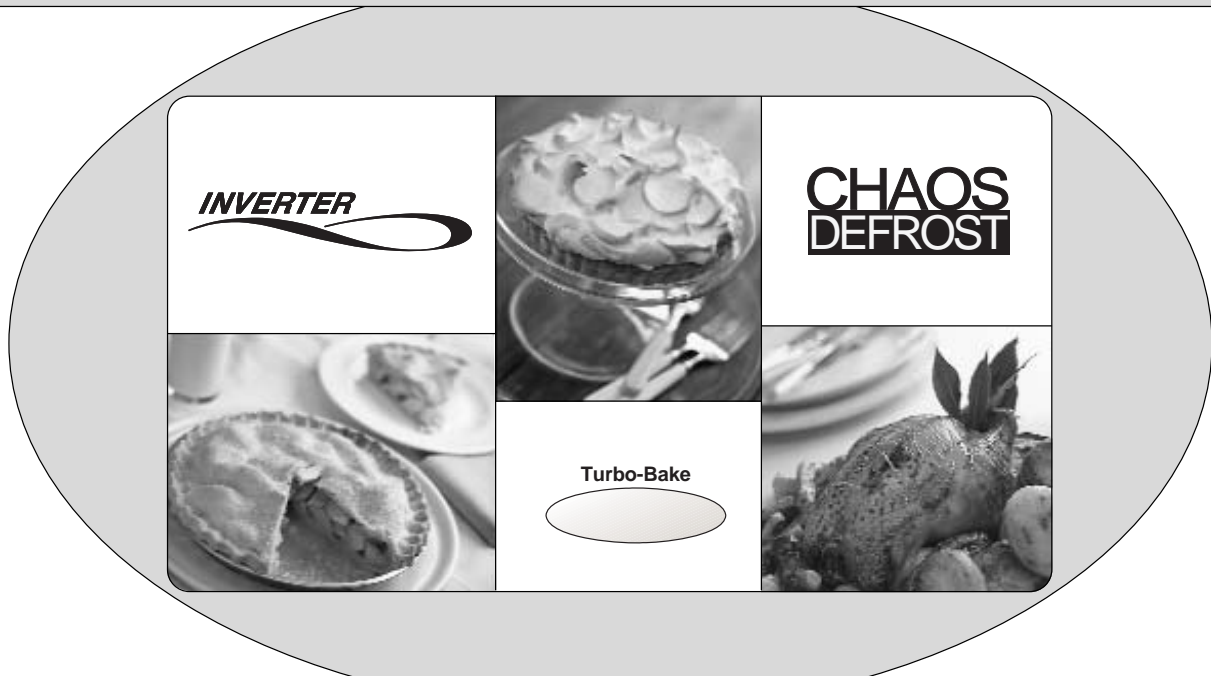


# Panasonic



# Microwave Cookery Book & Operating Instructions

For Models:

NN A883

NN A823

NN A873

NN A813

# Welcome to Panasonic Microwave Cooking

## Dear Owner,

Thank you for purchasing a Panasonic Microwave Oven. Even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.



This microwave oven has the benefit of the Inverter System Inside. The new unique technology has been in use with microwave ovens in Japan for many years, improving the cooking performance of the oven. It also means that you benefit from having more space inside your oven, without taking up more room on your work surface.

Microwaves leave most foods tastier and leave you with less washing up, but don't expect to become a perfect microwave cook overnight – some of the methods are very different to those used in conventional cooking.

At our busy Test and Development Kitchen in Bracknell, Home Economists program the ovens especially for the UK market. The recipes are tested many times to ensure you achieve successful results at home.

We hope you enjoy using your new oven but should you require any further help or explanation, phone our

**☎ COOKERY ADVICE LINE 01344 862108**

Write to the address below, or contact us on-line at [test.kitchen@panasonic.co.uk](mailto:test.kitchen@panasonic.co.uk)

Alternatively visit our web site at [www.cooking-corner.co.uk](http://www.cooking-corner.co.uk)

Best regards,

Carol Cook BSc (Hons)  
*Senior Home Economist*

**The Microwave Test & Development Kitchen  
Panasonic Consumer Electronics U.K.  
Willoughby Road  
Bracknell  
Berks  
RG12 8FP**

When writing, please be sure to state your model number and daytime telephone number.



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# Important safety instructions

## please read carefully and keep for future reference

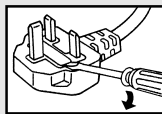
This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA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

If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug.

A replacement fuse cover can be purchased from your local Panasonic Dealer.

### HOW TO REPLACE THE FUSE

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




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

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

**WARNING: THIS APPLIANCE MUST BE EARTHED.**

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

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

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

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

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

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

### Voltage & Power

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

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

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

## Caution: Hot surfaces

### 1. Hot Surfaces

Exterior oven surfaces, including air vents on the cabinet and the oven door, will get hot during CONVECTION, COMBINATION and GRILLING. Use care when opening or closing door and when inserting or removing food and accessories. The oven has a heater situated in the top of the oven. After using the CONVECTION, COMBINATION and GRILL functions the roof and walls will be very hot.



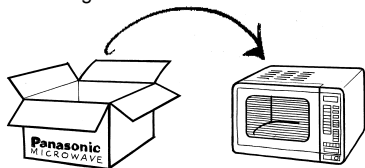
- Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.



## Unpacking your oven

### 1. Examine Your Oven

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



### 2. Guarantee

Your receipt is your guarantee, please keep safely.

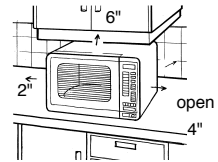
### 3. Cord

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

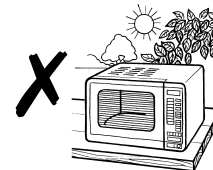
**N.B.** The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

## Placement of your oven

- Oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow, i.e. 5cm/2" at one side, the other being open; 15cm/6" clear over the top; 10cm/4" at the rear.

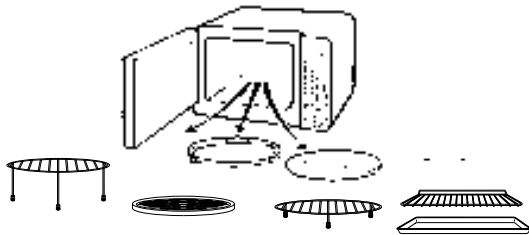


- Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.
- Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven over the vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.
- Do not use outdoors.



## Before using your oven

- Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during CONVECTION, COMBINATION and GRILLING, take care when opening or closing the door and when inserting or removing food and accessories.
- The oven has an element situated in the top of the oven. After using the CONVECTION, COMBINATION and GRILL function, this surface will be very hot. Care should be taken to avoid touching the heating elements inside the oven. **N.B.** After cooking by these modes, the oven accessories will be very hot.
- The accessible parts may become hot when the convection oven or grill is in use.



- Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Ensure that children do not touch the hot outer casing after operation of the oven.
- Storage of Accessories**  
Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on. In case of electronic failure, oven can only be turned off at wall socket.
- Before Use**  
Before using CONVECTION, COMBINATION or GRILL function for the first time operate the oven without food and accessories (including glass turntable and roller ring) on CONVECTION 250 °C for 5 mins. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated empty.

**CAUTION: Grill element and oven will be hot.**

**DO NOT OPERATE THE OVEN EMPTY.**

(Apart from in point 6 above).

**The appliance must not be operated by Microwave or Combination WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.**

# Care & Cleaning of your Microwave Oven - IMPORTANT

It is essential for the safe operation of the oven that it is kept clean and wiped out after each use.

1. **Switch the oven off** before cleaning and unplug at socket if possible.
2. **Keep the inside of the oven, door seals and door seal areas clean.** When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. The grill in the oven has a **self-clean catalytic lining**. It is therefore not necessary to clean the radiant grill element or above the grill in the roof of the oven.
4. **After using CONVECTION, GRILL or COMBINATION cooking** the enamel walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by CONVECTION, GRILL or COMBINATION. Stubborn spots inside the oven can be removed by using a small amount of branded conventional oven-cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. Avoid the microwave feed guide area, the roof of the oven, and the door. DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
5. The **outside oven surface** should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
6. If the **Control Panel** becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
7. **If steam accumulates** inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
8. It is occasionally necessary to remove the **glass turntable** for cleaning. Wash the tray in warm soapy water. Do not place in the dishwasher.
9. The **roller ring and oven cavity floor** should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven, particularly the turntable spindle and the area surrounding this, with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels. After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.
10. **When GRILLING or cooking by COMBINATION or CONVECTION** some foods may splatter grease onto the enamel oven walls. If the oven is not cleaned to eliminate this grease, it can accumulate and cause the oven to 'SMOKE' during use. These marks will be more difficult to clean later.
11. Ensure all **accessories** are kept scrupulously clean, especially when using microwave or combination programs.
12. A steam cleaner is not to be used for cleaning.

## Maintenance of your oven

### 1. Service

WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer. You can look on the Panasonic web site ([www.panasonic.co.uk](http://www.panasonic.co.uk)) under the "Support" option, where a service dealer locator can be found or alternatively call our Customer Care Centre on 08705 357357 who can recommend an engineer. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.



### 2. Door Seals

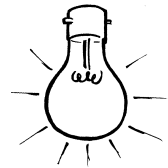
Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven.

The door seals and door seal areas should always be kept clean – use a damp cloth.

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

### 3. Oven Light

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

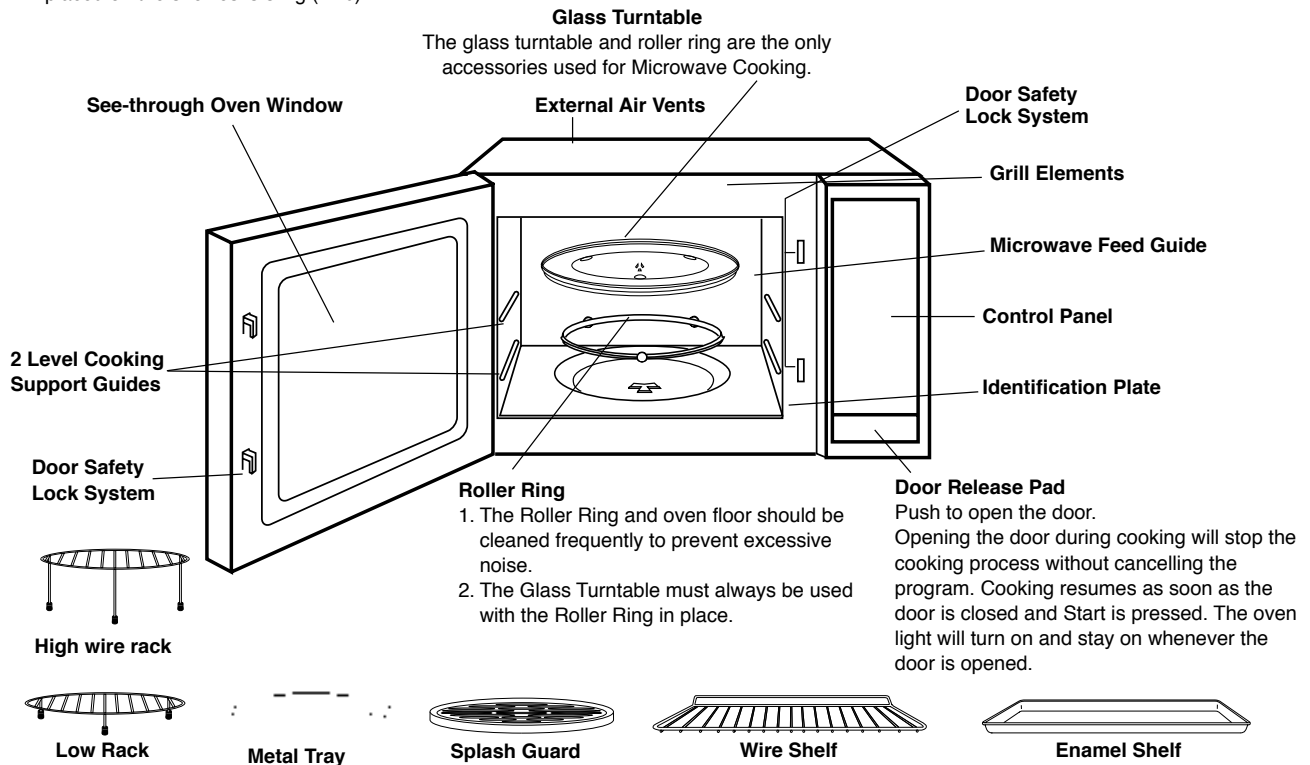


### 4. Selected Spares and Accessories

These may be ordered direct; on line at [www.panasonic.co.uk](http://www.panasonic.co.uk) or by telephoning the Customer Care Centre 08705 357357. Most major credit and debit cards accepted. Ensure you quote the correct model number.

# Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place, unless you are cooking on CONVECTION and wish to use the Wire or Enamel Shelves.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes on microwave only.
5. If food or utensil on Glass Turntable touches oven walls, causing the turntable to stop moving, it will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
6. The Glass Turntable can rotate in either direction. The maximum weight that can be placed on the turntable is 5 Kg (11lb) this includes total weight of food and dish. The maximum weight to be placed on the shelves is 5 Kg (11lb).
7. While cooking by MICROWAVE or COMBINATION, turntable may vibrate. This will not affect cooking performance.
8. The metal accessories provided must ONLY be used as directed for Grilling, Convection and Combination cooking. Never use them on microwave only. Do not use if operating the oven with less than 200g (7oz) of food on a manual Combination program. FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.
9. Arcing may occur if the incorrect weight of food is used, a metal container has been used incorrectly, or the accessories have been damaged. If this occurs, stop the machine immediately. You can continue to cook by GRILL OR CONVECTION ONLY.
10. Always refer to instructions for correct accessories to use on all programs. The glass turntable and roller ring are the only accessories used for Microwave Cooking. For CONVECTION and COMBINATION cooking the metal tray must ALWAYS be in place on the glass turntable, unless on CONVECTION cooking you wish to use the Wire or the Enamel Shelves.



