL 1. Place slices of bread onto grill tray and cook on GRILL 1 for 3 minutes. Place bread on top of soup and sprinkle with cheese. Cook on GRILL 1 for 4 to 5 minutes, or until cheese has melted and is slightly golden.

CRAB AND CORN SOUP

Serves: 4 to 6

Ingredients:

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

Method:

Place oil and onion in a 3-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Add chicken stock, corn and salt and pepper. Cook on HIGH for 5 minutes. Add crabmeat and mix well. Puree soup with milk in a blender or food processor. Pour back into casserole dish and cook on HIGH for 3 minutes. Stir in cream and sprinkle with parsley. Serve.



French Onion Spoup

VEGETABLE SOUP

Serves: 4 to 6

Ingredients:

500 g prepared vegetables of your choice (carrots, turnips, celery etc), finely chopped
1 onion, chopped
2 tbsp butter
2 tbsp plain flour
3½ cups chicken stock
salt and pepper
3 tbsp parsley, chopped

Method:

Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Set aside. Place onion and butter in a large casserole dish and cook on HIGH for 2 to 3 minutes. Add flour to onion mixture and mix well. Gradually add 1 cup of stock. Stir well. Cook on HIGH for 3 minutes, stirring halfway through cooking. Add remaining stock and vegetables. Cook on HIGH for 12 to 14 minutes. Season with salt and pepper and serve, sprinkled with chopped parsley.

CREAMY BROCCOLI SOUP

Serves: 4

Ingredients:

400 g broccoli
6 cups boiling chicken stock
150 ml cream
2 tbsp chopped parsley
salt and freshly ground black pepper

Method:

Cut broccoli stalks into 2.5 cm pieces. Place stalks and flowerettes into a 3-litre casserole dish. Add stock to dish. Cover and cook on HIGH for 18 to 20 minutes. Drain and reserve 2 cups of liquid. Puree broccoli with the 2 cups of liquid. Return pureed mixture to casserole. Stir in cream and parsley. Cook on MEDIUM-HIGH for 2 to 3 minutes. Season with salt and pepper. Serve.

PEA AND HAM SOUP

Serves: 6 to 8

Ingredients:

500g split peas
2 cups water
500 g ham or bacon bones
1 bayleaf
2 cups water, extra
2 rashers bacon, rind removed
1 medium carrot, peeled and diced
1 large onion, peeled and diced
½ tsp thyme
6 cups chicken or bacon stock

Method:

Soak peas in 2 cups of water for at least 1 hour. Drain. Place peas and 2 cups of extra water in a 4-litre casserole dish with bones and bayleaf. Cook on HIGH for 10 minutes. Reduce power to MEDIUM-HIGH and cook for a further 20 to 25 minutes. Remove meat from bones and set aside. Discard bayleaf. Place bacon under 2 sheets of paper towel on a dinner plate and cook on HIGH for 2 to 3 minutes. Chop bacon very finely. Place meat from bones, carrot and onion in a casserole dish and cook on HIGH for 2 minutes. Add bacon, thyme, stock and split peas. Cook on HIGH for 10 minutes. Reduce power to MEDIUM-HIGH and cook for a further 15 minutes. Serve hot in individual bowls.

CROUTONS

Serves: 4 to 6

Ingredients:

4 tbsp butter, melted
12 slices bread, crusts removed
1 tsp mixed herbs (optional)

Method:

Melt butter on HIGH for 1 minute. Remove turntable and roller ring. Preheat oven on GRILL 1. Cut bread into 1 cm cubes. Place onto a baking slide. Combine melted butter and herbs and pour over bread cubes. Mix well. Cook on GRILL 1 for 4 to 6 minutes, turning halfway through cooking.

TOMATO SOUP

Serves: 4 to 6

Ingredients:

2 rashers bacon, rind removed and bacon chopped
30 g butter
1 kg ripe tomatoes, peeled and chopped
1 onion, sliced
1 carrot, sliced
2½ cups chicken stock
1 tsp oregano
salt and pepper to taste

Method:

Cook bacon under 2 sheets of paper towel on a dinner plate on HIGH for 2 to 3 minutes. Place butter in a 4-litre casserole dish and heat on HIGH for 30 to 60 seconds. Add bacon and vegetables. Cook on HIGH for 8 to 10 minutes. Pour in stock and oregano. Cover and cook on HIGH for 15 minutes. Puree in a food processor or blender. Season to taste with salt and pepper. Serve in individual soup bowls.

MUSHROOM SOUP

Serves: 4

Ingredients:

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

Method:

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

Tip: This soup can be pureed if desired.

OYSTER SOUP

Serves: 4 to 6

Ingredients:

30 g butter
2 tbsp flour
2 cups chicken stock
½ cup cream
24 fresh oysters, drained
salt and white pepper
snipped chives to garnish

Method:

Place butter in a 2-litre casserole dish and cook on HIGH for 1 minute. Add flour, stir well and cook on HIGH for 30 seconds. Gradually add stock, stirring continuously. Cook on HIGH for 3 to 5 minutes, stirring halfway through cooking, until boiling. Add cream, oysters, salt and pepper. Cook on MEDIUM-HIGH for 1 to 2 minutes. Spoon into individual serving dishes and garnish with chives.

VICHYSOISE

Serves: 4 to 6

Ingredients:

2 potatoes (approx. 350g), peeled and thinly sliced
1½ cups leeks, thinly sliced
435 g can cream of chicken soup
2 tbsp flour
salt and pepper
1½ cups cream

Method:

Place potatoes, leeks and chicken soup in a 3-litre casserole dish. Cover and cook on HIGH for 12 to 14 minutes. Cool slightly. Puree potato mixture in a food processor, or blender, adding flour, salt, pepper and cream. Return to dish. Cook on MEDIUM-HIGH for 4 to 6 minutes. Serve hot or cold, in individual bowls.



Oyster Soup

POTATO AND CORN SOUP

Serves: 6 to 8

Ingredients:

6 rashers bacon, rind removed
1 onion, thinly sliced
500 g potatoes, peeled and diced
4 cups chicken stock
440 g can creamstyle corn
2 tbsp flour, mixed with a little stock
½ tsp thyme
salt and pepper

Method:

Chop bacon and place in a 4-litre casserole dish. Cook on HIGH for 4 to 6 minutes. Remove bacon from dish and set aside. Add onion and potatoes to dish and cook on HIGH for 6 to 8 minutes. Add stock and cook on HIGH for a further 8 to 10 minutes. Add bacon, corn, flour and thyme to dish. Cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Season with salt and pepper.

Eggs & Cheeses



Boiled Egg

BOILED EGG

Eggs cooked in their shells in a Microwave Oven can, and often do, explode due to the build up of internal pressure. However, by following the instructions given here you can boil an egg successfully. Just take care to use foil as instructed below.

Ingredients:

1 egg (size 7)
½ cup hot water
aluminium foil

Method:

Wrap egg totally in aluminium foil. There should be no egg showing. Place egg in a 1-cup glass jug with ½ cup water. Cook on HIGH—
For soft boiled—4 to 5 minutes
For hard boiled—5 to 6 minutes
Allow to stand in the cooking water 2 minutes for soft boiled and 5 minutes for hard boiled before serving.

Tips: While microwaving boiled eggs doesn't save you time, it does save you electricity and, best of all, washing up.

If you want more than one egg use a larger dish, more water (say, two cups) and cook a little longer (an extra 2 to 4 minutes).

SCRAMBLED EGGS

Serves: 2

Ingredients:

4 eggs (size 7)
4 tbsp milk
pinch salt

Method:

In a 1-litre bowl beat eggs lightly with a whisk. Add milk and salt and whisk until well combined. Cook on HIGH for 1 to 1½ minutes. Stir egg and cook for a further 1 to 1½ minutes. Stand covered for 1 minute before serving.

Note: Scrambled eggs should be creamy at the end of cooking as they will set on standing.

FRIED EGGS

Serves: 1 to 4

Ingredients:

1 to 4 eggs (size 7)
1 to 2 tbsp butter

Method:

Preheat a browning dish on HIGH for 5 to 6 minutes. Add butter. Break eggs into browning dish. Cook on HIGH for—
1 egg—10 to 15 seconds
2 eggs—20 to 30 seconds
4 eggs—30 to 40 seconds
Allow to stand in browning dish for 1 minute before placing on a serving plate.

Tips: While you are likely to hear a certain amount of popping while cooking fried eggs, this can be lessened to a degree by pricking the egg yolk and white with a toothpick several times before cooking. Remember that the eggs should be moist at the end of cooking as a minute of standing time will give the eggs a chance to set.

POACHED EGGS

Serves: 2

Ingredients:

2 eggs (size 7)
½ cup hot tap water
dash of vinegar
pinch of salt

Method:

Place ¼ cup of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls. Cook water on HIGH for 1½ minutes, or until boiling. Break egg into boiling water and with a toothpick pierce egg yolk twice and egg white several times. Cover dish with plastic wrap and cook on MEDIUM-HIGH for 30 to 40 seconds. Stand covered for 1 minute before serving.

Note: The size of the egg will alter cooking time.

CHEESE SOUFFLE **B**

Serves: 4

Ingredients:

1 tbsp melted butter
2 tbsp parmesan cheese
2 tbsp butter (extra)
3 tbsp plain flour
250 ml milk
pinch white pepper
pinch nutmeg
4 eggs, separated
200 g gruyere cheese, grated

Method:

Tie a greaseproof paper collar around a 1-litre souffle dish. Brush inside of dish and collar with melted butter and sprinkle with parmesan cheese. Melt extra butter in a 2-litre casserole dish and cook on HIGH for 30 seconds. Add flour, stir and cook on HIGH for a further 30 seconds. Gradually add milk, stirring. Cook on HIGH for 1 minute, stir and cook on HIGH for a further 2 minutes. Stir until smooth. Remove turntable and roller ring. Preheat oven to 180°C. Season mixture with pepper and nutmeg. Stir in egg yolks and cheese and allow to cool slightly. Beat egg whites until stiff peaks form and gently fold whites into sauce. Pour carefully into prepared souffle dish. Cook on 180°C for 35 to 40 minutes. Serve immediately.

GRILLED CHEESE ON TOAST **G**

Serves: 2 to 4

Ingredients:

4 slices bread
butter for spreading
4 slices tasty cheese

Method:

Remove turntable and roller ring. Preheat oven on GRILL 1. Cook one side of bread on GRILL 1 for 2 to 3 minutes. Spread untoasted side with butter and top with cheese slices. Cook on GRILL 1 for 3 to 5 minutes.

SPINACH QUICHE

B C

Serves: 3 to 4

Ingredients:

1½ cups plain flour
125 g butter
pinch salt
cold water to mix

Filling:

½ bunch spinach, chopped (stalks removed)
1 small onion, finely chopped
3 eggs
1 cup evaporated milk
½ tsp nutmeg
freshly ground black pepper
125 g tasty cheese, grated

Method:

Rub flour and butter together to resemble fine breadcrumbs. Add enough water to make a firm dough. Turn onto a lightly floured board and knead lightly. Roll dough out to fit a 23 cm pie plate. Refrigerate for 30 minutes. Remove turntable and roller ring.

To Cook by Bake:

Preheat oven to 220°C. Bake blind for 15 to 20 minutes at 220°C. Allow to cool slightly. Return roller ring and turntable to oven.

Filling:

Place spinach in a 3-litre casserole dish. Cover and cook on HIGH for 3 to 5 minutes. Drain well and add onion. Beat eggs, evaporated milk, nutmeg and pepper together. Add spinach and mix well. Pour into pastry case and sprinkle with cheese. Cook on MEDIUM-HIGH for 6 to 8 minutes.

To Cook by Combination:

Pastry:

Prepare pastry shell as above. Pour filling into cooked shell and sprinkle with cheese. Cook on COMBINATION 2 for 25 to 30 minutes.



Spinach Quiche

QUICHE LORRAINE

B C

Serves: 4 to 6

Ingredients:

Pastry:

¼ cup self-raising flour
pinch salt
⅓ cup butter
2 tbsp water
squeeze lemon juice
1 egg yolk

Filling:

4 rashers bacon, rind removed and
bacon chopped
½ cup grated tasty cheese
3 eggs
350 ml cream or evaporated milk
pinch nutmeg
paprika

Method:

Pastry:

Sift flour with salt. Rub butter into flour until it resembles fine breadcrumbs. Add water, lemon juice and egg yolk. Mix well. Turn onto a lightly floured board and knead lightly. Roll out pastry to fit a 23 cm pie plate. Prick thoroughly.

To Cook by Microwave:

Cook on HIGH for 6 to 8 minutes. Allow to cool slightly.

To Bake Pastry:

Remove turntable and roller ring. Preheat oven to 220°C. Bake blind for 15 to 20 minutes at 220°C. Cool slightly. Return roller ring and turntable to oven.

Filling:

Place bacon under two sheets of paper towel on a dinner plate. Cook on HIGH for 4 minutes. Sprinkle bacon and cheese on cooked pie shell. Beat eggs, cream or evaporated milk and nutmeg and pour over bacon and cheese. Cook on HIGH for 8 to 10 minutes.

To Cook by Combination:

Put filling into cooked shell. Sprinkle with paprika, then cook on COMBINATION 2 for 25 to 30 minutes, or until set. Serve with a salad.



Cheesy Ham Omelette

CHEESE STRAWS **B**

Makes: 60

Ingredients:

1 pkt ready rolled puff pastry sheets
¼ cup milk
1 cup parmesan cheese
2 tsp paprika

Method:

Remove turntable and roller ring. Preheat oven to 200°C. Cut each pastry sheet into 10 equal strips (approx. 2 cm wide). Twist pastry strips and place on a greased baking tray. Brush pastry with milk. Mix cheese and paprika together and sprinkle over each twist. Cook on 200°C for 12 to 15 minutes, or until golden.

Tip: Paprika may be increased or decreased according to taste.

CHEESY HAM OMELETTE

Serves: 1 to 2

Ingredients:

3 eggs, separated
2 tbsp milk
salt and pepper
¼ cup grated tasty cheese
¼ cup ham, cut into strips
1 spring onion, finely sliced
butter for greasing

Method:

Beat egg yolks, with milk, salt and pepper in a small bowl. In a separate bowl beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and spring onion. Place onto a well greased dinner plate. Cook on MEDIUM-HIGH for 3½ to 4½ minutes. Stand for 2 minutes before folding in half to serve.

MACARONI AND CHEESE **G**

Serves: 4 to 6

Ingredients:

60 g butter
2 onions, finely chopped
2 tbsp flour
1½ cups milk
1 cup grated tasty cheese
4 cups cooked macaroni, drained well
½ extra grated tasty cheese
paprika

Method:

Place butter and onions in a 2-litre casserole dish and cook on HIGH for 5 minutes. Add flour, mix well and cook on HIGH for 1 minute. Blend in milk and cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish. Top with extra cheese and sprinkle with paprika. Cook on HIGH for 6 to 8 minutes. Remove turntable and roller ring. Preheat grill to GRILL 1. Pop macaroni under grill for 4 to 5 minutes, until top is golden.

Tip: To cook macaroni refer to Pasta cooking chart on page 83.

CHEESE SAUCE

Makes: 1½ cups

Ingredients:

2 tbsp butter
2 tbsp flour
1¼ cups milk
salt and pepper
75 g tasty cheese

Method:

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

BAKED CUSTARD

Serves: 4 to 5

Ingredients:

425 ml milk
3 eggs, lightly beaten
¼ cup sugar
1 tsp vanilla essence
pinch ground nutmeg

Method:

Place milk in a 4-cup glass jug. Cook on HIGH for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish and sprinkle with nutmeg. Cook on MEDIUM-LOW for 14 to 16 minutes. Allow to stand covered for 5 minutes before serving.

ONION FLAN **B C**

Serves: 4

Ingredients:

Pastry:

1½ cups plain flour
pinch salt
90 g butter
3 tbsp lemon juice
1 egg yolk

Filling:

100 g bacon, rind removed and
bacon finely chopped
450 g onions, peeled and thinly
sliced
40 g butter
2 eggs, lightly beaten
150 ml sour cream
¼ tsp nutmeg
salt and freshly ground black
pepper

Method:

Pastry:

Place flour and salt into a bowl. Rub butter into flour with fingertips or in a food processor until it resembles fine breadcrumbs. Add lemon juice and egg yolk and knead lightly. Chill for 10 minutes in refrigerator. Remove turntable and roller ring. Preheat oven to 220°C. Roll out pastry to fit a 21 cm flan dish. Bake blind (line pastry with greaseproof paper and place dried beans on top to hold pastry flat) on 220°C for 15 to 18 minutes. Remove dried beans and cook a further 5 minutes until pale golden. Allow to cool. Return turntable and roller ring to oven.

Filling:

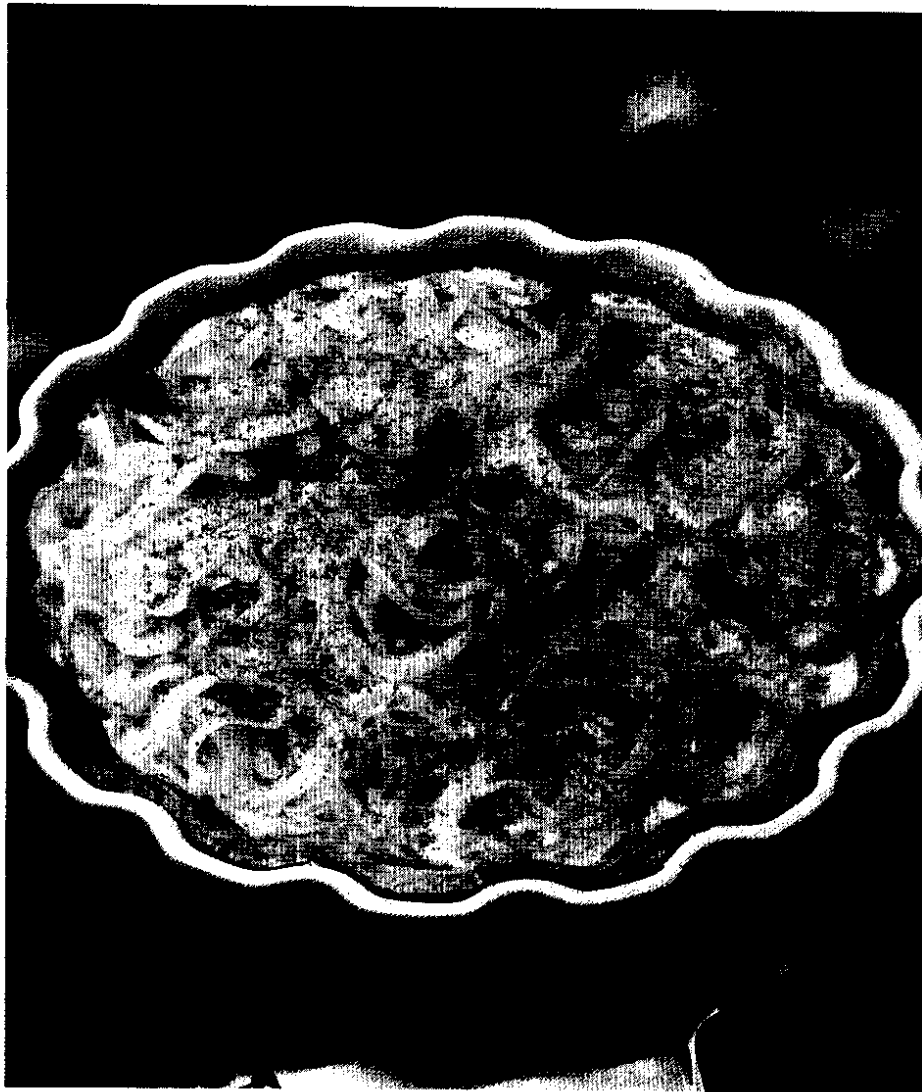
Place bacon on a plate and cover with paper towel. Cook on HIGH for 2 minutes. Set aside. Place onions and butter into a 1-litre casserole dish and cook on HIGH for 5 minutes. Drain well. Mix bacon and onion together and spread evenly over the cooked pastry case. Mix eggs, sour cream, salt and pepper and gently pour over onion mixture. Sprinkle nutmeg over top.

To Cook by Microwave:

Cook on MEDIUM-HIGH for 6 to 8 minutes. Stand covered with plastic wrap for 5 minutes.

To Cook by Combination:

Cook on COMBINATION 2 for 20 to 25 minutes. Stand for 5 minutes before serving.



Onion Flan

MINI QUICHES **B**

Makes: 45

Ingredients:

5 sheets ready rolled puff pastry
2 eggs, beaten
1 cup milk
125 g bacon, rind removed and
bacon chopped
1 onion, finely chopped
salt and pepper
paprika

Method:

Remove turntable and roller ring. Preheat oven to 180°C. Cut pastry with a scone cutter and fit into 6 cm diameter patty tins. Beat together eggs and milk and add remaining ingredients, except paprika. Place a tablespoon of filling into each case. Sprinkle with paprika. Cook on 180°C for 20 to 25 minutes.

SPINACH AND FILO PIE **B**

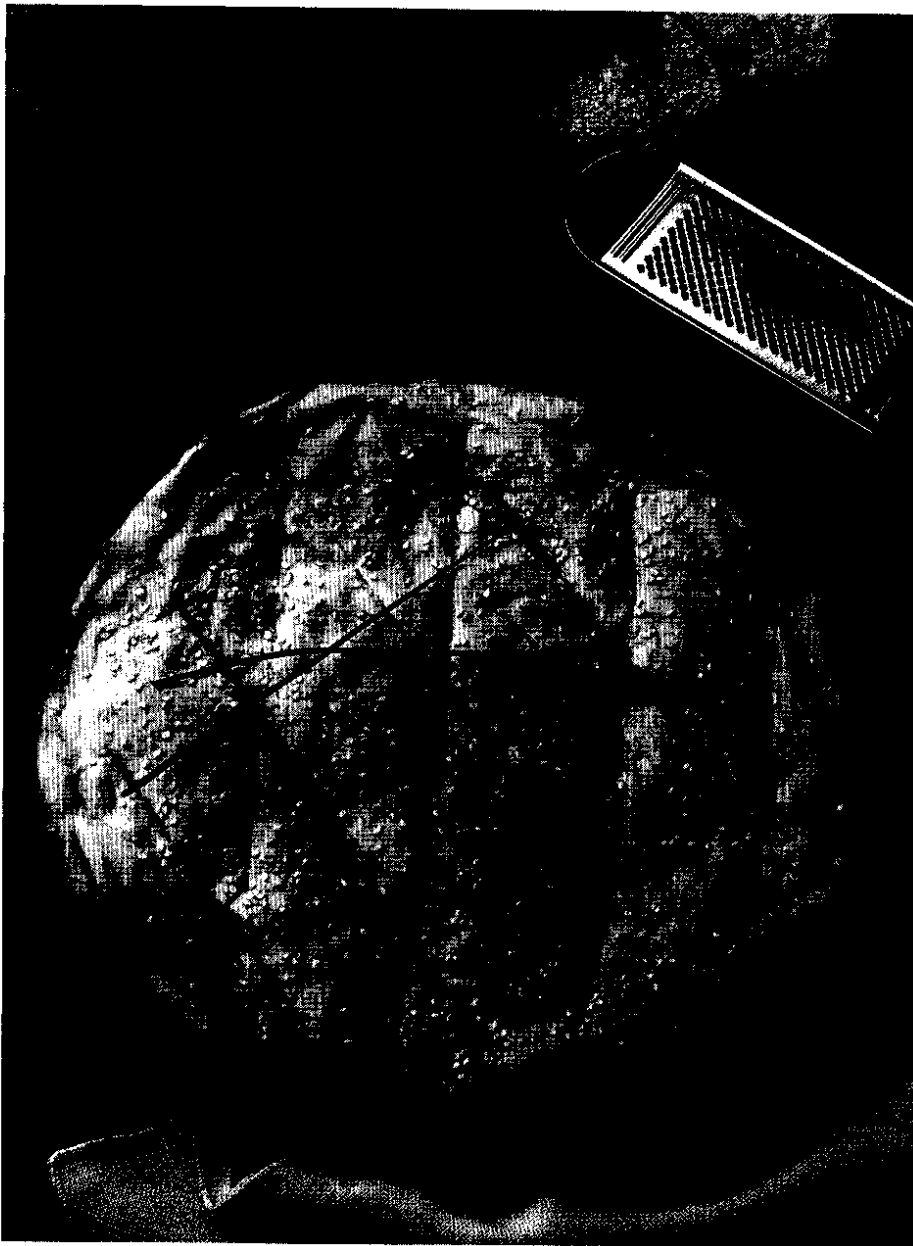
Serves: 4 to 6

Ingredients:

1 bunch spinach
250 g feta cheese
2 eggs
½ cup cream
1 tbsp flour
½ tsp nutmeg
ground black pepper
1 clove garlic, crushed
4 sheets filo pastry
40 g butter, melted
2 tsp sesame seeds

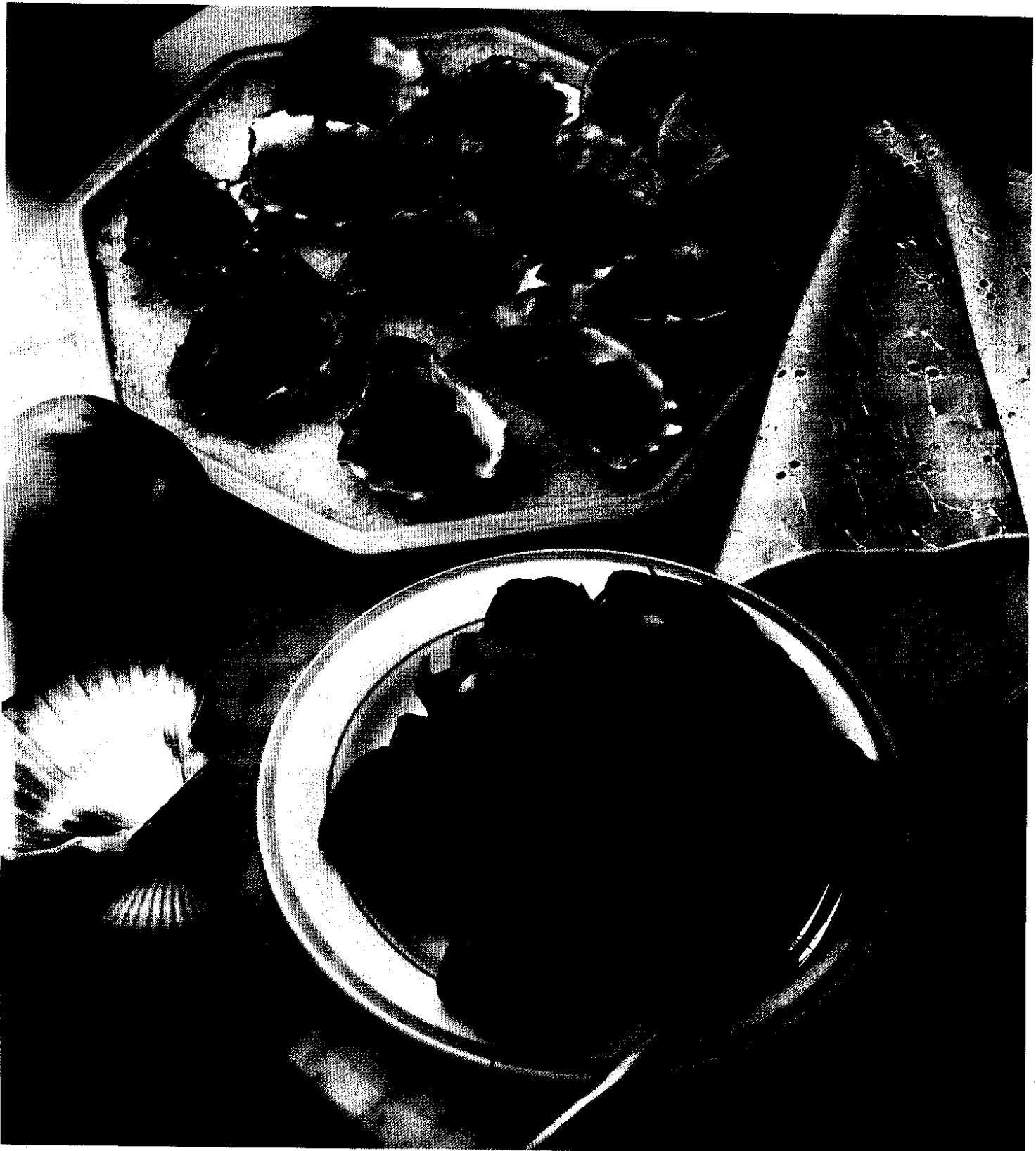
Method:

Wash spinach and remove leaves from stalks. Cut leaves finely and place into a 3-litre casserole dish. Cover and cook on HIGH for 3 to 5 minutes. Drain well. Crumble in feta cheese. Remove turntable and roller ring. Preheat oven to 200°C. In a small bowl beat eggs lightly and combine with cream, flour, nutmeg, pepper and garlic. Place spinach and cheese into a 23 x 4 cm deep flan dish and pour over egg mixture. Fold one sheet of filo pastry in half widthwise and lay over top of spinach mixture. Brush with melted butter and repeat method with remaining sheets of filo, brushing with butter between each layer of filo. Trim off excess filo around edges and press down at the sides of the dish. Brush with butter and sprinkle with sesame seeds. With a sharp knife cut a diamond pattern in top of filo pastry. Cook on 200°C for 15 to 20 minutes, until pastry flakes and is a light golden brown. Serve hot or cold.



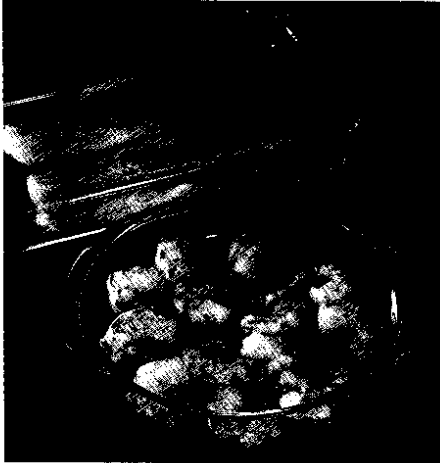
Spinach and Filo Pie

Fish & Shellfish



Oysters Kilpatrick and Scallop and Peach Kebabs

Directions for Cooking Fish and Shellfish by Microwave



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



To cook by Microwave:

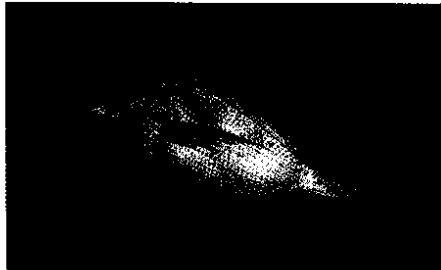
Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart on page 49. Halfway through cooking rearrange or stir prawns or scallops. Care should be taken not to overcook thin fish fillets. Thin fillets are best rolled or folded in thirds to avoid overcooking of thin areas. To steam fish, arrange it in a shallow dish, covering it with layer of wet paper towel. Whole fish should have the thin areas protected with small pieces of foil.

Directions for Cooking Fish and Shellfish by One Touch Sensor—NN-9850

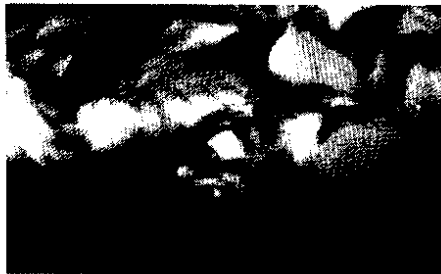
Clean fish before starting as for microwave cooking, and arrange in a suitably sized dish which comfortably contains the fish.

To Cook by One Touch Sensor:

Cover dish completely with plastic wrap. Cook on One Touch Sensor Fish. When the time appears in the display, fish can be uncovered, turned, rearranged or basted as desired.



Allow to stand, covered, for 5 minutes.



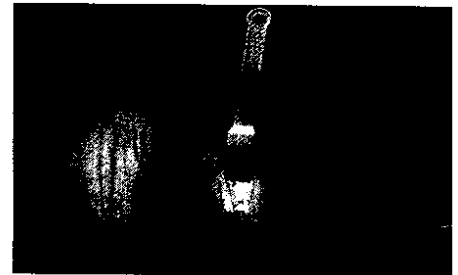
Test for desired cooking before adding extra cooking time. Fish and shellfish should be opaque in colour and fish should flake when tested with a fork. If undercooked, return to oven and continue to cook for 30 to 60 seconds on HIGH power.

Directions for Grilling Fish and Shellfish

Place oven rack in oven rack guide. Remove turntable and roller ring. Preheat oven with grill tray and drip tray in place on GRILL 1. For lobster tails remove soft shell centre (underneath portion) of lobster tails by cutting centre out with kitchen shears. Loosen lobster from shell with fingers, leaving meat attached to tail section. Brush fish and shellfish with melted butter, margarine or oil before and during cooking. Basting helps prevent the fish and shellfish from drying out. Place fish or shellfish on grill tray. Cook for the times recommended in the chart on page 49.

Whole fish and fish steaks should be carefully turned over halfway through cooking time.

If desired, turn thick fish fillets over halfway through cooking time. To test for desired cooking the flesh of fish should easily flake. Shellfish should be opaque.



Brush with melted butter.



Carefully turn whole fish and steaks over halfway through cooking.

Fish and Shellfish Chart for Microwave Cooking

FISH OR SHELLFISH	AMOUNT	POWER	APPROXIMATE COOKING TIME (in minutes)
Fish Fillets	500 g	HIGH	4 to 6
Scallops (sea)	500 g	MEDIUM-HIGH	4 to 6
Green Prawns, medium size (shelled and cleaned)	500 g	MEDIUM-HIGH	6 to 8
Whole Fish (stuffed or unstuffed)	500 g to 900 g	HIGH	4 to 6

Fish and Shellfish Grilling Chart

FISH OR SHELLFISH	GRILL SETTING	APPROXIMATE COOKING TIME (in minutes)
FISH		
Fillets		4 to 6
1 cm thick	1	
1½ cm thick	1	6 to 8
2 cm thick	1	8 to 10
Steaks		
2 cm thick	1	15 to 18
WHOLE FISH		
250 g to 375 g	1	10 to 12
500 g	1	14 to 16
SHELLFISH		
Lobster Tails		
500 g	1	8 to 10
Scallops		
Sea Scallops 500 g	1	4 to 6
Squid Rings (crumbed)	1	10 to 12

OYSTERS KILPATRICK

G

Serves: 2

Ingredients:

12 oysters in shell, opened
2 tsp lemon juice
2 tsp worcestershire sauce
salt and pepper
2 rashers bacon, finely chopped

Method:

Remove turntable and roller ring. Preheat oven on GRILL 1. Place oysters in shell on a heat resistant dinner plate. Sprinkle each oyster with lemon juice and sauce. Season with salt and pepper. Sprinkle bacon over each oyster. Cook on GRILL 1 for 4 to 5 minutes.

Tip: Serve with triangles of buttered brown bread.

SCALLOP AND PEACH KEBABS

G

Makes: 6 to 8

Ingredients:

250 g scallops
6 rashers bacon, rind removed
8 x 20 cm wooden skewers
425 g can sliced peaches, drained
and ½ cup syrup reserved
1 tsp honey

Method:

Pat scallops dry with paper towel. Cut bacon into 3 cm pieces. Place the bacon on a plate. Cover with paper towel. Cook on HIGH for 2½ to 3 minutes. Wrap bacon pieces around each scallop, thread alternately with peach slices onto skewers starting and ending with a scallop. In a jug mix together reserved syrup and honey.

To Cook by Microwave:

Place 4 of the kebabs into a shallow casserole dish and brush with syrup mixture. Cook on MEDIUM-HIGH for 3 to 4 minutes, turning halfway through cooking. Repeat with remaining 4 kebabs. Allow to stand for 2 minutes before serving.

To Grill:

Soak wooden skewers in water to stop them burning under the grill. Prepare kebabs as above. Remove turntable and roller ring. Preheat oven on GRILL 1. Cook on GRILL 1 for 4 to 6 minutes, turning halfway through cooking, or until scallops are cooked through. Baste frequently with syrup.

PRAWN AND FETTA CHEESE TART

B G

Serves: 4 to 6

Ingredients:

Pastry:

1½ cups plain flour
pinch salt
90 g butter
1 tbsp lemon juice
1 egg yolk

Filling:

2 tbsp butter
1 clove garlic, crushed
750 g green prawns, peeled and deveined (or use canned prawns)
3 tomatoes (approx. 500 g) peeled and thinly sliced
4 spring onions, finely chopped
1 tbsp parsley, finely chopped
1 tbsp fresh basil, chopped
salt and pepper
75 g feta cheese, crumbled
50 g tasty cheese, grated
1 tbsp chopped parsley (extra)

Method:

Pastry:

Place flour and salt into a bowl. Rub butter into flour with fingertips or in a food processor until it resembles fine breadcrumbs. Add lemon juice and egg yolk and knead lightly. Chill for 10 minutes. Remove turntable and roller ring. Preheat oven to 220°C. Roll pastry out to fit an 18 cm pie plate. Bake blind (line pastry with greaseproof paper and dried beans on top to hold pastry flat) on 220°C for 12 to 15 minutes. Remove dried beans and greaseproof paper and cook a further 5 minutes until pale golden. Allow to cool. Return turntable and roller ring to oven.

Filling:

Cook butter and garlic in a 2-litre casserole dish on HIGH for 1 minute. Toss prawns in garlic butter and cook on MEDIUM-HIGH for 2 to 3 minutes, stirring halfway through cooking. Drain well. Set aside. Arrange tomatoes in a 2-litre casserole dish and sprinkle with spring onions, parsley, basil and salt and pepper. Cook on HIGH for 2 to 4 minutes. Drain well. Remove turntable and roller ring. Preheat oven on GRILL 1. Arrange drained tomato mixture in pastry case and top with prawns and cheeses. Cook on GRILL 1 for 5 to 7 minutes. Sprinkle with extra chopped parsley.

PARMESAN AND YOGHURT FISH

O G

Serves: 4

Ingredients:

4 fish fillets (800 g)
200 ml carton natural yoghurt
¼ cup milk
2 tsp snipped chives
1 tsp parmesan cheese
salt and pepper
¾ cup grated tasty cheese
⅓ cup fresh breadcrumbs
chopped chives (extra)

Method:

To Bake:

Remove turntable and roller ring. Preheat oven to 180°C. Layer fillets in a 3-litre casserole dish. Combine remaining ingredients, except tasty cheese, breadcrumbs and extra chives, and mix well. Pour yoghurt mixture over fish. Cook on 180°C for 15 to 20 minutes.

To Complete:

Preheat oven on GRILL 1. Cook on GRILL 1 for 3 minutes, topped with grated cheese, breadcrumbs and extra chives.

To Cook by One Touch Sensor:

Prepare fish as above. Cover with a tight fitting lid or plastic wrap. Cook on One Touch Sensor Fish. Complete under grill as above.

CHEESY LOBSTER MORNAY **G**

Serves: 2

Ingredients:

3 tbsp butter
3 tbsp flour
1 cup milk
½ cup grated cheese
1 cooked lobster
juice of ½ lemon
pinch paprika
2 tbsp grated cheese (extra)

Method:

Melt butter on HIGH for 30 seconds in a 4-cup jug. Add flour, stir and cook on HIGH for 20 to 30 seconds, stirring halfway through cooking. Add milk, gradually. Stir well. Cook on HIGH for 2 minutes, stirring halfway through cooking. Add cheese and mix well. Cut lobster in half lengthwise. Discard all inedible parts. Sprinkle each half of lobster with lemon juice. Remove turntable and roller ring. Preheat oven on GRILL 1. Spoon cheese sauce over lobster. Sprinkle with extra cheese and paprika. Place lobster halves on a pizza tray under grill. Cook on GRILL 1 for 5 to 8 minutes. Serve with lemon slices and parsley.



Cheesy Lobster Mornay

WHOLE STUFFED FISH **O**

Serves: 2

Ingredients:

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

Stuffing:

1 cup fresh breadcrumbs
4 spring onions, sliced
1 tsp dried basil
juice of ½ lemon
2 tbsp chopped parsley
freshly ground black pepper

Method:

Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden toothpicks.

To Cook by Microwave:

Place fish in a shallow dish. Cover and cook on HIGH for 5 to 6 minutes. Stand covered for 5 minutes before serving.

To Cook by One Touch Sensor:

Prepare fish as above. Place fish in a shallow casserole dish. Cover dish with a tight fitting lid, or with plastic wrap. Cook on One Touch Sensor Fish. Stand covered for 5 minutes before serving.

FISH WITH VEGETABLES

Serves: 4

Ingredients:

3 tomatoes, sliced
400 g white fish fillets
1 teaspoon capers, (optional)
50 g ham, diced
1 medium apple, finely chopped
2 gherkin, finely sliced
1 onion, finely chopped
10 g butter
50 g grated cheese
parsley

Method:

Line a large shallow dish with the tomato slices, cover with the fish and sprinkle the capers, ham, apple, gherkin, onion and butter over the fish. Cook on HIGH for 7 to 8 minutes. Sprinkle with the cheese and cook for a further 1½ to 2 minutes on HIGH. Sprinkle with parsley to serve.

FISH ALMONDINE

Serves: 2

Ingredients:

¼ cup sliced almonds
60 g butter
2 fish fillets (approx. 300 g each)
1 tbsp chopped parsley
juice of ½ lemon
salt and pepper

Method:

Place almonds and butter in a small bowl and cook on HIGH for 2 to 4 minutes. Arrange fish fillets in a shallow casserole dish. Pour butter and almonds over fish, sprinkle with parsley, lemon juice and season with salt and pepper.

To Cook by Microwave:

Cook on HIGH for 5 to 7 minutes. Stand covered for 5 minutes.

To Cook by One Touch Sensor:

Prepare fish as above, then cover securely and cook on One Touch Sensor Fish. Stand covered for 5 minutes.

BARBECUE FISH SKEWERS

Makes: 24 skewers

Ingredients:

1 kg firm white fish filets, cut into long thin strips
melted butter for brushing grill tray

Marinade:

4 tbsp lemon juice
1 tbsp olive oil
2 tbsp spring onions, chopped
1 tbsp capers, finely chopped
black pepper

Method:

Place fish in a large mixing bowl. Mix all marinade ingredients until well combined. Pour marinade over fish and chill for 2 hours only. Remove turntable and roller ring. Preheat oven on GRILL 1. Thread fish onto skewers (similar to a snake shape). Brush grill tray with melted butter. Place skewers on grill tray and cook on GRILL 1 for 4 to 6 minutes, turning halfway through cooking. Serve with saffron rice.

Tip: Half freeze fish before slicing so finer strips may be cut.

SALMON PÂTÉ

Makes: 2½ cups

Ingredients:

1 tbsp butter or margarine
3 spring onions, sliced
1 tbsp plain flour
1 tsp prepared mustard
salt and pepper
½ cup sour cream
¼ cup mayonnaise
¼ cup white wine
1 tbsp lemon juice
440 g can salmon, drained and bones removed
1 tbsp gelatine
¼ cup water

Method:

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

GARLIC PRAWNS

Serves: 2 to 4

Ingredients:

60 g butter
1 clove garlic, crushed
1 tbsp lemon juice
1 tbsp parsley, chopped
salt
500 g green prawns, peeled and deveined

Method:

Place butter and garlic in a 20 cm round souffle dish and cook on HIGH for 1 minute. Add lemon juice, parsley, salt and prawns.

To Cook by Microwave:

Cover and cook on MEDIUM-HIGH for 2 to 3 minutes, stirring halfway through cooking. Stand, covered, for 5 minutes. Serve in individual ramekins.

To Cook by One Touch Sensor:

Prepare fish as above. Cover dish with a tight fitting lid or with plastic wrap. Cook on One Touch Sensor Fish. Stand for 5 minutes. Serve in individual ramekins.

GOLDEN WRAPPED FISH

Serves: 4

Ingredients:

4 white fish fillets (500 g)
2 tbsp butter
4 spring onions, finely sliced
150 g mushrooms, finely sliced
salt and pepper
4 sheets ready rolled puff pastry
1 beaten egg yolk for glazing
sesame seeds

Method:

Pat fillets dry with paper towel. Melt butter in a 2-litre casserole dish on HIGH for 1 minute. Add spring onions and mushrooms and cook on HIGH for 1 to 2 minutes. Season with salt and pepper. Remove turntable and roller ring. Preheat oven to 220°C. Lay each fillet in the centre of a sheet of pastry. Place 1 to 2 tablespoons of the filling over the top of each fish fillet. Fold sides of pastry to centre and press firmly together. Brush with egg yolk and sprinkle with sesame seeds. Make several slits in pastry and place on a lightly greased baking slide. Cook on 220°C for 15 to 20 minutes, or until pastry is cooked and golden.

FISH ROLL

Serves: 4 to 6

Ingredients:

170 g can crabmeat, drained
2 egg whites
¼ cup cream
salt and pepper
7 to 8 spinach leaves, stalks removed
5 small, skinned and boned snapper fillets
200 g sliced smoked salmon

Sauce:

1 tbsp butter
1 tbsp flour
½ cup chicken stock
2 tbsp vermouth
½ cup cream
1 tbsp pink peppercorns, crushed
pinch salt

Method:

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

Sauce:

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



Fish Roll

CREOLE SPAGHETTI BAKE

Serves: 4

Ingredients:

4 cups water
125 g spaghetti
½ green pepper, diced
1 onion, chopped
3 tbsp butter
425 g can peeled tomato pieces, drained
1 cup grated parmesan cheese
1 tbsp flour
1 tbsp hot chilli sauce
salt and pepper
500 g peeled and de-veined green prawns
OR
500 g diced chicken

Method:

Place water in a 4-litre casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Add spaghetti and cook on HIGH for 8 to 10 minutes. Stand for 5 minutes. Drain and rinse. In a 3-litre casserole dish combine pepper, onion and butter. Cover and cook on HIGH for 4 to 6 minutes. Stir in tomato pieces, half of the parmesan cheese, flour, chilli sauce, salt and pepper. Cover and cook on HIGH for 4 to 5 minutes. Stir in prawns (or chicken) and spaghetti. Sprinkle with remaining parmesan cheese. Cook on COMBINATION 3 for 20 to 25 minutes.

COQUILLE ST. JACQUES

Serves: 4 to 6

Ingredients:

2 tbsp butter
1 onion, finely chopped
60 g button mushrooms, finely sliced
3 tbsp plain flour
½ cup cream
¼ cup white wine
500 g scallops
1 cup fresh breadcrumbs
½ cup grated swiss cheese
2 tbsp chopped parsley
salt and pepper

Method:

Place butter, onion and mushrooms in a small casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour and stir well. Gradually add cream and white wine, stirring continuously. Cook on HIGH for 3 to 4 minutes, stirring halfway through cooking. Add scallops and cook on MEDIUM-HIGH for 2 to 4 minutes, stirring halfway through cooking. Divide mixture into 4 to 5 ramekins. Mix together breadcrumbs, cheese, parsley, salt and pepper in a small bowl. Sprinkle over each scallop mixture. Cook on HIGH for 1 to 2 minutes.

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



Seafood Marinara



Coquille St Jacques

SEAFOOD MARINARA

Serves: 4

Ingredients:

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

Method:

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

SMOKED RED COD

Serves: 2 to 4

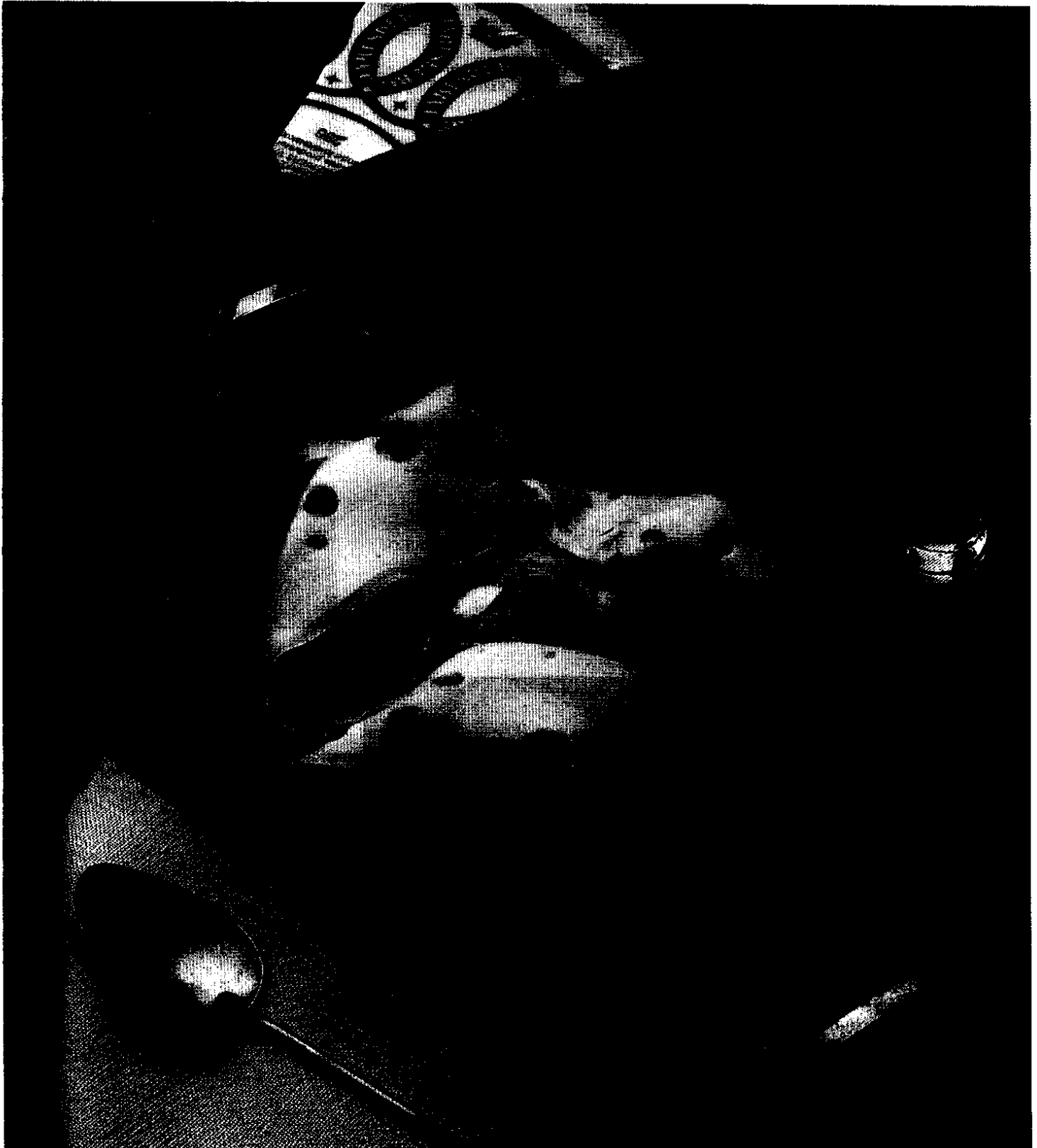
Ingredients:

2 medium sized smoked red cod fillets (approx. 500 g)
1 tbsp butter, melted
3 tbsp water
freshly ground black pepper

Method:

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

Poultry



Chicken Breasts with Ham and Cheese

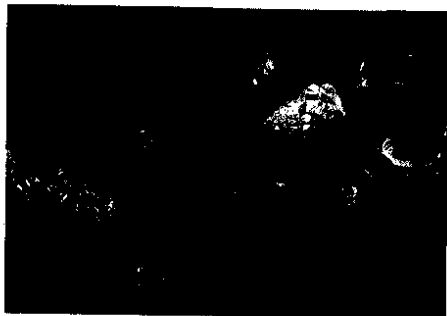
Both whole poultry and chicken pieces cook well by microwave. They are best cooked on a rack so that they do not sit in their own juices during cooking time. It is important to ensure that poultry is well cooked as it can contain dangerous bacteria. Poultry is well cooked when the juices run clear, the flesh is white and the limbs move freely. Poultry should reach a minimum temperature of 72°C and maintain that temperature for 5 minutes.

Directions for Cooking Whole Poultry by Microwave

Season as desired, but salt after cooking. Browning sauce mixed with equal parts of butter will enhance the appearance.



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



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

If the poultry is not cooked enough return it to the oven and cook a few more minutes at the recommended power level.

If a large amount of juice accumulates in the bottom of the baking dish, occasionally drain it. If desired, reserve for making gravy.

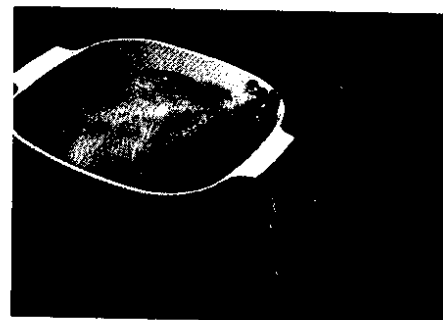


DO NOT USE A CONVENTIONAL MEAT THERMOMETER WHEN COOKING BY MICROWAVE OR COMBINATION.

Let stand, covered with foil for one third of cooking time after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.



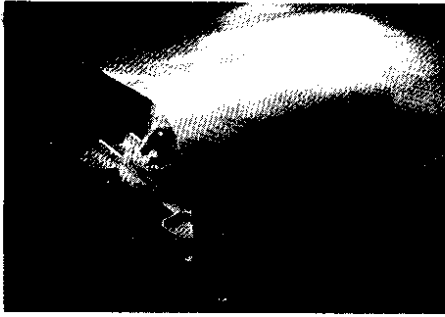
During cooking it may be necessary to shield legs, wings and the breast bone to prevent overcooking. Wooden toothpicks can be used to hold foil in place.



Less tender birds should be cooked in liquid such as soup or broth. Use 1/4 cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that the bird does not touch the lid.

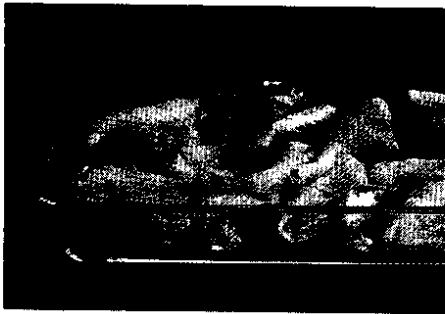


If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag.



Multiply the oven-ready weight of the poultry by the minimum recommended minutes per 500 g. Program power and time (refer chart page 58).

Directions for Cooking Poultry Pieces by Microwave



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

To Cook by Microwave: Cover with paper towel. Multiply the weight by the minimum time recommended in the chart on page 58.

Directions for Cooking Poultry by Combination

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

Whole Roasting Chickens: Place breast-side down on a wire rack set in a heat resistant, microwave oven proof dish. Place dish in oven on turntable. Shield drumsticks with a strip of foil for the first 30 minutes of cooking (foil should no touch rack or oven walls as arcing may occur). Turn poultry over halfway through cooking time.

Chicken Pieces: Arrange skin-side up in a heat resistant, microwave oven proof dish. Place dish on turntable.

Whole Duck: Pierce skin at 2 cm intervals with a fork to allow fat to drain from duck. Place duck breast-side down on wire rack set in a heat resistant, microwave oven proof casserole dish. Place dish on turntable. Drain juices from dish once during cooking. Turn duck over halfway through cooking.

Whole Turkey (up to 6 kg): Place breast-side down on a wire rack set in a heat resistant, microwave oven proof casserole dish. For 4 to 6 kg turkeys, turn breast-side up after 45 minutes of cooking. After turkey is turned breast-side up, shield tops of drumsticks with a strip of foil (foil should not touch wire rack or oven walls since arcing may occur). Drain juice from dish once during cooking.

Turkey Breasts: Place breast-side down on a wire rack set in a heat resistant, microwave oven proof casserole dish. Place dish on turntable.

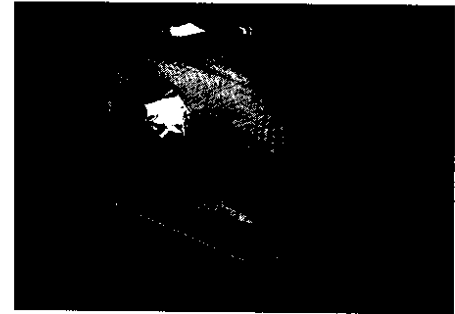
To Cook by Manual Combination: Multiply the oven-ready weight of the poultry by the minimum recommended minutes per 500 g (refer to chart page 59). Program Combination 4 or 5 and time.

To Cook by Auto Weight Combination.

One Touch Cooking: Poultry Model NN-9850 Press the One Touch Cooking Poultry pad, then, using the 1.0 kg and 0.1 kg pads, program in the oven-ready weight of the poultry (to the nearest 100 g). Press Start. The oven will automatically calculate the appropriate cooking time.

After cooking allow to stand, covered, for at least 15 minutes. This stand time allows for easier carving. During stand time test for desired cooking. Small poultry is cooked when juices run clear and the drumsticks readily move up and down. Large poultry should be checked with a meat thermometer inserted in both thigh joints. If thermometer touches bone the reading may be inaccurate. **DO NOT USE A CONVENTIONAL OR MICROWAVE THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION.**

If poultry is undercooked, cook a few more minutes either on MEDIUM-HIGH microwave power or on Manual Combination 5.



Shield drumstick tops.



Pierce skin of duck at 2 cm intervals.



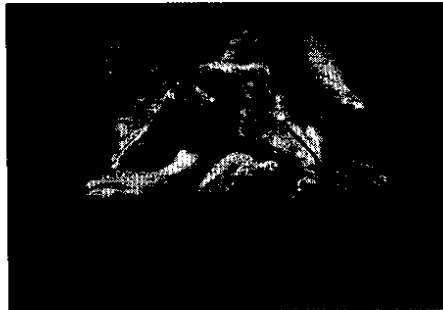
Stand at least 15 minutes before carving.

Directions for Grilling Chicken

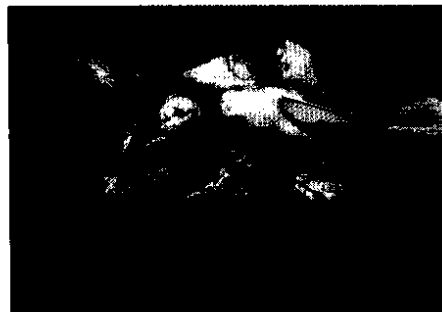
Place oven rack in oven rack guide. Remove turntable and roller ring. Preheat oven with grill tray in place on GRILL 1. If desired, brush chicken with butter, margarine, oil or sauce before and during grilling. Basting helps prevent chicken from drying out.

Place chicken skin-side down on grill tray.

Cook for times recommended in chart (below). Halfway through cooking turn chicken skin-side up. To test for desired cooking, cut into chicken. Chicken should be white in colour and juices should be clear.



Arrange chicken skin-side down.



Turn over halfway through cooking.



When done, chicken is white in colour and juices are clear.

Directions for Baking Poultry

Prepare poultry as you would for Combination cooking. Sit bird in roasting pan (drip tray). Remove turntable and roller ring from oven and set oven rack on the floor. Preheat the oven to desired temperature and cook bird for the same time as in a conventional oven.

Poultry Chart Microwave Cooking

POULTRY	POWER	TEMPERATURE AFTER COOKING	APPROX. COOKING TIME (minutes per 500 g)
Chickens (up to 2.8 kg)	MEDIUM-HIGH	87°C	12 to 15
Chicken (pieces)	MEDIUM-HIGH	87°C	6 to 8
Turkey	MEDIUM-HIGH	87°C	12 to 15
Duck	MEDIUM-HIGH	87°C	12 to 15
Less Tender Chicken (cook with liquid)	HIGH then MEDIUM-LOW	87°C	10 minutes (constant) 20 to 25

Chicken Grilling Chart

ITEM	GRILL SETTING	APPROXIMATE COOKING TIME (in minutes)
CHICKEN		
4 Half Breasts	1	18 to 20
Cut-up (whole)	1	20 to 25
8 Drumsticks	1	15 to 20
4 Whole Legs	1	20 to 25
12 Wings	1	15 to 18
4 Marylands	1	15 to 20
4 Kebabs	1	10 to 12

Poultry Chart for Combination Cooking

POULTRY	AUTO-WEIGHT COMBINATION NN-9850	COMBINATION TIME COOKING		COOKING DIRECTIONS
		COMBINATION SETTING	COOKING TIME	
CHICKENS (up to 2 kg)	Poultry	COMBINATION 5	20 min/500 g	Start breast-side down. Turn over halfway through cooking.
CHICKEN PIECES (1 to 1.5 kg)	Poultry	COMBINATION 4	20 to 25/500 g	Arrange pieces in microwave and heat-safe dish. Rearrange during cooking.
TURKEY (2 to 6 kg)	Poultry	COMBINATION 5	18 min/500 g	Start breast-side down. Turn over after 45 minutes. Drain occasionally.
TURKEY BREAST (2.5 to 3.5 kg)	—	COMBINATION 4	20 to 22/500 g	—
DUCK (1.5 to 2.5 kg)	Poultry	COMBINATION 5	20 min/500 g	—

Note: When cooking Chicken Casseroles on Combination 4 allow approximately $\frac{2}{3}$ of conventional cooking time.

CHICKEN BREASTS WITH HAM AND CHEESE

Serves: 4

Ingredients:

4 chicken breasts
seasoned flour
1 tbsp oil
4 slices ham
4 slices swiss cheese
2 tbsp chicken stock
2 tbsp white wine
1 tbsp flour
salt and pepper

Method:

Preheat a browning dish on HIGH for 6 to 7 minutes. Coat chicken with seasoned flour. Add oil and chicken to browning dish and cook on HIGH for 8 to 10 minutes, turning halfway through cooking. Place chicken into a 3-litre casserole dish. Top each breast with a slice of ham, then cheese. Mix together stock, wine and flour and pour over chicken. Season with salt and pepper. Cook on MEDIUM-HIGH for 5 to 7 minutes. Serve with minted peas and whole new potatoes.

CHICKEN AND POTATO CASSEROLE

Serves: 4

Ingredients:

1 cooked chicken
500 g potatoes, peeled and thinly sliced
¼ cup water
30 g butter
1 onion, finely chopped
1 clove garlic, crushed
2 tbsp plain flour
1 cup chicken stock
1 tsp french mustard
½ cup cream
¾ cup grated tasty cheese
paprika

Method:

Remove chicken meat from bones. Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain. Combine chicken and potatoes. Set aside. Place butter in a 4-cup glass jug and cook on HIGH for 1 minute.

Add onion and garlic to jug and cook on HIGH for 1 to 2 minutes. Add flour and stir. Gradually add stock and blend to a smooth paste. Cook on HIGH for 2 to 3 minutes. Add mustard and cream. Stir well. Pour sauce over chicken and potato mixture. Sprinkle with cheese and paprika. Cook on MEDIUM-HIGH for 4 to 6 minutes. Serve with vegetables.

ITALIAN CHICKEN CASSEROLE

Serves: 4 to 6

Ingredients:

1 tbsp oil
1 clove garlic, crushed
6 chicken pieces
250 g baby onions
425 g can tomatoes
¼ cup tomato paste
½ tsp marjoram
½ tsp oregano
100 g button mushrooms
20 black olives
2 tbsp chopped parsley
salt and pepper

Method:

Preheat a browning dish on HIGH for 6 minutes. Add oil, garlic and chicken pieces to dish. Cook on HIGH for 4 minutes, turn and cook on HIGH for a further 4 minutes. Set aside. Place onion in a 3-litre casserole dish, cover and cook on HIGH for 4 minutes. Add chicken, tomatoes, tomato paste, marjoram and oregano to dish and cook on MEDIUM-HIGH for 10 minutes. Add remaining ingredients to dish and cook on MEDIUM-HIGH for a further 5 minutes. Serve with garden salad and crusty bread.

Tip: This dish is better made the day before to allow the flavour to develop.

CHICKEN AND MUSHROOM PIE **B**

Serves: 4 to 6

Ingredients:

250 g diced chicken fillets
¼ cup chicken stock
2 tbsp chicken flavoured gravy
browning
1 cup canned mushrooms in butter sauce
4 spring onions, finely sliced
1 sheet ready rolled short crust or flaky pastry
340 g can asparagus spears, drained
pepper
1 beaten egg yolk

Method:

Place chicken and stock in a 1-litre casserole dish and cook covered on MEDIUM-HIGH for 4 to 5 minutes. Remove turntable and roller ring. Preheat oven to 200°C. Add gravy browning to chicken and stir well. Add mushrooms and spring onions and mix until well combined. Place chicken mixture into a 21 cm pie dish and top with asparagus spears. Season with pepper. Top with ready rolled pastry sheet. Trim edges and make a few small slits in top. Brush with egg yolk and cook on 200°C for 20 to 25 minutes, or until pastry is evenly gold.

BAKED DUCK **C**

Serves: 4 to 6

Ingredients:

1.8 kg duck
juice of 1 orange
seasoned pepper

Method:

Place duck on a wire rack in a 2-litre casserole dish. Pierce skin of duck with a fork. Pour over orange juice and sprinkle with seasoned pepper. Secure duck legs together with string. Cook on COMBINATION 5 for 60 to 65 minutes, basting with orange juice once during cooking. Serve with orange glazed carrots, baby potatoes and a green vegetable of your choice.

ROAST TURKEY **C**

Serves: 6 to 8

Ingredients:

2.5 to 2.8 kg turkey
60 g butter
1 stick celery, finely sliced
1 small onion, finely chopped
2 small cooking apples, peeled and grated
2 cups fresh breadcrumbs
2 tbsp brandy
1 tbsp parsley, finely chopped
1 egg
salt and pepper
2 tbsp brandy (extra)
1 tbsp oil
lemon pepper or seasoned salt

Method:

Clean and pat turkey dry with paper towel. Melt butter in a 1-litre casserole dish on HIGH for 30 to 40 seconds. Add celery, onion and apples and cook on HIGH for 5 minutes. Add breadcrumbs, brandy, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey. Place turkey, breast-side down on a rack in a shallow dish. Pierce skin of turkey with fork and pour over extra brandy. Secure legs of turkey with string and brush with oil. Sprinkle with lemon pepper or seasoned salt.

To Cook by Microwave:

Cook on MEDIUM-HIGH for 60 to 70 minutes, turning halfway through cooking. Stand for one third of cooking time, wrapped in foil, before carving.

To Cook by Combination:

Prepare as above. Cook on Auto Weight Combination, or on COMBINATION 5 allowing 18 minutes per 500 g oven-ready weight. Stand for 20 minutes, wrapped in foil, before carving.

STUFFED ROAST CHICKEN **C**

Serves: 4 to 6

Ingredients:

1.5 kg chicken
2 tbsp melted butter
pepper



Roast Turkey

Stuffing:

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

Method:

Clean and pat chicken dry with paper towel. Melt butter in a 1-litre casserole dish on HIGH for 30 seconds. Add onion and bacon and cook on HIGH for 2 minutes. Add all remaining ingredients and mix well. Place stuffing into cleaned chicken cavity. Secure opening with wooden skewers. Tie legs together with string. Brush bird with melted butter and sprinkle with pepper.

To Cook by Combination:

Place prepared chicken on a wire rack in a shallow heat resistant and microwave safe dish. Start bird breast-side down. Cook on Auto Weight Combination or on COMBINATION 5, allowing 20 minutes per 500 g of oven-ready weight. Stand for at least 15 minutes, wrapped in foil, before carving.

STIR-FRIED TURKEY

Serves: 4

Ingredients:

1 cup brown rice, cooked in 2 cups of water for 22 to 25 minutes
1 tbsp oil
2.5 cm root ginger, finely chopped
2 cloves garlic, crushed
1 green pepper, cut in julienne strips
400 to 450 g cooked turkey diced
½ cup roasted cashew nuts
½ cup dried apricots, finely chopped
3 to 4 spring onions, in 2 cm pieces
2 tbsp soy sauce

Method:

Place oil, ginger and garlic in a shallow casserole. Cook on HIGH for 2 to 3 minutes. Add green pepper and cook for a further 2 to 3 minutes on HIGH. Stir in turkey, cashew nuts, apricots and spring onions. Cook for 5 to 6 minutes on HIGH, then add cooked rice and soy sauce and cook on HIGH for 2 to 3 minutes to heat through. Serve.