# Important Information – Read Carefully

## Safety

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

## Short Cooking Times

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

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

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

## Important.

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

### 1. Small Quantities of Food.

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



**NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE OR COMBINATION.**

### 2. Foods Low in Moisture.

Take care when heating foods low in moisture, e.g. bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long.



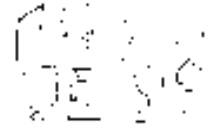
### 3. Christmas Pudding.

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



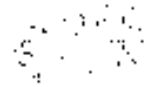
### 4. Boiled Eggs.

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



### 5. Foods with Skins.

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



### 6. Liquids.

Liquids and other foods must not be heated in sealed containers since they are liable to explode. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling.

This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:



a) Avoid using straight-sided containers with narrow necks.

b) Do not overheat.

c) Stir the liquid before placing the container in the oven and again halfway through the heating time.

d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container.

### 7. Lids.

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



### 8. Deep Fat Frying.

Do not attempt to deep fat fry in your oven.

# Important Information – Read Carefully

**9. Meat Thermometer.**

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



**10. Paper, Plastic.**

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags as arcing will occur.

Do not use re-cycled paper products, e.g. Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.



**11. Reheating.**

It is essential that reheated food is served "piping hot".

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



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

**12. Standing Time.**

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



**13. Keeping Your Oven Clean.**

It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning.



**14. Grilling.**

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

**15. Fan Motor Operation.**

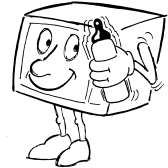
After using the microwave oven, the fan motor may operate to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

**16. Utensils.**

Before use check that utensils/containers are suitable for use in microwave ovens.

**17. Babies Bottles and Food Jars.**

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



**18. Arcing.**

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

You can continue to cook by GRILL OR CONVECTION ONLY.

**19. Maximum Weight on turntable.**

The maximum weight that can be placed on the turntable is 5 Kg (11lb) this includes total weight of food and dish.

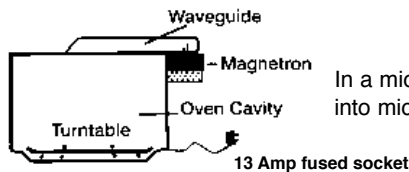


# Microwaving Principles

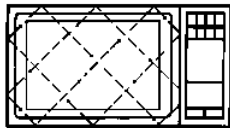
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

Manmade sources include radar, radio, television, telecommunication links and car phones.

## HOW MICROWAVES COOK FOOD



In a microwave oven, electricity is converted into microwaves by the MAGNETRON.



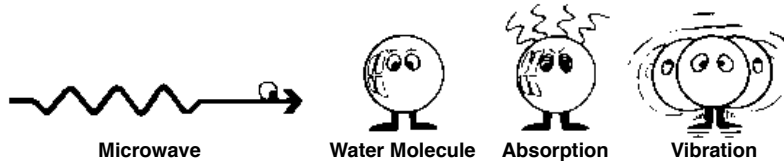
### REFLECTION

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



### TRANSMISSION

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



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

## IMPORTANT NOTES

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required!

MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED IN A MICROWAVE, FOR COOKING ON MICROWAVE ONLY

### Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

Because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either.

### Boiled Eggs

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

## STANDING TIME

When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (Refer to page 9).

# General Guidelines

## STANDING TIME



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

- **MEAT JOINTS** – Stand 15 mins. wrapped in aluminium foil.
- **JACKET POTATOES** – Stand 5 mins. wrapped in aluminium foil.
- **LIGHT CAKES** – Stand 5 mins. before removing from dish.
- **RICH DENSE CAKES** – Stand 15-20 mins.
- **FISH** – Stand 2-5 mins.
- **EGG DISHES** – Stand 2-3 mins.
- **PRECOOKED CONVENIENCE FOODS** – Stand for 5 mins.
- **PLATED MEALS** – Stand for 2-5 mins.
- **VEGETABLES** – Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately.
- **DEFROSTING** – It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

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

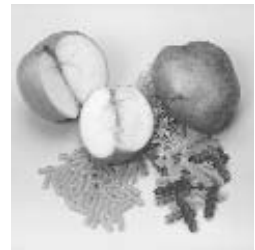
## PIERCING

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



## MOISTURE CONTENT

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



## CLING FILM

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





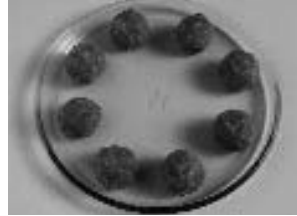
### DISH SIZE

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



### QUANTITY

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



### SPACING

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



### SHAPE

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



### DENSITY

Porous airy foods heat more quickly than dense heavy foods.



### COVERING

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items.



### ARRANGING

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



### STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.



### TURNING AND STIRRING

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



### LIQUIDS

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



### CHECKING FOOD

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



### CLEANING

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts, the roof of the oven and door area.

# Containers to use

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

## Testing Dishes for Suitability - For Microwave Cooking Only.



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

1. Fill a microwave safe measuring jug with 300ml ( $\frac{1}{2}$ pt) cold water.
2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.
3. Heat on HIGH power for 1 minute.

### Result

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

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

## QUICK CHECK GUIDE TO COOKING UTENSILS



### OVEN GLASS

Everyday glass that is heat resistant e.g. Pyrex®, is ideal for Microwave, Convection or Combination cooking. **DO NOT USE FOR GRILLING.** Do not use delicate glass or lead crystal which may crack or arc.

### POTTERY, EARTHENWARE, STONEWARE

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



### CHINA AND CERAMIC

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

### FOIL/METAL CONTAINERS

**NEVER ATTEMPT TO COOK IN FOIL OR METAL** containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven. Small items in shallow foil containers can be REHEATED in the microwave, as long as containers do not touch the oven walls or door. Foil and metal containers can be used on Grill and Convection modes and may be used with care during certain Combination cooking, as long as they are not damaged or dented.



## PLASTIC

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



Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. If heatproof they can be used for Convection or Combination cooking. **DO NOT USE UNDER THE GRILL.**



## PAPER

Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. covering blind pastry cases and for covering bacon to prevent splattering. **ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.**

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



## WICKER, WOOD, STRAW BASKETS

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

## CLING FILM

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



## ROASTING BAGS

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



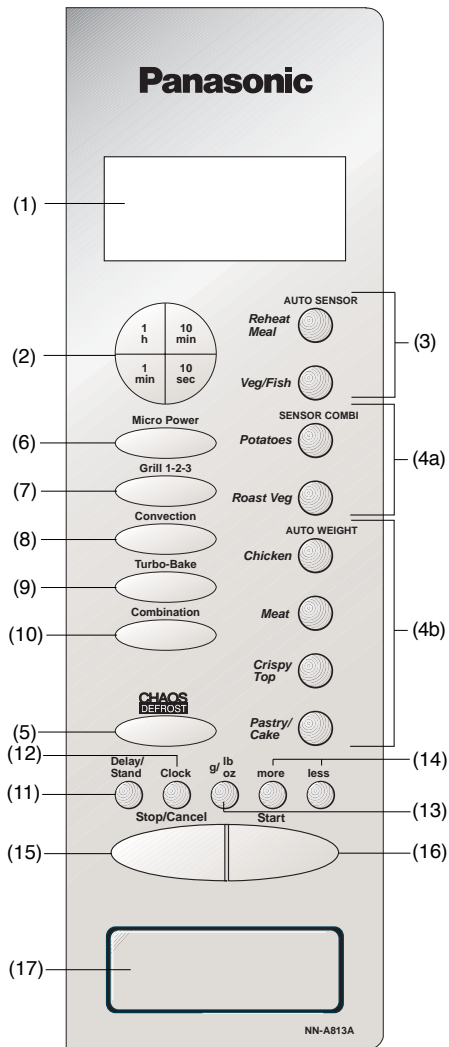
## ALUMINIUM FOIL

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

# NN-A873/NN-A813\*

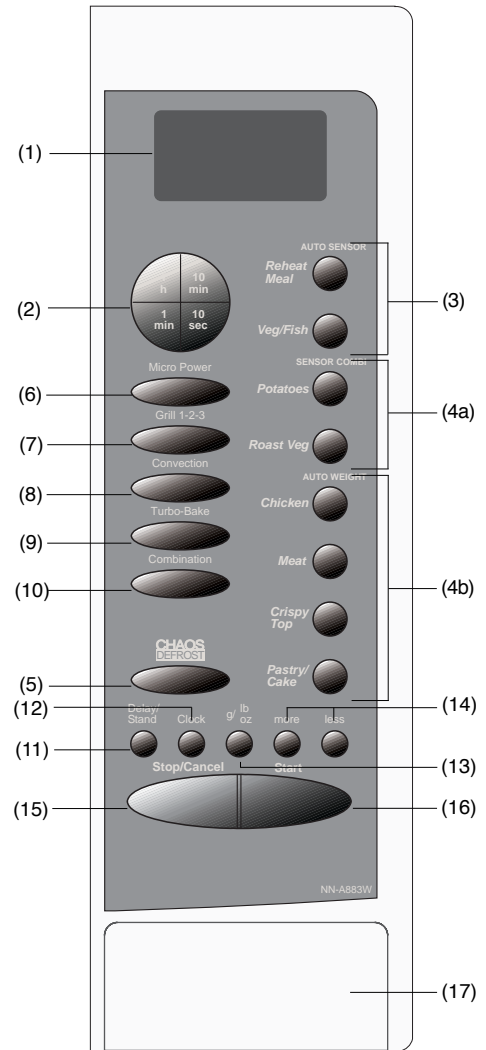
## Control Panels

# NN-A883/NN-A823\*



- (1) Display Window
- (2) Time Pads
- (3) Auto Sensor Microwave Programs
- (4a) Auto Sensor Combination Programs
- (4b) Auto Weight Combination Programs
- (5) Auto Weight Defrost Programs
- (6) Microwave Power Pad
- (7) Grill Pad
- (8) Convection Pad
- (9) TURBO-BAKE Pad
- (10) Combination Pad
- (11) Delay/Stand Pad:  
This can be used to delay a cooking program for up to 9 hrs 99 mins., or used to time or for standing (non-cooking) time.
- (12) Clock Pad:  
Refer to page 15 for setting the clock.
- (13) lb/oz Conversion Pad
- (14) More/Less Pads
- (15) Stop/Cancel Pad:  
**Before Cooking:**  
one press clears your instructions.  
**During Cooking:**  
one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.
- (16) Start Pad:  
Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking.
- (17) Door Release Pad

\* The design of your control panel may vary from the panel displayed (depending on colour and shape of pads or buttons), but the words relating to the pads will be the same, and function in the same way.



- (1) Display Window
- (2) Time Pads
- (3) Auto Sensor Microwave Programs
- (4a) Auto Sensor Combination Programs
- (4b) Auto Weight Combination Programs
- (5) Auto Weight Defrost Programs
- (6) Microwave Power Pad
- (7) Grill Pad
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- (16) Start Pad:  
Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking.
- (17) Door Release Pad

### Beep Sound:

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

# Let's Start to Use your Oven

## 1 Plug in

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

## 2 Press Clock Pad

Set clock as a 12hr clock. Set time using time pads. Press clock pad again. (See page 15 for details).

## 3 Press Convection Pad

(This procedure is to burn off the oil used for rust protection in the oven.) Keep pressing this pad until 250C is in the display window. Remove all accessories from the oven.

## 4 Press Time Pad

Press 1 min pad until 5 minutes is displayed in the window.

## 5 Press Start Pad

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

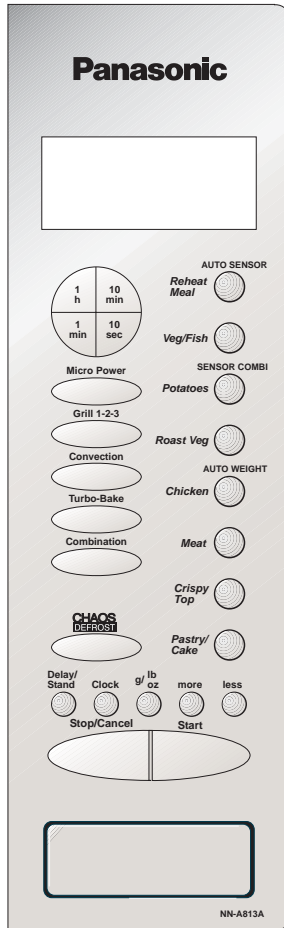
## 6 Demonstration Mode

This is to enable you to experiment setting various programs. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To select this mode press the clock pad three times. "Demo mode press any key" will appear. To cancel press the clock pad a further three times.

## 7 Child Lock

To operate the child lock facility press the Start pad three times, this will deactivate the microwave. "Lock" will appear in the display and none of the controls will operate. To clear child lock facility press Stop/Cancel three times.