ROAST CHICKEN **C**

Serves: 4 to 6

Ingredients:

1.5 kg chicken
1 tbsp melted butter
pepper

Method:

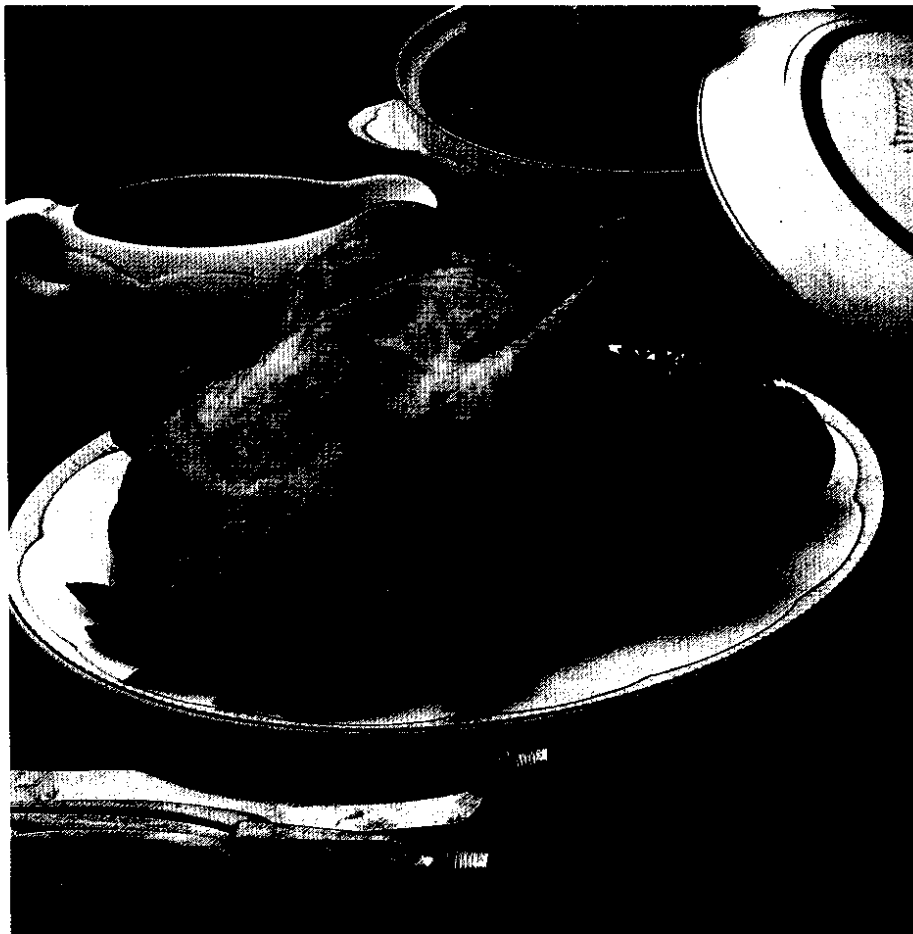
Clean and pat chicken dry with paper towel. Brush chicken with melted butter and sprinkle with pepper. Place chicken breast-side down on a rack in a shallow dish.

To Cook by Microwave:

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

To Cook by Combination:

Prepare chicken as above. Cook on Auto Weight Combination or on COMBINATION 5, allowing 20 minutes per 500 g oven-ready weight. Turn chicken over halfway through cooking. Stand for at least 15 minutes, wrapped in foil, before carving.



Roast Chicken

APRICOT NECTAR CHICKEN **C**

Serves: 4 to 6

Ingredients:

40 g packet French Onion Soup
425 ml apricot nectar
1 kg chicken pieces

Method:

Mix soup and nectar together in a jug. Place chicken pieces in 3-litre casserole dish and pour liquid over chicken.

To Cook by Microwave:

Cover and cook on MEDIUM-HIGH for 25 to 30 minutes. Remove chicken pieces to a serving platter. Stir sauce and serve spooned over chicken.

To Cook by Combination:

Prepare casserole as above. Cook on COMBINATION 4 for 40 to 45 minutes, stirring once, or until chicken is tender. Arrange chicken pieces on a serving platter and serve with sauce spooned over the chicken.

CHICKEN TETRAZZINI **C**

Serves: 4

Ingredients:

4 cups water
125 g spaghetti, broken in half
60 g butter
¼ cup flour
¼ tsp salt
¼ tsp pepper
1 cup chicken stock
1 cup milk
1.3 kg cooked chicken
125 g mushrooms, sliced
2 tbsp sherry
¼ cup parmesan cheese
nutmeg for sprinkling

Method:

Place water in a 4-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add spaghetti and cook on HIGH for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Heat butter in a 3-litre casserole dish on HIGH for 30 to 60 seconds. Stir in flour and salt and pepper. Gradually add stock and milk. Stir until smooth. Cook on MEDIUM-HIGH for 8 to 10 minutes, stirring every 2 minutes. Remove chicken meat from bones. Stir chicken, spaghetti, mushrooms and sherry into sauce. Mix well. Sprinkle parmesan cheese and nutmeg over top.

Cook on COMBINATION 4 for 25 to 30 minutes. Serve.

ROAST DUCK WITH ORANGE SAUCE **C**

Serves: 4 to 6

Ingredients:

1.5 kg duck
3 tbsp honey
1 tbsp orange liqueur
1 tbsp vinegar

Sauce:

juice of 2 oranges
rind of 1 orange
¼ cup water
1 tbsp brown sugar
1 tbsp vinegar
1 tbsp orange liqueur

Method:

Clean and pat duck dry with paper towel. Pierce skin at 2 cm intervals with a fork. Place honey, liqueur and vinegar in a 2-cup glass jug and cook on HIGH for 20 seconds. Place duck breast side down on a rack in a shallow casserole dish. Brush duck with half the honey mixture and pour over wine.

To Cook by Microwave:

Cook on MEDIUM-HIGH for 20 minutes. Turn duck over and brush with remaining honey mixture and cook on MEDIUM-HIGH for a further 15 to 20 minutes. Stand covered with foil for one third of cooking time before carving.

Sauce:

Place all ingredients except rind, vinegar and liqueur in a 2-cup jug. Cook on HIGH for 1½ to 2 minutes. Add vinegar and liqueur and cook on HIGH for a further 30 seconds. Pour sauce over duck, sprinkle with rind and serve.

To Cook by Combination:

Prepare duck as above. Cook on COMBINATION 5, allowing 20 minutes per 500 g oven-ready weight. Turn over halfway through cooking and brush with remaining honey mixture. Stand covered with foil for at least 10 minutes before carving.

Tip: To prevent overcooking of less meaty areas, shield small or thin parts of the duck (wings or drumsticks) with foil halfway through cooking.

SPICY CHICKEN CURRY **C**

Serves: 4 to 6

Ingredients:

2 tbsp oil
2 onions, finely chopped
1 clove garlic, crushed
1 tsp finely grated root ginger
2 tsp ground coriander
½ tsp ground turmeric
1 tsp ground cumin
1 tsp chilli powder
3 tbsp vinegar
1 kg chicken breasts, cut into strips
1 cup chicken stock
¼ cup coconut cream
½ cup fruit chutney

Method:

Place oil, onions, garlic and ginger in a 3-litre dish and cook on HIGH for 3 to 5 minutes. In a small bowl mix together spices and vinegar. Add to onion mixture and cook on HIGH for 2 to 4 minutes. Add chicken and stock to onion mixture.

To Cook by Microwave:

Cook on MEDIUM-HIGH for 15 to 20 minutes. Before serving stir through coconut cream and fruit chutney. Serve with rice, pappadums and sambals.

To Cook by Combination:

Prepare as above, adding chicken and stock to onion mixture. Cook on COMBINATION 4 for 40 to 45 minutes. Before serving stir through coconut cream and fruit chutney. Serve with rice, pappadums and sambals.

QUICK CHICK

Serves: 4 to 6

Ingredients:

1.5 kg chicken
440 g can cream of chicken soup
2 cloves garlic, crushed,
(or ½ tsp granulated garlic)
2 spring onions, chopped
1 carrot, thinly sliced
½ cup frozen peas
125 g mushrooms, sliced
1 tbsp flaked or slivered almonds

Method:

Place chicken on a rack in a 3-litre casserole dish. Cook on MEDIUM-HIGH for 35 to 40 minutes. Remove meat from bones, drain any excess liquid away and place meat into a 3-litre casserole dish. Add remaining ingredients. Cover dish with a lid. Cook on MEDIUM-HIGH for 18 to 20 minutes, stirring halfway through cooking. Serve with rice or pasta.



Spicy Chicken Curry

HURRY CURRY CHICKEN

Serves: 6

Ingredients:

1 kg chicken pieces
440 g can condensed cream of chicken soup
1 tomato, roughly chopped
1/2 cup raisins
1 tbsp curry powder
1 tbsp dried onion flakes
1/2 tsp garlic granules

Method:

Place chicken pieces in a 3-litre casserole dish. Combine remaining ingredients and spoon over chicken pieces. Cook covered on MEDIUM-HIGH for 30 to 35 minutes. Stand covered for 5 minutes. Remove chicken to serving platter. Stir sauce and serve spooned over chicken.

CHINESE CHICKEN AND BROCCOLI

Serves: 4 to 6

Ingredients:

1 tbsp cornflour
1/2 cup soy sauce
2 tsp freshly grated root ginger
1 kg boneless chicken tillets, cut into thirds
185 g broccoli flowerettes
3/4 cup cashews

Method:

Place cornflour, soy sauce and ginger in a 3-litre casserole dish and mix well. Cook on HIGH for 2 to 2 1/2 minutes. Add chicken to dish and cook on MEDIUM-HIGH for 8 to 10 minutes. Cover and set aside. Place broccoli and cashews in a small bowl and cook covered on HIGH for 3 to 4 minutes. Add broccoli and cashews to chicken. Mix well and cook on MEDIUM-HIGH for 2 to 3 minutes. Serve with fried rice.

GRILLED CHINESE CHICKEN **G**

Serves: 4

Ingredients:

4 chicken thighs (approx. 900 g)
1 tbsp honey
2 tbsp hoi sin sauce
1 tbsp dry sherry
2 tsp sesame seeds
1 tsp ground ginger
1 clove garlic, crushed
1 tsp sesame seeds (extra)

Method:

Remove excess fat from chicken. Combine remaining ingredients, except extra sesame seeds, in a 2-litre casserole dish and marinate chicken for at least 1 hour, turning occasionally. Remove turntable and roller ring. Preheat oven on GRILL 1. Arrange marinated chicken on grilling tray. Cook on GRILL 1 for 18 to 20 minutes, turning and basting frequently. Toss with extra sesame seeds to serve.

CHICKEN WINGS IN LEMON SAUCE

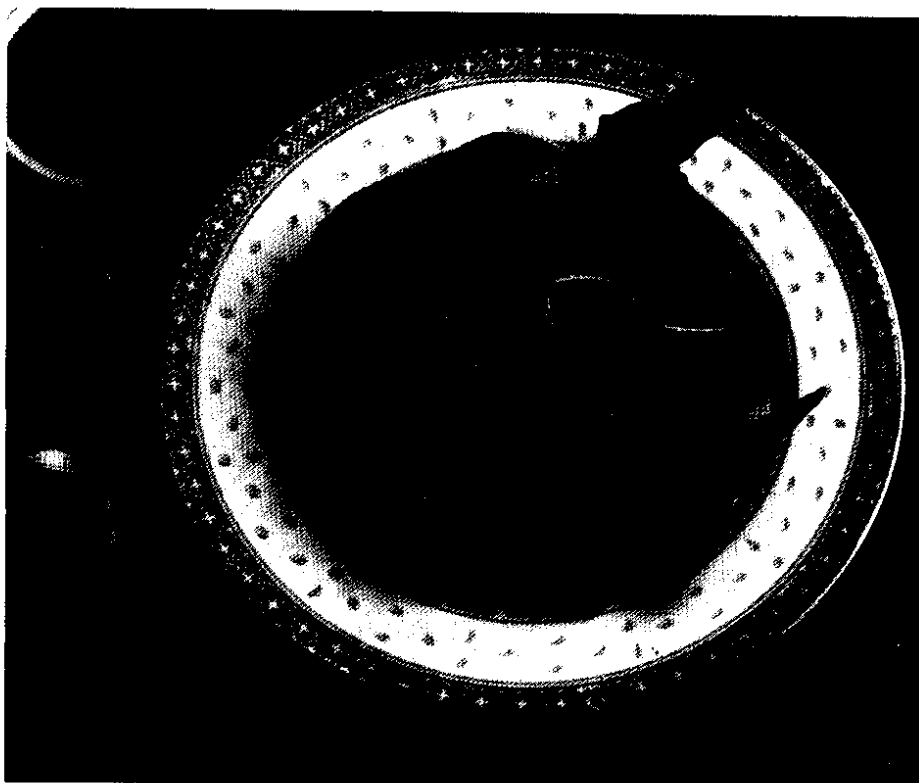
Serves: 4 to 6

Ingredients:

1 kg chicken wings
1/4 cup soy sauce
1/4 cup water
1 tsp ginger powder
2 cloves garlic, crushed
1/4 cup lemon juice

Method:

Place chicken wings in a 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinate for 30 to 45 minutes in the refrigerator. Cook covered on MEDIUM-HIGH for 20 to 25 minutes, or until chicken wings are tender. Serve hot with rice.



Chicken Wings in Lemon Sauce

PEANUT SATAY **G**

Serves: 4

Marinade:

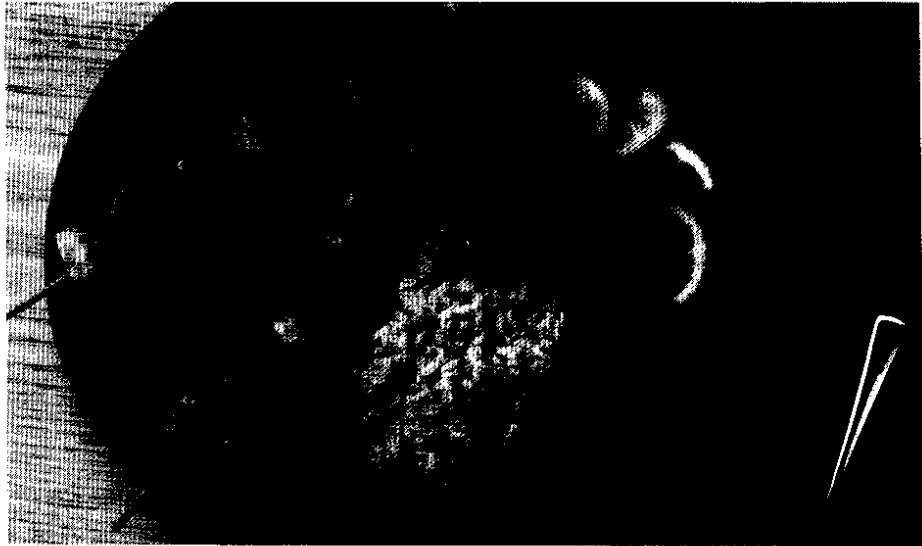
½ tsp caraway seeds
1 tsp ground coriander
1 clove garlic, crushed
1 tbsp brown sugar
1 tbsp soy sauce
1 tbsp lemon juice
pinch salt
750 g boneless chicken, cut into
2.5 cm cubes

Satay Sauce:

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

Method:

Combine all marinade ingredients in a bowl with chicken meat and marinade in the refrigerator for at least 24 hours. Combine all sauce ingredients in a 6-cup jug and cook on HIGH for 10 to 12 minutes, stirring halfway through cooking. Puree sauce in a blender or food processor. Set aside. Remove turntable and roller ring. Preheat oven on GRILL 1. Thread chicken cubes onto bamboo skewers which have been soaked in water to prevent burning. Place chicken skewers on grill tray and cook on GRILL 1 for 10 to 12 minutes, or until cooked, turning once during cooking. Serve with satay sauce. If necessary, reheat sauce on HIGH for 1 to 2 minutes.



Peanut Satay

TARRAGON CHICKEN AND MUSHROOMS **C**

Serves: 6 to 8

Ingredients:

1 ½ kg chicken pieces
1 onion, sliced
½ tsp dried tarragon leaves
salt and pepper
150 g mushrooms, finely sliced
440 g can cream of mushroom soup
½ cup sour cream

Method:

To Cook by Microwave:

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

To Cook by Combination:

Place all ingredients in a 4-litre casserole dish, except mushrooms and sour cream. Cover with a lid and cook on COMBINATION 4 for 30 minutes. Stir in mushrooms and sour cream. Continue to cook covered on COMBINATION 4 for a further 20 to 25 minutes. Stir and serve.

CHICKEN AND PEACH KEBABS **G**

Makes: 6

Ingredients:

425 g can sliced peaches
pinch ground ginger
salt and pepper
3 chicken fillets, cut into 2.5 cm
cubes
½ green pepper, seeded and cut
into 2.5 cm pieces
310 g can baby corn

Method:

Remove turntable and roller ring. Preheat oven on GRILL 1. Drain peaches and reserve juice. Combine reserved juice with ground ginger and salt and pepper in a large flat dish. Alternately thread chicken cubes, peach slices, pepper and baby corn onto skewers. Place skewers in a flat heat resistant dish with juice and coat well. Cook on GRILL 1 for 8 to 10 minutes, turning halfway through cooking.

POULET A LA CAMEMBERT **C**

Serves: 4 to 6

Ingredients:

1.5 kg chicken
125 g camembert cheese
25 g butter, melted
2 tbsp soy sauce

Method:

Remove giblets, wash and pat chicken dry. Cut camembert cheese into 4 pieces and place in the cavity of the bird. Place the bird on a rack in a shallow dish, breast side down. Cook on COMBINATION 5 for 15 minutes. Lift chicken out of oven and remove the camembert from the cavity of the bird. Using the back of a spoon gently lift the skin away from the flesh of the bird on the breast. Spread the softened cheese under the skin. Brush the bird with combined butter and soy sauce. Place chicken back on the rack breast side up and continue to cook on COMBINATION 5 for another 45 to 50 minutes. Stand for 15 minutes before carving.

MEXICAN CHICKEN **C**

Serves: 4

Ingredients:

½–1 tsp chilli powder (to taste)
1 large onion, chopped
2 cloves garlic, crushed
2 tbsp oil
salt and fresh ground pepper
4 tomatoes, peeled and chopped
2 avocados, halved, stone removed, peeled and chopped
juice of ½ lemon
4 chicken fillets
150 ml sour cream

Method:

Put chilli powder, onion, garlic and oil in a bowl. Cook on HIGH for 2 to 3 minutes. Add salt, pepper, tomatoes, avocado and lemon juice. Cook on HIGH for 4 to 5 minutes. In a shallow dish spread ½ of the tomato mixture. Place chicken fillets in a single layer on top. Spread with rest of tomato mixture. Cook on COMBINATION 4 for 30 to 35 minutes. Allow to stand. Spoon the sour cream over and serve at once with rice.

FLORENTINE CHICKEN **G**

Serves: 4

Ingredients:

¼ cup grated carrot
¼ cup pine nuts
200 g spinach, cooked drained and finely chopped
2 cloves garlic, crushed
pepper to taste
4 whole chicken breasts
1 egg, beaten
1 tbsp water
nutmeg
1 cup breadcrumbs, seasoned

Method:

Make a stuffing by combining carrot, pine nuts, spinach, garlic and pepper. Divide between the chicken breasts. Fold chicken breasts over the filling and secure with wooden toothpicks. Combine egg and water. Add a pinch of nutmeg to the breadcrumbs. Dip each chicken breast into the egg mixture, then into the breadcrumbs. Remove turntable and roller ring. Preheat oven to GRILL 1. Place chicken breasts on the grill tray and cook on GRILL 1 for 12 to 14 minutes, turning halfway through cooking.

COQ AU VIN **C**

Serves: 4 to 6

Ingredients:

1 medium onion, finely chopped
4 slices streaky bacon, rinds removed and bacon chopped
1 kg chicken pieces
125 g button mushrooms, washed and dried
½ cup hot chicken stock
2 cups red wine
2 cloves garlic, crushed
20 g butter, cut into pieces
1 tsp mixed herbs
freshly ground black pepper

Method:

Place onion and bacon into a 3-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add remaining ingredients and combine well. Cover and cook on COMBINATION 4 for 30 to 35 minutes. Remove lid, stir and rearrange chicken pieces. Continue to cook on COMBINATION 4 for 15 to 20 minutes. Stand 10 minutes before serving.



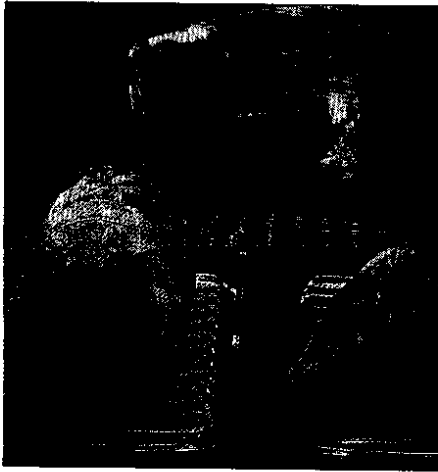
Mexican Chicken

Meats



Beef Wellington

Directions for Cooking Tender Cuts of Meat by Microwave



Place meat on a rack in a rectangular dish. Beef rib roast should be placed cut side down. Other bone-in roasts should be placed fat side down. Boneless roast should be placed fat side up. Halfway through cooking turn roasts.



Loosely cover meat with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy. Multiply the weight of the roast by the minimum recommended time per 500 g (refer to chart on page 71). Program power and time.

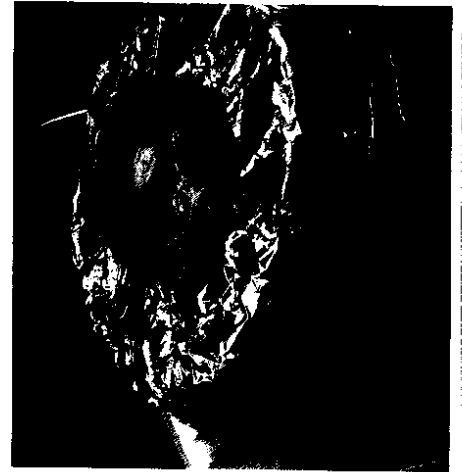


For best results, select roasts that are uniform in shape.

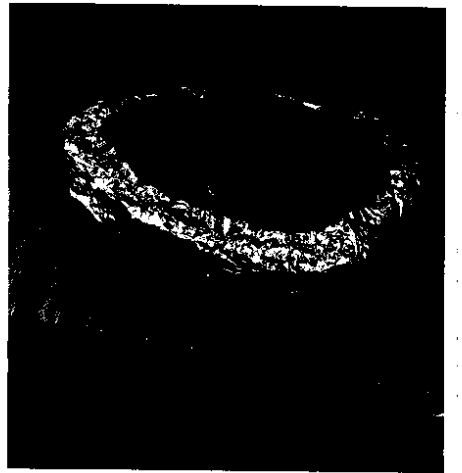


To prevent overcooking, or drying of thin areas of meat, it can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time.

Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones. The shank, thin ends of boneless roasts, should also be shielded.



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



Canned hams should be shielded on the top cut edge with a 3 cm strip of foil. Wrap strip of foil around ham and secure to body of ham with wooden toothpicks. Fold 2 cm over cut surface.



At the completion of cooking you may like to check the temperature of the meat using a meat thermometer. This will give an accurate indication as to how well done, medium or rare your meat is. The thermometer should not touch bone or fat. If it does the reading could be inaccurate. Lower temperatures are found in the centre of the roast and in the muscle close to a large bone, such as a pork loin centre rib roast. If the temperatures are too low, return meat to the oven and cook a few more minutes at the recommended power level.

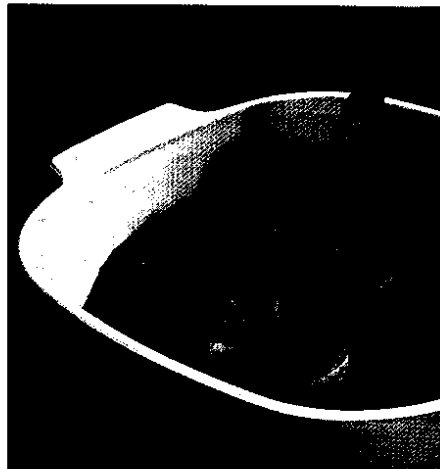
DO NOT USE A CONVENTIONAL MEAT THERMOMETER WHEN COOKING BY MICROWAVE OR COMBINATION.

Let stand covered with foil, for one third of cooking time after cooking is completed. During standing time the internal temperature equalises and the temperature rises 5°C to 10°C.

Directions for Cooking Less Tender Cuts of Meat by Microwave



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



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



Multiply the weight of the meat by the minimum recommended minutes per 500 g (refer to the chart on page 71). Program power and time. Meat should be fork tender when cooked.

Less tender cuts are best cooked using two power levels. Start your casserole, stew, pot roasts or corned beef on HIGH for approximately 10 minutes to get the liquid to boiling point, then drop the power level to MEDIUM-LOW and allow 20 to 25 minutes per 500 g weight of meat.

To give a perfectly tender result ensure that the meat is in the bottom of the dish, covered with liquid. Vegetables are then placed on top. **DO NOT STIR** your casserole until cooking is completed.

Directions for Cooking Meat by Combination

Season roast as desired, but add salt after cooking. Salt can be rubbed into the skin of pork to help the crackling form.

Beef, Pork and Lamb Roasts:
Place fat side down on the wire rack set in a heat resistant microwave proof casserole dish. Place pork rib roasts, rib tips down on rack. Shield thin ends, cut edges and bony areas to prevent overcooking. To shield, place a thin strip of foil over top cut edges of roast. Cover tapered thinner section of roast with a small square of foil (foil should not touch rack or oven sides as arcing may occur). Remove foil halfway through cooking.



Canned Ham:
Place the ham on the rack in a heat resistant microwave oven proof dish. Shield top cut edge with a 4 cm wide strip of foil. Fold foil over top cut edge and down the sides (foil should not touch rack or oven sides as arcing may occur). Glaze ham last 10 minutes of cooking.

Pot roast (1.2 kg to 1.75 kg):
Place meat, vegetables and seasonings in large heat resistant microwave oven proof casserole dish. Cover with a lid. If desired, the pot roast may be cooked in an oven cooking bag. Prepare the oven cooking bag according to package directions. Do not use wire or metal twist-ties. Use the nylon ties provided, or use a piece of cotton string or a strip cut from the oven bag. Place bag in oven proof casserole dish. Place dish on turntable. Cook on COMBINATION 1.

To Cook by Manual Combination:
Multiply the weight of the meat by the minimum recommended minutes per 500 g (refer to chart on page 71). Program the Combination setting and time. Press Start.

To Cook by Auto Combination One Touch Cooking: Beef/Lamb/Pork—NN-9850:
Select the desired meat category and program in the weight of the meat. To select the correct setting press the Beef/Lamb pad 1, 2 or 3 times, or press the Pork pad (refer to chart on page 71). Program in the weight using the 1 kg and 0.1 kg pads. Press Start.

After cooking allow the roast to stand covered for at least 10 to 15 minutes to allow the roast to set and finish cooking. Roasts are easier to carve after standing. As with microwave cooking roasts cooked by Combination will continue to cook during the stand time.

During stand time check the internal temperature of the roast using a microwave or conventional thermometer. The thermometer should not touch bone or fat. If it does the reading could be inaccurate. If the temperatures are lower than desired, return the roast to the oven and cook a few more minutes at the recommended Combination setting.

DO NOT USE A MICROWAVE OR CONVENTIONAL MEAT THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION.



Stand 10 to 15 minutes before carving.

Note: Although chops and sausages can be cooked on the Combination settings, a better result is achieved by grilling.

Directions for Grilling Meat

Always remove turntable and roller ring before preheating the Grill.

Place oven rack in oven rack guide. Preheat oven with grill tray and drip tray in place on GRILL 1 or GRILL 2. Trim excess fat from meat. Slash fat with a sharp knife to prevent meat from curling. Place meat on grill tray. Cook for times recommended in chart. Halfway through cooking turn meat over. Season after cooking.

To test for desired cooking cut into meat. Red colour indicates rare, pink indicates medium and gray indicates well done.

Unless you are wanting a less seared result, or are wanting to baste during grilling, use Grill 1 for meat grilling.

Meat Grilling Chart

MEAT	APPROX. COOKING TIME (In minutes) on GRILL 1
BEEF	
Hamburger:	
Rare	4 to 6
Medium	8 to 10
Well	14 to 16
Fillet Mignon:	
Rare	10 to 12
Medium	18 to 20
Steak:	
Rare	10 to 12
Medium	14 to 18
Well	22 to 24
PORK	
Chops:	
1½ cm	18 to 20
2 cm	22 to 24
Ham Slice:	
1 cm	4 to 6
1½ cm	6 to 8
2 cm	10 to 12
3 cm	14 to 16
Sausages:	
thick	10 to 14
thin	6 to 8
LAMB	
Chops:	
Medium	12 to 14
Well	15 to 18
Kidneys (halved)	6 to 8

Meat Chart for Microwave Cooking

MEAT	POWER	APPROX. COOKING TIME (minutes per 500 g)
Beef: Roasts Rare Medium Well	MEDIUM-HIGH MEDIUM-HIGH MEDIUM-HIGH	8 to 10 12 to 14 15 to 18
Pork: Leg of Pork Loin of Pork Pork Chops	MEDIUM-HIGH MEDIUM-HIGH MEDIUM-HIGH	14 to 16 14 to 16 6 to 8
Lamb:	MEDIUM-HIGH	12 to 14
Less Tender Cuts: Corned Beef, Chuck, Flank, Skirt (with liquid)	HIGH then MEDIUM-LOW	10 (Constant) 20 to 25

Meat Chart for Combination Cooking

MEAT	AUTO WEIGHT COMBINATION SETTING NN-9850	COMBINATION TIME COOKING	
		COMBINATION SETTING	COOKING TIME
BEEF ROASTS: Rib, Boneless Rib, Topside Rare Medium Well Rump, Eye of Round (High Quality) Rare Medium Well Pot Roasts, Casseroles Meatloaves	Beef/Lamb 1 press	3	12 to 15 minutes/500 g
	Beef/Lamb 2 presses	3	17 to 20 minutes/500 g
	Beef/Lamb 3 presses	3	21 to 24 minutes/500 g
	Beef/Lamb 1 press	3	11 to 14 minutes/500 g
	Beef/Lamb 2 presses	3	16 to 18 minutes/500 g
	Beef/Lamb 3 presses	3	19 to 22 minutes/500 g
	_____	1	Approx. $\frac{2}{3}$ conventional cooking time
	_____	1	35 to 40 minutes/500 g
PORK ROASTS: Bone-In Boneless	Pork 1 press	3	22 to 24 minutes/500 g
	Pork 1 press	3	24 to 26 minutes/500 g
LAMB ROASTS: Bone-In or Rolled	Beef/Lamb 2 presses	3	20 to 22 minutes/500 g

BEEF WELLINGTON **B**

Serves: 6 to 8

Ingredients:

1 tbsp oil
1 fillet of beef
(approx. 1.25 kg)
200 g liver pate
80 g sliced mushrooms
1 packet flakey pastry
1 egg yolk, lightly beaten

Method:

Preheat a browning dish on HIGH for 6 to 7 minutes. Add oil and place beef in dish. Cook on HIGH for 10 to 12 minutes, turning every 3 minutes during cooking. Remove beef and allow to cool. Cover with pate and mushrooms. Remove turntable and roller ring. Preheat oven to 220°C. Roll out pastry to measure approximately 35 cm square. Place beef in centre of pastry. Fold over pastry to centre and firmly press ends together with a fork. Glaze pastry with egg yolk. Cut a few slits in the top. Place beef in a baking tray. Cook on 220°C for 15 minutes, then reduce temperature to 190°C for 20 to 25 minutes.

Tip: Beef Wellington should always be served with the centre slightly pink.

YORKSHIRE PUDDING

B

Serves: 6 to 8

Ingredients:

1 cup plain flour
pinch of salt
1 egg
1½ cups milk
oil for greasing muffin tins

Method:

Sift flour and salt into a bowl. Break egg into flour and gradually add milk, stirring constantly until smooth. Set aside covered for 1 hour. Remove turntable and roller ring. Preheat oven to 220°C. Brush twelve 7×3 cm muffin tins with oil and place into oven for 2 to 3 minutes to heat oil. Remove tins and pour in batter until tins are half full. Cook on 220°C for 15 to 20 minutes, or until golden. Serve with roast beef.

LASAGNE **B**

Serves: 4 to 6

Ingredients:

250 g precooked lasagne noodles
¼ cup parmesan cheese (extra)
¼ cup grated mozzarella cheese (extra)

Meat Sauce:

750 g topside mince
2 onions, finely chopped
2 stalks celery, finely chopped
2 cloves garlic, crushed
2 tbsp chopped parsley
425 g tomato puree
½ cup tomato paste
salt and pepper

Cheese Sauce:

3 tbsp butter
¼ cup flour
1½ cups milk
2 tbsp parmesan cheese
2 tbsp grated mozzarella cheese
pinch of nutmeg
ground black pepper

Method:

Place all meat sauce ingredients into a 3-litre casserole dish and mix well. Cover and cook on MEDIUM-HIGH for 25 to 30 minutes, stirring halfway through cooking. Drain off fat and set aside. Melt butter in a 1-litre casserole dish on HIGH for 30 seconds. Add flour, stir and cook on HIGH for 20 to 30 seconds. Add milk, stirring, and cook on HIGH for 2 minutes, stirring again halfway through cooking. Add cheeses, nutmeg and pepper and mix well. Remove turntable and roller ring. Preheat oven to 180°C. Place half of the meat sauce into a 4-litre casserole dish. Layer 5 sheets of lasagne noodles over meat sauce. Top with remaining meat sauce and another 5 sheets of lasagne noodles. Spread cheese sauce evenly over the noodles and sprinkle with extra parmesan and mozzarella cheese. Place lasagne in oven and cook on 180°C for 40 to 45 minutes. Serve hot with a green salad and garlic bread.

IRISH STEW **C**

Serves: 8

Ingredients:

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

Method:

Arrange lamb, carrots and potatoes in a 2-litre casserole dish. Combine water, soup mix and bay leaf in a mixing bowl. Pour over meat, carrots and potatoes.

To Cook by Microwave:

Cook on MEDIUM-HIGH for 6 to 8 minutes and then cook on MEDIUM-LOW for 60 to 70 minutes. Stand covered for 5 minutes. Serve with steamed vegetables.

To Cook by Combination:

Prepare stew as above adding the liquid mixture to the meat and vegetables. Cover and cook on COMBINATION 1 for 65 to 70 minutes. Stand 5 minutes before serving.

GRILLED LAMBS' KIDNEYS **G**

Serves: 4

Ingredients:

4 lambs' kidneys
(approx. 200 g)

Method:

Remove turntable and roller ring. Preheat oven on GRILL 1. Cut kidneys in half lengthwise. Brush grill tray with butter or oil. Place kidneys on grill tray and cook on GRILL 1 for 6 to 8 minutes, turning halfway through cooking.

Tip: If you prefer your kidneys left whole, allow an extra 2 to 4 minutes cooking time.

HERBED BEEF AND MOZZARELLA ROLL-UP

B C

Serves: 4 to 6

Ingredients:

750 g topside mince
1 onion, finely chopped
1 clove garlic, crushed
1 tsp onion salt
black pepper
2 tbsp chopped parsley
1 tbsp Italian herbs
1 egg, lightly beaten
250 g mozzarella cheese, grated.

Tomato Sauce:

425 g can tomato pieces
1 tbsp tomato paste
1 tsp dried basil

Method:

Mix all ingredients (except cheese) until well combined. Lay a large sheet of greaseproof paper onto a work surface. Place meat on paper and press out firmly to measure 35×25 cm. Sprinkle cheese over meat mixture leaving a 2 cm border around all sides. Tightly roll up meat mixture.

To Bake: Remove turntable and roller ring. Preheat oven to 190°C. Place meat mixture into a 23×13 cm loaf tin. Cook on 190°C for 50 to 55 minutes. Drain well after cooking. Stand for 5 minutes before slicing.

To Cook by Combination:

Prepare as above and place mixture in a 23×13 cm microwave and oven safe loaf dish. Cook on COMBINATION 1 for 45 minutes. Stand for 5 minutes before slicing.

Method for Sauce:

Combine all ingredients in a food processor and process until smooth. Pour into a 4-cup glass jug. Cover with plastic wrap. Cook on HIGH for 3 to 4 minutes.

BARBECUED SPARE RIBS **G**

Serves: 4

Ingredients:

1 kg pork spare ribs
¾ cup fruit chutney
¾ cup tomato sauce
1 tbsp soy sauce
1 tbsp worcestershire sauce

Method:

Place all ingredients into a 3-litre casserole dish and marinate for several hours or overnight in the refrigerator. Remove turntable and roller ring. Preheat oven to GRILL 1. Place ribs onto grill tray and reserve marinade. Cook on GRILL 1 for 30 to 35 minutes, basting halfway through cooking with reserved marinade.

GRILLED RUMP STEAK **G**

Serves: 4 to 6

Ingredients:

1 kg rump steak, cut into serving portions

Method:

Remove turntable and roller ring. Preheat oven on GRILL 1. Place steak on grill tray. Cook on GRILL 1 for 7 to 9 minutes. Turn and cook for a further 8 minutes.

Tip: This timing is for medium rump steak. If you prefer a well done steak, increase time to 22 to 24 minutes. For a rare steak, decrease cooking time to 10 to 12 minutes.

ROAST BEEF **C**

Serves: 6 to 8

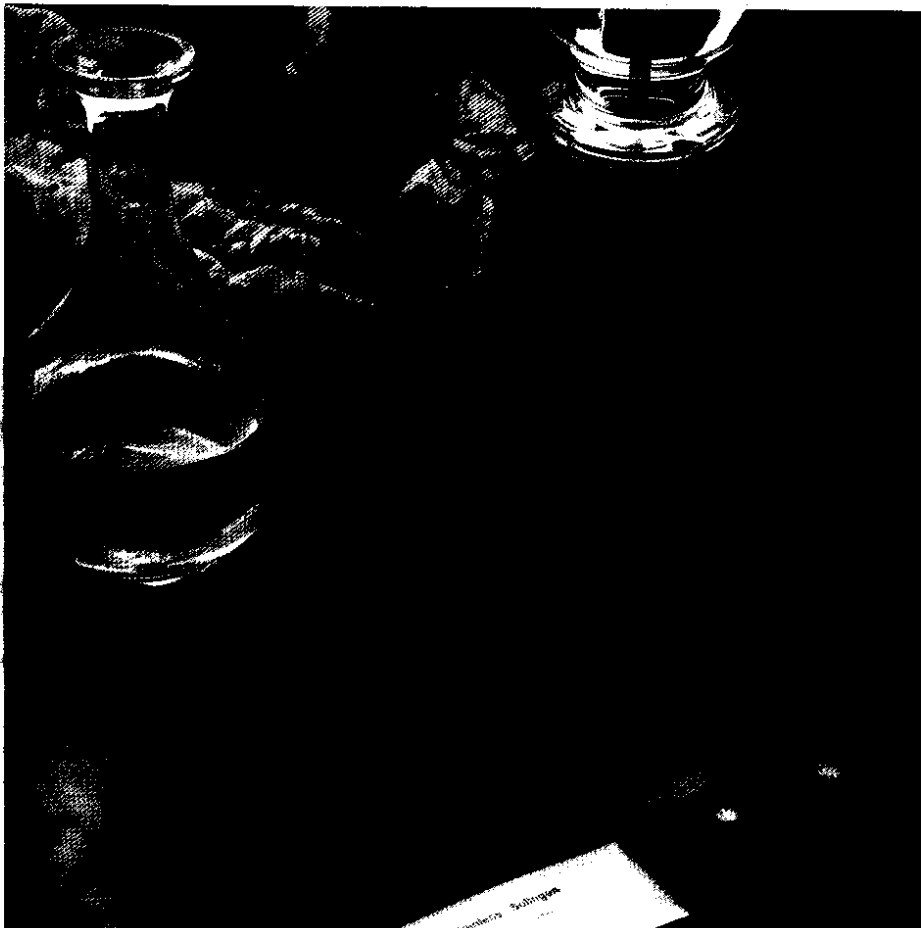
Ingredients:

2 kg topside roast
seasoned flour

Method:

Place beef on a wire rack in a shallow dish. Sprinkle beef with seasoned flour. Cook on COMBINATION 3 for 70 to 75 minutes for medium beef. Stand covered for 10 minutes before carving.

Tip: To cook by Auto Weight Combination refer to chart on page 71.



Herbed Beef and Mozzarella Roll-Up

RACK OF LAMB **C**

Serves: 8

Ingredients:

1 rack of lamb
(approx. 8 cutlets)
1 clove garlic, cut into slices
rosemary

Method:

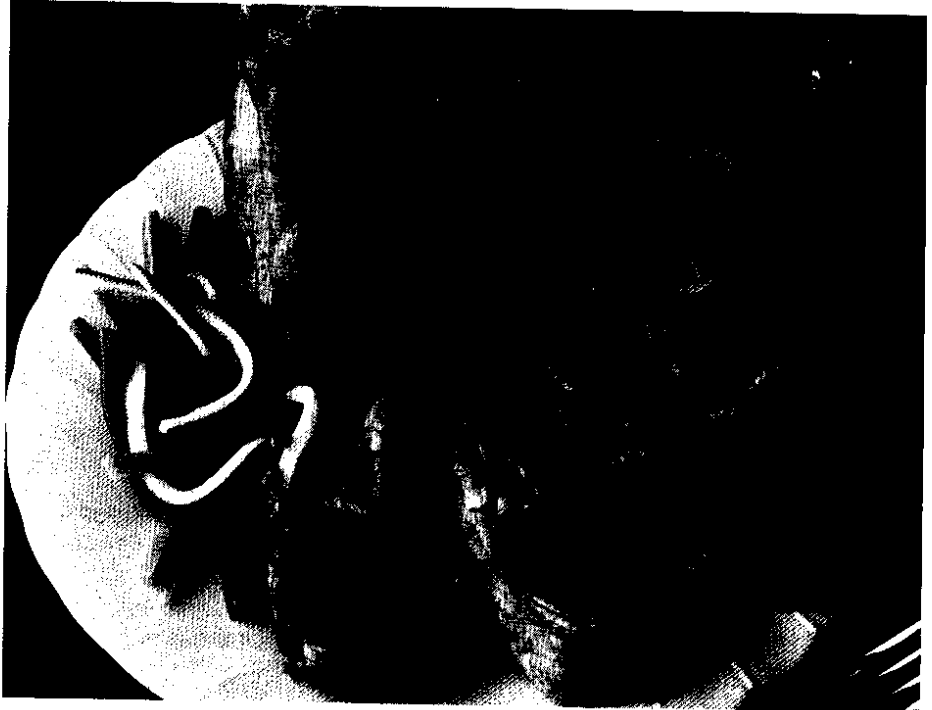
Score rack of lamb and insert slices of garlic under skin. Place lamb fat side down on a rack in a shallow dish. Sprinkle with rosemary.

To Cook by Combination:

Cook on COMBINATION 3 for 20 minutes per 500 g weight, turning halfway through cooking. Sprinkle with rosemary. Stand covered with foil for one third of cooking time before carving. Serve with baked vegetables.

To Cook by Auto Weight Combination:

Prepare as above. Cook on Auto Weight Combination—Beef/Lamb, pressing the pad twice before putting in the weight. Stand for 5 minutes before carving.



Rack of Lamb

ROAST LAMB **C**

Serves: 4 to 6

Ingredients:

¼ cup apricot jam
1.2 kg leg lamb

Method:

Place lamb fat side down on a rack in a shallow dish. Brush with half the apricot jam.

To Cook by Microwave:

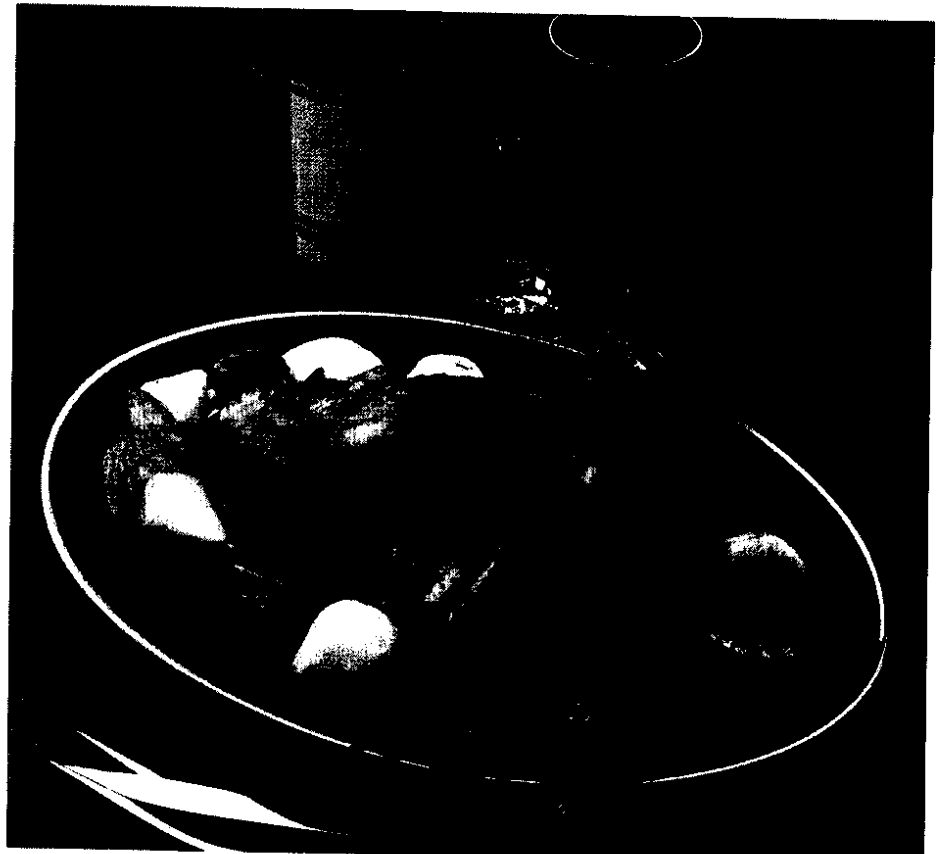
Cook on MEDIUM-HIGH for 30 to 35 minutes. Turn halfway through cooking. Stand covered 10 minutes before carving.

To Cook by Combination:

Prepare lamb as above. Cook on COMBINATION 3 for 45 to 50 minutes. Turn halfway through cooking and brush with remaining jam. Stand covered with foil for 10 minutes before carving.

To Cook by Auto Weight Combination:

Prepare as above. Cook on Auto Weight Combination—Beef/Lamb, pressing the pad twice before putting in the weight. Turn and brush with remaining jam halfway through cooking.



Roast Lamb

ROAST PORK **C**

Serves: 6 to 8

Ingredients:

2 to 2.5 kg loin of pork, on bone
2 tsp salt

Method:

Place pork skin side up on a rack in a shallow dish.

To Cook by Combination:

Rub salt into scored skin of pork to help crackling form. Cook on COMBINATION 3 for 1 hour 30 minutes to 1 hour 40 minutes. Stand covered with foil for 10 minutes before carving.

To Cook by Auto Weight Combination:

Rub salt into the rind of the pork. Place pork fat side up on a rack in a shallow dish. Cook on Auto Weight Combination-Pork. Stand for 10 minutes before carving.

VEAL PAPRIKA **C**

Serves: 4

Ingredients:

750 g diced veal
250 g mushrooms, sliced
1 cup chicken stock
1 onion, finely chopped
1 tsp paprika
salt and pepper
2 tbsp flour
1 tbsp tomato paste
½ cup sour cream

Method:

In a 3-litre casserole dish combine veal, mushrooms, ½ cup of the chicken stock, onion, paprika and salt and pepper. Cook on HIGH for 12 to 15 minutes. Blend flour with remaining stock. Stir into veal with tomato paste and cook on HIGH for 2 to 3 minutes. Blend in sour cream and serve.

To Cook by Combination:

Place all ingredients, except sour cream, into a 3-litre casserole dish, ensuring that the flour is well stirred through. Cover and cook on COMBINATION 1 for 50 to 55 minutes. Blend in sour cream. Serve.

BEEF ROLL WITH SPINACH AND SPRING ONION STUFFING **C**

Serves: 4 to 6

Ingredients:

2 thick skirt steaks
(approx. 500 g each)

Stuffing:

1 tbsp butter
1 clove garlic, crushed
½ bunch spinach, washed and roughly chopped
4 spring onions, finely sliced
¼ cup fresh breadcrumbs
salt and pepper
1 egg, lightly beaten
1 tbsp slivered almonds

Method:

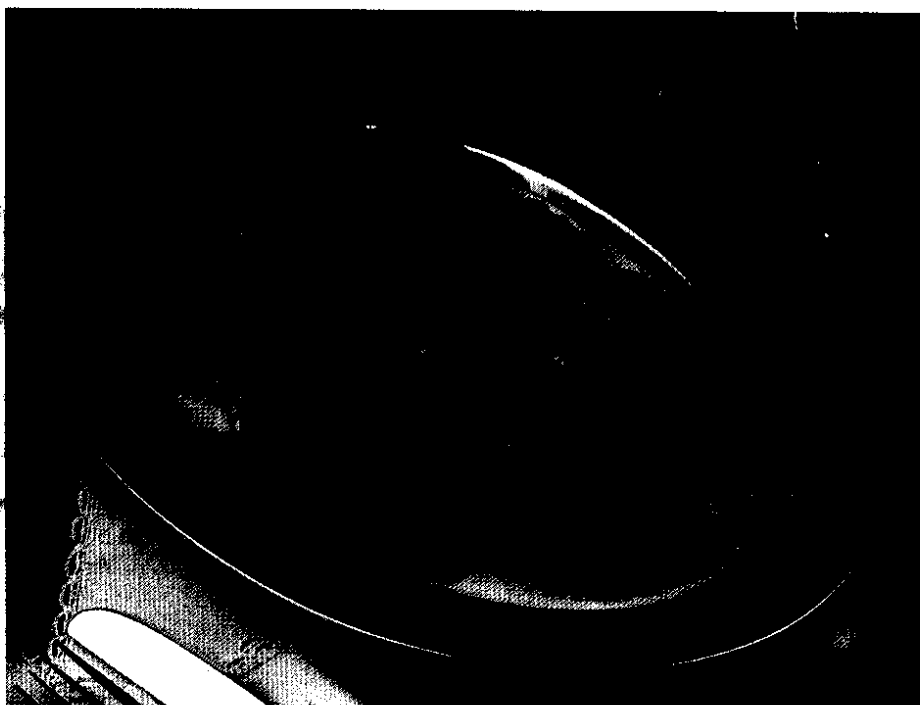
Trim the steaks if necessary. Using a sharp knife, score the smooth side of the steaks to form a diamond pattern. Place steaks scored side down. Set aside. Place butter and garlic into a 2-litre casserole dish. Cook on HIGH for 30 to 40 seconds. Add spinach and spring onions and cook on HIGH for 3 to 4 minutes. Allow to cool slightly. Add breadcrumbs, salt, pepper, egg and almonds to mixture. Mix until well combined. Place stuffing onto steaks and roll up lengthwise to form two long rolls. Secure rolls with string. Place beef rolls on a rack in a shallow dish.

To Cook by Microwave:

Cook on MEDIUM-HIGH for 30 to 32 minutes turning halfway through cooking. Allow to stand before carving into slices.

To Cook by Combination:

Prepare as above. Cook on COMBINATION 3 following the chart on page 71 for cooking time, depending on your preference for medium or well done. Stand for 5 to 10 minutes before slicing.



Beef Roll with Spinach and Spring Onion Stuffing

MINI MEATBALLS **G**

Serves: 4

Ingredients:

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

Sweet and Sour Sauce:

½ cup pineapple pieces
½ cup brown sugar
2 tbsp cornflour
½ cup beef stock
¼ cup vinegar
2 tsp soy sauce

Method:

Thoroughly combine all meatball ingredients. Roll mixture into 2.5 cm balls.

To Cook by Microwave:

Place half the balls onto a paper towel lined dinner plate evenly spaced. Cook on MEDIUM-HIGH for 6 to 8 minutes, turning halfway through cooking. Set aside. Repeat with remaining meatballs.

To Grill:

Prepare meatballs as above. Remove turntable and roller ring. Preheat oven to GRILL 1. Arrange meatballs on grill tray and cook on GRILL 1 for 10 to 12 minutes, turning once.

To Make Sweet and Sour Sauce:

Drain pineapple and reserve ½ cup of pineapple juice. In a 4-cup jug combine sugar and cornflour. Add reserved pineapple juice, beef stock, vinegar and soy sauce. Mix well. Cook on HIGH for 4 minutes. Stir and add pineapple pieces. Cook on HIGH for a further 2 to 3 minutes. Stir well. Spoon over meatballs and serve.



Corned Beef

MUSHROOM STUFFED BEEF ROLLS **G**

Serves: 4

Ingredients:

2 tbsp butter
1 onion, finely chopped
60 g mushrooms, finely chopped
2 tbsp fresh breadcrumbs
1 tbsp chopped parsley
4 beef schnitzels (approx. 180 g each)
salt and pepper
40 g packet French Onion Soup mix
1 cup hot tap water

Method:

Place butter, onion and mushrooms in a 1-litre casserole dish. Cook on HIGH for 3 to 4 minutes. Stir in breadcrumbs and parsley. Divide mixture into four. Pound steaks and sprinkle with salt and pepper. Place mushroom mixture onto centre of seasoned side of steak. Roll up widthwise and tie each roll with string. Place rolls in a 20 cm square pyrex dish. Combine French Onion Soup mix and water and pour over rolls. Mix well. Cook on COMBINATION 1 for 45 to 50 minutes, turning rolls over at least once during cooking. Remove string and serve sliced with the onion gravy.

CORNE D BEEF

Serves: 4

Ingredients:

1.5 to 1.7 kg corned silverside
1 tbsp brown sugar
1 tbsp white vinegar
1 onion, cut in half
4 cloves
6 peppercorns
1 bay leaf
3 cups orange juice or water

Method:

Rinse corned silverside under cold running water to remove excess salt. Place corned silverside fat side down in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on HIGH for 10 minutes. Turn meat, cover and cook on MEDIUM-LOW for 1½ to 1¾ hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

Note: Depending on the shape of the silverside it may require a further 10 to 15 minutes on MEDIUM-LOW.

CRISPY SPINACH STUFFED PORK **C**

Serves: 6

Ingredients:

1.8 kg pork roll
½ bunch spinach, washed and stalks removed
1 clove garlic, crushed
juice of 1 lemon
¼ cup pine nuts

Method:

Unroll pork out on a flat surface. Place spinach leaves, garlic and lemon juice in a 3-litre casserole dish. Cook covered on HIGH for 3 to 4 minutes. Place spinach mixture on top of pork and sprinkle with pine nuts. Re-roll pork lightly and secure with string. Place pork fat side up on a wire rack in a shallow dish. Cook on COMBINATION 3, allowing 22 minutes per 500 g oven-ready weight. Stand covered for 10 minutes before carving.

Tip: To cook by Auto Weight Combination refer to the chart on page 71.

ITALIAN SAUSAGE AND PEPPER CASSEROLE **C**

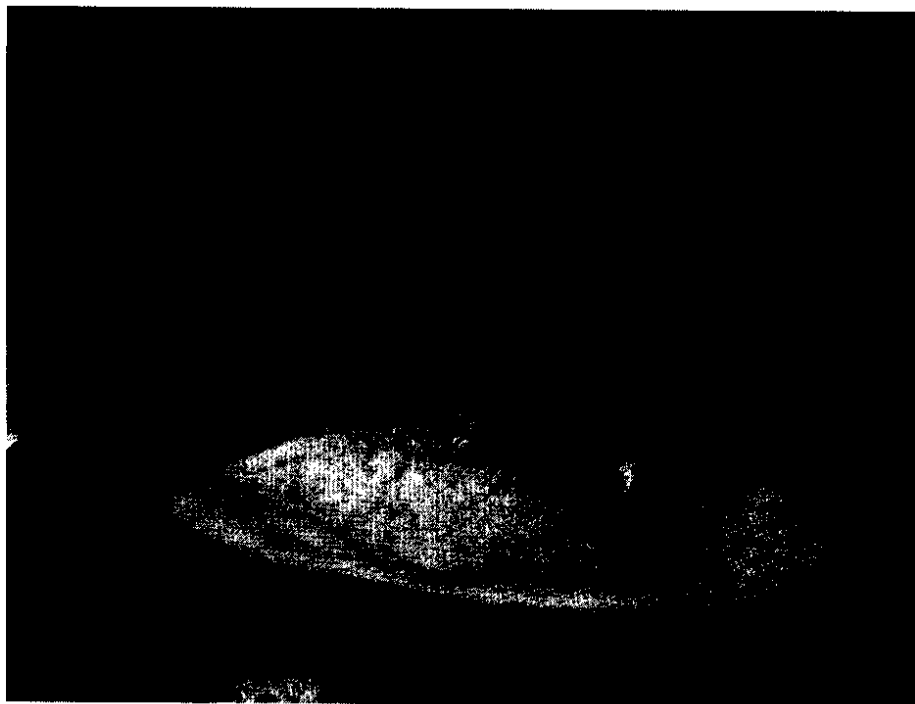
Serves: 4

Ingredients:

4 cups water
1½ cups elbow macaroni
500 g Italian sausages or chipolatas
2 large onions, diced
2 green peppers, diced
425 g can tomato puree
1½ tsp salt
¼ tsp pepper
1 tsp Italian herbs
⅓ cup parmesan cheese

Method:

Place water in a 4-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add macaroni and cook on HIGH for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Place sausages in a 3-litre casserole dish. Cover and cook on HIGH for 3 to 4 minutes. Drain and slice into 3 cm pieces. Set aside. Place onion and pepper in casserole dish. Cover and cook on HIGH for 4 to 5 minutes. Stir in macaroni, sliced sausages, tomato puree, salt and pepper,



Crispy Spinach Stuffed Pork

herbs and half the parmesan cheese. Cover and cook on COMBINATION 1 for 20 minutes. Remove lid, stir, and sprinkle over remaining parmesan cheese. Cook on COMBINATION 1 for a further 10 to 15 minutes.

CURRIED BEEF LOAF **C**

Serves: 2 to 4

Ingredients:

375 g minced beef
salt and freshly ground black pepper
2 tsp curry powder
2 tbsp mango chutney
1 onion, peeled and finely chopped
1 cup fresh breadcrumbs
1 egg, beaten

Method:

Mix the mince with plenty of seasonings, the curry powder, chutney, onion and breadcrumbs and bind together with the egg. Turn into a well greased 24 x 12 cm loaf dish and press well down. Cook on COMBINATION 1 for 35 to 40 minutes. Stand 5 minutes before slicing.

GRILLED LAMB CHOPS **G**

Serves: 4

Ingredients:

4 lamb chops

Method:

Remove turntable and roller ring. Preheat oven on GRILL 1. Place chops on grill tray. Cook on GRILL 1 for 14 to 16 minutes, turning halfway through cooking.

Tip: This timing is for medium lamb chops. If you prefer a well done lamb chop increase cooking time to 18 to 20 minutes.

GRILLED SAUSAGES **G**

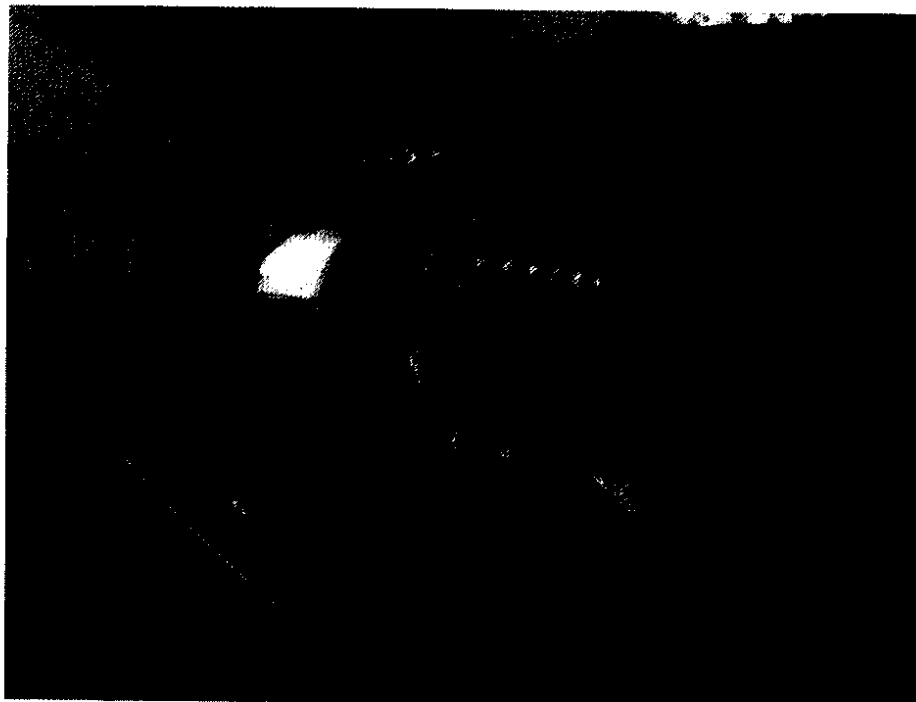
Serves: 4

Ingredients:

4 thick or thin sausages

Method:

Remove turntable and roller ring. Preheat oven on GRILL 1. Prick sausages and place on grill tray. Cook on GRILL 1 for 12 to 14 minutes for thick sausages and 6 to 8 minutes for thin sausages, turning halfway through cooking.



Chinese Beef and Vegetables

CHINESE BEEF AND VEGETABLES

Serves: 4 to 6

Ingredients:

500 g rump steak
 1 tsp grated root ginger
 1 clove garlic, crushed
 1 tbsp oil
 ½ cup beef stock
 1 tbsp soy sauce
 2 tbsp Hoi Sin sauce
 2 tsp cornflour
 375 g prepared vegetables,
 e. g. broccoli, onion petals,
 mushrooms, pepper chunks,
 cauliflower

Method:

Cut beef into paper thin strips. Place ginger, garlic and oil in a casserole dish. Cook on HIGH for 1 minute. Mix together stock, soy sauce, Hoi Sin sauce and cornflour. Add to garlic and ginger mixture. Cook on HIGH for 2 minutes. Add vegetables and cook, covered, on HIGH for 4 to 6 minutes. Mix well. Add meat strips and cook on HIGH for 6 to 8 minutes, stirring halfway through cooking. Stand covered for 3 minutes before serving with boiled rice.

GOULASH C

Serves: 4

Ingredients:

500 g lean lamb, cubed
 1 onion, chopped
 1 clove garlic, crushed
 1 tbsp butter or margarine
 2 tbsp tomato paste
 ½ tsp paprika
 1 small pepper, cut into 2.5 cm cubes
 1 cup beef stock
 1 tbsp flour
 1 tbsp water
 2 tbsp sour cream

Method:

Place onion, garlic and butter in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add tomato paste and paprika and cook on HIGH for a further 2 minutes. Add lamb, green pepper and stock.

To Cook by Microwave:

Cover and cook on MEDIUM-HIGH for 24 to 26 minutes. Mix flour with 1 tbsp of water and stir into goulash mixture. Cook on HIGH for 1 to 2 minutes. Stir in sour cream and serve with noodle salad or vegetables.

To Cook by Combination:

Prepare as above. Cover and cook on COMBINATION 1 for 40 to 45 minutes. Add flour and thicken as above. Stir in sour cream.

VEAL AND PINEAPPLE CASSEROLE C

Serves: 4 to 6

Ingredients:

750 g veal steak, diced
 2 tbsp seasoned flour
 5 rashers bacon, rind removed
 2 onions, sliced
 450 g can pineapple pieces,
 drained
 2 tbsp parsley, finely chopped
 ½ tsp dried basil
 1 cup tomato puree
 1 chicken stock cube, crumbled
 (1 tsp chicken stock powder)

Method:

Toss veal in flour. Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in a casserole dish. Mix well.

To Cook by Microwave:

Cook on MEDIUM-HIGH for 30 to 35 minutes, stirring halfway through cooking.

To Cook by Combination:

Prepare as above. Cook on COMBINATION 1 for 50 to 55 minutes.



Veal and Pineapple Casserole

LAMB CHOPS WITH SPICY SAUCE **G**

Serves: 4

Ingredients:

Marinade:

¼ cup Medium or Dry Sherry
3 tbsp tomato paste
2 tbsp vegetable oil
2 tbsp lemon juice
2 cloves garlic, crushed
1 tsp chilli powder
1 tsp coriander powder
1 tsp ground ginger
1 tbsp finely chopped fresh parsley
freshly ground black pepper to taste
8 lamb loin chops (approx. 800 g)

Method:

Combine all marinade ingredients to form a thick mixture. Place chops in a single layer in a shallow dish and pour marinade mixture over. Allow to marinade for at least 6 to 8 hours in the refrigerator.

To Cook by Microwave:

Remove chops from marinade (reserving this mixture) and place chops on a rack in a shallow dish. Cook on HIGH for 8 to 10 minutes, turning over halfway through cooking. Place marinade mixture into a jug and heat on HIGH for 30 to 40 seconds. Arrange chops on a serving platter, then pour the sauce over them. Serve garnished with parsley or watercress.

To Grill:

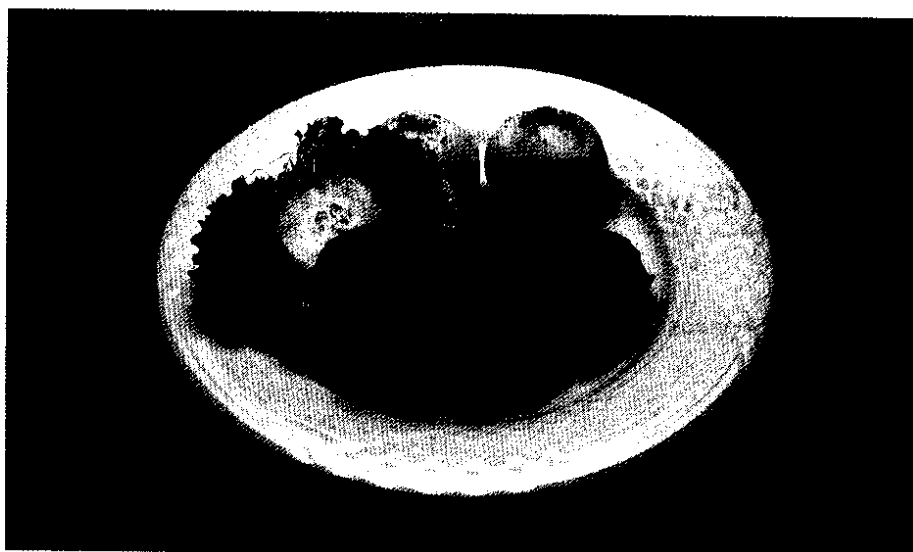
Marinate chops as above. Remove turntable and roller ring. Preheat oven to GRILL 1. Place chops on grill tray and cook on GRILL 1 for 12 to 14 minutes, turning over halfway through cooking. Reserve marinade as above and serve, warmed, over chops.

MEDITERRANEAN CURRY

Serves: 4

Ingredients:

1 tbsp oil
1 large onion, chopped
1 large tomato, chopped
2 tbsp curry powder
1 tsp chilli powder
1 kg chuck steak, fat removed and cut into 2.5 cm cubes
1 tsp salt
1 cup beer
½ cup water
1 tbsp malt vinegar



Lamb Chops with Spicy Sauce

Method:

Place oil, onion and tomato in a large casserole dish and cook on HIGH for 4 to 5 minutes. Stir in curry powder, chilli powder and meat and cook on HIGH for a further 5 minutes. Add remaining ingredients, ensuring the meat is under the liquid. Cook, uncovered, on HIGH for 5 minutes, then on MEDIUM for 1 to 1¼ hours. Stir and Serve with rice.