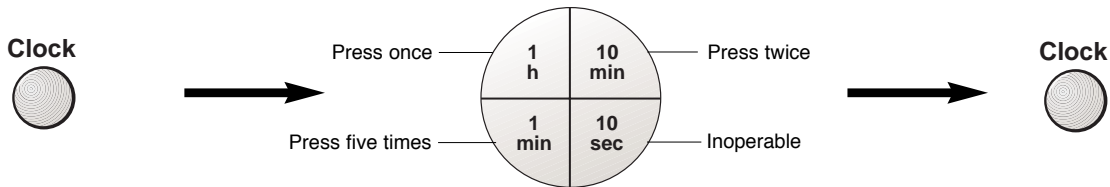
## 1 Plug in



\* The design of your control panel may vary from the panel displayed (depending on colour and shape of pads or buttons), but the words relating to the pads will be the same, and function in the same way.

# Setting the Clock

Example of how to set 1.25pm



- **Press Clock Pad**

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

- **Press Time Pads**

Enter time of day by pressing Time Pads e.g. 1.25pm (12hr clock).

- **Press Clock Pad**

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

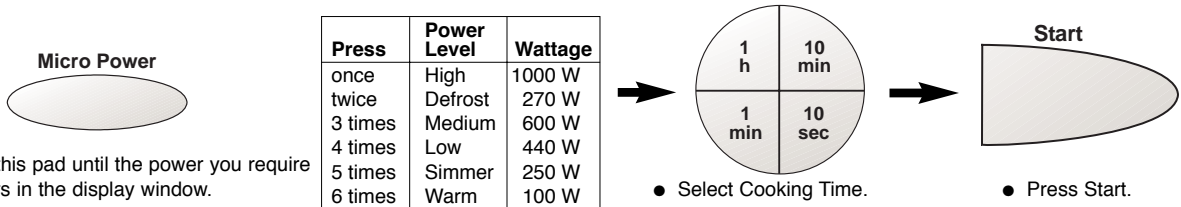
**N.B.**

1. To reset time of day, repeat steps above.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 12 hour clock.

# Microwave Cooking and Defrosting

There are 6 different microwave power levels available.

## Selecting Microwave Power Level



- Press this pad until the power you require appears in the display window.

- Select Cooking Time.

- Press Start.

**CAUTION: The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.**

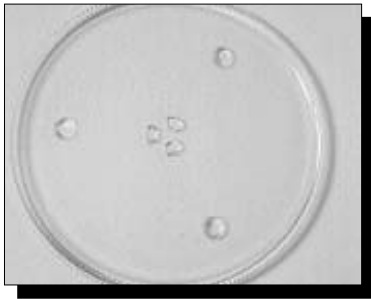
**N.B.**

1. Maximum time that can be set on HIGH power is 30 min.
2. On all Power Levels, except HIGH power, the maximum time that can be set is 99 minutes, 90 seconds. The 1h pad is inoperable.



# Microwave Cooking and Defrosting

## ACCESSORY TO USE:



When using your oven on MICROWAVE only, the glass turntable provided must always be in position. DO NOT attempt to use microwave only with any metal accessory in the oven.

DO NOT place food directly onto the turntable except in the case of Jacket Potatoes cooked by MICROWAVE only.

Foods reheated or cooked by MICROWAVE only are normally covered with a lid or cling film, unless otherwise stated.

### Two Stage Cooking:

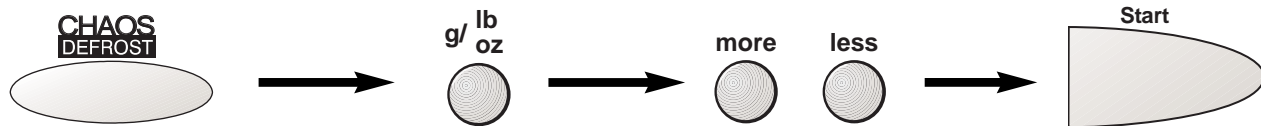
e.g. High power 10 minutes followed by Simmer power 20 minutes; Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

### Three Stage Cooking:

e.g. High power 5 minutes, Delay 5 minutes, High power 2 minutes; Select first Power level and cooking time, then press DELAY and time, then select final power level and final cooking time. Then press Start.

## Auto Weight Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight can be programmed in pounds and ounces or grams. The weight starts from the minimum weight for each category.



- Select the desired program by pressing pad once, twice or three times.
- Press to select g or lb and oz.
- Enter the weight by pressing the More & Less pads. The more pad will start with the minimum weight for each food.
- Press Start.

Program	Weight Range	Suitable Foods
1 Bread	100 - 800g (4oz - 1lb 12oz)	Bread and rolls. Turn at beep.
2 Meat Items	200 - 1200g (7oz - 2lb 10oz)	Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at beeps.
3 Meat Joints	400 - 2500g (14oz - 5lb 8oz)	Whole chicken, meat joints. Turn at beeps and shield.

# Auto Weight Defrost Programs

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread.

The CHAOS defrost pad should be pressed to select the correct category and then enter in the weight of the food in grams or pounds and ounces using the appropriate pads (See page 16).

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

**The CHAOS Theory** principle is used in Auto Weight defrost programs to give you a quick and more even defrost.

The CHAOS system uses a random sequence of pulsing microwave energy which speeds up the defrosting process.

During the program the oven will beep to remind you to check the food.

**IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY (See page 18).**

On hearing the first beep you should TURN and SHIELD (if possible). On the second beep you should turn the food or break it up.

**1st Beep**



**Turn**

**1st Beep**



or

**Shield**

**2nd Beep**



**Turn or break up**

**CATEGORY 1 BREAD**

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



**CATEGORY 2 MEAT ITEMS (MINCE/CHOPS/CHICKEN PORTIONS)**

It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops and chicken portions should be arranged in a single layer and turned frequently.

**CATEGORY 3 MEAT JOINTS/WHOLE CHICKENS**

Meat joints and chickens will require shielding during defrosting especially if they are particularly fatty pieces. This is to prevent over defrosting on the outside edges. Smooth foil secured with cocktail sticks should be used. DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Back fat of joints, legs, wings and breast bones need shielding (see photograph above). Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted.

# Defrosting Guidelines

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

For this reason a defrost program alternates between a defrost power and a standing time. The name for this type of defrost is cyclic and during the

standing stages there is not any microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.



Separate chops and small items e.g. bread slices where possible.



Chickens and joints of meat will require shielding during defrosting.



Turn dense foods and meat 2/3 times during defrosting.



Break up small items e.g. minced meat, frequently during defrosting.

## TIPS

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

# Defrosting Foods Using Defrost Power & Time

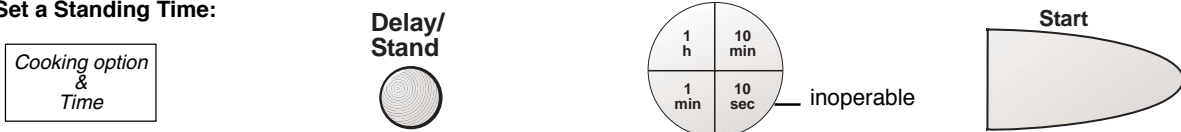
The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

<b>Meat</b>	<b>Defrosting Time</b>	<b>Method</b>	<b>Standing Time</b>
Beef/Lamb/ Pork Joint	14-16 mins 450g (1lb)	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Minced Beef	12 mins 450g (1lb)	Place in a suitable dish. Break up and turn 3-4 times.	15 mins.
Chops	10 mins 450g (1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Sausages	12 mins. 450g (1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Bacon	6-7 mins 450g (1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	10 mins.
Stewing Steak	12 mins. 450g (1lb)	Place in a suitable dish. Break up frequently.	15 mins.
Chicken	13 mins. 450g (1lb)	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Chicken Portions	10-12 mins. 450g (1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	30 mins.
<b>Fish</b>			
Whole	9-10 mins. 450g (1lb)	Place in a suitable dish. Turn twice. Shield.	15 mins.
Fillet/Steak	7-8 mins. 450g (1lb)	Place in a suitable dish. Turn twice, separate if necessary.	15 mins.
Prawns	6-7 mins. 450g (1lb)	Place in a suitable dish. Stir twice during defrosting.	10 mins.
<b>General</b>			
Bread Sliced	5 mins. 400g (14oz)	Place on the turntable. Separate and rearrange during defrosting.	10 mins.
Slice of bread	30 sec. 30g (1oz)	Place on the turntable on a piece of kitchen paper.	1-2 mins.
Pastry	5½ mins. 450g (1lb)	Place on a plate. Turn over half way.	10-15 mins.
Soft Fruit	6-7 mins. 450g (1lb)	Place in a suitable dish. Stir twice during defrosting.	10 mins.

# Using the Delay/Stand Feature

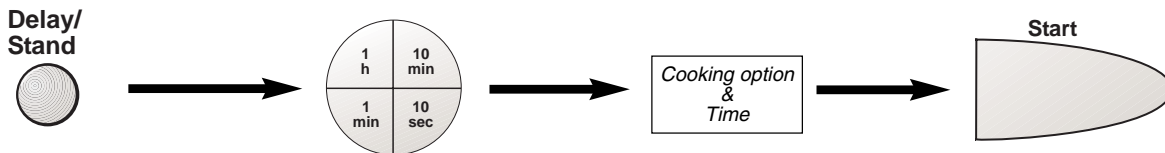
The Delay/Stand Pad is used as a timing pad either before, during or after a cooking program. When the Delay/Stand Pad is selected with a time, there is no microwave power in the oven during this time.

## 1. To Set a Standing Time:



- Set the desired Cooking Program, by selecting Cooking option and time required.
- Then Press the Stand Pad.
- Set desired standing time (max 9hrs 99mins) (10 sec. pad is inoperable). An "H" will appear in the display to denote hours.
- Press Start Pad. Cooking program will commence after which the standing time will count down.

## 2. To Set a Delay Start:



- Press the Delay Pad
- Set Delay time (max 9hrs 99mins) (10 sec. pad is inoperable). An "H" will appear in the display to denote hours.
- Set the complete cooking program, by entering Cooking option and time required.
- Press Start Pad. Delayed time will count down then the cooking program will start.

### NB

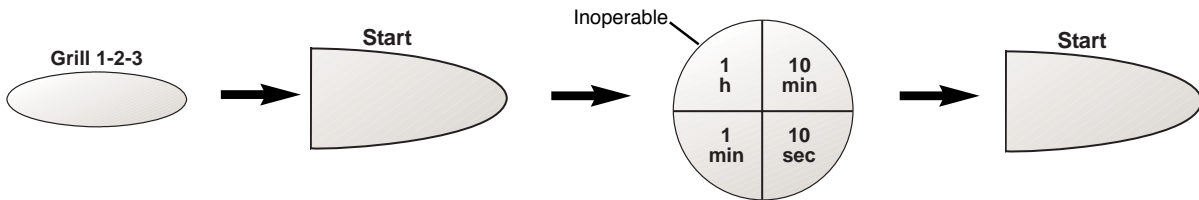
1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start cannot be used before an Auto Program.
3. If the Delay Stand pad is pressed three times, this will turn off the auto guide system. "Operation guide off" will appear once. The words will not now scroll in the display window. To turn the auto guide back on, press the Delay/Stand pad three times. "Operation guide on" will appear, and then the words will scroll again.

# Grilling

The radiant Grill system on the oven gives efficient cooking for a wide variety of foods e.g. chops, sausages, steak, toast, oven chips etc.

## ALWAYS PREHEAT THE GRILL BEFORE USE.

The metal tray must be on the glass turntable when preheating, unless you are using the enamel shelf.



- **Select Grill power.**  
Press once for Grill 1 (High), twice for Grill 2 (Medium) or three times for Grill 3 (Low).
- **Press Start to preheat.**  
"P" will appear in the display window. When the grill is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.
- **Press Time pads** to enter cooking time. Maximum time is 99 mins., 90 secs. 1 h pad is inoperable.
- **Press Start.**  
The cooking program will start and the time in the display will count down.

**NOTE:** The Grill will only operate with the oven door closed, and there is no microwave power on the GRILL only program.

## GRILLING TIMES

When using the grill to cook foods, once the grill is preheated the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time (see section on oven accessories page 22).

The Grill has three variable settings, Grill 1 (High), Grill 2 (Medium) and Grill 3 (Low). Grill 1 will be the hottest.

### CAUTIONS:

The oven will automatically work on HIGH microwave power if a cooking time is entered without the Grill level previously being selected.

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

# Grilling

## OVEN ACCESSORIES TO USE

When grilling foods the Glass Turntable should be in position, with the High Wire Rack and the Metal Tray on top. The splash guard is placed inside the metal tray when cooking fatty foods. Or the enamel shelf can be used for grilling large quantities of food or to brown off a dish of food, but we do not recommend using this for fatty foods that can splatter.

Place food on Splash Guard in the Metal Tray on the High Wire Rack on Turntable.



The splash guard will allow fat to drip through into the Metal Tray which will prevent excess splatter and smoke when grilling steaks, chops and other fatty foods.

Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove the Metal Tray, Splash Guard and High Wire Rack or enamel shelf by holding the accessories firmly. Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven.

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



## GUIDELINES

1. There is no microwave power on the GRILL only program.
2. Use the accessories provided, as explained above.
3. The Grill will only operate with the oven door closed.
4. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting - GRILL 1.
5. GRILL 2 and GRILL 3 are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
6. ALWAYS PREHEAT THE GRILL WITH THE METAL TRAY ON GLASS TURNTABLE, UNLESS YOU ARE USING THE ENAMEL SHELF.
7. NEVER COVER THE FOOD WHEN GRILLING.
8. ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER GRILLING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT.
9. After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN DISH WASHER.