LAMBS FRY AND BACON

Serves: 4

Ingredients:

750 g liver
¼ cup flour
250 g bacon, rind removed and bacon cut into 2 cm strips
2 onions, sliced
1 tbsp butter
ground black pepper
1 tbsp chopped parsley

Method:

Soak liver in water for 30 minutes, remove skin and cut liver into thin strips. Coat liver with flour and shake off any excess. Place bacon and onion into a 3-litre dish and cook on HIGH for 3 to 5 minutes. Remove and drain well on absorbent paper. Add half the butter to the dish and half the sliced liver. Cook on HIGH for 2 to 4 minutes, stirring halfway through cooking. Repeat with remaining butter and liver. Return all the liver to the dish and add bacon and onion, season with pepper and add parsley. Stir well. Cook on HIGH for 1 to 2 minutes and serve immediately.

BEEF BOURGUIGNONNE **C**

Serves: 4

Ingredients:

750 g topside beef
¾ cup red wine
1 clove garlic, crushed
1 bay leaf
125 g streaky bacon, rind removed and bacon chopped
12 button onions, peeled
1 tbsp flour
¾ cup beef stock
salt and freshly ground black pepper
2 to 3 tbsp brandy (optional)
125 g button mushrooms, cleaned and trimmed

Method:

Trim the meat and cut into 2.5 cm cubes. Place in a large casserole dish with the wine, garlic and bay leaf. Cover and leave several hours or overnight in a cold place. Place bacon in a shallow dish, cover with paper towel and cook on HIGH for 2 to 3 minutes. Mix in the flour then gradually add the stock. Combine all remaining ingredients, except brandy and mushrooms. Cook on COMBINATION 1 for 50 minutes. Add the brandy and mushrooms and return casserole to oven, uncovered, for a further 15 minutes on COMBINATION 1.

OXTAIL STEW **C**

Serves: 3 to 4

Ingredients:

1 oxtail, cut into joints
2 tbsp flour
1 tsp salt
pepper to taste
2 tsp beef stock powder
1 tsp bouquet garni, or mixed herbs
1 onion
1 carrot
1 small swede
1 stick celery, washed
2 cups hot water

Method:

Coat the meat in the seasoned flour. Peel and slice onion, carrot, swede and celery. Combine all ingredients in a large casserole dish. Cover and cook on COMBINATION 1 for 1½ to 1¾ hours. Stand 10 minutes before serving with mashed potatoes and green vegetables.

Note: If the oxtail does not seem to have enough meat to serve 3 to 4 people, add approximately 250 g of skirt steak, or stewing steak of your choice.

POT ROAST LEG OF HOGGET **C**

Serves: 4 to 6

Ingredients:

1.5 kg hogget leg
1 onion, peeled and sliced
1 tsp tarragon
1 tsp thyme
¾ cup white wine
½ tsp salt
pepper to taste
½ cup yoghurt
2 tbsp capers

Method:

Combine all ingredients, except yoghurt and capers in a large dish. Cover and cook on COMBINATION 1 for 1½ to 1¾ hours. Lift meat from casserole dish and allow to stand for 10 minutes. Skim fat off juices. Add yoghurt and capers. Carve meat and serve with sauce.

Note: Lamb may be used for this dish if hogget is not available.

FRUIT STUFFED PORK **C**

Serves: 4

Ingredients:

1 kg boneless roast of pork
1½ tbsp boiling water
½ tsp chicken stock powder
½ tbsp oil
1 tbsp onion, finely chopped
1½ sticks celery, sliced thinly
30 g dried apricots, soaked overnight
45 g wholemeal breadcrumbs
¼ tsp ground ginger
salt and pepper to taste

Sauce:

1 orange, juice and rind
300 ml ginger ale
2 tbsp cornflour
1 tbsp sugar
20 g butter

Method:

Combine water and chicken stock powder. Heat the oil in a bowl on HIGH for 20 seconds. Add the onion and celery and cook on HIGH for 1½ to 2 minutes. Chop the apricots and mix together with the stock, cooked onion, celery, breadcrumbs and ginger. Season to taste. Fill the pork with stuffing, securing with string. Place on a rack in a shallow dish.

To Cook by Auto Weight

Combination:

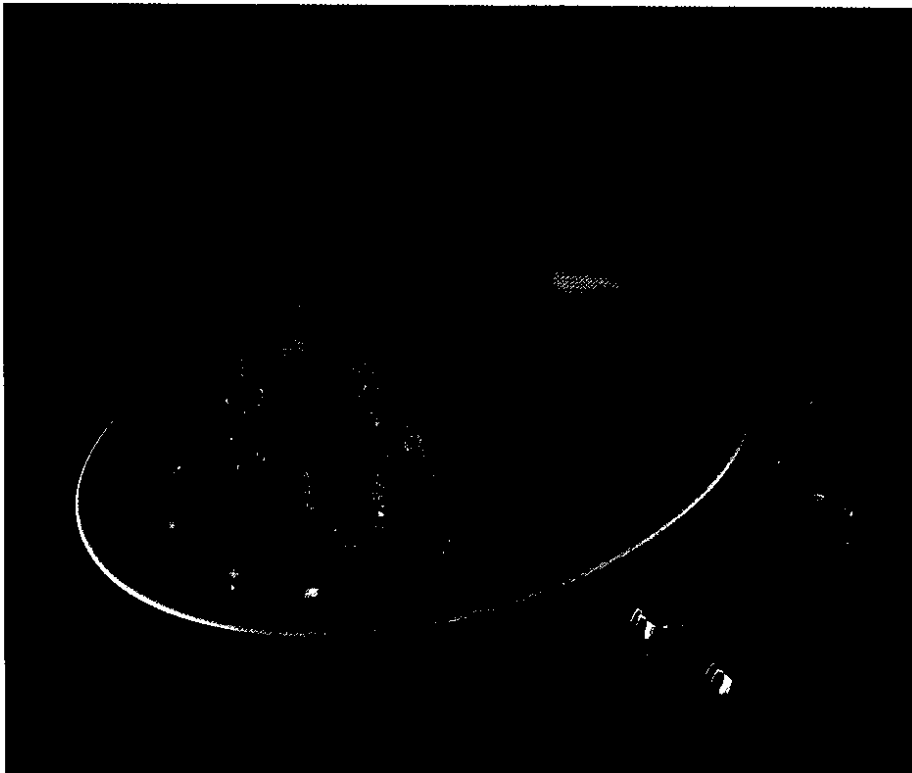
Cook on Auto Combination-Pork, programming in the oven-ready weight of the pork. Stand wrapped in foil for 10 to 15 minutes before carving.

To Cook by Combination:

Cook on COMBINATION 3, allowing 22 minutes per 500 g oven-ready weight.

To Make Sauce:

Grate the rind from the orange and squeeze out the juice. Make the juice up to 300 ml with ginger ale. Blend the cornflour, sugar and rind with a little of this liquid. Heat the remaining liquid on HIGH for 1½ minutes and add to the cornflour. Cook on HIGH for a further 3 to 4 minutes, stirring once until thickened. Beat in the butter and serve with stuffed pork.



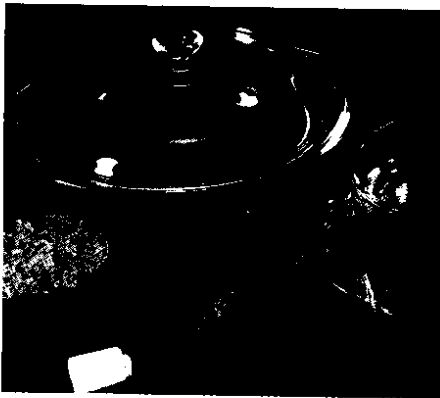
Fruit Stuffed Pork

Rice, Pasta & Cereal



Pesto and Egg Noodles

Directions for Cooking Rice and Other Grains by Microwave



Follow directions in chart on page 83 for recommended dish size, amounts of water and cooking time. Add grain to water. Add salt and butter according to package directions.



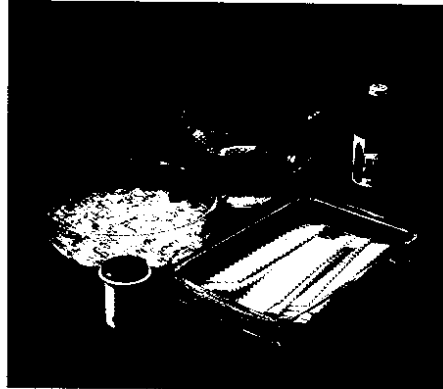
Cook on HIGH for time recommended in chart. Allow to stand covered before serving.



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

Directions for Cooking Pasta by Microwave

Follow directions in chart on page 83 for recommended dish size, amount of water and cooking time. To the water add 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for times recommended in chart.



Cook, on HIGH. Stir twice. Test pasta for desired cooking before adding more time. Slightly undercook pasta that will be heated again in a casserole. Stir and let stand, uncovered, 5 minutes.



Drain and rinse before serving.

To Cook Rice and Pasta by One-Touch Sensor—Model NN-9850:

When cooking by One-Touch Sensor food has to be covered in order that when it reaches a certain temperature, a burst of steam makes its way out of the dish and is monitored by the sensor. The oven is then able to calculate the remaining cooking time, which will appear in the display.

It is important, therefore, when cooking rice and pasta by sensor to use a large dish, at least twice the capacity of the liquid being used, in order to avoid boil over. It helps to grease a 1 cm deep rim around the top of the dish if you are concerned that the liquid will boil over.

When cooking pasta by manual microwave it is put into boiling water to prevent it sticking together. However, when cooking by One Touch Sensor you must start with cold water. In order to prevent the pasta sticking together, therefore, add a tablespoon of oil to the water and when the time appears in the display uncover the dish and stir the pasta thoroughly. Continue to cook uncovered.

It is also recommended that you uncover rice when the time appears in the display. This will help to avoid boil over.

DO NOT cook unpolished rice (brown rice) on One Touch Sensor as it needs longer cooking than other types of rice or pasta. It should be cooked by power and time according to the chart on page 83.

Rice, Pasta and Grains Chart for Microwave Cooking

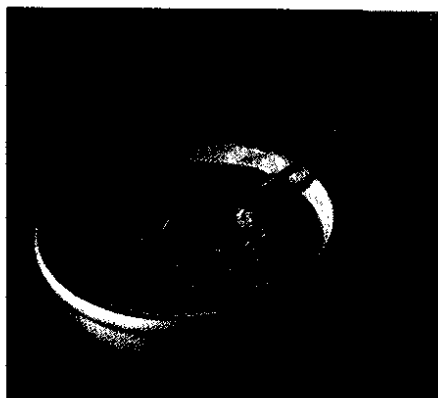
ITEM	CONTAINER	AMOUNT OF WATER	APPROX. TIME TO COOK on HIGH (in minutes) UNCOVERED	STANDING TIME (in minutes)
RICE: Brown (1 cup)	2 litre jug	2 cups	22 to 24	10
Long Grain (1 cup)	2 litre jug	2 cups	10 to 12	5
Short Grain (1 cup)	2 litre jug	2 cups	10 to 12	5
BARLEY: (1 cup)	4 litre bowl	4 cups	20 to 25	10 (then drain)
NOODLES: Egg Noodles, Fettuccine medium width (250 g)	4 litre bowl	6 cups boiling	6 to 8	5
Elbow Macaroni (250 g)	4 litre bowl	4 cups boiling	6 to 8	5
Lasagna Noodles (250 g) instant	4 litre bowl	6 cups boiling	8 to 10	5
Spaghetti (250 g broken)	4 litre bowl	4 cups boiling	8 to 10	5
Speciality Noodles, bows, shells, etc. (250 g)	4 litre bowl	4 cups boiling	8 to 10	5

Drain rice and pasta after standing, if necessary.

Directions for Cooking Hot Cereal by Microwave



Combine $\frac{1}{4}$ cup of quick cooking oats, pinch salt and $\frac{2}{3}$ cup hot tap water in a breakfast bowl.



Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking.



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

PESTO AND EGG NOODLES

Serves: 6 to 8

Ingredients:

6 cups boiling water
250 g packet egg noodles
2 cloves garlic, crushed
½ cup chopped fresh basil leaves
⅓ cup chopped fresh parsley
1 tbsp pinenuts, finely chopped
½ cup parmesan cheese
1 cup olive oil
salt and black pepper

Method:

Place water in a 4-litre casserole dish. Add egg noodles. Cook on HIGH for 6 to 8 minutes. Mix together garlic, basil, parsley, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained noodles.

Tip: Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.

BOILED NOODLES

Serves: 3 to 4

Ingredients:

1 cup macaroni noodles
3 cups water
½ tsp salt
1 tbsp oil

Method:

To Cook by Microwave:

Place all ingredients in a 4-litre casserole dish. Cook on HIGH for 12 to 15 minutes, stirring thoroughly halfway through cooking. Stand covered for 10 minutes. Drain, stir and serve.

To Cook by One Touch Sensor:

Place all ingredients in a 4-litre casserole dish. Cover with a fitting lid, or with plastic wrap. Cook on One Touch Sensor Rice/Pasta. As soon as the time appears in display, uncover and stir well. Continue cooking uncovered. Stand covered for 10 minutes. Drain. Stir and serve.

STIR FRIED RICE

Serves: 4

Ingredients:

1 tbsp vegetable oil
1 clove garlic, crushed
1 cm piece green ginger, finely chopped
1 small carrot, finely chopped
1 stick celery, sliced
½ green or red pepper, cut in strips
6 to 8 medium mushrooms, sliced
3 spring onions, chopped
2 eggs
1 small can shrimps (optional)
1 to 2 tbsp soy sauce
2 cups cooked brown rice (refer page 83)

Method:

Place oil, garlic and ginger in a large shallow dish and cook on HIGH for 2 to 2½ minutes. Add carrot, celery and pepper and cook a further 3 minutes on HIGH. Break eggs into a small dish, add pepper to taste, mix well and cook on HIGH for 1½ to 2 minutes. Slice into thin strips. Add eggs, plus all remaining ingredients, to vegetable mixture and stir well. Cook on HIGH for 3 to 5 minutes to heat thoroughly. Serve.

Note: 1 cup uncooked brown rice will yield 2 cups cooked.

PILAF

Serves: 4 to 6

Ingredients:

30 g butter
1 onion, finely chopped
2 cups long grain rice
salt and pepper
4 cups boiling chicken stock
100 g cashew nuts
50 g sultanas

Method:

Melt butter in a 3-litre casserole dish on HIGH for 30 to 40 seconds. Add onion and cook on HIGH for 2 to 3 minutes, or until softened. Add rice and seasonings. Stir. Cook on HIGH for 2 minutes, or until rice becomes translucent. Pour over boiling stock and stir.

To Cook by Microwave:

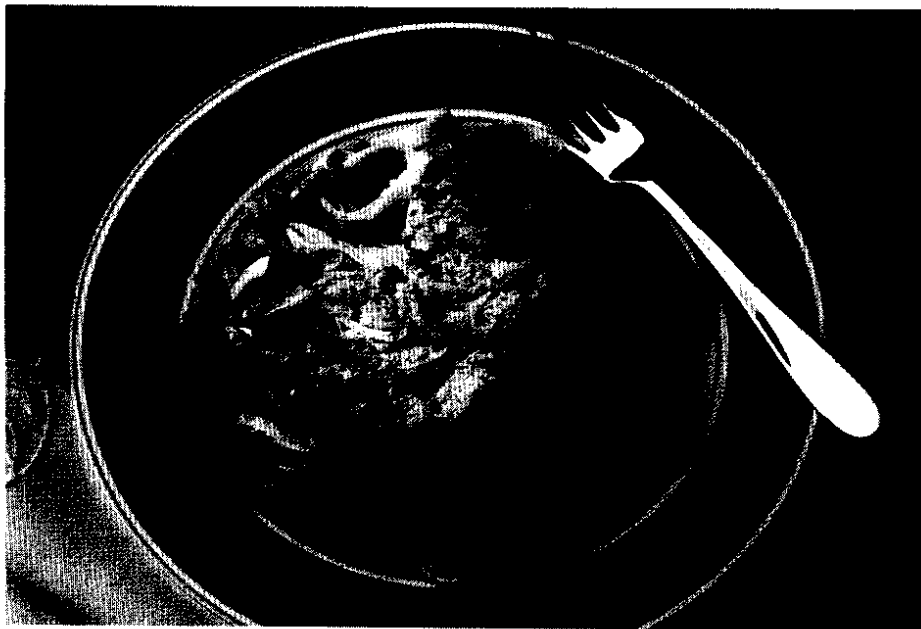
Cook on HIGH for 14 to 16 minutes. Drain off excess liquid. Stir through cashews and sultanas. Serve hot with your favourite chicken dish.

To Cook by One Touch Sensor:

Prepare as above but use cold stock instead of boiling. Cover dish with fitting lid or plastic wrap. Cook on One Touch Sensor Rice/Pasta. As soon as time appears in the display uncover and stir well. Continue cooking uncovered. Drain off any excess liquid after 10 minutes standing, then stir through cashews and sultanas.



Pilaf



Bacon and Onion Fettuccine

BACON AND ONION FETTUCCINE

Serves: 4

Ingredients:

250 g fettuccine
4 cups hot tap water
1 tbsp butter
1 onion, finely chopped
1 clove garlic, crushed
3 rashers of bacon, rind removed and bacon chopped
¼ cup cream
1 tbsp parmesan cheese
2 tbsp finely chopped parsley
½ tsp freshly ground black pepper
¼ salt
1 tbsp extra parmesan cheese

Method:

Place fettuccine and water in a 3-litre casserole dish. Cook on HIGH for 8 to 10 minutes. Stand, covered, for 2 minutes. Drain. Place butter in a 2-litre casserole dish and cook on HIGH for 30 seconds. Add onion, garlic and bacon and cook on HIGH for 5 minutes. Add cream, parmesan cheese, parsley, drained fettuccine and seasonings and mix well. Cook on HIGH for 2 minutes. Serve sprinkled with extra parmesan cheese.

POPCORN

Serves: 2 to 4

Ingredients:

2 tsp butter
3 tbsp popping corn

Method:

Place all ingredients in a loosely twisted oven bag. Place bag on an inverted microwave safe plate. Cook on HIGH for 2 to 3 minutes. Remove from bag and serve sprinkled with salt.

Tip: Not all kernals will be popped.

PORRIDGE

Serves: 1

Ingredients:

¼ cup quick cooking oats
pinch salt
1 tbsp raisins or sultanas
⅔ cup hot tap water

Method:

Place all ingredients in a 1-litre dish or deep porridge bowl. Mix well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Stand for 2 minutes. Serve warm with milk or cream and brown sugar.

PASTA SALAD

Serves: 4

Ingredients:

225 g pasta shapes, i.e. shells, twists
1 tsp salt
6 cups boiling water
1 tbsp oil
45 g butter
120 g mushrooms, sliced
4 spring onions, finely chopped
1 small red pepper, deseeded and cut in julienne strips
1 small green pepper, deseeded and cut in julienne strips
140 ml salad oil
3 tbsp malt vinegar
1 tbsp tomato paste
1 tsp poppy seeds
2 tsp mixed dried herbs
cracked pepper to taste

Method:

Place pasta, salt, water and oil in a large bowl. Cook on HIGH for 8 to 10 minutes, then leave to stand, covered, for 5 minutes. Drain and leave to thoroughly cool. Place the butter in a bowl and cook on HIGH 30 to 40 seconds to melt. Add the mushrooms and cook on HIGH for 1½ to 2 minutes. Drain and leave to cool. When pasta and mushrooms are thoroughly cold place in a large bowl with spring onions and peppers. Put the salad oil, vinegar, tomato paste, poppy seeds, herbs and cracked pepper in a screw topped jar and shake to thoroughly combine. Pour over the pasta mixture and stir until all the ingredients are coated with dressing. Chill well before serving.

BOILED BROWN RICE

Serves: 3 to 4

Ingredients:

1 cup brown rice
2 cups water
½ tsp salt

Method:

Place all ingredients in a 4-litre casserole dish. Cook on HIGH for 22 to 25 minutes. Stand, covered, for 10 minutes. Drain and rinse under hot water.

CABBAGE ROLLS WITH RICE AND NUT STUFFING

Serves: 4

Ingredients:

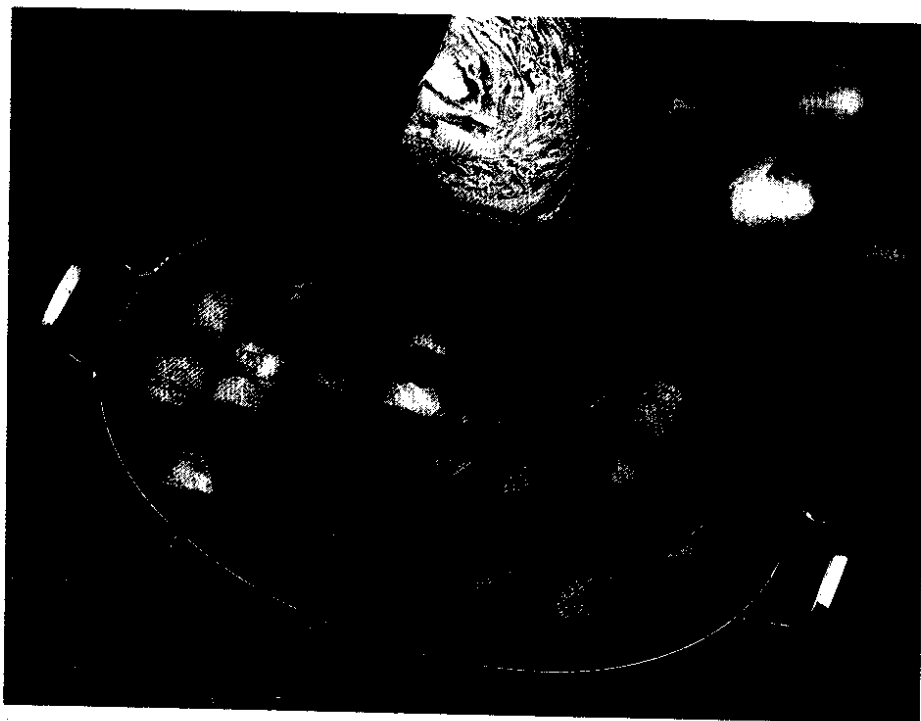
1 cabbage
(approx. 12 large leaves)

Stuffing:

1 cup diced onion
1 clove garlic, crushed
1 tbsp oil
1 cup brown rice
1 tsp tomato paste
1 tsp dried mint
1 tsp dried dill
½ tsp cinnamon
pepper
3½ cups vegetable stock
½ cup raisins, chopped
1 tbsp currants
½ cup chopped nuts
1 cup vegetable stock, extra

Method:

Cut core out of cabbage to release leaves. Place whole cabbage in a 3-litre casserole dish and cook on HIGH for 5 minutes. Remove outer leaves. Cook on HIGH for 2 minutes, until 12 nice leaves are obtained. Place onion, garlic and oil in a casserole dish. Cook on HIGH for 1 to 2 minutes. Rinse rice, add to onion and cook for 30 seconds. Add tomato paste, mint, dill, cinnamon, pepper and vegetable stock. Mix well. Cook covered on HIGH for 40 to 45 minutes. Stand covered for 10 minutes. Add raisins, currants and nuts to rice mixture and mix well. Lay 1 cabbage leaf flat, place a tablespoon of mixture into centre of leaf. Fold in sides and roll up. Continue to fill remaining leaves in the same way. Place rolls, seam side down, into a greased 3-litre casserole dish. Pour over extra stock and cook covered on HIGH for 10 minutes. Serve.



Cabbage Rolls with Rice and Nut Stuffing

ASPARAGUS AND MACARONI

Serves: 4

Ingredients:

440 g can cream of chicken soup
440 g can asparagus cuts
⅛ tsp cayenne pepper
pinch nutmeg
1 cup grated cheddar cheese
2 cups cooked macaroni
(refer page 83)
1 cup soft breadcrumbs
1 cup extra grated cheddar cheese

Method:

Combine chicken soup, juice from asparagus cuts, cayenne pepper, nutmeg and cheese. Place half the macaroni into the bottom of a 3-litre casserole dish. Pour over one-third of the soup mixture and then sprinkle with half of the asparagus. Repeat layers ending with soup mixture. Combine breadcrumbs and extra cheese and sprinkle over the top of mixture. Cook uncovered on MEDIUM-HIGH for 15 to 18 minutes. Remove turntable and roller ring. Preheat oven to GRILL 1. Cook on GRILL 1 for 3 to 4 minutes, until golden.

MUESLI

Makes: 3½ cups

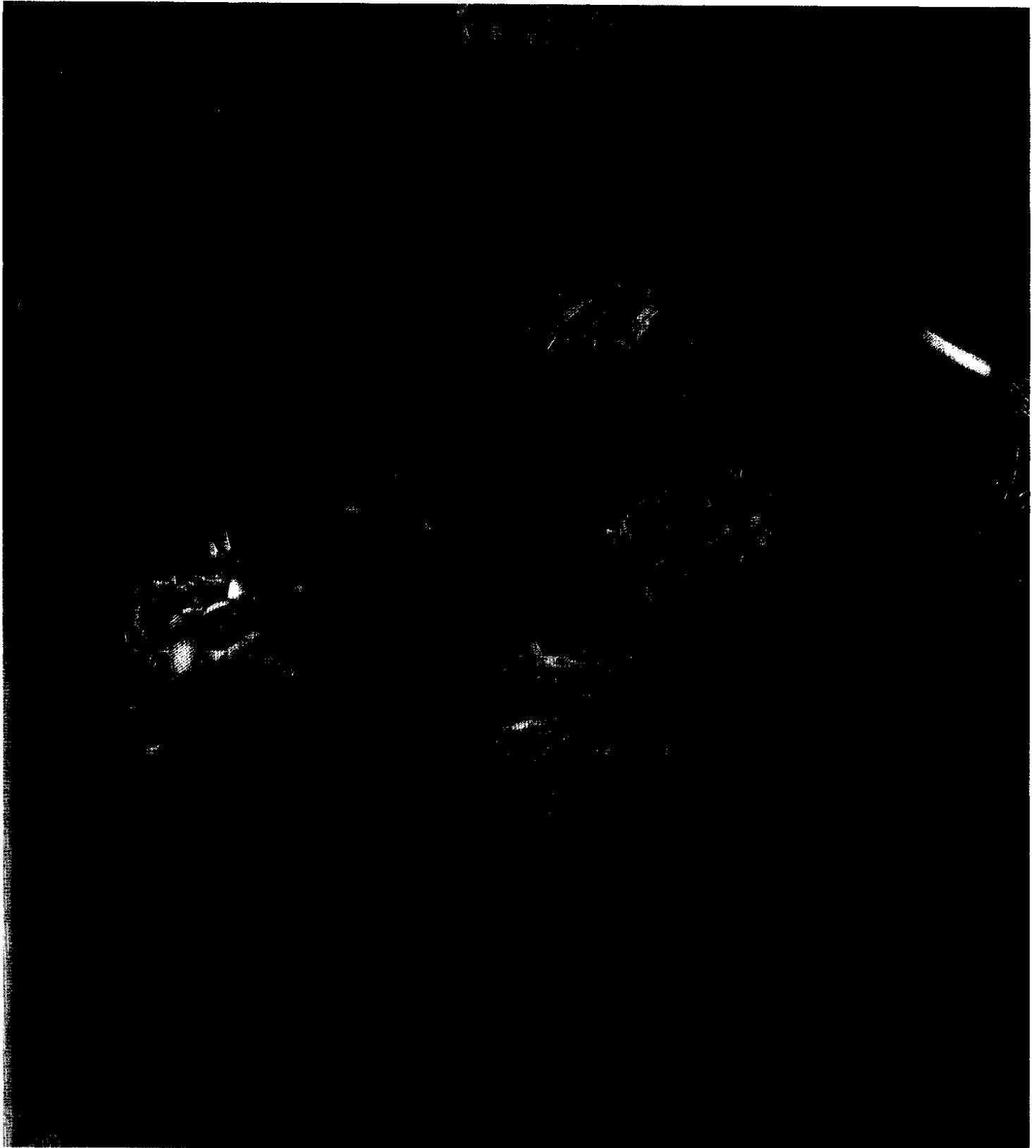
Ingredients:

⅓ cup honey
¼ cup oil
2 cups rolled oats
¼ cup bran
¼ cup wheat germ
¼ cup coconut
¼ cup nuts (chopped)
¼ cup sunflower seeds
¼ cup sesame seeds
½ cup mixed dried fruit of your choice

Method:

Warm honey and oil (approximately 30 seconds) on HIGH until honey is melted, stirring once. Place remaining ingredients except dried fruit in a large container and stir in honey mixture. Cook on HIGH for 6 to 7 minutes, stirring once. Stir in selected dry fruit. Leave to go cold and store in an airtight container.

Vegetables



Stuffed Tomatoes

Directions for Cooking Fresh Vegetables by Microwave



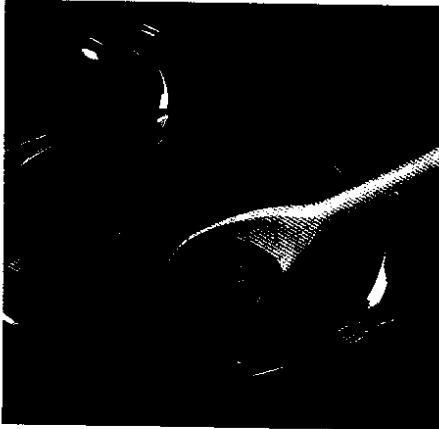
Weights given in the chart on page 90 for fresh vegetables are trimmed weights.



Place vegetables in a casserole dish. Add 2 to 3 tablespoons of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.



Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate.



Cook on HIGH according to time recommended in charts.

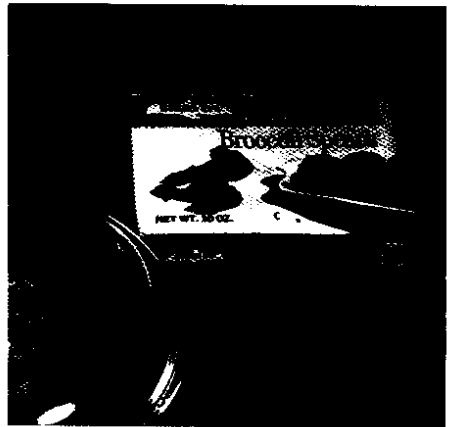


Allow to stand covered according to the time indicated in the chart.

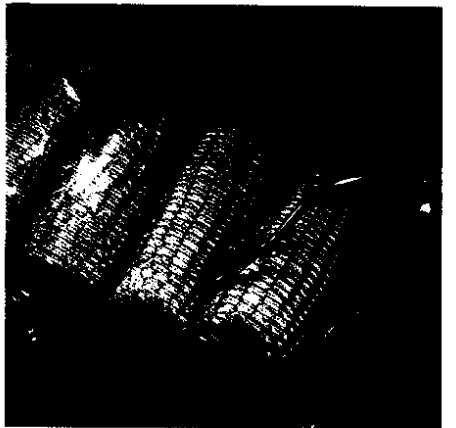
Directions for Cooking Frozen Vegetables by Microwave



Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in a pouch should be placed on a dish and the top pierced.



Cook on HIGH according to directions given in chart on page 89. Vegetables should be cooked covered with a lid or plastic wrap.



Stir after cooking. Allow to stand for 2 to 3 minutes before serving.

To Blanch Vegetables

Wash vegetables and slice or chop into even sizes ready for cooking. Place approximately 500 g vegetables at a time into dish, add ¼ to ½ a cup of water and cover. Cook on HIGH for 3½ to 5 minutes, or until vegetables are very hot and an even, bright colour. Plunge immediately into iced water. Pat dry on paper towel and package in freezer bags, ensuring all air is extracted. Seal, label and date.

Directions for Cooking Vegetables by One Touch Sensor

When using One Touch Sensor Cook there is no need to program in either the power level or time. The oven senses steam escaping from the vegetables as they cook and automatically calculates the appropriate cooking time.

When cooking root vegetables press the One Touch Sensor Vegetable pad once, then press Start. For green vegetables press the One Touch Sensor Vegetable pad twice, then press Start. The setting you have selected will be indicated in the displayed.

The majority of vegetables cook best with the addition of approximately 2 tablespoons of water but check the vegetable chart on page 90 for cooking tips. Vegetables should be cooked in a covered dish.

Jacket potatoes and kumaras cook well on the root vegetable setting and do not need to be covered. Simply prick the skin 2 or 3 times and place the vegetables on a paper towel on the turntable. Select Root Vegetables, then press Start.

Frozen Vegetable Cooking Chart—Vegetables should be cooked on **HIGH** power for best results.

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes)
Beans	250 g	Cook in covered dish	5 to 6
Broad Beans	500 g	Cook in covered dish	7 to 8
Broccoli	350 g	Cook in covered dish	6 to 8
Brussels Sprouts	500 g	Cook in covered dish	7 to 9
Carrots (baby)	250 g	Cook in covered dish	5 to 6
Cauliflower	250 g	Cook in covered dish	5 to 6
Corn	250 g (2 × ½ cobs) 750 g	Cook in covered dish	4 to 5 10 to 12
Mixed Vegetables: Small Chunky	250 g 250 g	Cook in covered dish	3 to 4 5 to 6
Peas	250 g	Cook in covered dish	5 to 6
Spinach	250 g	Cook in covered dish	5 to 6

Fresh Vegetable Cooking Chart

Vegetables should be sliced or chopped as evenly as possible for optimum results.