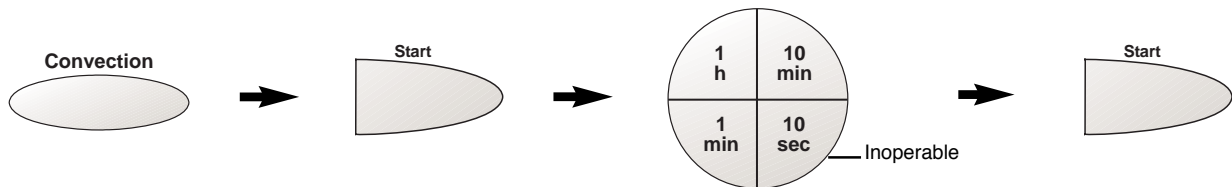
# Convection Cooking

Your Dimension 4 Combination Oven can be used as a conventional oven using the CONVECTION mode which incorporates a heating element with a fan.

Convection cooking is ideal for all cakes, pastries, yorkshire puddings and roast meats.

You can cook on one or two levels when using convection cooking. See individual recipes and guidelines on page 24 and 25 for recommended accessories to use.

For best results always place food in a preheated oven. If you wish to cook on the turntable, the metal tray must be on top of the glass turntable when preheating and cooking. If you wish to use the shelves you can preheat with or without the shelves in position.



- Press to select oven temperature. The oven starts at 150 °C and then for each press the temperature will count up in 10 °C stages to 250 °C, then to 40 °C, 100 °C, 110 °C etc.
- Press Start to preheat. A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.\*
- Press Time Pads to enter cooking time. Maximum cooking time is 9 hours, 99 minutes. The 10 sec pad is inoperable.
- Press Start Pad.

\* **Note:** Open the door using the Door Release Pad, because if the Stop/Cancel Pad is pressed the program may be cancelled. Then if the time was entered the oven would revert to cooking on microwave only.

The oven will maintain the selected temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to time of day.

## CAUTIONS:

The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the oven temperature previously being selected.

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



# Convection Cooking

## GUIDELINES

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

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

## OVEN ACCESSORIES TO USE

### ONE LEVEL COOKING.

If cooking on one level, you can use one of the shelves on the lower level, or you can use the round metal tray on top of the glass turntable.

If using the turntable the food is then placed on the Low Rack or directly onto the Metal Tray. When cooking meat or other fatty foods ensure that the Splash Guard is also in position. Follow your individual recipe guidelines.

**Roasting Meat:** Glass Turntable, Metal Tray, Splash Guard and Low Rack.



**Baking:** Glass Turntable, Metal Tray, Low Rack.



If using a shelf, place on the lower level. You can use the enamel shelf as a baking dish for roasting meat or potatoes, and the wire shelf for baking Swiss rolls or large dishes of food, that can not fit on the turntable.

**Roasting Meat / Potatoes:** Enamel Shelf on Lower Level.



**Baking:** Wire Shelf on Lower Level.



## TWO LEVEL COOKING

When cooking on two levels use both the shelves supplied, with the enamel shelf on the lower level and the wire shelf on the upper level.

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

**Batch Baking**



**Cooking Large Dishes of Food**



The shelves are ideal for batch baking and when cooking in a large dish that will not turn on the turntable.

Ensure that the shelves are inserted correctly, and are secure before use.

Do not place a dish of food weighing more than 5Kg (11 lb) on each shelf.

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

**MAKE SURE THAT YOU HOLD THE DISH AND/OR SHELVES FIRMLY WHEN YOU ARE REMOVING THEM FROM THE OVEN AS IF THEY ARE ALLOWED TO TILT HOT FOOD OR OIL COULD SPILL.**

### Guideline to Oven Temperatures

TEMP °C	USE	TEMP °F	GAS MARK	TEMP °C	USE	TEMP °F	GAS MARK
40°C	Proving Bread	90°F	1/8	180°C	Souffle, Victoria Sandwich	350°F	4
100°C	Pavlova	200°F	1/4	190°C	Lemon Meringue Pie, Mince Pies, Treacle Tarts, Stuffed Chicken, Roulades	375°F	5
110°C	Meringues	225°F	1/4				
120°C	Slow drying Herbs	250°F	1/2	200°C	Choux Pastry, Scones, Bread, Sausage Rolls, Vol-au-Vents, Roast Potatoes, Yorkshires	400°F	6
130°C	Large Rich Fruit Cakes	275°F	1				
140°C	To start Rich Fruit Cakes	300°F	2	210°C		425°F	7
150°C	(then reduce)						
160°C	Gingerbread, Cookies	325°F	3	230°C	Biscuits	450°F	8-9
170°C	Shortbread, Small Tarts			240°C			
				250°C			

For best results always place food in a preheated oven.

Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150°C and count up in 10°C stages to 250°C, then back to 40°C, 100°C and 110°C etc.

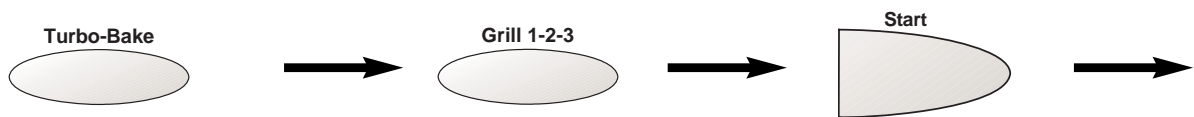
Food is generally cooked UNCOVERED - unless it is a casserole or you wish to use roasting bags for joints.

# TURBO-BAKE Cooking

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

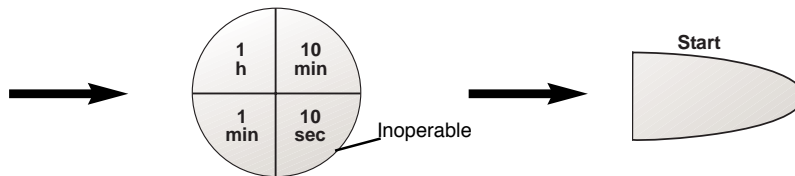
**ALWAYS PREHEAT BEFORE USE.**

The Metal Tray must be on the Glass Turntable when preheating, unless you are using the enamel shelf on the lower level.



- Press to select oven temperature. The oven starts at 150°C, and then for each press the temperature will count up in 10°C stages to 250°C, then to 100°C, 110°C etc.
- Press to select Grill power, if you wish to adjust from Grill 2 (Medium) to select Grill 3 (Low), or Grill 1 (High).
- Press Start to preheat. "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.\*

**\*NOTE:** Open the door using the door release pad, because if the STOP/CANCEL pad is pressed the program may be cancelled. Then if the time was entered the oven would revert to cooking on Microwave only.



- Press Time Pads to enter cooking time. Maximum time is 9 hours, 99 minutes. The 10 sec. pad is inoperable.
- Press Start.

**CAUTIONS:**

The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the oven temperature and Grill setting previously being selected.

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

# TURBO-BAKE Cooking

## OVEN ACCESSORIES TO USE

When using TURBO-BAKE the Glass Turntable should be in position and must have the Metal Tray placed on top. Or the enamel shelf can be used for Turbo-Bake cooking, on the lower level, when cooking larger quantities of food.

Food can be placed on the Low Rack or Metal Tray on High Wire Rack - see individual recipe for guidelines. When cooking meat or fatty foods, the Splash Guard should be placed inside the Metal Tray, but underneath the Low Rack (see below).



The Splash Guard reduces splattering of hot fat from the otherwise open Metal Tray.



Individual small items can be placed on the Metal Tray on the High Wire Rack on the Glass Turntable.

## GUIDELINES

Always place food in a preheated oven.

Food is cooked UNCOVERED.

DO NOT USE PLASTIC CONTAINERS.

Using TURBO-BAKE can reduce traditional oven cooking times (see table below) - all foods were cooked on the low rack, with metal tray on glass turntable.

FOOD	WEIGHT	TRADITIONAL OVEN	TURBO-BAKE
Cheese and Tomato Thin and Crispy Pizza	350 g	10-12 mins. 200°C	5-6 mins. 250°C + Grill 1
Southern Fried Chicken portions	800 g	30-35 mins. 200°C	20 mins. 250°C + Grill 1
Chicken Samosas	200 g	14 mins. 200°C	10 mins. 220°C + Grill 2
Chargrilled Vegetable Ciabatta	355 g	14 mins. 200 °C	10 mins. 250°C + Grill 2

# Combination Cooking

Your oven has three methods of cooking by Combination.

1. Convection and Microwave
2. Grill and Microwave
3. TURBO-BAKE and Microwave

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

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

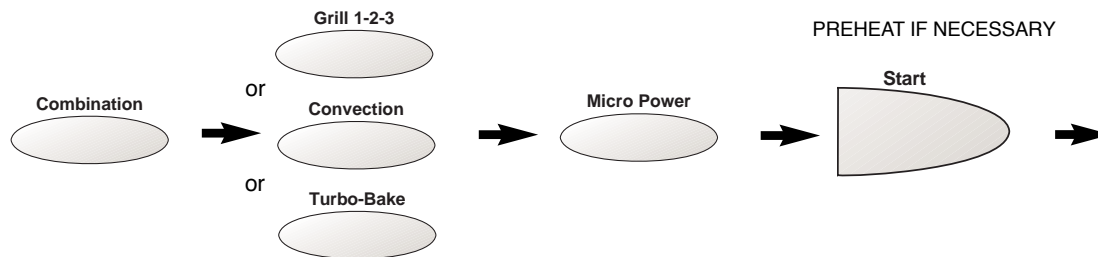
There is no need to preheat on COMBINATION programs, **EXCEPT when cooking pastry** and using a COMBINATION program of Grill and Microwave.

It is possible to use smooth sealed metal tins and foil containers on COMBINATION but they must be placed directly onto the metal tray on the glass turntable. They must not be placed directly onto the Low Rack, or arcing will occur.

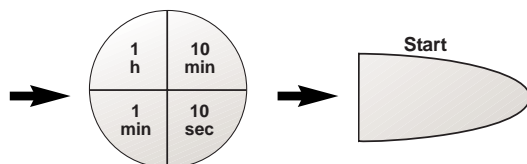
If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the

container or re-program to CONVECTION only.

To cook successfully by COMBINATION you should always use a minimum of 200 g (7oz) food. Small quantities should be cooked by Convection, Grill or TURBO-BAKE.



- Press Combination pad.
- Select first cooking mode.
- Select microwave power. Options available depend on first cooking mode selected.
- Press if preheating.\*



- Set cooking time. 10 sec. pad is inoperable.
- Press Start pad.

## CAUTIONS:

The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.

Take care to use oven gloves when removing dishes from the oven - especially when turning or stirring foods as the oven walls and roof will be very hot.

## \* NOTE:

When placing food in the oven after preheating, just open the door using the Door Release Pad, because if STOP/CANCEL Pad is pressed the program may be cancelled. Then, if the time was entered, the oven would revert to cooking on microwave only.

## CONTAINERS TO USE

DO NOT use plastic MICROWAVE containers on Combination Programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill - heatproof glass e.g. Pyrex® or ceramic are ideal. But do not put dishes on the High Wire Rack directly under the grill, use the Low Rack.

## OVEN ACCESSORIES

When using any Combination cooking program the Glass Turntable should be in position and must have the Metal Tray placed on top.

# Combination 1. Convection and Microwave

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

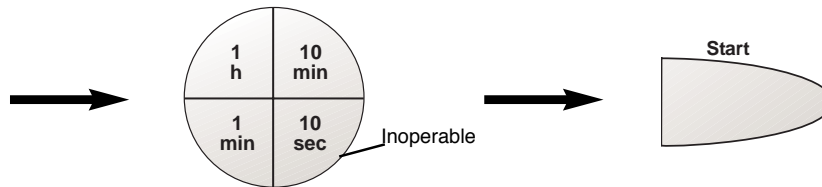
It is not necessary to preheat except when cooking pastry dishes, to achieve a better result. For pastry dishes preheat oven to 210°C on Convection so that the oven is hot, and then select the desired Combination program.



- Press Combination Pad.

- Press to select oven temperature. The oven starts at 150°C, and then for each press the temperature will count up in 10°C stages to 250°C, then to 100°C, 110°C etc.

- Press Micro Power Pad to select Microwave setting. HIGH & DEFROST are not available.



- Press to enter required cooking time. 10 sec pad is inoperable.

- Press Start Pad.

**CAUTION:**

The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.

**OVEN ACCESSORIES TO USE**

When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top.



Non-metallic dishes or items of food can be placed directly onto the Low Rack on the Metal Tray on the Glass Turntable. Small items should be placed in a heatproof dish on the Low Rack.



Joints and portions of meat should be placed on the Low Rack with Splash Guard on the Metal Tray on the Glass Turntable.



Recipes using foil or metal containers e.g. cakes and pastries should be placed directly onto the Metal Tray on Glass Turntable.

# Combination 1. Convection and Microwave

## GUIDELINES

- Food is usually cooked UNCOVERED.
- After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

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

<b>Press Combination Pad first, then select CONVECTION temperature. Lastly, select Microwave Power and set cooking time.</b>		
<b>Oven Temperature</b>	<b>Microwave Power</b>	<b>Use</b>
230°C	SIMMER	Frozen Garlic Baguette Part-baked Rolls
230°C	WARM	Sausage Rolls, Apple Pie, Bread & Butter Pudding
220°C	SIMMER	Quiche, Frozen Lasagne, Cottage Pie, Fish Pie
190°C	SIMMER	Whole Chicken / Turkey
180°C	SIMMER	Joints Lamb - Beef
170°C	LOW	Joints Pork
160°C	WARM	Cakes, Casseroles

Foods should always be cooked until browned and piping hot.