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME ON HIGH (in minutes)	ONE TOUCH SENSOR SETTING
Asparagus	250 g	Remove coarse end of stalks. Add ½ cup water.	4 to 6	2 presses
Beans (sliced)	250 g	¼ cup water per 250 g.	5 to 7	2 presses
Broccoli	500 g	Cut into flowerettes. Add 2 tablespoons water.	7 to 9	2 presses
Brussels Sprouts	500 g	Cut a small cross in the stem of each sprout. Add 2 tablespoons water.	7 to 9	2 presses
Cabbage	500 g	Shredded, with rinsing water only.	8 to 10	2 presses
Carrots	250 g sliced	Slice evenly. Add 2 tablespoons water.	5 to 7	1 press
Cauliflower	500 g	Cut into flowerettes. Add 2 tablespoons water.	7 to 9	2 presses
Celery	400 g (cut in 1 cm angled pieces)	Slice evenly. Add 2 tablespoons water.	6 to 8	2 presses
Corn	500 g (2 ears) 1 kg (4 ears)	Add 2 tablespoons water.	6 to 8 8 to 10	1 press
Courgette	500 g	Evenly sliced. No water.	6 to 8	2 presses
Kumara	500 g	Serving size pieces, rolled in butter in shallow dish, turned once during cooking. In jacket, skin pricked on paper towel.	9 to 11	1 press
Leeks	500 g	Cut in 1 cm slices. Add 2 tablespoons water.	7 to 9	2 presses
Mushrooms	250 g sliced	No water. Add 2 tablespoons butter.	3 to 4	2 presses
Onions	250 g	Peeled, whole. Add 2 tablespoons water.	4 to 6	1 press
Parsnips	500 g	Sliced evenly. 2 tablespoons water.	8 to 10	1 press
Peas	250 g	Shell peas. Add 2 tablespoons water.	4 to 6	2 presses
Potatoes: —Mashed —Jacket	500 g	Peeled and quartered with 2 tablespoons water or scrub and prick skins. Place on paper towel, uncovered.	7 to 9 6 to 8	1 press
Pumpkin	500 g	Cut into uniform pieces with a little butter if desired, or 2 tablespoons water.	8 to 10	1 press
Spinach	250 g	With rinsing water. Cut stem and leaves finely.	4 to 6	2 presses
Tomatoes	300 g	With 1 tablespoon melted butter.	2 to 4	2 presses

Note: When softer vegetables are required, add a little extra water before adding any more time.



Directions for Cooking Dried Beans or Peas by Microwave



Place hot water, in a 4-litre casserole dish.

Bring hot water to the boil on HIGH for 12 to 14 minutes.



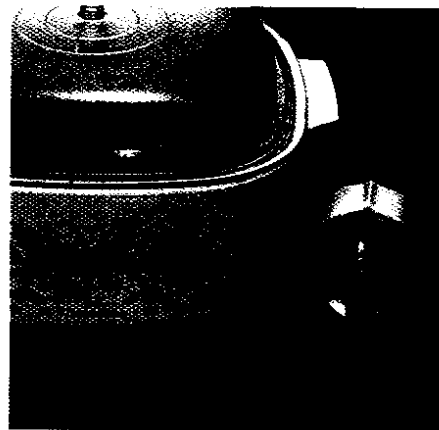
To Cook by Microwave:

Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir.

Note: Beans such as red kidney beans and lima beans should be soaked overnight before cooking.



250 g of dried beans equals about 3 cups cooked. Use in place of canned beans.



Allow to stand, covered, for 15 to 30 minutes.

Dried Beans or Peas Chart for Microwave Cooking

ITEM	CONTAINER	AMOUNT OF BOILING WATER	TO COOK BEANS on MEDIUM (in minutes) COVERED
Lentils (250 g)	4-litre casserole	2 litre (8 cups)	30 to 40
Soup Mix (250 g)	4-litre casserole	2 litre (8 cups)	20 to 30
Split peas or Lentils (250 g)	4-litre casserole	2 litre (8 cups)	30 to 40

STUFFED TOMATOES

Serves: 2

Ingredients:

2 large tomatoes
¼ cup fresh breadcrumbs
¼ cup grated cheese
4 spring onions, finely sliced
1 tbsp finely chopped parsley
salt and pepper to taste
¼ cup extra grated cheese

Method:

Cut tops off tomatoes. Gently prick skins. Scoop out pulp of tomato with a teaspoon. Mix with remaining ingredients, except extra cheese. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes in a shallow dish and cook on HIGH for 2 to 4 minutes. Serve.

Note: To cook four stuffed tomatoes, cook on HIGH for 4 to 6 minutes.

BROCCOLI AND CHEESE SAUCE

Serves: 2 to 3

Ingredients:

250 g broccoli, washed, trimmed and cut into flowerettes
2 tbsp water

Cheese Sauce:

2 tbsp butter
2 tbsp flour
1 cup milk
¾ cup grated tasty cheese
¼ mustard
salt and pepper

Method:

Place broccoli and water in a casserole dish. cover and cook on HIGH for 5 to 6 minutes, or on One Touch Sensor Vegetables. Drain and set aside. Place butter in a 4-cup jug and cook on HIGH for 20 second. Add flour and mix well. Cook on HIGH for 20 to 30 seconds. Add milk gradually and stir well. Cook on HIGH for 3 to 4 minutes, or until sauce has thickened, stirring halfway through cooking. Add cheese, mustard, salt and pepper and mix well. Pour sauce over broccoli and cook on MEDIUM-HIGH for a further 1 minute.

ORIENTAL VEGETABLES

Serves: 4 to 6

Ingredients:

1 tbsp oil
1 cup celery, sliced diagonally
1 large onion, cut into petals
1 green pepper, cut into 2.5 cm pieces
1 red pepper, cut into 2.5 cm pieces
1 cup sliced mushrooms
1 tbsp oyster sauce
1 tbsp Hoi Sin sauce
2 tsp soy sauce

Method:

Preheat a browning dish on HIGH for 7 minutes. Add oil and vegetables and stir well. Cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Mix together sauces in a 1-cup glass jug and cook on HIGH for 1 minute. Pour over hot vegetables and mix well.

POTATO CASSEROLE

Serves: 4 to 6

Ingredients:

750 g peeled and sliced potatoes (approx. 6)
½ cup sour cream
3 spring onions, finely chopped
1 small onion, thinly sliced
¼ cup tasty cheddar cheese, grated
2 rashers bacon, finely chopped

Method:

Layer potatoes, sour cream, spring onions and onion in a 2-litre casserole dish. Top with cheese and bacon. Cover and cook on HIGH for 18 to 20 minutes, or cook on One Touch Sensor Root Vegetables. Stand covered for 5 to 10 minutes before serving.

Tips: Sliced potatoes rather than quartered need less cooking time. Desired cooking control can be selected for "more" or "less" cooking when using One Touch Sensor.

TOMATO AND ONION



Serves: 4

Ingredients:

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

Method:

Place all ingredients into a 2-litre casserole dish. Cook covered on HIGH for 7 to 10 minutes, or cook on One Touch Sensor Vegetables. Serve with barbecued steak or grilled meat.

CORN ON THE COB

Serves: 4

Ingredients:

4 corn cobs
2 tbsp butter
salt and pepper

Method:

Place corn cobs in a 3-litre casserole dish and dot with butter. Cook covered on HIGH for 12 to 14 minutes, or cook on One Touch Sensor Root Vegetables. Stand covered for 5 minutes. Season with salt and pepper.



Corn on the Cob

HONEY GLAZED CARROTS

Serves: 4 to 6

Ingredients:

500 g carrots (approx. 4)
2 tbsp brown sugar
2 tsp butter
2 tbsp honey

Method:

Peel and thinly slice carrots. Place all ingredients in a 2-litre casserole dish. Cover and cook on HIGH for 6 to 8 minutes, or on One Touch Sensor Root Vegetables. Serve.

BRAISED CELERY

Serves: 4

Ingredients:

1 tbsp butter
4 large stalks celery, diagonally sliced
1 onion, chopped
¼ cup finely chopped green pepper
½ cup chopped ham
salt and pepper

Method:

Place butter in a 2-litre casserole dish and cook on HIGH for 40 seconds. Add celery, onion and green pepper. Cover and cook on HIGH for 4 minutes. Add ham, salt and pepper to taste. Mix well and cook, covered, on HIGH for a further 2 to 4 minutes. Stir and serve.

MINTED PEAS

Serves: 4

Ingredients:

1 kg fresh peas, podded
1 tsp water
1 tsp butter
1 tbsp chopped mint
salt and pepper

Method:

Combine all ingredients in a 1-litre casserole dish. Cover and cook on HIGH for 6 to 8 minutes, or cook on One Touch Sensor Vegetables.

Tip: Frozen peas can be substituted for fresh. 250 g frozen peas will take 6 to 8 minutes on HIGH. Do not cook frozen peas on One Touch Sensor.

STUFFED GREEN PEPPERS

Serves: 4

Ingredients:

4 medium sized green peppers, remove tops and seeds
1 cup cooked rice
½ tsp mixed herbs
1 onion, finely chopped
1 cup finely chopped ham or chicken
¼ cup cream
salt and pepper to taste
½ cup grated tasty cheddar cheese
paprika

Method:

Cook peppers in a 2-litre covered casserole dish on HIGH for 6 to 8 minutes. Drain off excess water. Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill peppers. Top with grated cheese. Cook uncovered on HIGH for 3 to 5 minutes. Serve sprinkled with paprika.

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

ONION AND GINGER YAMS

Serves: 4

Ingredients:

500 g yams, scrubbed
½ small onion, minced or finely chopped
1 tsp grated root ginger
1 tbsp runny honey

Method:

Place yams in a covered dish with 2 tablespoons of water. Cook on HIGH for 8 to 10 minutes. Drain. Combine remaining ingredients and stir carefully through the yams. Heat on HIGH for 1 minute. Serve.

VEGETABLE CASSEROLE

Serves: 2 to 4

Ingredients:

1 onion, thinly sliced
1 carrot, thinly sliced
1 courgette, thinly sliced
½ tsp ground coriander
¼ tsp turmeric
1 chicken stock cube (or 1 tsp chicken stock powder)
¾ cup hot tap water
1 tbsp butter
1 tbsp flour

Method:

Place onion, carrot, courgette, coriander, turmeric, stock cube, water and butter in a 2-litre casserole dish. Cook covered on HIGH for 5 to 7 minutes, or on One Touch Sensor Vegetables. Drain the liquid into a small bowl and blend with the flour. Mix well. Stir the flour mixture through the vegetables and cook on HIGH for 2 to 3 minutes. Stir and serve.

Tip: The greater the surface area of the vegetables the less time they will take to cook.

SPICED KUMARA

Serves: 4

Ingredients:

2 tbsp oil
2 kumara, thickly sliced
¼ tsp chilli powder
1 tbsp brown sugar
1 clove garlic, crushed
1 tbsp lemon juice
1 tbsp crunchy peanut butter

Method:

Preheat browning dish for 7 minutes, or follow manufacturers' instructions. Add oil and kumara slices and cook on HIGH for 2 to 3 minutes. Turn kumaras over and cook for a further 2 minutes. Gently stir in combined chilli powder, brown sugar, garlic, lemon juice and peanut butter. Cook on HIGH for 30 seconds before serving.

ARDENNIS STYLE POTATOES **O**

Serves: 4

Ingredients:

4 medium sized potatoes
100 g ham, finely diced
3 tbsp snipped chives
50 g butter
½ cup grated cheddar cheese
ground black pepper

Method:

Scrub potatoes, wash and pat dry with paper towel. Prick skins and place in a 2-litre casserole dish. Cook on HIGH for 6 to 8 minutes, or on One Touch Sensor Root Vegetables. Allow to cool slightly. Cut tops off potatoes and scoop out pulp from centre, leaving 1 to 2 cm in shell. Mash pulp and combine with remaining ingredients. Spoon filling back into potato shells. Place potatoes in a 2-litre casserole dish. Cook on HIGH for 2 to 3 minutes.

Note: If large potatoes are used, cook on HIGH for 8 to 10 minutes.



Ardennis Style Potatoes

DUCHESS POTATOES

G

Makes: 24

Ingredients:

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

Method:

Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Drain well and mash. Add egg and cream, mix until smooth. Season to taste with salt and pepper. Remove turntable and roller ring. Preheat oven on GRILL 2. Grease a 28 x 33 cm baking tray with melted butter. Place potato mixture into a piping bag and pipe mixture in approximately 5 cm circles onto baking tray. Cook on GRILL 2 for 5 to 7 minutes.

SCALLOPED POTATOES

Serves: 6 to 8

Ingredients:

1 kg old potatoes, peeled and thinly sliced
2 tbsp water
300 ml sour cream
¼ cup milk
salt and peper
paprika
1 tbsp snipped chives

Method:

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

CRISPY JACKET POTATOES **C**

Serves: 4

Potatoes should always be pricked with a skewer to prevent bursting.

Ingredients:

4 equal sized potatoes (approx. 450 g) salt
4 tbsp sour cream snipped chives

Method:

Scrub potatoes, wash and pat dry with paper towel. Prick skin and rub each potato with salt. Place potatoes in a 2-litre casserole dish. Cook on COMBINATION 4 for 30 to 35 minutes. With a sharp knife cut a cross in the top of each potato. Serve with sour cream and snipped chives.

MIXED JULIENNE VEGETABLES **O**

Serves: 4

Ingredients:

3 spring onions, trimmed
4 medium carrots, peeled
2 large courgettes, trimmed
1 large red or green pepper, cored
and seeded
25 g butter
1 tsp dried oregano
1 tsp lemon juice
salt and pepper to taste

Method:

Cut the vegetables into neat strips 5 cm long and 1/2 cm wide. Put the butter into a medium sized serving dish and cook on HIGH for 30 seconds until melted. Stir in the vegetables, oregano, lemon juice, salt and pepper and mix together. Cover and cook on HIGH for 6 to 8 minutes until the vegetables are tender, or cook on One Touch Sensor Vegetables. Serve immediately.

CHEESY MASHED POTATOES **O**

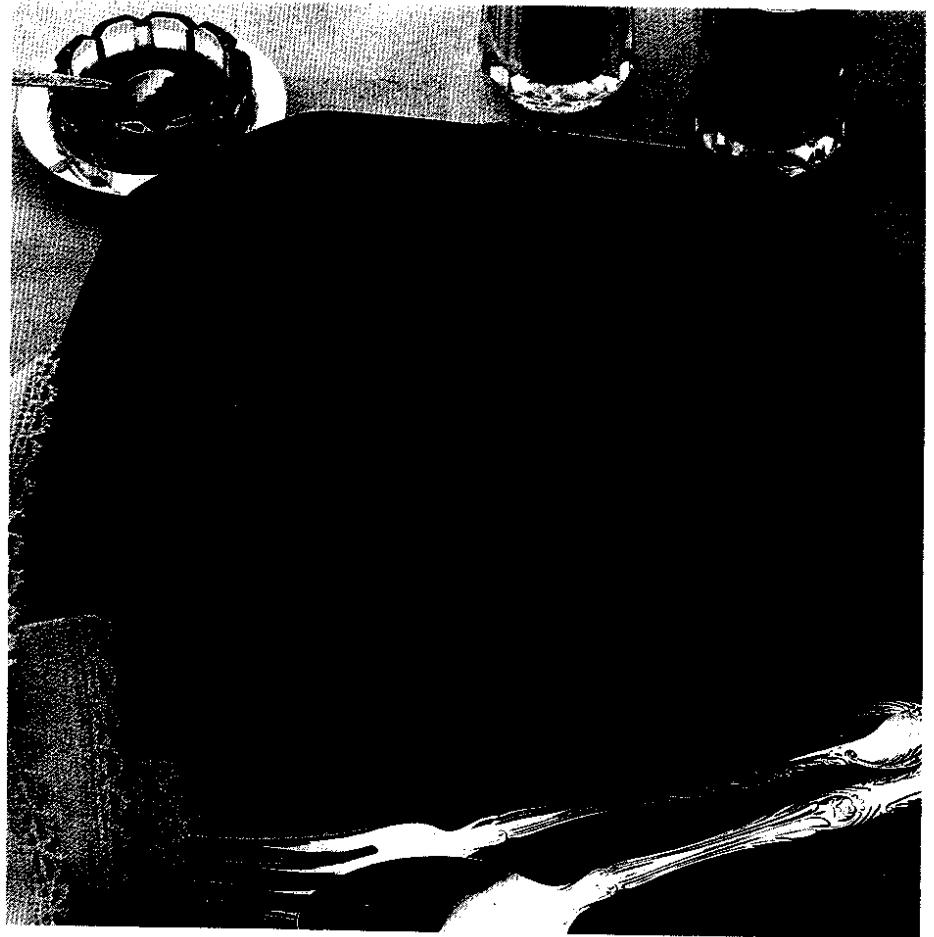
Serves: 4

Ingredients:

500 g potatoes, peeled and
quartered
1/4 cup water
1/4 cup milk
1 tbsp butter
1/4 cup grated cheese
pinch nutmeg

Method:

Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 6 to 10 minutes, or on One Touch Sensor Root Vegetables. Drain. Mash potatoes with a potato masher. Add remaining ingredients, except nutmeg. Mix well. Cook on HIGH for 1 minute. Sprinkle with nutmeg. Stir well before serving.



Fanned Potatoes

PARMESAN ASPARAGUS **O**

Serves: 2 to 4

Ingredients:

1 bunch asparagus spears
2 tbsp water
1 tbsp butter
1 clove garlic, crushed
1 tbsp grated parmesan cheese

Method:

Place asparagus and water in a 2-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes, or cook on One Touch Sensor Vegetables. Drain. Place butter and garlic in a small dish and cook on HIGH for 1 minute. Add drained asparagus and mix lightly. Cook on HIGH for a further 1 minute. Sprinkle parmesan cheese over asparagus and serve.

FANNED POTATOES **B**

Serves: 4

Ingredients:

50 g butter
800 g potatoes, peeled
salt
paprika

Method:

Melt butter in a 2-cup jug on HIGH for 1 to 2 minutes. Remove turntable and roller ring. Preheat oven to 200°C. Cut potatoes widthwise in thin slices, without cutting right through to the base. Place potatoes in a baking tray with cut side uppermost. Pour over melted butter. Sprinkle with salt and paprika. Cook on 200°C for 40 to 45 minutes, basting occasionally.

SAVOURY BRUSSELS SPROUTS **O**

Serves: 4

Ingredients:

250 g brussels sprouts
2 tbsp butter
150 g bacon, rind removed and
bacon finely chopped
1 onion, finely chopped
1 tsp dill or basil
1 tsp sugar

Method:

Wash and drain brussels sprouts. Cook in a covered 2-litre casserole dish on HIGH for 4 to 5 minutes, or on One Touch Sensor Vegetables. Drain. Place remaining ingredients in a 2-litre casserole dish. Cook on HIGH for 5 to 7 minutes. Add brussels sprouts and cook on HIGH for 1 to 2 minutes. Serve.

Tip: Because salt dehydrates vegetables it should be added after cooking.

CURRIED CREAMY BEANS

Serves: 4

Ingredients:

2 cups frozen green beans
2 tbsp cream cheese
2 tbsp sour cream
2 spring onions, finely sliced
½ tsp curry powder
¼ tsp salt

Method:

Place beans in a 2-litre casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Drain and allow to stand covered. Mix remaining ingredients in a glass jug. Pour over beans and mix well. Cook on HIGH for 30 to 60 seconds. Serve hot.

Tip: Beans and sauce can be reheated together on HIGH for 2 to 3 minutes.

CREAMED SPINACH **O**

Serves: 4

Ingredients:

1 bunch spinach, roughly chopped
4 spring onions, finely chopped
1 clove garlic, crushed
2 tbsp butter
½ cup sour cream
salt and pepper

Method:

Cook washed spinach leaves, spring onions and garlic in a covered 3-litre casserole dish on HIGH for 4 to 6 minutes, or on One Touch Sensor Vegetables. Drain well between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on HIGH for 1 to 2 minutes. Serve.

RATATOUILLE **O**

Serves: 4

Ingredients:

¼ cup vegetable oil
1 large onion, chopped
2 cloves garlic, crushed
½ tsp dried thyme
1 small eggplant, cut in 2.5 cm cubes
1 large red pepper, deseeded and cubed
1 small green pepper, deseeded and cubed
2 courgettes, sliced
3 large tomatoes, chopped
6 to 8 small mushrooms, halved
pepper to taste

Method:

Place half the oil in a shallow dish with onion, garlic and herbs. Heat on HIGH for 2½ to 3 minutes. Spoon onion mixture into a deep dish, then add remaining oil to shallow dish. Add eggplant to oil and cook on HIGH for 1½ to 2 minutes. Spoon eggplant into deep dish. Put peppers in a shallow dish and cook on HIGH for 2 to 3 minutes. Add peppers, plus remaining ingredients, to deep dish and cook, uncovered, on HIGH for 5 minutes, then on MEDIUM-HIGH for 6 to 8 minutes. Stand for 5 minutes. Serve.

To Cook by One Touch Sensor:

Put all ingredients, except mushrooms, in a covered casserole dish. Cook on One Touch Sensor Vegetables. When time appears in display stir in mushrooms, re-cover and finish cooking.

HERBED GRILLED MUSHROOMS **G**

Serves: 4

Ingredients:

200 g mushrooms
¼ cup chopped parsley
¼ tsp oregano
1 clove garlic, crushed
salt and pepper
50 g butter

Method:

Remove turntable and roller ring. Preheat oven on GRILL 1. Trim stalks off mushrooms. Combine remaining ingredients. Place mushrooms in a shallow baking dish (a lamington tin is ideal for this), then sprinkle with parsley mixture. Cook on GRILL 1 for 8 to 10 minutes, turning several times during cooking.

BAKED VEGETABLES

B C

Serves: 4

Ingredients:

2 potatoes (approx. 500 g)
600 g pumpkin
1 tbsp oil
1 tbsp butter
salt and pepper

Method:

Peel potatoes and cut in half. Peel pumpkin and cut into eight pieces.

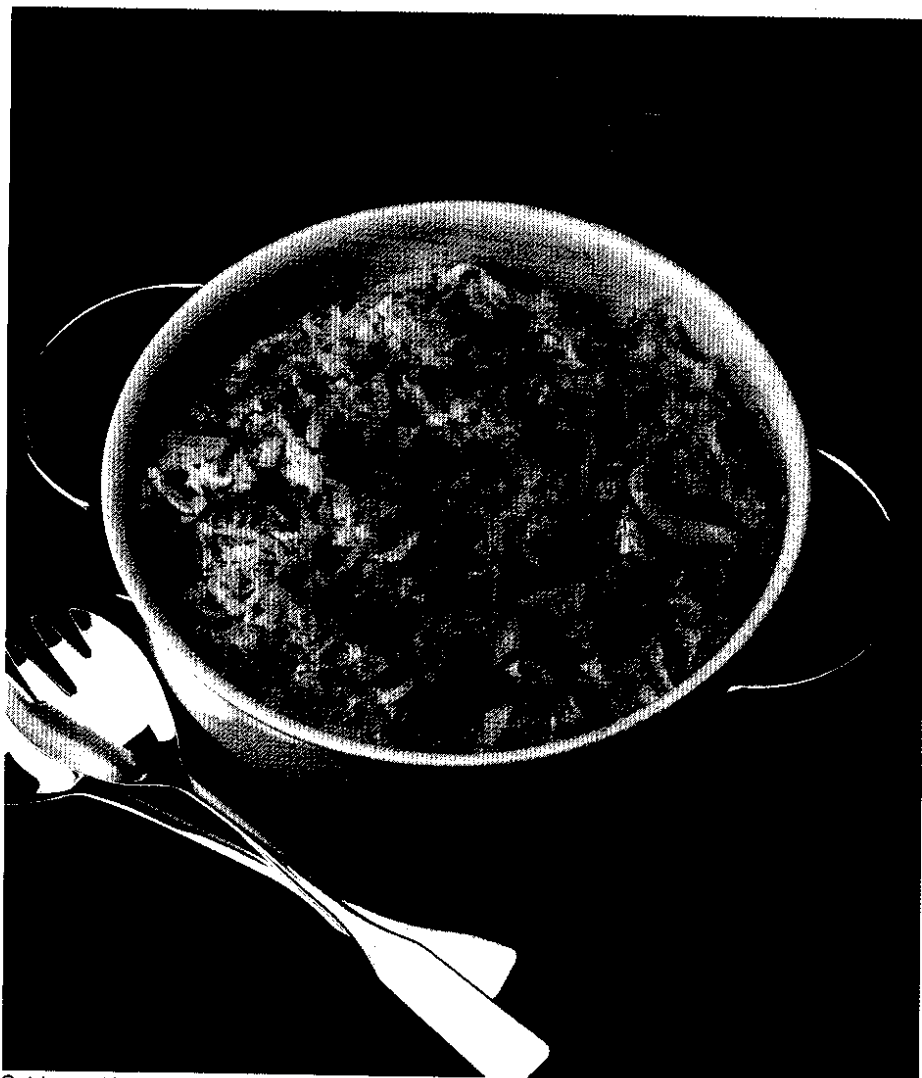
To Cook by Combination:

Place oil and butter in a 3-litre microwave and heat proof casserole dish and cook on HIGH for 1 minute. Add potatoes and pumpkin and toss in melted butter and oil. Sprinkle with salt and pepper. Cook on COMBINATION 4 for 50 to 55 minutes.

To Bake:

Prepare vegetables. Place oil and butter in a baking dish. Remove turntable and roller ring. Place dish in oven and preheat oven to 190°C. Remove dish once oven has preheated and place potatoes and pumpkin in it. Sprinkle with salt and pepper. Cook on 190°C for 70 to 80 minutes.

Tip: For crispy brown baked vegetables preheat oven on GRILL 1. Place potato and pumpkin on grill tray. Cook on GRILL 1 for 5 minutes.



Cabbage, Ham and Onion

CABBAGE, HAM AND ONION

Serves: 6

Ingredients:

500 g cabbage, shredded
2 tbsp water
1 onion finely chopped
1 tbsp butter
125 g ham, finely chopped
salt and pepper

Method:

Place cabbage and water in a 3-litre casserole dish. Cover and cook on HIGH for 10 to 12 minutes, or on One Touch Sensor Vegetables. Drain and set aside. Place onion and butter in a small dish and cook on HIGH for 3 to 4 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on HIGH for 2 to 3 minutes. Season with salt and pepper and serve.

GRILLED CAULIFLOWER AU GRATIN

Serves: 4

Ingredients:

500 g cauliflower, trimmed and cut into flowerettes
2 tbsp water
2 tbsp butter
1 small onion, finely chopped
2 tbsp flour
1 cup milk
½ cup grated tasty cheese
2 tbsp fresh breadcrumbs

Method:

Place cauliflower and water in 3-litre casserole dish. Cover and cook on HIGH for 6 to 8 minutes, or on One Touch Sensor Vegetables. Place butter and onion in a 4-cup glass jug. Cook on HIGH for 2 to 3 minutes. Stir in flour and cook on HIGH for 1 minute. Add milk gradually. Stir well. Cook on HIGH for 3 to 4 minutes, stirring halfway through cooking. Remove turntable and roller ring. Preheat oven on GRILL 1. Drain cauliflower and pour over sauce. Sprinkle with cheese and breadcrumbs. Place dish on grill tray and cook on GRILL 1 for 2 to 3 minutes.

STIR FRIED TOFU WITH VEGETABLES

Serves: 4

Ingredients:

Marinade:

1 small onion, finely chopped
2 tbsp vegetable oil
2 tbsp lemon juice
1½ tbsp soy sauce
1 tbsp dry sherry
1 tsp honey
½ tbsp grated root ginger
2 cloves garlic, crushed

Main Dish:

125 g smooth style tofu, cubed
1 tbsp vegetable oil
1 tsp grated root ginger
½ cup blanched peanuts
90 g bean sprouts
90 g spring onions, chopped
½ small green pepper, chopped
90 g mushrooms, sliced
125 g Chinese cabbage, sliced

Method:

Mix marinade ingredients together. Add tofu. Stand for several hours, stirring once or twice. Drain the tofu. Heat oil and grated ginger in a large shallow dish for 2 minutes on HIGH. Add tofu and peanuts and cook on HIGH for 2 to 3 minutes, stirring carefully once. Stir in remaining ingredients and cook on HIGH for 3 to 4 minutes, until vegetables are tender. Serve.

Cakes & Desserts



Lemon Meringue Pie

Directions for Cooking Cakes and Desserts by Combination

There are four different Combination programs which are ideal for cooking cakes and desserts.

Combination 1 is ideal for rich fruit cakes which are generally cooked in a lower temperature oven for a longer duration.

Combination 2 is suited to milk puddings, such as Rice Pudding or Baked Custard.

Combination 4 is the program most commonly used for cake baking. As the temperature is 190°C on this setting it gives excellent results for cakes which conventionally cook between 180°C and 200°C.

Combination 6 is especially designed for puddings and slices which conventionally cook in a hotter oven. For example Bread and Butter Pudding, Fruit Crumble, Queen Pudding.

When cooking cakes and puddings on Combination prepare them as usual, putting the mixture into heat resistant and microwave safe cookware. Pyrex, corningware and heat resistant glassware is ideal. 20 to 23 cm souffle dishes are ideal for cakes and they should be base lined with baking or luncheon paper.

When cooking by Combination the basic rule to follow, if you want to use your own favourite recipe, is to cook on the Combination program which heats to the nearest temperature given in your conventional recipe (refer to page 25). Having selected the correct setting, reduce the cooking time by one third.

To check that your cake is cooked insert a wooden toothpick in the centre. It should come out clean.

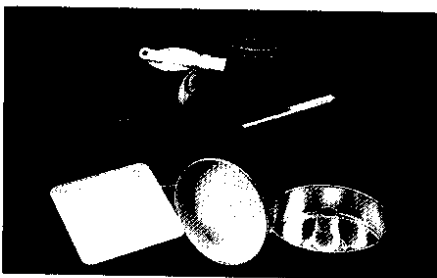
After cooking, cakes should be left in the container for 5 to 10 minutes, standing on a flat surface, before turning onto a wire rack to cool.

Directions for Baking Cakes

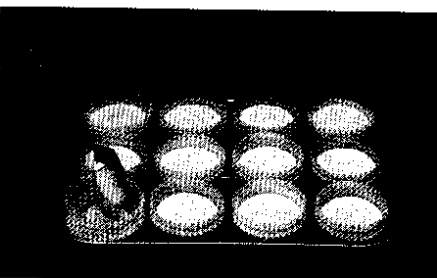
You may prefer to cook your cakes by heat alone, that is using the Bake pad. This method of cooking is preferable for sponges and sponge rolls, which require to be cooked quickly in a preheated oven.

Prepare batter according to recipe directions.

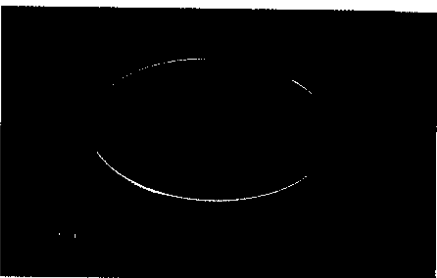
Note: To bake two 23 cm layers, each layer must be baked separately. Remove turntable and roller ring. Place oven rack in oven. Preheat oven to temperature indicated in recipes. Place dish on oven rack.



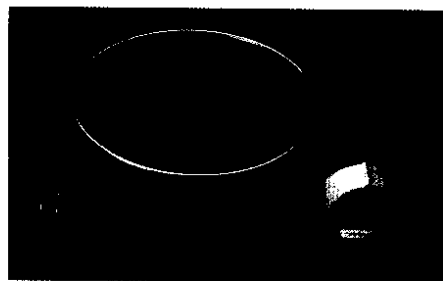
Grease and/or flour cake pans, according to recipe directions.



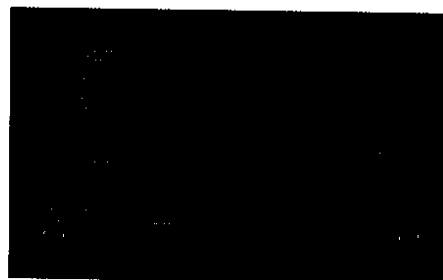
For cupcakes, line metal patty tins with paper cases. Fill $\frac{2}{3}$ full.



To check desired cooking insert toothpick or skewer near centre of cake. Toothpick should come out clean.



Cool on a cake rack according to recipe directions.



Remove from pan and cool completely.

Note: When cooking cakes or puddings by Combination or on Bake, you must bear in mind that this oven has only a top element, as opposed to top and bottom elements in a conventional cooker. The heat is moved around the cavity by a fan, which gives an even heat, but the bottom of your cake or pudding will not be quite as brown as when cooking in an oven with top and bottom elements.

Do not leave the oven door open for longer than necessary when checking to see if your cake is cooked, or when putting food in to the oven on Bake, as it will lose heat rapidly, thus slowing the cooking process.

Follow the recipe directions in this book for optimum results, then adapt them to your own recipes.

LEMON MERINGUE PIE

B

Serves: 4 to 6

Ingredients:

Pastry:

1 cup plain flour
2 tbsp castor sugar
75 g butter
1 egg yolk
2 tsp milk

Filling:

2½ tbsp cornflour
½ cup castor sugar
150 ml water
juice and rind of 2 lemons
3 eggs, separated
⅓ cup castor sugar (extra)

Method:

Pastry:

Sift flour and sugar together in a bowl. Rub in butter until mixture resembles fine breadcrumbs. Add egg yolk and milk and knead lightly. Wrap and chill for 10 to 15 minutes.

Filling:

Place cornflour and sugar into a 1-litre casserole dish. Gradually add water, stirring. Add lemon rind. Cook on HIGH for 2 to 3 minutes, until boiling. Add yolks and lemon juice and mix well. Cook on MEDIUM-HIGH for a further 2 to 3 minutes. Set aside. Remove turntable and roller ring. Preheat oven to 180°C. Roll out pastry to fit a 20 cm pie plate. Prick base. Cook on 180°C for 10 to 12 minutes. Beat egg whites until soft peaks form. Gradually beat in extra castor sugar, one tablespoonful at a time. Preheat oven again to 180°C. Place lemon filling into cooked pastry case and top with meringue. Cook on 180°C for an extra 10 to 12 minutes, until meringue is golden in colour.

Tip: It is necessary to preheat oven again when placing lemon mixture and meringue into pie shell as the temperature drops quickly when the oven has been opened and shut several times.

PAVLOVA **B**

Serves: 8 to 10

Ingredients:

4 egg whites
pinch salt
1¼ cups castor sugar
2 tsp vinegar
2 tbsp cornflour

Filling:

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

Method:

Remove turntable and roller ring. Preheat oven to 140°C. Grease and line a baking tray. Dust with one tablespoon cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture. Pile mixture high on prepared baking tray. Cook on 140°C for 60 to 65 minutes. Allow to cool.

Filling:

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

RASPBERRY MERINGUE ROLL **B**

Serves: 4 to 6

Ingredients:

4 egg whites
½ cup castor sugar
40 g flaked almonds
2 tsp castor sugar (extra)
½ tsp cinnamon
410 g can raspberries, well drained
1 cup whipped cream

Method:

Remove turntable and roller ring. Preheat oven to 190°C. Grease and line a 33 x 22 cm swiss roll tin. Beat egg whites until soft peaks form. Gradually beat in sugar, one tablespoonful at a time. Spread meringue mixture evenly in tin. Combine flaked almonds, extra sugar and cinnamon and sprinkle over meringue mixture.