### CAUTION:

**ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN - ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.**

## Combination 2. Grill and Microwave

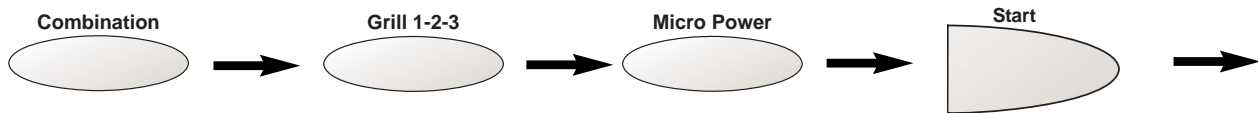
This Combination mode is suitable for foods which are normally grilled and for reheating small savoury items.

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

**It is necessary to preheat when using this Combination mode** and food should always be cooked uncovered.

Grill 1 - HIGH  
Grill 2 - MEDIUM  
Grill 3 - LOW

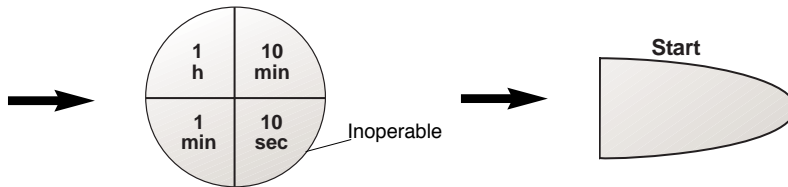
### To Preheat Grill



- Press Combination Pad.
- Select Grill Power. Press once for Grill 1 (High), twice for Grill 2 (Medium) or three times for Grill 3 (Low).
- Select Microwave Power. Keep pressing this pad until the power you require appears in the display window. Options available depend on Grill Power selected.
- Press Start to preheat. "P" will appear in display window. When grill is preheated "P" will flash and oven will beep. Just open the door and place food inside.\*

**NOTE:** If you preheat the Grill as shown above the Microwave Power will not operate until the time pads are entered.

\* After preheating just open the oven door and place food inside. Do not press Stop/Cancel Pad as you may cancel the program, then if time is entered the oven would revert to cooking on Microwave only.



- Press to enter required cooking time. 10 sec. pad is inoperable.
- Press Start Pad.

#### CAUTION:

The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.



## Combination 2. Grill and Microwave

### OVEN ACCESSORIES TO USE

When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top, when preheating.



After preheating food should be placed directly onto the Metal Tray or on the Splash guard inside the Metal Tray, which sits on the High Wire Rack. This is then placed on the Glass Turntable.

### GUIDELINES

- Food is always cooked UNCOVERED.
- To turn food just press the door release pad, remove the Metal Tray and High Wire Rack, turn the food, return to the oven, close the door and press START pad. The oven will continue to countdown the remaining cooking time.
- After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

We suggest the following options for this Combination mode.

Grill Setting	Microwave Power	Use
1	MEDIUM	Frozen Potato Products
2	SIMMER	Frozen Breaded Fish

For advice on cooking times refer to cooking charts and recipes in this book.

Foods should always be cooked until browned and piping hot.

#### CAUTION:

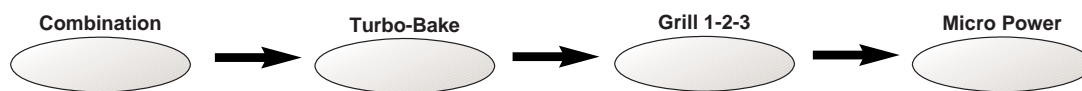
**ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN - ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.**

## Combination 3. TURBO-BAKE and Microwave

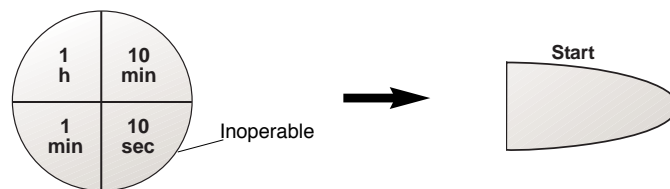
This Combination mode is very useful for foods which require quick browning or crisping.

Unsuitable foods are casseroles, cakes, meringues, pastries with sweet fillings, foods containing whisked eggs and yorkshire puddings.

It is not necessary to preheat and food should always be cooked uncovered.



- Press Combination Pad.
- Press to select oven temperature. The oven starts at 150°C, and then for each press the temperature will count up in 10°C stages to 250°C, then to 100°C, 110°C etc.
- Press to select Grill Power, if you wish to adjust from Grill 2 (Medium) to Grill 3 (Low) or Grill 1 (High).
- Press to select Microwave Power. The options available will depend on the other cooking modes previously selected.



- Press to enter required cooking time. The 10 sec. pad is inoperable.
- Press Start Pad.

### CAUTION:

The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.

# Combination 3. TURBO-BAKE and Microwave

## OVEN ACCESSORIES TO USE

When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top.



Non-metallic dishes or items of food can be placed directly onto Low Rack on the Metal Tray on the Glass Turntable. Small items should be placed in a heatproof dish on the Low Rack.



Food can also be placed directly onto the Metal Tray on the High Wire Rack on the Glass Turntable.

## GUIDELINES

- Food is always cooked UNCOVERED.
- After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

We suggest the following options for this Combination mode.

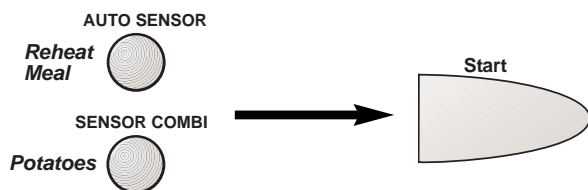
TURBO-BAKE (Oven temp)	Grill	Microwave Power	Use
250°C	1	SIMMER	Jacket potatoes
230°C	1	WARM	Fresh breaded fish fillets
230°C	3	SIMMER	Frozen breaded fish fillets
220°C	1	SIMMER	Reheat meat pies
220°C	3	SIMMER	Frozen thin & crispy pizza

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

**CAUTION:**  
ALWAYS USE OVEN GLOVES  
WHEN REMOVING DISHES  
FROM THE OVEN -  
ESPECIALLY WHEN TURNING  
OR STIRRING FOODS, AS THE  
ACCESSORIES AND  
SURROUNDING OVEN WILL  
GET VERY HOT.

# Auto Sensor and Sensor Combi Cook Programs

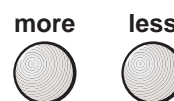
These features allow you to cook or reheat foods automatically. There is no need to enter the weight, as these programs use a humidity sensor which will automatically select the correct Microwave power level and/or Combination setting and calculate the correct cooking time.



- Select the desired Auto Sensor program, by pressing the pad. The pad can be pressed once or twice to select one of the two programs available.
- Press Start. The food category will be repeated in the display window until the oven calculates the cooking time after detecting a burst of steam. DO NOT open the oven door until the remaining cooking time appears in the display window.

## Adjust to Taste

The Sensor programs cook foods for average tastes. You are able to adjust the cooking programs to your own taste by pressing the MORE/LESS pad.



After selecting the Sensor program, but BEFORE pressing START. The oven will automatically cook the food 10% More or 10% Less.

### IMPORTANT NOTES:

1. If you select an Auto Sensor program directly after plugging in the oven an initial warm up period will automatically count down in the display window, after which the sensor programs may be operated.
2. The Sensor Programs cannot be used when the oven is hot. If "HOT" appears in the display window, when trying to set a Sensor program, do not press Stop/Cancel. A fan will automatically operate to cool the oven within 10-15 minutes, as long as the word "HOT" is left in the display, otherwise cooling may take longer. If in a hurry, cook the food manually, i.e. select the correct power level and cooking time.

## Guidelines for Use

The Auto Sensor Programs are designed to take the guesswork out of cooking or reheating your food. They must ONLY be used for the foods described.

1. Only cook foods within the weight ranges described (see table below).
2. Only use the accessories as indicated on page 36.
3. It is essential when using the Auto Sensor programs 1-4, which use microwave only, to cover the food with pierced cling film or a lid that is designed to fit the dish.
4. DO NOT cover food on Sensor Combi programs 5-8, as they use a Combination of Microwave and Convection oven and/or Grill and it will prevent the food browning. The heat of the grill will also melt any plastic covering.
5. Always choose a container size that is suitable for the quantity of food i.e. do not allow too large a headspace or the food may not be cooked correctly.
6. Most foods benefit from a STANDING time after cooking on an Auto Program, to allow heat to continue conducting to the centre.
7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

## Minimum/Maximum Weights to use on Auto Programs

Auto Sensor Programs

Program	Minimum	Maximum
Chilled Meal	300 g (11oz)	600 g (1lb 5oz)
Frozen Meal	300 g (11oz)	600 g (1lb 5oz)
Fresh Vegetables	100 g (4oz)	900 g (2lb)
Fresh Fish	100 g (4oz)	900 g (2lb)

Sensor Combi Programs

Program	Minimum	Maximum
Jacket Potatoes	200 g (7oz)	1500 g (3lb 5oz)
Frozen Potato Products	200 g (7oz)	500 g (1lb 2oz)
Roast Potatoes	400 g (14oz)	1000 g (2lb 2oz)
Roast Vegetables	400 g (14oz)	1000 g (2lb 2oz)

# Auto Sensor and Sensor Combi Cook Programs

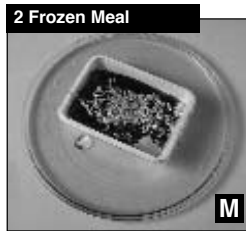
Auto Programs must ONLY be used for the foods described below. Programs 1-4 use Microwave power only, Programs 5-8 use Combination of Convection and/or Grill and Microwave. For perfect results ensure that the oven is cold before using any sensor program.

## Reheat Meal



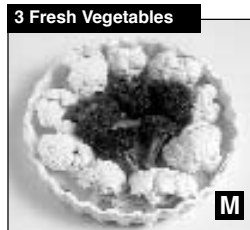
This program is for reheating a chilled convenience meal that can be stirred.\* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable, press the pad once. Press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot, stir before serving. Note: Large pieces of fish/meat in a thin sauce, may require longer cooking.

**\*IMPORTANT NOTE:** This program is not suitable for foods that cannot be stirred e.g. Lasagne/Shepherds Pie. These foods can be cooked on the Crispy Top program for 'Chilled and Frozen' dishes.



This program is for reheating a frozen convenience meal that can be stirred.\* Foods must be in a suitable microwaveable container which is covered. Press the pad twice. Press START. After the oven beeps, stir the food and re-cover with pierced cling film. Continue to cook for remainder of the time. Allow to stand for 2 minutes. Ensure food is piping hot. Stir again before serving.

## Veg/Fish

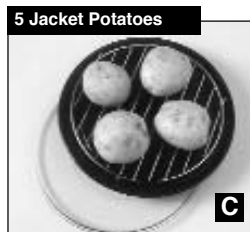


To cook FRESH vegetables e.g. carrots, cauliflower, not suitable for potatoes. Place prepared vegetables into a shallow container on turntable. Add 90ml (6tbsp) of water. Cover with pierced cling film or lid. Press the pad once. Press START.

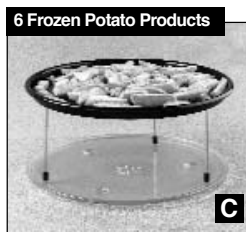


To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15ml (1tbsp) liquid. Cover with pierced cling film or lid. Press the pad twice. Press START.

## Potatoes



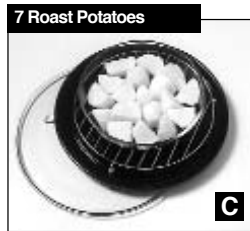
To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200-250g (7-9oz), for best results. Wash and dry potatoes and prick with a fork several times. Place on Low Rack on Metal Tray on Glass Turntable. Press the pad once. Press START.



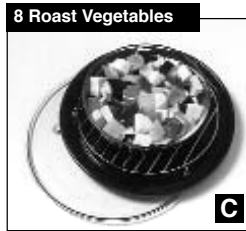
To cook FROZEN oven chips and potato products, e.g. Hash Browns, Croquettes, etc., that are suitable for GRILLING. Spread potato products out on Metal Tray and place on High Wire Rack on Glass Turntable. Press the pad twice. Press START. Turn during cooking. For best results cook in a single layer.

**Note:** As products vary, check before the end of cooking to assess browning.

## Roast Veg



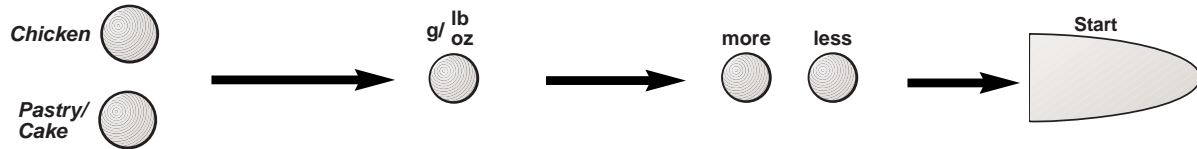
For roasting potatoes. Cut potatoes into even sized pieces and place in heatproof ceramic or Pyrex® dish with 45ml (3tbsp) oil. Place dish on Low Wire Rack on Metal Tray on Glass Turntable. Press the pad once. Press START. Turn at least twice during cooking.



For roasting assorted vegetables. Cut vegetables into even sized chunks and place in heatproof ceramic or Pyrex® dish with 45ml (3tbsp) oil. Place dish on Low Wire Rack on Metal Tray on Glass Turntable. Press the pad twice. Press START. Turn at least twice during cooking.

# Auto Weight Cook Programs

This feature allows you to cook or reheat eight foods by setting the weight only. The oven determines the Microwave power level and/or Combination setting, then the cooking time automatically. Select the category of food and then just enter the weight. The weight can be entered in grams or pounds and ounces.



- Select the desired Auto Weight Program, by pressing the pad.  
The pad can be pressed once or twice to select one of the two programs available.
- Press to select grams or pounds and ounces.
- Enter the weight by pressing the more and less pads.
- Press Start.