Cook on 190°C for 8 to 10 minutes. Allow meringue to cool for 10 minutes. Turn out onto a sheet of greaseproof paper. Trim edges. Carefully remove greaseproof lining from meringue. Add drained raspberries to whipped cream and fold through lightly. Spread raspberry cream over meringue and roll up lengthwise, using greaseproof paper to aid in rolling. Refrigerate before slicing and serving.

SWISS ROLL **B**

Serves: 4 to 6

Ingredients:

¾ cup self-raising flour
pinch salt
3 eggs
½ cup castor sugar
1 tbsp hot water
castor sugar (extra)
jam of your choice

Method:

Remove turntable and roller ring. Preheat oven to 200°C. Grease and line a 22 x 33 cm swiss roll tin. Sift flour with salt. In a separate bowl beat eggs and sugar until thick and creamy. This takes about 10 minutes if beating by hand, but less time using an electric mixer. Gently fold in flour and salt with a metal spoon and lastly fold in water. Carefully pour into tin and gently shake into corners. Cook on 200°C for 10 to 12 minutes, or until pale golden. Turn out onto a clean tea towel which has been sprinkled with extra castor sugar. Trim edges. Roll up with tea towel and leave until cool. Unroll and spread with jam. Roll up again and slice.

Tip: When beating eggs for sponge type cakes, use a small bowl and preferably an electric mixer. This gives maximum volume to the eggs and consequently a lighter sponge.

CHOCOLATE AND STRAWBERRY ROLL

B

Serves: 4 to 6

Ingredients:

60 g dark chocolate
4 eggs
½ cup castor sugar
1 tsp vanilla essence
1 tbsp water
¼ tsp baking soda
¼ cup plain flour
½ cup self-raising flour
pinch salt

Filling:

300 ml cream
1 tbsp icing sugar
1 tbsp strawberry liqueur
½ punnet strawberries, hulled and cut in half

Method:

Melt chocolate in a 1-cup glass jug on MEDIUM-HIGH for 1 to 1½ minutes. Remove turntable and roller ring. Preheat oven to 200°C. Beat eggs, sugar and vanilla until light and fluffy. Add water and baking soda to chocolate and mix well. Add sifted flour and salt and chocolate mixture to egg mixture and fold in lightly. Pour mixture into a 22×33 cm greased and paper lined swiss roll tin. Cook on 200°C for 12 to 15 minutes, or until cooked. Turn out immediately onto a sheet of greaseproof paper. Trim edges. Roll up in paper. Allow to cool. Beat cream, sugar and liqueur until thick. Carefully unroll cake and spread with ¾ of cream. Place ¾ of the strawberries along lengthwise of cake and roll up. Decorate with remaining cream and strawberries.

Note: When beating eggs for a sponge use a small bowl. When sugar has dissolved transfer mixture to a larger bowl to add remaining ingredients. Although an extra bowl is used you will get a sponge with greater volume.



Chocolate and Strawberry Roll

DUTCH APPLE CAKE

C

Ingredients:

185 g butter
grated rind of 1 lemon
⅔ cup castor sugar
3 eggs
1 cup self-raising flour
½ cup plain flour
⅓ cup milk
2 apples

Method:

Grease a 20 cm souffle dish. Cream butter, rind and sugar until light and fluffy. Beat in eggs one at a time. Beat until well combined. Stir in flours and milk. Spread into prepared dish. Peel apples, cut into quarters, remove cores. Make lengthway cuts into rounded sides of apple quarters, cutting about three quarters of the way through. Arrange quarters rounded side up around edge of cake. Cook on COMBINATION 4 for 30 to 35 minutes. Cool in dish for 10 minutes before carefully turning onto a wire rack to cool.

SPONGE CAKE **B**

Ingredients:

3 eggs (size 7), at room temperature
½ cup castor sugar
¼ cup cornflour
¼ cup plain flour
¼ cup self-raising flour

Method:

Line the base of two 20 cm sponge tins with greased paper. Remove turntable and roller ring. Preheat oven to 180°C. Beat eggs in a small bowl for about 7 minutes with an electric mixer until thick and creamy. Add sugar, 1 tablespoon at a time, beating well after each addition to dissolve sugar. Transfer mixture to a larger bowl. Sift the flour onto the egg mixture and, using a spatula, fold in very gently (this process can take several minutes). Divide mixture between the 2 prepared pans. Cook one sponge at a time on 180°C for 18 to 20 minutes. Preheat oven again before cooking second sponge.

PINEAPPLE UPSIDE DOWN CAKE **C**

Serves: 6 to 8

Ingredients:

125 g butter
½ cup milk
2 eggs
1 cup castor sugar
1 tsp vanilla
1 cup self-raising flour
4 tbsp custard powder
3 tbsp butter (extra)
½ cup brown sugar
1 tbsp water
450 g can pineapple slices, well drained
8 glace cherries

Method:

Place butter in a bowl and cook on HIGH for 60 to 90 seconds. Add milk, eggs, sugar and vanilla. Mix well. Sift flour and custard powder and add to butter mixture. Mix until smooth. Grease a deep 20 cm round dish. Cook extra butter, brown sugar and water in a small bowl on HIGH for 2 to 3 minutes. Spread in base of greased dish. Arrange pineapple and cherries in dish. Pour cake batter into dish. Cook on COMBINATION 4 for 24 to 26 minutes. Cool for 5 minutes before turning out. Serve warm with whipped cream.

SULTANA CAKE **C**

Serves: 6 to 8

Ingredients:

100 g butter
1 cup sultanas
1 cup brown sugar
1 cup milk
1 egg beaten
½ tsp baking soda
2 cups self-raising flour

Method:

Place butter, sultanas, brown sugar and milk in a heat resistant mixing bowl. Cook on HIGH for 3 to 4 minutes. Stir halfway through cooking. Allow to cool. Add egg, baking soda and flour. Pour batter into a base lined souffle dish.

To Cook by Microwave:

Cook covered with 2 layers of paper towel on MEDIUM-HIGH for 8 to 10 minutes. Allow to cool loosely covered with plastic wrap on a wire rack.

To Cook by Combination:

Prepare cake as above. Cook on COMBINATION 1 for 22 to 25 minutes, until well risen and golden brown. Allow to cool for 10 minutes in the dish before turning onto a wire rack to cool completely.

MARBLE CAKE **C**

Ingredients:

60 g dark chocolate, chopped
125 g butter
2 tsp vanilla essence
1⅓ cups sugar
2 eggs
2 cups self-raising flour
¾ cup milk
grated rind of 1 orange

Method:

Grease a deep 23 cm souffle dish. Line the base with baking paper. Put chocolate in a small bowl and heat on HIGH for 50 to 60 seconds. Cool to room temperature. Cream butter, essence and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Fold in sifted flour and milk in 2 lots. Divide mixture into 2 bowls—stir chocolate into 1 bowl and orange rind into the other. Drop spoonful of chocolate mixture into the corners and centre of the cake dish. Spoon the orange mixture into the spaces. Swirl knife through mixture once or twice. Cook on COMBINATION 4 for 20 to 25 minutes. Stand 5 minutes before turning onto wire rack to cool. Ice when cold as desired.

COFFEE CAKE **C**

Serves: 6 to 8

Ingredients:

125 g butter
½ cup sugar
2 eggs
1½ tbsp coffee powder
1¼ cups self-raising flour
½ cup milk

Coffee Glaze Icing:

1 cup icing sugar
2 tsp coffee powder
2 tsp butter, melted
1 tbsp milk

Method:

Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Add sifted coffee and flour alternately with milk. Mix until well combined. Pour batter into a deep base lined 20 cm round dish.

To Cook by Microwave:

Cook covered with 2 layers of paper towel on MEDIUM-HIGH for 8 to 10 minutes. Stand on a flat surface for 5 minutes before turning out to cool, loosely covered with paper towel.

To Cook by Combination:

Prepare cake as above. Cook on COMBINATION 4 for 20 to 25 minutes, until well risen and golden. Leave cake in dish sitting on a flat surface for 5 minutes before turning out to cool completely. Ice with coffee glaze.

Icing:

Sift icing sugar with coffee powder. Add melted butter and milk. Stir well to make a soft paste. Spread over cooled cake. Sprinkle with coconut or mixed nuts.

BOILED FRUIT CAKE **C**

Serves: 6 to 8

Ingredients:

435 g can crushed pineapple and juice
500 g mixed dried fruit
1 tbsp sherry
1 cup brown sugar
125 g butter
1 cup plain flour
1 cup self-raising flour
1 tsp mixed spice
1 tsp baking soda
2 eggs, lightly beaten
¼ cup extra sherry or brandy

Method:

Combine pineapple, fruit, sherry, sugar and butter in a 2-litre casserole dish. Cook on HIGH for 4 to 6 minutes. Stand till cool. Fold in flours, spice, baking soda and beaten eggs. Place batter in a base lined 20 cm souffle dish. Cook, covered with 2 layers of paper towel, on MEDIUM-HIGH for 16 to 18 minutes. Turn out and sprinkle with extra sherry or brandy. Cover loosely with plastic wrap and allow to cool.

To Cook by Combination:

Prepare cake as above. Cook on COMBINATION 4 for 40 to 45 minutes, or until well risen and golden brown. Sprinkle with extra sherry or brandy. Cool in dish for 15 minutes, then turn onto a wire rack to cool completely.

PATTY CAKES **B**

Makes: approximately 48

Ingredients:

185 g butter
1 cup sugar
½ tsp vanilla essence
3 eggs
3 cups self-raising flour
¾ cup milk

Method:

Remove turntable and roller ring. Preheat oven to 180°C. Line patty tins with paper cases. Cream butter and sugar, add vanilla and beat until light and fluffy. Add eggs, one at a time, beating well after each addition. Alternately add flour and milk and mix well. Spoon teaspoonsful of mixture into patty cases. Cook on 180°C for 12 to 15 minutes, or until well risen and golden. Ice as desired when cool.

BAKED ALASKA SURPRISE **B**

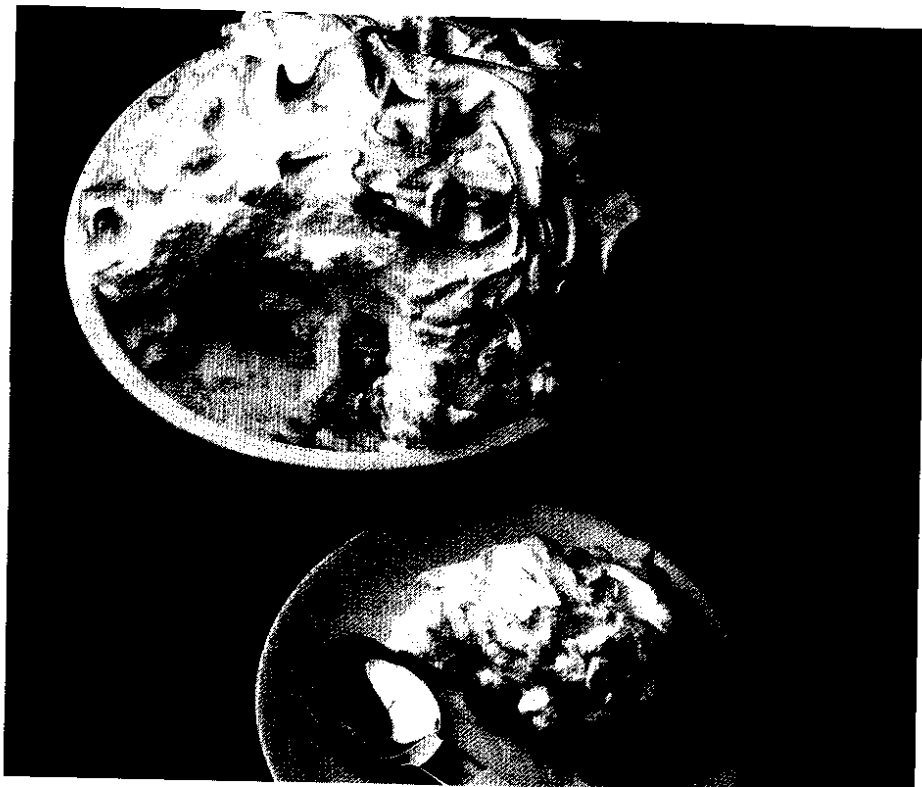
Serves: 6

Ingredients:

1 round trifle sponge
1 punnet strawberries, hulled and cut in half
1 tbsp sugar
2 tbsp fruit liqueur
1 litre vanilla ice-cream
4 egg whites
¾ cup sugar (extra)
¼ cup chopped almonds (optional)

Method:

Place the sponge in the base of a 23 cm flan dish. Place strawberries over sponge and sprinkle with sugar and liqueur. Place scoops of ice-cream evenly over sponge mixture. Place in freezer. Remove turntable and roller ring. Preheat oven to 220°C. Beat egg whites until stiff. Gradually add extra sugar, beating all the time, until sugar has dissolved and mixture is thick and glossy. Fold in almonds and spoon egg mixture over ice-cream. Cook on 220°C for 3 to 5 minutes. Serve immediately.



Baked Alaska Surprise

CARROT, FRUIT AND NUT LOAF **C**

Ingredients:

125 g butter
1 tsp vanilla essence
¾ cup sugar
2 tbsp golden syrup
2 eggs
2 cups grated carrot (2 large carrots)
1 cup chopped raisins
1 cup chopped walnuts
1½ cups self-raising flour
½ tsp ground nutmeg
½ tsp ground cinnamon

Method:

Grease a 15 cm x 25 cm loaf dish and line the base with baking paper. Cream butter, essence and sugar until light and fluffy. Beat in golden syrup, then eggs one at a time. Beat until combined. Stir in carrot, raisins and walnuts. Stir in dry ingredients. Mix until combined. Pour mixture into prepared pan. Cook on COMBINATION 1 For 32 to 35 minutes. Stand 5 minutes before turning onto a wire rack to cool.

CHOCOLATE CAKE **C**

Ingredients:

125 g butter
1½ cups sugar
2 tbsp cocoa
1 cup water
1 tsp baking soda
1½ cups self-raising flour
1 tsp vanilla
2 eggs

Method:

Put butter, sugar, cocoa, water and soda in a large bowl. Cook on HIGH for 5 minutes. Leave to cool. Add flour, vanilla and lastly eggs. Mix to combine. Line the base of a 20 cm souffle dish with baking paper. Pour in mixture.

To Cook by Microwave:

Cover with a double layer of paper towel. Cook on HIGH for 5½ to 6 minutes. Leave to cool in container for at least 10 minutes. Turn out and ice as desired.



Chocolate Cake, Banana Nut Loaf

To Cook by Combination:

Prepare cake as above. Cook on COMBINATION 4 for 20 to 25 minutes. Leave in container to cool for at least 10 minutes before turning onto wire rack to cool thoroughly. Ice as desired.

QUICK MIX BUTTERCAKE **C**

Serves: 8

Ingredients:

125 g butter
½ cup milk
2 eggs
1 cup castor sugar
1 tsp vanilla
1 cup self-raising flour
1 tbsp custard powder

Method:

Place butter in a bowl and cook on HIGH for 60 to 90 seconds. Add milk, eggs, sugar and vanilla and mix well. Sift flour and custard powder and add to butter mixture. Mix until smooth. Line a deep 20 cm round dish with baking paper. Pour batter into dish.

To Cook by Microwave:

Cook covered with 2 layers of paper towel on MEDIUM-HIGH for 7 to 9 minutes. Stand covered for 5 minutes before turning out. Cool on a wire rack.

To Cook by Combination:

Prepare cake as above. Pour batter into prepared dish and cook on COMBINATION 4 for 18 to 20 minutes, until well risen and golden. Stand in dish for 10 minutes before turning onto a wire rack to cool.

CARROT CAKE **C**

Serves: 6 to 8

Ingredients:

1½ cups plain flour
1 cup brown sugar
1 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
1 tsp allspice
¼ tsp salt
1 cup grated carrot
⅔ cup oil
2 eggs
½ cup crushed pineapple with
syrup
1 tsp vanilla essence

Method:

Combine flour, sugar, baking powder, baking soda, spices, salt and carrot. Beat in remaining ingredients.

To Cook by Microwave:

Pour batter into a lined 24 cm ring mould. Cook, covered with a 2 layers of paper towel, on MEDIUM-HIGH for 8 to 10 minutes. Allow to cool, loosely covered with paper towel for 5 minutes before turning onto a wire rack to cool. When cold ice as desired.

To Cook by Combination:

Prepare batter as above, putting mixture into a base lined 20 cm souffle dish. Cook on COMBINATION 4 for 30 to 35 minutes, until well risen and golden. Cool in dish for 10 minutes before turning onto a wire rack to cool completely.

BANANA NUT LOAF **C**

Serves: 6 to 8

Ingredients:

60 g butter, softened
¼ cup milk
1 egg
½ cup mashed banana
½ cup brown sugar
(firmly packed)
1 cup self-raising flour
½ cup coconut

Topping:

¼ cup brown sugar (firmly packed)
¼ cup nuts, crushed
2 tbsp plain flour
¼ tsp cinnamon
1 tbsp butter, softened

Method:

Combine softened butter, milk, egg, banana and brown sugar. Add flour and coconut. Beat well. Pour into a lined 25 × 15 cm loaf dish. Mix topping ingredients together. Sprinkle nut topping over top of loaf.

To Cook by Microwave:

Cook covered with 2 layers of paper towel on MEDIUM-HIGH for 7 to 9 minutes. Stand loosely covered with paper towel until cool.

To Cook by Combination:

Prepare loaf as above. Cook on COMBINATION 4 for 18 to 20 minutes until topping is crisp and brown. Cool in dish for 10 minutes before carefully turning onto a wire rack to cool.

BUTTERSCOTCH CUSTARD AND FRUIT

Serves: 6

Ingredients:

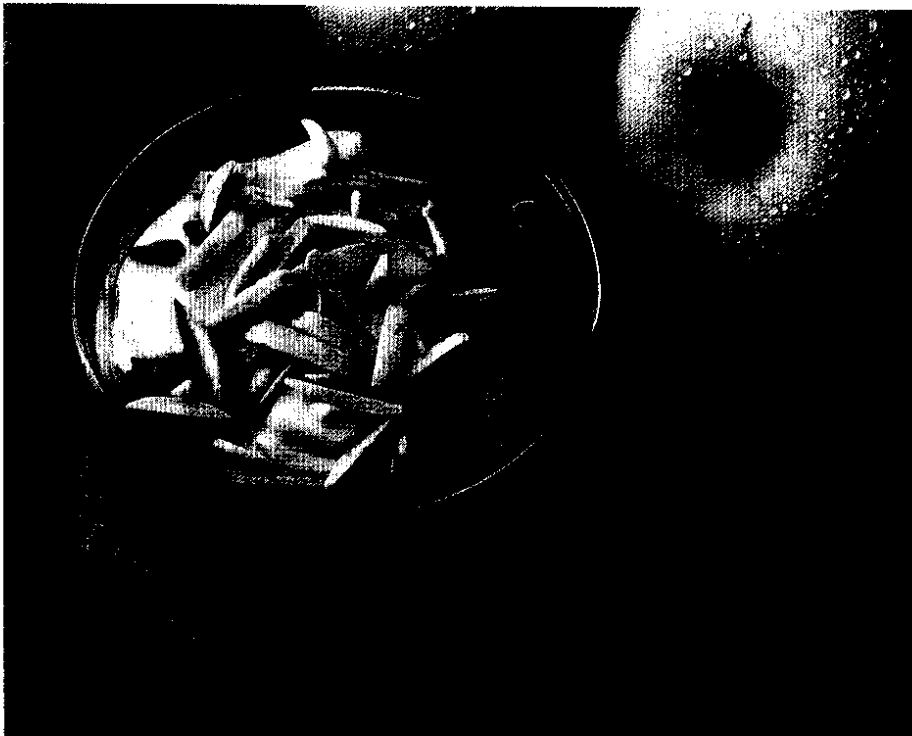
400 g apples, peeled, cored and sliced
½ cup chopped dried apricots
½ tsp cinnamon

Custard:

½ cup brown sugar
2 tbsp custard powder
1 cup milk
2 tbsp butter
1 egg, lightly beaten
2 tbsp toasted slivered almonds

Method:

Combine fruit and cinnamon. Place into 6 individual ramekin dishes. Set aside. Combine sugar and custard powder. Gradually stir in milk and cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add butter and egg and beat until smooth. Pour equal amounts of custard over fruit and sprinkle with almonds. Cook on HIGH for 4 to 5 minutes.



Butterscotch Custard and Fruit

LEMON DELICIOUS PUDDING **C**

Serves: 4

Ingredients:

2 tbsp butter
½ cup castor sugar
4 eggs, separated
4 tbsp plain flour
1 tbsp grated lemon rind
¾ cup milk
⅓ cup lemon juice

Method:

Cream butter and sugar. Gradually beat in egg yolks. Fold in flour, lemon rind and milk. Gradually add juice. Stir well. Beat egg whites until soft peaks form and fold gently into mixture. Pour batter into a greased 20 cm round dish.

To Cook by Microwave:

Cover dish with plastic wrap. Cook on MEDIUM-HIGH for 5 to 7 minutes. Stand loosely covered with plastic wrap for 5 minutes. Serve with toasted coconut, ice-cream or whipped cream.

To Cook by Combination:

Prepare mixture as above and pour into a greased 20 cm round dish. Do not cover. Cook on COMBINATION 6 for 22 to 25 minutes. Serve immediately.

STEAMED DATE AND NUT PUDDING

Serves: 6 to 8

Ingredients:

½ tsp baking soda
¼ tsp salt
¾ cup hot water
½ cup golden syrup
60 g butter or margarine, softened
2 cups self-raising flour
½ cup walnuts, chopped
¼ cup dates, chopped
¼ cup raisins, chopped
1 tsp cinnamon
1 egg lightly beaten

Method:

Place baking soda and salt in a mixing bowl. Add the combined hot water, syrup and butter or margarine. Stir and cool. Combine flour, walnuts, dates, raisins and cinnamon in a mixing bowl. Add beaten egg and syrup mixture and beat lightly. Place batter into a greased round 2-litre dish and cover securely with plastic wrap. Cook, covered, on MEDIUM-HIGH for 8 to 10 minutes. Remove plastic wrap. Invert onto a serving plate. Serve warm or cold with stirred custard.

FRUIT IN RUM SYRUP

Serves: 4 to 6

Ingredients:

¼ cup brown sugar
30 g butter
¼ cup orange juice
2 tbsp rum
1 kiwifruit, peeled and cut in quarters lengthwise
1 punnet strawberries, hulled and cut in half
250 g black grapes or cherries, stems removed

Method:

Place brown sugar, butter, orange juice and rum in a 1-litre dish. Cook on HIGH for 1 to 2 minutes, stirring halfway through cooking. Add prepared fruit and coat well. Cook on HIGH for 2 to 3 minutes, or until fruit has softened slightly. Serve hot.

RICE PUDDING **C**

Serves: 4 to 6

Ingredients:

⅓ cup short grain rice
¼ cup raisins (optional)
knob of butter
¼ cup sugar
¼ tsp vanilla
600 ml milk
grated nutmeg

Method:

Place rice in a deep buttered dish. Add raisins, butter, sugar, vanilla and milk. Mix well. Sprinkle top with grated nutmeg. Cook on COMBINATION 2 for 70 to 75 minutes. Serve hot.



Fruit in Rum Syrup

CHRISTMAS PUDDING

Serves: 10 to 12

Ingredients:

250 g sultanas
250 g raisins, chopped
125 g currants
125 g dates, chopped
100 g mixed glace fruit, chopped
100 g glace cherries
60 g, mixed peel
½ cup brandy
250 g butter
250 g brown sugar
4 eggs (size 7)
1 cup flour
½ tsp each—ground ginger,
nutmeg, cinnamon, allspice
1 tbsp golden syrup
1 tbsp gravy browning
1½ cups fresh breadcrumbs
1 cup canned apples

Method:

Place fruit in a large bowl and pour over brandy. Stand overnight. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs one at a time, beating gently after each addition. Add flour, spices, golden syrup, gravy browning, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease a 2.5-litre pudding bowl and line with strips of greaseproof paper. Pour mixture into the bowl and smooth over top. Cook on MEDIUM-LOW for 40 minutes. Shield edges with strips of foil and continue to cook on MEDIUM-LOW for 30 to 35 minutes. Stand for 10 minutes before serving.

BAKED APPLES **C**

Serves: 4

Ingredients:

4 large cooking apples
4 tbsp (approx.) dates or mixed dried fruit
4 tbsp brown sugar

Method:

Core apples and score the skin around the middle of the apple. Stuff centre of apples with dried fruit and brown sugar. Place apples in a shallow dish.

To Cook by Microwave:

Cook on HIGH for 8 to 10 minutes, or until soft. Stand 2 to 3 minutes before serving.

To Cook by Combination:

Prepare as above. Cook on COMBINATION 6 for 20 to 25 minutes.

STEAMED JAM PUDDING

Serves: 4

Ingredients:

3 tbsp jam
100 g butter
⅔ cup castor sugar
2 eggs
¾ cup self-raising flour
¼ cup milk

Method:

Grease a 1 litre pudding bowl and spoon jam into bottom. Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Fold in flour alternately with milk and mix well. Pour mixture over jam. Smooth top. Cook on MEDIUM-HIGH for 6 to 8 minutes. Stand covered for 5 minutes before serving.

BREAD AND BUTTER PUDDING **C**

Serves: 4 to 6

Ingredients:

75 g butter, softened
6 thick slices bread, crusts removed (if preferred)
100 g raisins
2 to 3 tbsp raw or demerara sugar
grated rind of 1 large orange
½ tsp grated cinnamon
2 eggs
300 ml milk

Method:

Butter the bread and cut each slice into 3 fingers. Layer the bread in an ovenproof dish with the raisins. Sprinkle each layer with a little sugar, orange rind and cinnamon. Beat the eggs and milk together, then pour over the bread. Leave to soak for at least 15 minutes. Put pudding in oven and cook on COMBINATION 6 for 20 to 25 minutes, until golden brown and set. Serve hot.

RICH FRUIT CAKE **C**

Ingredients:

2¼ cups sultanas
1½ cups raisins
1½ cups currants
½ cup mixed peel
¾ cup halved glace cherries
¼ cup chopped glace pineapple
¼ cup chopped glace apricots
250 g butter
1 cup brown sugar
½ cup sherry
½ cup water
5 eggs, lightly beaten
1 tbsp treacle
2 tsp grated orange rind
1 tsp grated lemon rind
1¾ cups plain flour
⅓ cup self-raising flour
½ tsp baking soda

Method:

Grease and line a deep 23 cm round dish. Combine fruit, butter, sugar, sherry and water in a large bowl. Cook on HIGH for 15 minutes, stirring twice. Allow to cool for 30 minutes. Add eggs, treacle and rinds to fruit mixture and stir until combined. Stir in dry ingredients. Spread mixture evenly into prepared dish. Cook on COMBINATION 1 for 45 to 50 minutes. Cover cake with foil and cool in dish.

CHERRY LOAF **C**

Ingredients:

125 g butter
grated rind of 1 lemon
1 cup sugar
3 eggs
½ cup chopped glace cherries
½ cup sultanas
1½ cups self-raising flour
¾ cup plain flour
¾ cup sour cream
¼ cup lemon juice

Method:

Grease a 14×21 cm loaf dish and line the base with baking paper. Cream butter, rind and sugar until light and fluffy. Beat in eggs one at a time. Beat until well combined. Stir in fruit, then half the flour with half the combined sour cream and lemon juice. Stir in remaining flour and lemon mixture. Pour into prepared dish. Cook on COMBINATION 4 for 30 to 35 minutes. Stand 5 minutes before turning onto a wire rack to cool.

Pastries, Breads & Biscuits



Hot Cross Buns, Bread

HOT CROSS BUNS **B**

Makes: 16 to 20

Ingredients:

30 g yeast
(or 2 sachets dry yeast)
½ cup sugar
¼ cup warm water
4 cups plain flour
1 tsp salt
1 tsp mixed spice
½ tsp cinnamon
60 g butter
1 cup milk
1 cup sultanas
1 egg

Crosses:

⅓ cup self-raising flour
3 tbsp water

Glaze:

¼ tsp gelatine
2 tbsp water
1 tbsp sugar

Method:

Place yeast and 1 teaspoon of sugar in a small bowl. Add water and mix well. Set aside for 10 minutes. Sift flour, salt, spices and remaining sugar into a large bowl. Make a well in the centre and pour in the yeast mixture. Melt butter on HIGH for 30 to 40 seconds. Add to flour mixture. Warm milk in a 1-cup jug on MEDIUM-HIGH for 1 minute. Add to flour mixture. Add sultanas and egg and mix to a stiff dough. Knead on a lightly floured work surface for 10 to 15 minutes, or until smooth and elastic. Grease a large bowl and place dough into it. Cover with greased plastic wrap and leave to rise in a warm place until dough has doubled in size (about 1 hour). Punch dough down and knead lightly. Cut into 16 to 20 even pieces and form into balls. Place close together into a greased lamington tin. Cover with greased plastic wrap and leave in a warm place until buns double in size (about ½ hour). Remove turntable and roller ring. Preheat oven to 200°C. For crosses, mix together flour and water until smooth. Spoon into a fine nozzled piping bag. Pipe crosses over risen buns by piping down the row of buns and then across. Cook on 200°C for 18 to 20 minutes. Place gelatine, water and sugar into a 1-cup glass jug. Heat on MEDIUM-HIGH for 1 to 2 minutes. Brush glaze onto buns while they are still hot. Serve hot or cold with butter.

BREAD **B**

Makes: 2 loaves

Ingredients:

30 g yeast
(or 2 sachets dry yeast)
2 tsp sugar
2½ cups lukewarm water
7½ to 8 cups plain flour
2 tsp salt
1 tbsp oil
1 egg yolk, lightly beaten
sesame or poppy seeds

Method:

Mix yeast with sugar. Add 1 cup of water and mix well. Sprinkle 1 tablespoon of the flour over the yeast mixture. Leave to stand for 10 to 15 minutes, until frothy. Sift flour and salt into a large mixing bowl. Make a well in the centre and pour in remaining water, oil and yeast mixture. Mix until combined. Turn out onto a lightly floured work surface and knead until smooth and elastic (about 10 to 15 minutes). Place into a lightly greased bowl. Cover with plastic wrap which has been lightly greased and leave in a warm place for 1 hour, or until doubled in size. Punch down dough and knead for a further 5 minutes. Divide in half and shape into rectangles to fit two greased 23 x 12 cm loaf dishes. Leave to rise for a further 40 minutes. Remove turntable and roller ring. Preheat oven to 200°C. Brush top of bread with egg yolk and sprinkle with sesame or poppy seeds. Cook on 200°C for 15 minutes. Reduce temperature to 180°C and cook for a further 10 to 15 minutes.

Tip: Only add extra ½ cup of flour if mixture is too sticky.

BRAN MUFFINS **C**

Ingredients:

3 cups milk
3 tbsp white vinegar
4 cups wholemeal flour
2½ cups sugar
2½ tsp baking powder
2 tsp salt
3 cups unprocessed bran
1 cup raisins or sultanas
3 eggs, lightly beaten
¾ cup cooking oil
1 tbsp baking soda
(dissolved in ¼ cup boiling water)
1 tsp cinnamon

Method:

Combine milk and vinegar and set aside for 5 minutes. Mix together remaining ingredients in a large mixing bowl. Add milk and vinegar mixture and mix well. Cover and refrigerate for 24 hours before use. Line a heat resistant and microwave safe 6-cup patty pan with paper patty cases. Half fill the cases with the muffin mixture. Cook on COMBINATION 4 for 5½ to 7 minutes.

Tip: This mixture will keep for about 4 weeks in the refrigerator.

NUTTY MUFFINS

Makes: 18

Ingredients:

1 cup self-raising flour
⅓ cup brown sugar
1 cup wheatgerm
1 egg
¼ cup peanut butter
¾ cup milk
1 tbsp oil
18 whole walnuts

Method:

Sift flour into a bowl and add wheatgerm and sugar. Mix well. Add egg, peanut butter, milk and oil and mix until well combined. ⅔ fill patty cases in a 6-cup cake baker. Top each muffin with a walnut. Cook on HIGH for 2 to 2½ minutes. Repeat until all mixture is used.

SCONES **B**

Makes: 8

Ingredients:

2 cups self-raising flour
¼ tsp salt
30 g butter or margarine, cut into small pieces
½ cup milk
¼ cup water
raspberry jam and cream to serve

Method:

Remove turntable and roller ring. Preheat oven to 230°C, with the scone tray on the shelf. Sift dry ingredients. Rub butter or margarine into flour. Blend in milk and water and lightly knead on a floured work surface. Pat out to 2 cm thick. Cut out with a floured scone cutter. Remove scone tray from oven and close door. Grease the tray then place scones close together on the hot scone tray. Brush with extra milk. Cook on 230°C for 10 to 12 minutes.

AMERICAN CHOCOLATE SLICE **B**

Ingredients:

125 g butter
1 cup flour
¾ cup coconut
¼ cup sugar
1 tbsp cocoa powder
1 tsp baking soda

Topping:

30 g butter
1 cup icing sugar
1 cup coconut
1 tbsp cocoa powder
1½ tsp water (approx.)

Method:

Grease a 20 cm square dish. Place butter in a mixing bowl and cook on HIGH for 30 to 40 seconds. Add flour, coconut, sugar, cocoa and baking soda and mix well.

To Cook by Microwave:

Spread into prepared dish and cook on MEDIUM-HIGH for 5 to 6 minutes.

To Bake:

Remove turntable and roller ring and preheat oven to 180°C. Prepare mixture as above. Spread mixture into a greased metal 23 cm square tin. Cook at 180°C for 15 to 18 minutes. Complete as above.



Scones, Nutty Muffins, Shortbread Biscuits

Topping:

Soften butter on HIGH for 10 to 15 second. Cream butter and icing sugar until well combined. Add coconut and cocoa. Mix well. Add water and mix well. Spread over base whilst still warm and cut into squares. Cool.

Note: The topping is of a firm consistency.