## Guidelines for Use

The Auto Weight Programs are designed to take the guesswork out of cooking or reheating your food. They must ONLY be used for foods described.

1. Only cook foods within the weight ranges described (see table below).
2. Only use the accessories as indicated on page 38.
3. Do NOT cover food unless stated, as programs 9 - 16 use a Combination of Microwave and Grill and/or Convection, and it will prevent the food from browning. The heat of the grill and/or oven will also melt any plastic covering.
4. Most foods benefit from a STANDING time after cooking on an Auto Program, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
6. ALWAYS weigh the chicken, DO NOT rely on the packet weight. Remove leg tips if necessary for easy rotation of large chickens.

## Minimum/Maximum Weights to use on Auto Weight Programs

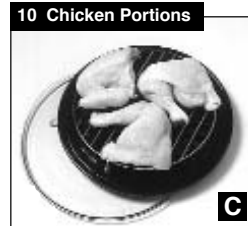
Program	Minimum	Maximum
Whole Chicken	1000 g (2lb 2oz)	2600 g (5lb 12oz)
Chicken Portions	300 g (11oz)	1500 g (3lb 5oz)
Beef/Lamb	500 g (1lb 2oz)	2500 g (5lb 8oz)
Casserole	800 g (1lb 12oz)	2000 g (4lb 6oz)
Chilled Crispy Top	300 g (11oz)	600 g (1lb 5oz)
Frozen Crispy Top	300 g (11oz)	600 g (1lb 5oz)
Bake Pastry	600 g (1lb 5oz)	1000 g (2lb 2oz)
Bake Cake	400 g (14oz)	1300 g (2lb 14oz)

# Auto Weight Cook Programs

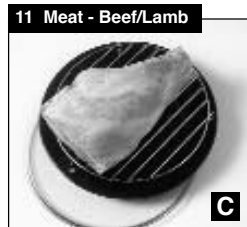
Auto Programs must ONLY be used for the foods described below.



**9 Whole Chicken**  
To cook WHOLE FRESH unstuffed chickens. Cook stuffing separately. Place chicken on Low Rack with Splash Guard on Metal Tray and place on Glass Turntable. Press pad once, enter the weight of the chicken, then press START. Start cooking breast side down and turn halfway, taking care with hot juices. Stand for 5 minutes.



**10 Chicken Portions**  
For cooking chicken quarters e.g. leg quarters, breast quarters with bone. DO NOT use for drumsticks, boneless breasts or thighs. Place chicken on Low Rack with Splash Guard on Metal Tray on Glass Turntable. Press pad twice, enter the weight of the chicken, then press START. Turn during cooking if necessary.



**11 Meat - Beef/Lamb**  
To cook a joint of beef or lamb. Place joint on Low Rack with Splash Guard on Metal Tray and place on Glass Turntable. Press pad once, enter the weight of the joint and press START. Turn halfway.



**12 Meat - Casserole**  
For cubed meat (e.g. braising steak, lamb, pork, not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 450 ml of stock. If you use a 'cook-in-sauce', also add the same quantity of water. Cover with lid. Place on Metal Tray on Glass Turntable. Press pad twice, enter the weight (excluding the dish) and press START. When oven beeps, stir the casserole.



**13 Chilled Crispy Top**  
For reheating and browning chilled purchased savoury dishes e.g. Lasagne or Shepherds Pie. Remove any lid or covering. If in a foil container, transfer to a similar sized heatproof dish and place on Low Rack on Metal Tray and place on Glass Turntable. If using a heatproof plastic-based dish in which food is purchased, take care and support underneath when removing from oven.



**14 Frozen Crispy Top**  
For reheating and browning frozen purchased savoury dishes e.g. Lasagne. Remove any lid or covering. If in a foil container, transfer to a similar sized heatproof dish and place on Low Rack on Metal Tray and place on Glass Turntable. If using heatproof plastic-based dish in which food is purchased, take care and support underneath when removing from oven. Press pad twice, enter the weight and press START. DO NOT COVER. Allow to stand for 1 minute. Ensure the food is piping hot.

Press pad once. Enter weight. Press START. DO NOT COVER. Stand for 1 minute before serving. Ensure the food is piping hot.



**15 Bake Pastry**  
Always use metal pie plates with solid bases or round baking sheets. Preheat the oven to Convection 210°C with Metal Tray in place. When preheated cancel the convection program. Place the pie plate onto Metal Tray on Glass Turntable. Press pad once, enter the weight of the pie (excluding the dish) and press START.



**16 Bake Cake**  
A range of medium textured cakes can be cooked. Use smooth, and preferably seamless, metal cake tins. Place directly onto the Metal Tray on the Glass Turntable. DO NOT use spring form tins. Preheat oven to convection 160°C with Metal Tray in place. When preheated cancel the convection program. Press pad twice, enter the weight of the cake (excluding tin) and press START.

**M** = Microwave cooking only **C** = Combination e.g. Convection + Micro power or Grill + Micro Power

# Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by **HIGH** power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked and NOT leftover. Always check food is piping hot and return to oven if necessary.

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

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

The charts on pages 40-52 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

Remember when cooking or reheating any food that it should be stirred or turned wherever possible. This ensures even cooking or reheating on the outside and in the centre.

## When is food reheated?

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

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating.

If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

## PLATED MEALS

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 mins. on HIGH power will reheat an average portion. If stacking two meals, heat on HIGH power for 6-7 mins. and change the meals over halfway.

## CANNED FOODS

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

## SOUPS

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

## CASSEROLES

Stir halfway through and again at the end of heating.

## MINCE PIES - CAUTION

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

## CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

Take great care when reheating these items. See Page 6.

**Do not leave unattended.**

**Do not add extra alcohol.**

## BABIES' BOTTLES - CAUTION

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

See page 40 for details.

**WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES.** If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

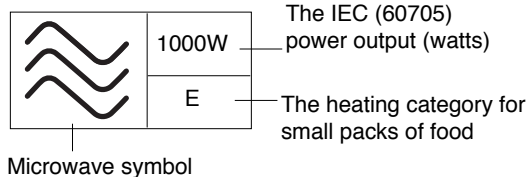


# Reheating Charts

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

## HEATING CATEGORY

Your oven is Heating Category E and this is displayed on the front of your oven door. The information on this label will assist you in using new instructions on food packs to enable you to program the best heating time in your oven.



Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>BABIES BOTTLES – CAUTION</b>				
For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 25-30 secs. CHECK CAREFULLY				
For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY				
N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. Milk or formula must always be tested carefully before feeding a baby.				
<b>BREAD – Pre-cooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.</b>				
Croissants	1	HIGH power	15-20 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	2-3 mins.	Place on heatproof plate on turntable. Do not cover.
	4	HIGH power	30-40 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	3-5 mins.	Place on heatproof plate on turntable. Do not cover.
Rolls	1	HIGH power	15-20 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	3-4 mins.	Place on heatproof plate on turntable. Do not cover.
	4	HIGH power	30-40 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	4-6 mins.	Place on heatproof plate on turntable. Do not cover.
<b>CANNED BEANS, PASTA</b>				
Baked Beans	225 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	415 g	HIGH	4 mins.	
Baked Beans & Sausages/Burgers	450 g	HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Ravioli in sauce	215 g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
	400 g	HIGH	4 mins.	
Space Invaders	425 g	HIGH	3 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Macaroni Cheese	210 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	430 g	HIGH	4 mins.	
Spaghetti in Tomato Sauce	213 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.

## POINTS FOR CHECKING

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

## Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>CANNED MEAT</b>				
Chilli Con Carne	410 g	HIGH	3 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Hot Dogs (drained)	415 g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Meat Balls	418 g	HIGH	4 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Minced Beef & Onion	392 g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Stewed Steak	405 g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
<b>CANNED SOUPS</b>				
Cream of Mushroom	425 g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Minestrone	300 g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
<b>CANNED PUDDINGS</b>				
Creamed Rice	425 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	624 g	HIGH	3 mins.	
Custard	425 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Sponge Pudding	300 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
<b>CANNED VEGETABLES – Drain where appropriate</b>				
Carrots, whole	410 g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Green Beans	410 g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Peas, Mushy	440 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Peas, Garden	550 g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Peas, Marrowfat	300 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Potatoes new	820 g	HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Sweetcorn	198 g	HIGH	1 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
	340 g	HIGH	2 mins.	
Tomatoes, whole	400 g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Vegetable Chilli	410 g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Chick pea dhal	425 g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
<b>CHRISTMAS PUDDINGS – Do not leave unattended as overheating can cause the food to ignite</b>				
Slice	150 g	HIGH	30 secs.	Place in a heatproof dish on turntable. Cover.
Small	450 g	HIGH	2 mins.	Place in a heatproof dish on turntable. Cover.
Medium	900 g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
Large	1.1 kg	HIGH	3 mins. 30 secs.	Place in a heatproof dish on turntable. Cover.

### POINTS FOR CHECKING

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

## Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>DRINKS – COFFEE</b>				
1 mug	235 ml	HIGH	2 mins.	Place in a heatproof mug on turntable. Stir, before, during and after reheating.
2 mugs	470 ml	HIGH	3 mins. 30 secs.	
3 mugs	705 ml	HIGH	4 mins. 30 secs.	
4 mugs	940 ml	HIGH	6 mins.	
<b>DRINKS – MILK</b>				
1 mug	235 ml	MED	2 mins.	Place in a heatproof mug or jug on turntable. Stir, before, during and after reheating.
1 jug	600 ml	MED	4 mins. 30 secs.	
<b>HOMEMADE MEAT DISHES</b>				
Casserole for 2	500 g	HIGH	6 mins.	Place in a heatproof dish on turntable. Cover.
Casserole for 4	1 kg	HIGH	10-15 mins.	Place in a heatproof dish on turntable. Cover.
Mince for 1	250 g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
Mince for 4	1 kg	HIGH	8 mins.	Place in a heatproof dish on turntable. Cover.
Bolognese Sauce	250 g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
	1 kg	HIGH	8 mins.	
<b>PASTRY PRODUCTS – PRECOOKED – N.B. Pastries reheated by microwave will have a soft base. If pie comes in foil container place directly onto metal tray.</b>				
Cornish Pastie	175 g (1)	HIGH power or	1-2 mins.	Place in micro-safe dish on turntable. Do not cover.
		<b>Combi:</b> 200°C + WARM power	8 mins.	Place on low rack on metal tray on turntable. Do not cover.
	350 g (2)	HIGH power or	3-4 mins.	Place in micro-safe dish on turntable. Do not cover.
		<b>Combi:</b> 200°C + WARM power	10 mins.	Place on low rack on metal tray on turntable. Do not cover.
Meat Pies	258 g (2)	Combi: TURBO-BAKE 220°C + GRILL 1 + SIMMER power	5-6 min.	Place on metal tray on turntable.
Steak and Kidney Shortcrust Pie	170 g (1)	TURBO-BAKE 220°C + GRILL 2	15 mins.	Place on metal tray on turntable.
Quiche	400 g (1)	HIGH power or	3-4 mins.	Place in micro-safe dish on turntable. Do not cover.
		<b>Combi:</b> 220°C + SIM power	12 mins.	Place on low rack on metal tray on turntable. Do not cover.
Sausage Roll	265 g (2)	<b>Combi:</b> 230°C + WARM power	8-9 mins.	Place on low rack on metal tray on turntable. Do not cover
Xmas Mince Pies	90 g (2)	HIGH power	10-20 secs.	Place in micro-safe dish on turntable. Do not cover.

### POINTS FOR CHECKING

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

# Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>PLATED MEALS – HOMEMADE – CHILLED</b>				
Child size	1	HIGH	3 mins.	Place on a heatproof plate on turntable. Cover.
	2	HIGH	5 mins.	
Adult size	1	HIGH	4-5 mins.	Place on a heatproof plate on turntable. Cover.
	2	HIGH	5-6 mins.	
<b>PORRIDGE</b>				
1 portion		HIGH	1 min.	Use a large bowl on turntable. Stir during cooking.
4 portions		HIGH	5 mins.	Use a large bowl on turntable. Stir during cooking.
<b>PUDDINGS AND DESSERTS – Transfer puddings to a heatproof dish</b>				
Apple Pie	465 g	HIGH or	4 mins.	Place on turntable. Do not cover.
		<b>Combi:</b> 230°C + WARM power	9-10 mins.	Place on metal tray on turntable. Do not cover.
Apple and Blackcurrant Pies	x 6	TURBO-BAKE 220°C + GRILL 1	3 mins.	Place in foil cases on low rack on metal tray on turntable. Do not cover.
Baked Apple – 1	175 g	HIGH	30 secs.-1 min.	Place in a heatproof bowl on turntable. Cover.
Bread and Butter Pudding	340 g	HIGH or	2-3 mins.	Place on turntable. Do not cover.
		<b>Combi:</b> 230°C + WARM power	10-12 mins.	Place on metal tray on turntable. Do not cover.
Custard	300 ml	HIGH	1 min 30 secs.	Place in large jug. Stir during reheating.
Fruit Crumble	450 g	HIGH or	1 min. 20 secs.	Place on turntable. Do not cover.
		<b>Combi:</b> 230°C + WARM power	8 mins.	Place on metal tray on turntable. Do not cover.
Jam Roly Poly	730 g	HIGH	5 mins.	Place on turntable. Do not cover.
Milk Pudding for 1		HIGH	50 secs.	Place in a heatproof bowl on turntable. Cover.
Milk Pudding for 4		HIGH	3 mins. 40 secs.	Place in a heatproof bowl on turntable. Cover.
<b>PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish (except when using TURBO-BAKE).</b>				
Breaded Mushrooms	250 g	GRILL 1 or	8-10 mins.	Place on metal tray on high wire rack on turntable.
		TURBO-BAKE 220°C + GRILL 1	10 mins.	Place in dish on low rack on metal tray on turntable.
Cauliflower Cheese	220 g	HIGH power or	4 mins.	Place on turntable. Do not cover.
		<b>Combi:</b> 220°C + SIM power	10-12 mins.	Place on metal tray on turntable. Do not cover.
	454 g	HIGH power or	7 mins.	Place on turntable.
		<b>Combi:</b> 220°C + SIM power	12-14 mins.	Place on metal tray on turntable. Do not cover.
Cottage Pie	190 g	HIGH power or	3-4 mins.	Place on turntable.
		<b>Combi:</b> 220°C + SIM power	12-14 mins.	Place on metal tray on turntable. Do not cover.
	595 g	HIGH power or	6-8 mins.	Place on turntable.
		<b>Combi:</b> 220°C + SIM power	15-17 mins.	Place on metal tray on turntable. Do not cover.

## Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish, except when using TURBO-BAKE.</b>				
Lasagne	300 g	MEDIUM power or	6-7 mins.	Place on turntable.
		<b>Combi:</b> 200°C + LOW power	11-12 mins.	Place on metal tray on turntable. Do not cover.
Onion Bhajis, Pakora & Felafel	330 g (6)	TURBO-BAKE 220°C + GRILL 1	10 mins.	Place on low rack on metal tray on turntable. Turn halfway.
Spring Rolls	230 g	TURBO-BAKE 220°C + GRILL 2	10 mins.	Place on low rack on metal tray on turntable. Turn halfway.
Turkey Burgers	425 g	TURBO-BAKE 250°C + GRILL 2	8-9 mins.	Place on metal tray on high wire rack on turntable. Turn halfway.
Vegetable Bake	454 g	HIGH power or	6-8 mins.	Place on turntable.
		<b>Combi:</b> 200°C + SIM power	12-14 mins.	Place on metal tray on turntable. Do not cover.
Samosas	200 g	TURBO-BAKE 220°C + GRILL 2	10 mins.	Place on low rack on metal tray on turntable. Turn halfway.
<b>PURCHASED CONVENIENCE FOODS – FROZEN – N.B. Transfer food from foil container to a similar sized heat-proof dish (except when using TURBO-BAKE). Plastic dishes designed for microwave and conventional ovens may be used with care.</b>				
Golden Drummers	340 g (6)	TURBO-BAKE 250°C + GRILL 1	10-12 mins.	Place on metal tray on high wire rack on turntable. Turn halfway.
Lasagne	330 g	DEFROST power then HIGH power or	8 mins. 8-9 mins.	Place on turntable.
		<b>Combi:</b> 220°C + SIM power	20-22 mins.	Place on metal tray on turntable.
Battered Onion Rings	250 g	TURBO-BAKE 250°C + GRILL 1	6-7 mins.	Place on metal tray on high wire rack on turntable. Turn halfway.
Fish Pie	397 g	HIGH power or	7-8 mins.	Place on turntable.
		<b>Combi:</b> 220°C + SIM power	18 mins.	Place on metal tray on turntable.
Shepherd's Pie	460 g	DEFROST power then HIGH power or	10 mins. 6-8 mins.	Place on turntable.
		<b>Combi:</b> 220°C + SIM power	18-20 mins.	Place on metal tray on turntable.
<b>VEGETABLES</b>				
Mashed Potato	350 g	MEDIUM	6-7 min.	Place in a heatproof dish. Cover.
Green Vegetables	100 g	HIGH	1 min. 30 secs.	Place in a heatproof dish. Cover.
Potato Wedges	385 g	TURBO-BAKE 220°C + GRILL 1	10 mins.	Place in dish on low rack on metal tray on turntable. Turn halfway.

# Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
<b>BREAD – Frozen</b>				
Part-baked rolls	200 g (4)	<b>Combi:</b> 230°C + SIM power	10	Place on metal tray on turntable.
Part-baked Garlic Baguette	170 g (1)	<b>Combi:</b> 230°C + SIM power	7	Place on metal tray on turntable.
<b>BACON – from raw</b>				
Rashers	228 g (8)	HIGH power	4-6 or 45 secs. per rasher	Place on micro-safe rack or plate on turntable and cover with kitchen towel to minimise splatter.
		or GRILL 1	10	Place on splash guard in metal tray on high wire rack on turntable. Turn halfway.
Loin Steaks	210 g (4)	HIGH power	4-5	Place on micro-safe rack or plate on turntable.
		or GRILL 1	10	Place on splash guard in metal tray on high wire rack on turntable. Turn halfway.
<b>BEANS &amp; PULSES – should be pre-soaked (except lentils)</b>				
Black Eyed Beans	225 g	HIGH power	10	Use 600 ml (1pt) boiling water in a large bowl Cover.
		then SIMMER	25-30	
Chick Peas	225 g	HIGH power	10	Use 600 ml (1pt) boiling water in a large bowl Cover.
		then SIMMER	40	
Lentils	225 g	MEDIUM power	10-15	Use 600 ml (1pt) boiling water in a large bowl Cover.
Marrowfat Peas	225 g	HIGH power	3	Use 600 ml (1pt) boiling water in a large bowl Cover.
		then SIMMER	15-20	
Red Kidney Beans	225 g	HIGH power	15	Use 600 ml (1pt) boiling water in a large bowl Cover. <b>Must boil for at least 12 mins to destroy toxic enzymes</b>
		then SIMMER	40	
<b>BEEF – Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat Chapter page 62.</b>				
Topside, Forerib, Sirloin		<b>Combi:</b> 180°C + SIM power	12-15 per 450 g	Place on low rack on metal tray and splash guard on turntable. Turn halfway.
Mince		HIGH then MEDIUM POWER	10 then 15 per 450 g	Place in micro safe dish with stock and seasonings on turntable. Stir halfway. Cover.
Rump/Sirloin	225 g (2)	MEDIUM power or	6-8	Place on micro-safe rack or plate on turntable. Cover.
		GRILL 1	8-10	Place on splash guard in metal tray on high wire rack on turntable. Turn halfway.
Stewing Steak	450 g- 675 g	HIGH then SIMMER POWER or	10 then 60	Place in micro-safe dish on turntable. Stir halfway. Cover.
	1hr 40	<b>Combi:</b> 160°C + WRM power	1hr-	Place in casserole dish with lid, add stock and vegetables. Place on metal tray on turntable. Stir halfway
<b>BEEFBURGERS – Fresh from raw – Caution: Hot fat! Remove grill accessory with care.</b>				
	240 g (2)	HIGH power	3-4	Place on micro-safe rack or plate on turntable. Cover.
		or GRILL 1	10	Place on splash guard in metal tray on high wire rack on turntable. Turn halfway.

## POINTS FOR CHECKING

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

# Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
<b>BEEFBURGERS – Frozen from raw – Caution: Hot fat! Remove grill accessory with care.</b>				
	227 g (4)	HIGH power	6-8	Place on micro-safe rack or plate on turntable. Cover.
		or GRILL 1	8-9	Place on splash guard in metal tray on high wire rack on turntable. Turn halfway.
<b>CHICKEN from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 62.</b>				
Breasts, boneless and skinless	512 g (4)	MEDIUM power or	12-14	Place on micro-safe rack or plate on turntable. Cover.
		GRILL 1 or	14-16	Place on splash guard in metal tray on high wire rack on turntable. Turn halfway.
		TURBO-BAKE 250°C + GRILL 1	20	Place on low rack on metal tray with splash guard on turntable. Turn halfway.
Drumsticks	850 g (8)	MEDIUM power or	12-14	Place on micro-safe rack or plate on turntable. Cover.
		GRILL 1 or	25	Place on splash guard in metal tray on high wire rack on turntable. Turn twice.
		TURBO-BAKE 250°C + GRILL 1	20	Place on low rack on metal tray and splash guard on turntable.
Kiev (fresh)	283 g (2)	TURBO-BAKE 250°C + GRILL 1	15-17	Place on low rack on metal tray and splash guard on turntable.
	600 g (4)		18-20	
Chicken Dippers	280 g (16)	<b>Combi:</b> TURBO-BAKE 250°C + GRILL 2 + WARM power or	10-12	Place on metal tray on high wire rack on turntable.
		GRILL 1	8-10	Place on metal tray on high wire rack on turntable. Turn halfway.
Nuggets (fresh)	400 g	<b>Combi:</b> TURBO-BAKE 220°C + GRILL 1 + WARM power	8-10	Place on splash guard in metal tray on high wire rack on turntable.
Chicken legs	1.2 kg (5)	MEDIUM power or	18	Place on micro-safe rack or plate on turntable. Cover.
		GRILL 1 or	35	Place on splash guard in metal tray on high wire rack on turntable. Turn twice.
		TURBO-BAKE 250°C + GRILL 1	25	Place on low rack on metal tray and splash guard on turntable.
Whole		MEDIUM power or	8-9 per 450g	Place in micro-safe dish on turntable. Cover.
		<b>Combi:</b> 190°C + SIM power	12-15 per 450g	Place on low rack on metal tray and splash guard on turntable. Turn halfway. DO NOT COVER.
<b>EGGS – Poached.</b>				
Water	45 ml	HIGH power	40 secs.	<ul style="list-style-type: none"> <li>• Place water in a small bowl and heat for 1st cooking time.</li> <li>• Add egg (size 3).</li> <li>• Pierce yolk and white.</li> <li>• Cover.</li> <li>• Cook for 2nd cooking time.</li> <li>• Then leave to stand for 1 min.</li> </ul>
Egg	1	MEDIUM power	40 secs.	
Water	90 ml	HIGH power	1	
Eggs	2	MEDIUM power	1 min. 10 secs.	
Water	135 ml	HIGH power	1 min. 30 secs.	
Eggs	3	MEDIUM power	1 min. 30 secs.	
Water	180 ml	HIGH power	2	
Eggs	4	MEDIUM power	1 min. 50 secs.	

# Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
<b>EGGS – Scrambled.</b>				
1 Egg		HIGH power	30 secs	<ul style="list-style-type: none"> <li>• Add 1 tbsp of milk for each egg used.</li> <li>• Beat eggs, milk and knob of butter together.</li> <li>• Cook for 1st cooking time then stir.</li> <li>• Cook for 2nd cooking time then stand for 1 min.</li> </ul>
		HIGH power	20 secs	
2 Eggs		HIGH power	50 secs	
		HIGH power	30 secs	
3 Eggs		HIGH power	1min. 20 secs	
		HIGH power	30 secs	
<b>FISH – FRESH from raw – For Guidelines see Fish Chapter page 57.</b>				
Breaded Fillets	350 g (2)	GRILL 1 or	9-11	Place on metal tray on high wire rack on turntable. Turn halfway.
		<b>Combi:</b> TURBO-BAKE 230°C + GRILL 1 + WARM power	10-11	
Cakes	200 g (2)	GRILL 1 or	6-7	Place on metal tray on high wire rack on turntable. Turn halfway.
		<b>Combi:</b> TURBO-BAKE 230°C + GRILL 1 + WARM power	8-9	
Fillets	400 g (2)	HIGH power	3-4	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		or GRILL 1	10-12	Place on metal tray on high wire rack on turntable.
Steaks	350 g (2)	HIGH power	3-4	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		or GRILL 2	8-10	Place on metal tray on high wire rack on turntable. Turn halfway.
Whole	300 g (1)	HIGH power	4-5	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		or GRILL 2	10-12	Place on metal tray on high wire rack on turntable. Turn halfway.
<b>FISH – FROZEN from raw – For Guidelines see Fish Chapter page 57.</b>				
Breaded Fillets	300 g (2)	<b>Combi:</b> GRILL 2 + SIM power	12-14	Turn halfway.
		<b>Combi:</b> TURBO-BAKE 230°C + GRILL 3 + SIM power	12-14	
Cakes	454 g (4)	GRILL 1 or	12-14	Place on metal tray on high wire rack on turntable. Turn halfway.
		<b>Combi:</b> TURBO-BAKE 250°C + GRILL 2 + WARM power	10	
Fish Fingers	234 g (8)	HIGH power or	4-5	Place on micro-safe dish. Do not cover.
		GRILL 1	8-10	Place on metal tray on high wire rack on turntable. Turn halfway.
Plaice Fillets	380g (4)	GRILL 1	7-10	Place on metal tray on high wire rack on turntable.