SHORTBREAD BISCUITS **B**

Makes: 20 biscuits

Ingredients:

125 g butter
4 tbsp icing sugar
½ cup self-raising flour
½ cup plain flour
½ cup cornflour
1 tbsp milk

Method:

Cream butter and icing sugar until light and fluffy. Add flours and milk to mixture and mix until well combined. Pinch off small amounts of mixture and roll into balls. Place 8 balls at a time on a dinner plate evenly spaced, leaving room for spreading. Press down gently with a fork. Cook on HIGH for 1 minute 30 seconds to 1 minute 50 seconds. Allow to cool slightly before removing and cooling completely on a wire rack. Repeat with remaining mixture.

To Bake:

Remove turntable and roller ring. Pre-heat oven to 150°C. Prepare biscuits as above. Place on a greased oven tray, pressing down gently with a fork. Cook for 20 to 25 minutes on 150°C. Cool as above.

ANZAC BISCUITS **B**

Makes: 26 to 30 biscuits

Ingredients:

125 g butter
1 tbsp golden syrup
1 tsp baking soda
2 tbsp hot water
1 cup rolled oats
1 cup coconut
1 cup plain flour
1 cup brown sugar

Method:

Melt butter and golden syrup in a large mixing bowl on HIGH for 1 to 2 minutes. Remove turntable and roller ring. Preheat oven to 160°C. Combine baking soda and water in a small bowl. Add dry ingredients and water mixture to butter syrup. Mix well. Place small teaspoonsful of mixture onto a greased baking slide, allowing room for spreading. Press down gently with a fork. Cook on 160°C for 12 to 15 minutes. Leave on slide for a few minutes, then transfer to wire cake rack until biscuits are cold.

TROPICAL OATY SLICE **C**

Ingredients:

1 cup cornflakes
1 cup rolled oats
1 cup coconut shredded or flaked
¼ cup castor sugar
½ cup dried, diced pineapple
½ cup dried, diced paw paw
60 g butter
2 tbsp honey
1 egg, lightly beaten

Method:

Grease a 23 cm square dish. Combine cornflakes, oats, coconut, sugar and fruits in a mixing bowl. Place butter and honey in a 1-cup jug. Cook on HIGH for 30 to 40 seconds. Add butter mixture and egg to cornflake mixture. Mix well and press into prepared dish. Cook on COMBINATION 6 for 18 to 20 minutes. Cool in dish for 5 to 10 minutes before cutting into squares or fingers. Cool on wire rack.

LACE BISCUITS **B**

Makes: 18 to 20 biscuits

Ingredients:

2 tbsp liquid glucose
¼ cup brown sugar
60 g butter, melted
⅓ cup plain flour
60 g almonds, finely chopped

Method:

Combine glucose and sugar in a 1-litre casserole dish. Cook on MEDIUM for 2 to 3 minutes. Add melted butter to glucose mixture. Stir in flour and almonds. Mix well. Remove turntable and roller ring. Preheat oven to 180°C. Place small teaspoonsful of mixture 8 cm apart onto a greased slide. Cook on 180°C for 6 to 8 minutes. Stand for 1 minute before removing biscuits from tray to allow edges to firm for easier removal.

Tip: To make brandy snaps wrap hot biscuits around the handle of a wooden spoon and allow the cool. Fill centres with whipped cream.

OATY DATE BARS

Ingredients:

1 ½ cups chopped dates
3 tbsp water
2 tbsp lemon juice

Base:

125 g butter
¾ cup raw sugar
1 egg
1 tbsp golden syrup
1 tsp vanilla essence
1 cup wholemeal flour
1 tsp baking powder
¼ tsp salt
¼ cup rolled oats
1 cup coconut

Method:

Filling:

In a bowl place dates, water and lemon juice. Cook on HIGH 2 to 3 minutes until dates are soft. Cool.

Base:

Cream butter and sugar together. Add egg and golden syrup. Beat well. Add vanilla essence, wholemeal flour, baking powder, salt, oats and coconut. Mix well. Grease a 20 cm x 30 cm shallow dish. Divide the dough into 2 equal portions. Press out one portion thinly over the base of the dish. Spread cold filling over this. Dot small pieces of dough over filling and carefully spread it together to form a top layer. Cook elevated on MEDIUM-HIGH 9 to 10 minutes. When cold ice with lemon icing. Cut into fingers.



Lace Biscuits

PEANUT BROWNIES **B**

Makes: Approx. 20

Ingredients:

125 g butter
125 g sugar
1 egg
1½ cups flour
1 tsp baking powder
1 tbsp cocoa powder
1 cup peanuts

Method:

Remove turntable and roller ring. Preheat oven to 190°C. Cream butter and sugar, then add egg. Mix well. Add flour, baking powder and cocoa. Mix to thoroughly combine. Stir in peanuts. Spoon mixture onto a greased baking tray, allowing room between biscuits to spread. Press down gently with a fork. Cook on 190°C for 15 to 20 minutes, turning tray around halfway through cooking if necessary. Cool on a wire rack.

MERINGUES **B**

Makes: Approx. 20

Ingredients:

¼ cup egg white
(whites of 2 large eggs)
1 tsp white vinegar
⅔ cup castor sugar
pinch salt
1 tsp icing sugar

Method:

Combine egg whites, vinegar, sugar and salt in a small bowl and beat at high speed with electric mixer for 15 minutes. Fold in sifted icing sugar. Remove turntable and roller ring. Preheat oven to 120°C. Place meringue mixture in piping bag and, using a fluted tube, pipe in 4 cm circles on foil lined baking trays. Cook one tray at a time on 120°C for 55 to 60 minutes. Cool on wire rack. When cold sandwich together with cream, or dip in melted chocolate.

Note: When cooking in two batches it is recommended that the oven be preheated again between loads.

CHERRY CREAM STACK **B**

Serves: 6

Ingredients:

1 packet puff pastry
300 ml cream
1 tbsp icing sugar
½ tsp vanilla essence
425 g can black cherries, drained and roughly chopped
30 g dark chocolate, melted

Method:

Remove turntable and roller ring. Preheat oven to 220°C, with a baking tray on the shelf. Roll out pastry and cut 3 pieces 12×27 cm. Place on hot baking tray and cook on 220°C for 8 to 10 minutes. Allow to cool. Beat cream, sugar and vanilla until thick. Place ¼ of the cream into a small bowl and set aside. Add cherries to remaining cream and mix well. Place 1 piece of pastry on a serving dish. Top with half the cherry cream mixture. Place another piece of pastry on top of the cream and spread with remaining cherry cream mixture. Top with remaining pastry and smooth over with reserved cream. Dribble chocolate over top.

Tip: To melt chocolate cook on MEDIUM-HIGH for 20 to 30 seconds.

LOUISE CAKE **B**

Makes: 12 to 16

Ingredients:

90 g butter
½ cup sugar
1 egg
⅓ cup self-raising flour
⅔ cup plain flour
½ cup jam of your choice

Topping:

2 eggs
⅓ cup sugar
2 cups desiccated coconut

Method:

Grease a 20 cm square dish. Remove turntable and roller ring. Preheat oven to 190°C. Cream butter, sugar and eggs until light and fluffy. Stir in flour. Spread mixture in dish, then spread jam over the top, then add topping.

Topping:

Beat eggs lightly, then beat in sugar and coconut. Cook on 190°C for 35 to 40 minutes. Cool for 15 minutes in the dish. Cut into squares and cool on wire rack.

CHERRY CHEWS **C**

Makes: One 18×28 cm slice

Ingredients:

Base:

1 cup self-raising flour
1 cup icing sugar
120 g butter

Topping:

¼ cup plain flour
¾ cup castor sugar
½ tsp baking powder
2 eggs, lightly beaten
60 g glace cherries, chopped
½ cup coconut
½ cup chopped walnuts

Method:

Base:

Sift flour and icing sugar into a mixing bowl. Rub in butter with fingertips until mixture is combined. Press into a greased 18×28 cm pyrex baking dish.

Topping:

Sift flour, sugar and baking powder into a bowl. Add beaten eggs, cherries, coconut and walnuts and mix well. Spread evenly over base and cook on COMBINATION 4 for 23 to 25 minutes. Stand for 5 minutes before cutting.

CHOCOLATE BISCUITS

Ingredients:

250 g butter, softened
125 g muscovado sugar
1 tsp vanilla essence
250 g self-raising flour
60 g cocoa powder
1 egg, beaten

Method:

Cream the butter, beat in the sugar, egg and essence, then work in the flour and cocoa until a thick paste consistency. Divide into pieces the size of a walnut. Roll into balls and space at regular intervals on a flat, non-metallic tray. Flatten each one with a fork and cook in batches of 10 on HIGH for 2½ to 3 minutes. Lift the biscuits off carefully onto a cooling rack.



Oatmeal Cookies

OATMEAL COOKIES **B**

Makes: approx. 48

Ingredients:

125 g butter
1 cup brown sugar
1 egg
½ tsp cinnamon
¾ cup plain flour
1 tsp baking powder
1½ cups rolled oats

Method:

Cream butter and sugar until light and fluffy. Add egg and mix well. Fold in remaining ingredients and mix well.

To Cook by Microwave:

Place 6 teaspoonsful of mixture onto a sheet of baking paper on a heatproof dinner plate. Cook on HIGH for 1 minute and 10 seconds to 1 minute and 30 seconds. Allow to cool slightly on plate before removing and completely cooling on a wire rack. Repeat above procedure until all mixture is used.

To Bake:

Prepare biscuit dough as above. Remove turntable and roller ring. Preheat oven to 180°C. Put teaspoonsful of mixture onto a greased oven tray and press down lightly. Cook on 180°C for 12 to 15 minutes. Cool thoroughly on a wire rack.

PECAN MOCHA SLICE

B

Ingredients:

Base:

1 cup plain flour
⅓ cup brown sugar
90 g unsalted butter

Filling:

½ cup milk powder
2 tbsp self-raising flour
2 tsp cocoa powder
¼ cup castor sugar
¼ cup coconut
¼ cup chopped pecan nuts
2 eggs, lightly beaten
½ tsp vanilla

Mocha Icing:

1 cup icing sugar
2 tbsp milk powder
2 tsp cocoa
1 tbsp hot water
1 tsp unsalted butter
½ tsp coffee powder
18 whole pecan nuts

Method:

Grease a 23 cm square baking dish. Remove turntable and roller ring. Preheat oven to 190°C. Sift flour and sugar into a mixing bowl. Rub butter into flour mixture. Press evenly into prepared dish. Cook for 15 minutes on 190°C. Cool. Preheat oven again to 190°C. Spread filling over base and cook on 190°C for a further 12 minutes. Cool in pan. When cold spread with icing, top with whole pecans and cut into squares.

Filling:

Sift milk powder, flour and cocoa into a mixing bowl. Stir in sugar, coconut, pecans eggs and vanilla. Mix well.

Mocha Icing:

Sift icing sugar, milk powder and cocoa into a mixing bowl. Place water and butter in a 2 cup pyrex jug. Cook on HIGH for 30 to 40 seconds, or until butter is melted. Add coffee powder and mix well. Add icing sugar to butter mixture and mix well. Cook on MEDIUM-LOW for 40 to 45 seconds, until icing is spreadable.

APPLE SLICE **B**

Makes: 2 slices

Ingredients:

3 cooking apples, peeled and sliced thinly
¼ tsp cinnamon
pinch nutmeg
2 sheets ready rolled puff pastry
1 egg, lightly beaten
castor sugar

Method:

Place apples, cinnamon and nutmeg into a 2-litre casserole dish. Cook, covered, on HIGH for 3 to 5 minutes. Drain well. Remove turntable and roller ring.

Preheat oven to 210°C with a baking tray on the shelf. Cut sheets of pastry in half. Place 2 halves of pastry side by side on a bread board. Place apple mixture on top leaving a 2 cm border around the edge. Brush edges with beaten egg and place remaining sheets of pastry on top of apple mixture. Secure edges together. Brush top with egg. Cut slits across the top of each pastry. Sprinkle with castor sugar. Place slices onto preheated greased baking tray and cook on 210°C for 20 to 25 minutes, or until golden brown.

CREAM PUFFS **B**

Makes: 20 to 24

Ingredients:

1¼ cups water
125 g butter
1 tsp sugar
pinch salt
1¼ cups plain flour
4 to 5 eggs

Filling:

300 ml cream
1 tbsp castor sugar
1 tsp vanilla essence
icing sugar for dusting

Method:

Place water, butter, sugar and salt into a 1.5-litre casserole dish. Cook on HIGH for 3 to 4 minutes (this mixture must boil). Immediately stir in all the flour, continue stirring until mixture comes away from the sides of the bowl. Allow to cool slightly. Remove turntable and roller ring. Preheat oven to 220°C. Add eggs one at a time, beating well after each addition. Continue beating until mixture is smooth and glossy. Drop teaspoonsful onto a lightly greased baking tray. Cook on 220°C for 15 to 18 minutes. Pierce each side of puff with a skewer to allow steam to escape. Allow to cool on a wire cake rack.

Filling:

Beat cream, sugar and vanilla until thick. Halve each puff and place a teaspoonful of filling into each. Sandwich each half together. Sprinkle puffs with icing sugar.

Tip: Mixture can be placed in a food processor when adding eggs. Only add the 5th egg if the mixture is too thick.



Apple Slice

DATE AND WALNUT FUDGE

Makes: 25 pieces

Ingredients:

250 g sweet biscuits, crushed
50 g walnuts, chopped
100 g dates, chopped
2 tsp cocoa powder
2 tsp coffee powder
175 g dark chocolate, broken into pieces
400 g can sweetened condensed milk
1 tsp vanilla essence

Method:

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

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

CHOC CARAMEL SQUARES

Makes: 12 squares

Ingredients:

125 g butter
1/3 cup sugar
1 egg
1 cup flour
1 tbsp cocoa
1 tsp baking powder

Topping:

1/2 cup condensed milk
2 tbsp golden syrup
60 g butter

Method:

Place butter in a bowl and cook on HIGH for 15 to 20 seconds. Add sugar and mix well. Add egg to butter mixture and mix well. Sift remaining ingredients and fold into butter egg mixture. Mix well. Place in a lined 20 cm square dish and cook on MEDIUM-HIGH for 7 to 9 minutes. Place all topping ingredients in a 4-cup jug and cook on HIGH for 2 to 2 1/2 minutes. Spread topping over base and chill. Cut in squares when cold.



Date and Walnut Fudge

FRUIT FLAN **B**

Serves: 6 to 8

Ingredients:

Pastry:

1 cup plain flour
1/4 tsp salt
3 tbsp butter
2 tbsp water

Filling:

250 g Philadelphia cream cheese
grated rind of 1 lemon
grated rind of 1 orange
1/4 cup icing sugar
2 tbsp orange juice
1 can pitted black cherries, drained
1 can peach slices, drained

Method:

Sift flour and salt into a mixing bowl. Rub in butter with fingertips until it resembles fine breadcrumbs. Add water and mix to a soft dough. Knead lightly and chill. Remove turntable and roller ring. Preheat oven to 180°C. Roll pastry out to fit a 20 cm flan dish. Trim edges. Prick base with a fork. Cook on 180°C for 25 to 30 minutes. Allow to cool.

Filling:

Beat cream cheese until smooth. Gradually add lemon and orange rind, icing sugar and orange juice. Mix well. Spread mixture over the base of the cooled pie shell. Arrange fruit on top. Serve.

Beverages



Strawberry Liqueur

STRAWBERRY LIQUEUR

Ingredients:

500 g sugar
600 ml brandy or whisky
500 g washed and hulled strawberries

Method:

Place all ingredients in a 4-litre casserole dish. Stir well. Cook on HIGH for 20 minutes, stirring halfway through cooking. Pour into an airtight container. Store refrigerated for 2 to 3 months. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

COFFEE LIQUEUR

Makes: 3 cups

Ingredients:

1½ cups hot tap water
2 cups sugar
½ cup freeze dried coffee
2 cups vodka
3 tsp vanilla essence

Method:

Pour water in a 4-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients and stir well. Cook on MEDIUM-HIGH for 30 to 35 minutes. Pour into an airtight container and stand for 4 days before serving. Serve in liqueur glasses.

SPICY CHOCOLATE DRINK

Serves: 2

Ingredients:

2 tsp coffee powder
2 tsp drinking chocolate
½ tsp cinnamon
2 tsp sugar
2 cups milk

Method:

Blend coffee, drinking chocolate, cinnamon and sugar in a 4-cup, heatproof jug. Gradually stir in milk. Cook on MEDIUM-HIGH for 5 to 6 minutes. Pour into coffee mugs. Decorate with whipped cream or a marshmallow if desired.

TEA

Serves: 1

Ingredients:

¾ cup hot tap water
1 tea bag

Method:

Pour water into a heatproof cup. Cook on HIGH for 1 to 2 minutes. Submerge tea bag in water until strength desired. Remove tea bag. Add milk and sugar if desired and stir.

COFFEE

Serves: 1

Ingredients:

¾ cup water
1 to 2 tsp instant coffee

Method:

Pour water into a heatproof cup. Add coffee and stir. Cook on HIGH for 1 to 2 minutes. Add milk and sugar if desired. Stir.



Spicy Chocolate

HOT COCOA

Makes: 1 cup

Ingredients:

2 tsp cocoa powder
1 to 2 tsp sugar
2 tbsp water
¾ cup milk

Method:

Combine cocoa, sugar and water in a heatproof cup. Cook on HIGH for 10 to 15 seconds. Stir in milk and cook on MEDIUM-HIGH for 1 to 2 minutes.

BANANA HONEY DRINK

Serves: 3 to 4

Ingredients:

2 bananas, mashed
½ cup plain yoghurt
¼ tsp vanilla essence
2 tbsp honey
1 cup milk
nutmeg

Method:

Combine all ingredients (except milk and nutmeg) in a heatproof 4-cup jug and stir well. Gradually stir in milk. Cook on MEDIUM-HIGH for 4 to 6 minutes. Pour into glasses or mugs. Stir well and sprinkle with nutmeg.

HOT LEMON AND HONEY DRINK

Serves: 2

Ingredients:

juice of ½ lemon
1 tbsp honey
¾ cup water

Method:

Mix all ingredients in a 2 cup, heatproof jug. Cook on HIGH for 2 to 3 minutes. Stir well.

CHOC MINT MILK

Serves: 2

Ingredients:

1¼ cups milk
3 tbsp drinking chocolate
4 peppermint creams
1 chocolate flake stick

Method:

Place milk in a 2-cup, heatproof jug. Cook on MEDIUM-HIGH for 3 to 4 minutes. Place drinking chocolate and peppermint creams into a blender or food processor. Add milk and blend until smooth and frothy. Serve warm with a flake stick.

MULLED WINE

Ingredients:

1 bottle red wine
150 ml brandy
150 ml water
1 orange, sliced
1 lemon, sliced
5 cm stick of cinnamon
4 cloves

Method:

Place all ingredients in a large bowl. Cook on HIGH for 3 minutes until warmed through, stirring halfway through the cooking time. Serve warm.

IRISH COFFEE

Ingredients:

¾ cup ready made coffee
1 nip whisky
whipped cream

Method:

Place coffee and whisky in a cup. Heat on HIGH for 1½ to 2 minutes, until nearly boiling. Pipe whipped cream on top and serve.

Note: 2 cups will take approximately 3 minutes to heat.

PEPPERMINT COOLER

Ingredients:

3 peppermint tea bags
4 cups cold water
juice of ½ lemon
ice blocks
4 slices of lemon or lime
mint leaves to garnish

Method:

Place teabags and water in a large jug. Cook on HIGH for 10 to 12 minutes, until boiling. Stand for 2 to 3 minutes, then discard teabags. Cool. Add lemon juice and refrigerate until well chilled. Serve in long glasses with iceblocks. Garnish with lemon or lime slices and mint leaves.

GRAPE AND BLACKCURRANT GLOW

Ingredients:

3 cups grape juice
3 cups blackcurrant drink
¼ cup mild, runny honey
1 lemon, thinly sliced
1 orange, thinly sliced
2 cinnamon sticks
6 cloves

Method:

Place all ingredients in a large bowl. Cook on HIGH for 12 to 14 minutes until boiling. Serve hot.

Note: This drink may be prepared in advance and then reheated for 2 to 2½ minutes on HIGH per mug.

Sauces & Accompaniments



Spaghetti Meat Sauce Hollandaise Sauce

HOLLANDAISE SAUCE

Makes: ¾ cup

Ingredients:

60 g butter
2 tbsp lemon juice
2 egg yolks
¼ cup cream
½ tsp mustard
¼ tsp salt

Method:

Place butter in a 2-cup jug and cook on HIGH for 40 seconds. Add lemon juice, egg yolks and cream. Mix well. Cook on MEDIUM-HIGH for 60 to 90 seconds. Add mustard and salt. Mix until smooth. Serve with eggs, vegetables or fish dishes.

SPAGHETTI MEAT SAUCE

Serves: 4 to 6

Ingredients:

500 g minced beef
1 small onion, chopped
1 clove garlic, crushed
¾ cup finely sliced celery
425 g can tomatoes, chopped
1 cup tomato paste
2 beef stock cubes (2 tsp beef stock powder)
2 tbsp finely chopped parsley
1 tbsp worcestershire sauce
1 tsp salt
1 tsp brown sugar
½ tsp pepper
1 bay leaf

Method:

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

BASIC WHITE SAUCE

Makes: 1 cup

Ingredients:

2 tbsp butter
2 tbsp flour
salt and white pepper
1 ¼ cups milk

Method:

Place butter in a 4 cup jug. Cook on HIGH for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on HIGH for 3 to 4 minutes, stirring once.

Tip: For cheese sauce, stir in ½ cup grated cheese once sauce has thickened.

MINT SAUCE

Ingredients:

¼ cup water
1 tbsp sugar
2 tbsp brown vinegar
2 tbsp mint, finely chopped

Method:

Combine all ingredients in a 1-cup jug. Cook on HIGH for 30 to 60 seconds. Stir well and serve with Roast Lamb.

LEMON BUTTER

Makes: 1 cup

Ingredients:

grated rind and juice of 3 lemons
⅓ cup sugar
3 egg yolks
1 tbsp butter
1 tbsp cornflour

Method:

Blend all ingredients in a 2-cup glass jug. Cook on MEDIUM-HIGH for 3 minutes, or until thickened, stirring every minute. Pour into hot sterilised jars and seal immediately.

TOMATO CHUTNEY

Ingredients:

250 g onions, finely chopped
1 ½ kg ripe tomatoes, skins removed and tomatoes chopped
1 tsp salt
1 tsp paprika
pinch cayenne pepper
150 ml malt vinegar
175 g sugar

Method:

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

CHINESE SWEET & SOUR SAUCE

Makes: 4 cups

Ingredients:

½ cucumber
½ cup cornflour
½ cup brown sugar
1 cup chicken stock
½ cup dry sherry
2 tbsp white vinegar
2 tbsp soy sauce
2 tbsp tomato paste
450 g can pineapple pieces and juice
½ red pepper, diagonally sliced
1 stick celery, diagonally sliced

Method:

Cut cucumber in half lengthwise, scoop out seeds and slice diagonally into 1 cm pieces. Combine cornflour and sugar in a 2-litre casserole dish. Gradually stir in stock, sherry, vinegar, soy sauce, tomato paste, pineapple pieces and juice, red pepper and celery. Cook on HIGH for 10 to 12 minutes, stirring every 2 minutes. Serve with ham steaks, pork chops or chicken.

GRAVY

Makes: 2 cups

Ingredients:

2 tbsp dripping or pan juices
1 small onion, finely chopped
2 tbsp flour
1 tbsp tomato paste
1½ cups beef stock
salt and pepper

Method:

Place dripping or pan juices and onion in a 2-cup jug. Cook on HIGH for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well and cook on HIGH for 2 minutes. Add remaining stock, stir well and cook on HIGH for a further 2 minutes. Season to taste. Serve with meat.

ORANGE MARMALADE

Ingredients:

700 g oranges
1 lemon
3 cups water warmed

Method:

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

Tip: To warm sugar, place in a 2-litre casserole dish and cook on HIGH for 1 to 1½ minutes.



Jam

SWEET APRICOT JAM

Ingredients:

750 g dried apricots
7¼ cups water
1.3 kg sugar
2 tbsp pectin

Method:

Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cook on HIGH for 25 to 30 minutes, stirring halfway through cooking. Add pectin and stir well. Cook on HIGH for a further 25 to 30 minutes, stirring halfway through cooking. Check the jam is setting. Allow to cool slightly before pouring into sterilised jars. Seal.

Tip: To check that jam has reached setting point place a few drops onto a cold saucer. Leave it to cool, then gently push the jam from one edge with a finger. If the surface wrinkles, or a skin has formed, the jam will set.

STRAWBERRY JAM

Ingredients:

1 kg strawberries, washed and hulled
1 kg castor sugar
pectin, if required

Method:

Place strawberries in a 5-litre casserole dish. Cover and cook on HIGH for 5 minutes. Stir in sugar and pectin if required. Cook on MEDIUM-HIGH for 35 to 40 minutes, stirring every 10 minutes. Check the jam is setting. Cool and bottle in sterilised jars. Seal.

FRUIT MINCE

Serves: 4

Ingredients:

250 g mixed dried fruit
440 g crushed pineapple and juice
1 cooking apple, peeled, cored and grated
1 cup brown sugar
1 tbsp brandy
1 tsp nutmeg
1 tsp cinnamon
1 tbsp cornflour
¼ cup water

Method:

Combine all ingredients except cornflour and water in a 2-litre casserole dish. Cook on MEDIUM for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on HIGH for 4 to 6 minutes. Stir. Cool, bottle and seal, or use immediately.

RUNNY CHOCOLATE SAUCE

Ingredients:

90 g dark chocolate
¾ cup evaporated milk
¼ cup sugar
1 tsp vanilla essence

Method:

Place chocolate in a 2-cup jug. Cook on MEDIUM-HIGH for 1 minute. Stir well. Add remaining ingredients to chocolate, stirring until smooth. Cook on MEDIUM-HIGH for a further 2 to 3 minutes. Serve over ice cream.

CARAMEL SAUCE

Ingredients:

½ cup brown sugar
90 g butter
¼ cup cream
½ tsp vanilla essence

Method:

Combine all ingredients in a 2-cup jug. Mix well. Cook on HIGH for 1½ to 2 minutes, stirring halfway through cooking. Serve over ice-cream, fruit, or steamed pudding.

BRANDY SAUCE

Ingredients:

2 tbsp butter
2 tbsp cornflour
3 tbsp sugar
2 tbsp golden syrup
1 cup milk
¼ cup brandy

Method:

In a 4-cup glass jug melt butter on HIGH for 30 to 40 seconds. Blend in cornflour, sugar and golden syrup and cook on HIGH for 1 minute. Add milk gradually and cook on MEDIUM-HIGH for 3 to 4 minutes, stirring after 2 minutes. Stir in brandy. Serve hot with Christmas pudding.

MUSHROOM SAUCE

Makes: 1½ cups

Ingredients:

3 tbsp margarine or butter
2 tbsp flour
1 tsp soy sauce
¾ cup cream
salt and pepper to taste
½ tsp curry powder
190 g can mushrooms, drained, or fresh mushrooms, sliced

Method:

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

PLUM SAUCE

Ingredients:

1 kg dark plums
500 g onions
500 g raisins
6 fresh chillis
2 to 3 cm piece root ginger
2 tsp mixed whole spice
4¾ cups malt vinegar
1 tbsp salt
1 kg demerara sugar

Method:

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

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

APRICOT CHUTNEY

Ingredients:

250 g dried apricots
1½ cups water
1 tsp ground ginger
¾ cup white vinegar
1 tsp chilli powder
250 g sugar

Method:

Combine apricots and water in a 2-litre casserole dish. Cook on HIGH for 8 to 10 minutes. Strain and puree apricots in a blender or food processor. Place remaining ingredients in a 2-litre casserole dish and cook on HIGH for 5 minutes. Add apricot puree and cook on MEDIUM-HIGH for 20 to 25 minutes. Cool and pour into sterilised jars. Serve with turkey or lamb.

MANGO CHUTNEY

Makes: 2 cups

Ingredients:

450 g fresh mango, peeled and sliced
225 g cooking apples, peeled, cored and sliced
2 tbsp salt
2 onions, finely sliced
300 g brown sugar
150 ml malt vinegar
1 tsp ground ginger
1 tsp chilli powder

Method:

Place mango and apple in a bowl and sprinkle with salt. Stand overnight. Rinse and drain fruit. Place fruit in a large dish and add onion. Cover and cook on HIGH for 6 minutes, stirring halfway through cooking. Add sugar, vinegar and spices and mix well. Cover and cook on HIGH for 15 minutes. Pour into sterilised jars and seal.

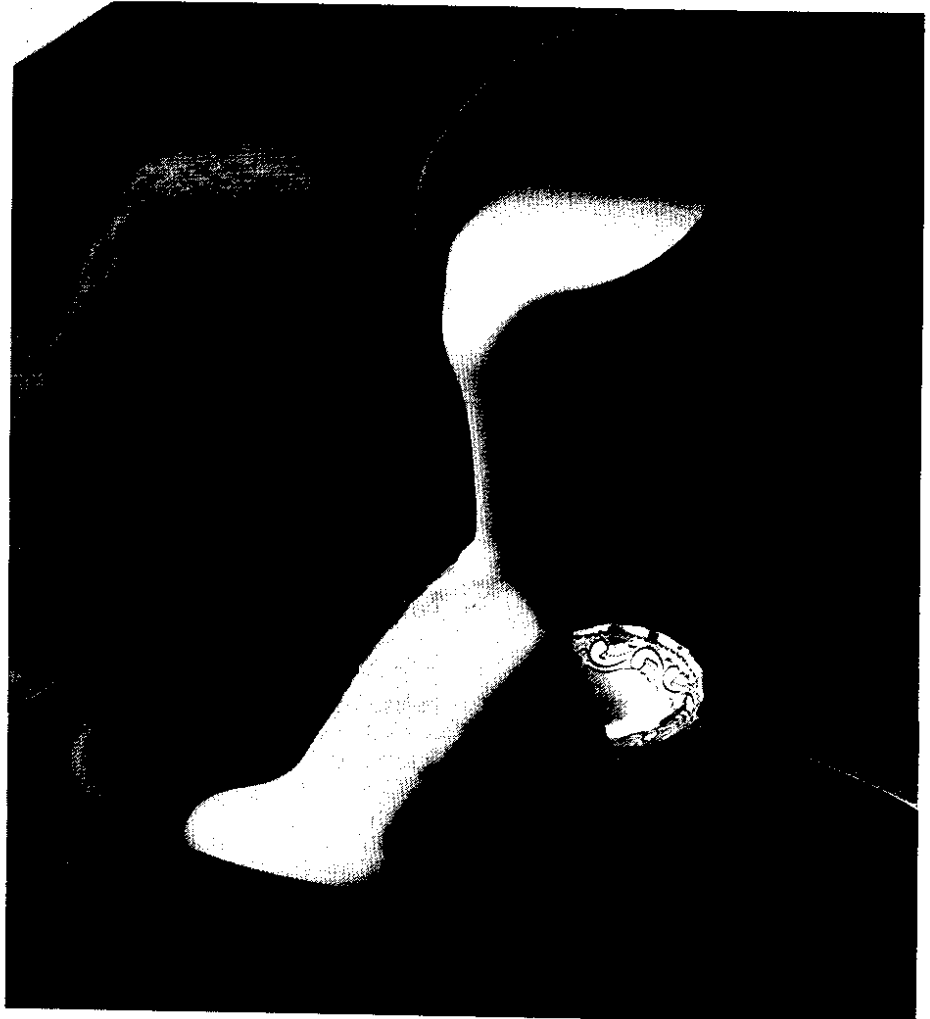
CUCUMBER PICKLE

Ingredients:

2 cucumbers
2 onions, chopped
2 tbsp salt
250 ml malt vinegar
 $\frac{2}{3}$ cup sugar
 $\frac{1}{2}$ tsp celery seeds
 $\frac{1}{2}$ tsp mustard seeds

Method:

Wash cucumbers and remove ends. Dice (do not peel). Place cucumber in a bowl, add onion and sprinkle with salt. Stand overnight. Rinse and drain cucumbers and onions. Pack into sterilised jars. Place remaining ingredients in a jug and cook on HIGH for 2 minutes. Stir and cook on HIGH for a further 5 minutes. Pour liquid over cucumber and seal. Keep for 4 weeks before opening.



Stirred Custard

LEMON SAUCE

Makes: 2 cups

Ingredients:

1 tbsp butter
 $\frac{1}{2}$ cup sugar
1 cup water
2 tbsp cornflour
 $\frac{1}{2}$ tsp grated lemon rind
2 tbsp lemon juice

Method:

In a 4-cup glass jug heat butter on HIGH for 20 to 30 seconds. Stir in sugar, water, cornflour, lemon rind and juice. Mix well. Heat on HIGH for 3 to 4 minutes, stirring after cooking. Serve hot with chicken pieces or pork.

STIRRED CUSTARD

Makes: approx. 2 cups

Ingredients:

3 tbsp sugar
2 tbsp custard powder
 $1\frac{1}{2}$ cups milk
2 egg yolks, lightly beaten
1 tsp vanilla essence

Method:

Combine sugar and custard powder in a 4-cup jug. Gradually stir in milk until smooth. Cook on MEDIUM-HIGH for 4 to 5 minutes, stirring halfway through cooking. Add egg yolks and mix well. Cook on MEDIUM-HIGH for a further 30 to 60 seconds. Add vanilla, stir well and serve.

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Prawn & Fetta Cheese Tart	50	Shortbread Biscuits	Variable Power Chart	15
Prawns, Garlic	52	Smoked Red Cod	Veal & Pineapple Casserole	78
Prawn Wrap-ups	36	Souffle, Cheese	Veal Paprika	75
Pumpkin	90	Soups:	Vegetable Casserole	94
Pumpkin Soup	38	Crab & Corn	Vegetable Cooking Chart—	
		Creamy Broccoli	Fresh	90
		French Onion		

Vegetable Cooking Chart—	
Frozen	89
Vegetables, Baked	97
Vegetables, Mixed Julienne ..	96
Vegetables, Oriental	93
Vegetable Samosas	36
Vegetable Soup	39
Vegetables, Stir Fried with	
Tofu	98
Vichyssoise	40

W

Wellington, Beef	72
White Sauce	121
Whole Stuffed Fish	51

Y

Yams, Onion & Ginger	94
Yorkshire Pudding	72