## POINTS FOR CHECKING

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



## Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
<b>FISH - FROZEN from raw - For Guidelines see Fish Chapter page 57.</b>				
Haddock Fillets	380 g (4)	HIGH power or	7	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		GRILL 1	10-15	Place on metal tray on high wire rack on turntable. Turn halfway.
Scampi	300 g	GRILL 1 or	8-9	Place on metal tray on high wire rack on turntable. Turn halfway.
		<b>Combi:</b> TURBO-BAKE 230°C + GRILL 2 + SIM power	10	
Whole	450 g (2)	HIGH power	10-12	Place in micro-safe dish. Add 30 ml of liquid. Cover.
Steaks	450 g (2)	HIGH power	8-9	Place in micro-safe dish. Add 30 ml of liquid. Cover.
Boil in the Bag	150 g - 170 g	DEFROST then STAND then MEDIUM	4 then 2 then 6	Place bag sauce side down on a plate. Slash top.
<b>FRUIT – Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on turntable.</b>				
Apples – poached	450 g	HIGH power	6	Add 300 ml (½ pt) of water. Only half fill dish. Cover.
Apples – stewed	450 g	HIGH power	5	Only half fill dish. Cover.
Peaches – poached	450 g	HIGH power	4-5	Add 300 ml (½ pt) of water. Only half fill dish. Cover.
Pears – poached	450 g	HIGH power	5-6	Add 300 ml (½ pt) of water. Only half fill dish. Cover.
Plums – poached	450 g	HIGH power	8	Add 300 ml (½ pt) of water. Only half fill dish. Cover.
Plums – stewed	450 g	HIGH power	8-10	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover.
Rhubarb – stewed	450 g	HIGH power	5	Only half fill dish. Cover.
<b>GAME</b>				
Rabbit portions (4)		<b>Combi:</b> 160°C + WRM power	1hr 20 mins.	Place on low rack on metal tray with splashguard on turntable. Do not cover.
Duck, whole		<b>Combi:</b> 190°C + SIM power	10-12 mins. per 450 g	
Pheasant, whole		<b>Combi:</b> 190°C + SIM power	9-10 mins. per 450 g	
Pheasant prtns. (4)		<b>Combi:</b> 190°C + SIM power	1hr 45 mins.	
<b>LAMB – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 62.</b>				
Chops, cutlets	425 g (4)	MEDIUM power	6-7	Place in micro-safe dish or rack on turntable. Cover.
		or GRILL 1	10-12	Place on splash guard in metal tray on high wire rack on turntable. Turn halfway.
Chops, Loin	700 g (4)	MEDIUM power	7-8	Place in micro-safe dish or rack on turntable. Cover.
		or GRILL 1	14-16	Place on splash guard on metal tray on high wire rack on turntable. Turn halfway.
Joints		<b>Combi:</b> 180°C + SIM power	11-12 mins. per 450 g	Place on low rack on metal tray with splashguard on turntable. Turn halfway.
Stewing lamb ie. neck chops	450 g	HIGH then LOW power or	10 then 40	Place in micro-safe dish on turntable. Stir halfway. Cover
		<b>Combi:</b> 160°C + WRM power	1hr 20 mins.	Place in casserole, add stock and vegetables, cover with lid on metal tray on turntable. Stir halfway.

# Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
<b>LAMB – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 62.</b>				
Casseroling lamb ie. diced shoulder		HIGH then LOW power or	10 then 60	Place in micro-safe dish on turntable. Stir halfway. Cover.
		<b>Combi:</b> 160°C + WRM power	1 hr. 30 mins.	Place in casserole with lid add stock and vegetables. Place on metal tray on turntable. Stir halfway.
<b>PASTA</b>				
Twists	225 g	HIGH power	8-10	Use 1 litre (1 <sup>3</sup> / <sub>4</sub> pt) boiling water. Add 15 ml oil. Cover. Stir halfway.
Macaroni	225 g	HIGH power	10-12	
Spaghetti	225 g	HIGH power	8	
Lasagne	225 g	HIGH power	6-8	
Tortellini	225 g	HIGH power	12	
Tagliatelle	225 g	HIGH power	8-9	
Spaghetti (Quick Cook)	225 g	HIGH power	5-7	
<b>PASTRY – UNCOOKED</b>				
Shortcrust Flan Case	23 cm (9")	HIGH power or	3-4	Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on turntable.
		<b>Combi:</b> TURBO-BAKE 250°C GRILL 3 + SIM power	7-8	Prick base of pastry and chill well. Do not cover. Place on low rack on metal tray on turntable.
Vol-au-Vents	125 g (12)	TURBO-BAKE 250°C + GRILL 1	6 <sup>1</sup> / <sub>2</sub>	Brush with beaten egg. Place on baking sheet on metal tray on low rack on turntable.
<b>PIZZA – FRESH chilled – N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.</b>				
Deep Pan, Ham	475 g	HIGH power	4-6	Place on micro-safe plate on turntable. Do not cover.
		TURBO-BAKE 220°C + GRILL 2	10-12	Place directly on metal tray on turntable. Do not cover.
Thin and Crispy	350 g	<b>Combi:</b> 220°C + WRM power	10-15	Place on low rack on metal tray on turntable.
		TURBO-BAKE 220°C + GRILL 1	8	Do not cover.
<b>PIZZA – FROZEN – N.B. Remove all packaging.</b>				
French Bread	320 g (1)	<b>Combi:</b> TURBO-BAKE 220°C GRILL 3 + SIM power	12–15	Place on low rack on metal tray on turntable. Do not cover.
Pepperoni	420 g	<b>Combi:</b> TURBO-BAKE 220°C GRILL 3 + SIM power	12–15	Place on low rack on metal tray on turntable. Do not cover.

## POINTS FOR CHECKING

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

# Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
<b>PORK – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 62.</b>				
Chops	350 g (2)	GRILL 1	15-17	Place on splash guard on metal tray on high wire rack on turntable. Turn twice.
Joints		MEDIUM power or	13-14 per 450 g (1lb)	Place on upturned saucer in heatproof dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking.
		<b>Combi:</b> 170°C + LOW power	15-16 per 450 g (1lb)	Place on low rack on metal tray and splash guard. Turn halfway.
Gammon covered with water		HIGH then MEDIUM power	15 then 15-20 per 450 g	Place in large casserole with lid and cover with water.
Tenderloin, whole		<b>Combi:</b> 170°C + WARM power	15-20 per 450 g	Place on low rack on metal tray and splash guard on turntable. Turn halfway.
<b>Porridge – N.B: Use a large bowl.</b>				
1 serving	½ cup of oats	MEDIUM power	2-2½	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup of oats	MEDIUM power	4-5	Add 2 cups of water or milk. Stir halfway.
4 servings	2 cups of oats	MEDIUM power	8-9	Add 4 cups of water or milk. Stir halfway.
<b>POTATO PRODUCTS part cooked – FROZEN</b>				
Croquettes / Smiley Faces Waffles	250 g	GRILL 1 or	8-10	Place on metal tray on high wire rack on turntable. Turn halfway.
		TURBO-BAKE 250°C + GRILL 1	8-9	
Hash Browns	250 g (6)	GRILL 1	10	Place on metal tray on high wire rack on turntable. Turn halfway.
Oven Chips & Associated Products	250 g	GRILL 1 or	9-10	Place on on metal tray on high wire rack on turntable. Turn halfway.
	450 g	<b>Combi:</b> GRILL 1 + MED power	8-9	
<b>RICE</b>				
Basmati	250 g	MEDIUM power	10-12	Use 600 ml (1pt) boiling water. Cover
Easycook White	250 g	HIGH power	12-13	
Easycook Brown	250 g	HIGH power	15-17	
Long Grain White	250 g	MEDIUM power	14	
Long Grain Brown	250 g	MEDIUM power	20	

### POINTS FOR CHECKING

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

# Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
<b>MILK PUDDING – Use large bowl, cover. Stir halfway.</b>				
Flaked Rice	50 g	SIMMER power	20	Add 600 ml (1pt) milk. 30 ml sugar
Pudding Rice	50 g	HIGH power then SIMMER	5 35	Add 450 ml (¾pt) milk. 30 ml sugar
Tapioca	50 g	SIMMER power	30-35	Add 600 ml (1pt) milk. 30 ml sugar
<b>SAUSAGES from raw – CAUTION: Hot Fat! Remove accessory with care.</b>				
Thick	454 g (8)	GRILL 1 or	12	Place on splash guard on metal tray on high wire rack on turntable. Turn halfway.
		TURBO-BAKE 220°C + GRILL 1	10 mins.	
<b>TURKEY</b>				
Turkey, whole		<b>Combi:</b> 190°C + SIM power	12-14 min. per 450 g	Place on low rack on metal tray and splash guard on turntable. Turn halfway.
<b>FRESH VEGETABLES – Place in shallow micro-safe dish.</b>				
Asparagus	450 g	HIGH power	6-8	Add 90 ml (6 tbsp) water. Cover.
Broad Beans	450 g	HIGH power	6	
Runner Beans	450 g	HIGH power	7	
Beetroot	450 g	MEDIUM power	12	
Broccoli	450 g	HIGH power	8	
Brussel Sprouts	450 g	HIGH power	8-9	
Cabbage - sliced	450 g	HIGH power	7-9	
Carrots - sliced	450 g	HIGH power	7-9	
Cauliflower - florets	450 g	HIGH power	9	
Courgettes	450 g	HIGH power	5	
Corn on the Cob	450 g	HIGH power	6-7	
Leeks - sliced	450 g	HIGH power	7-8	
Mushrooms	450 g	HIGH power	5	
Parsnips - sliced	450 g	HIGH power	6-7	
Peas	450 g	HIGH power	4-6	
Potatoes - boiled	450 g	HIGH power	6-7	
Potatoes - par-boiled	450 g	HIGH power	4-5	
Potatoes - jacket (225 g)	1	HIGH power or	5	Wash and prick skins several times. Place directly on glass turntable if cooking by microwave. If cooked by combination place directly on the low rack on metal tray on turntable. Allow to stand for 5 mins. Or use Auto Program Jacket Potato.
		<b>Combi:</b> TURBO-BAKE 250°C + GRILL 1 +SIM power	15	
	2	HIGH power or	8	
		<b>Combi:</b> TURBO-BAKE 250°C + GRILL 1 +SIM power	20	
	4	HIGH power or	13	
		<b>Combi:</b> TURBO-BAKE 250°C + GRILL 1 +SIM power	25	
6	HIGH power or	18-20		
	<b>Combi:</b> TURBO-BAKE 250°C + GRILL 1 +SIM power	30		

# Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
<b>FRESH VEGETABLES – Place in shallow micro-safe dish.</b>				
Spinach	450 g	HIGH power	7	Add 90 ml (6tbsp) water. Cover.
Spring Greens	450 g	HIGH power	7	Add 90 ml (6tbsp) water. Cover.
Swede - cubed	450 g	HIGH power	7-8	Add 90 ml (6tbsp) water. Cover.
<b>FROZEN VEGETABLES – Place in shallow micro-safe dish.</b>				
Beans - broad	450 g	HIGH power	8	Add 30 ml (2tbsp) water. Cover.
Beans - green	450 g	HIGH power	8-9	Add 30 ml (2tbsp) water. Cover.
Broccoli	450 g	HIGH power	9	Add 30 ml (2tbsp) water. Cover.
Brussel Sprouts	450 g	HIGH power	9-10	Add 30 ml (2tbsp) water. Cover.
Cabbage - shredded	450 g	HIGH power	5-6	Add 30 ml (2tbsp) water. Cover.
Carrots - sliced	450 g	HIGH power	8	Add 30 ml (2tbsp) water. Cover.
Cauliflower	450 g	HIGH power	10	Add 30 ml (2tbsp) water. Cover.
Peas	450 g	HIGH power	6-7	Add 30 ml (2tbsp) water. Cover.
Spinach - nuggets	450 g	HIGH power	8-9	Add 30 ml (2tbsp) water. Cover.
Sweetcorn	450 g	HIGH power	7	Add 30 ml (2tbsp) water. Cover.
<b>MISCELLANEOUS</b>				
Frozen Yorkshire puddings	450 g	TURBO-BAKE 250°C + GRILL 1	15	Place foil cases directly onto metal tray.

## POINTS FOR CHECKING

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

# Increasing and Decreasing Recipes

## INCREASING RECIPES

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

for 4 servings will become 40 mins. on MEDIUM power for 6 servings.

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

## DECREASING RECIPES

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

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## Using Recipes from Other Books

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

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

other cookbooks, the 1000 W output power of your oven must be allowed for. Use the same power level suggested e.g. HIGH or MEDIUM and select the same cooking time suggested, however CHECK the progress of the food during cooking and adjust the time if necessary.

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## Cooking for One

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

## Soups and Starters

### Ingredients

25g (1oz) butter  
 1 medium onion coarsely chopped  
 700g (1½ lb) carrots thickly sliced  
 1 litre (1¾ pints) vegetable stock  
 grated zest of ½ orange  
 90ml (6 tbsp) orange juice  
 60ml (4 tbsp) crème fraiche  
 salt & black pepper  
 15ml (1 tbsp) fresh chives, cut into pieces

### Ingredients

25g (1oz) butter  
 2 garlic cloves, crushed  
 4 tbsp finely chopped parsley  
 400g (14oz) chestnut mushrooms, roughly chopped  
 15g (½ oz) dried porcini, rehydrated  
 125 ml (4 fl. oz) dry white wine  
 900ml (1½ pint) vegetable stock  
 45 ml (3 tbsp) double cream  
 salt & freshly ground black pepper

### Ingredients

250g (9oz) ready made puff pastry  
 30 ml (2 tbsp) olive oil  
 300g (11 oz) onions peeled & sliced  
 25g (1 oz) pine nuts  
 100g (4 oz) feta cheese crumbled  
 50g (2 oz) pitted black olives roughly chopped  
 50g (2 oz) sun-dried tomatoes (in oil or rehydrated), roughly chopped  
 15g (½ oz) capers  
 salt and freshly ground black pepper  
 fresh oregano sprigs to garnish

### Carrot & Orange Soup

Serves 4

**Dish: 3 litre (6 pt) bowl**

**Oven Accessory: glass turntable**

1. Place the butter and onion in a large bowl. Cook on **HIGH** power for 3-4 mins. or until soft.
2. Add the carrots. Cover and cook on **HIGH** power for 8-10 mins. or until vegetables are softened. Stir halfway.
3. Add stock and orange zest. Cover and cook on **HIGH** power for 5 mins. then **LOW** power for 15 mins. or until the carrots are soft.
4. Place in liquidiser and puree until smooth.
5. Return puree to the bowl and add orange juice. Stir in the crème fraiche and season to taste. Cover and cook on **MEDIUM** power for 3-4 mins. or until piping hot.
6. Garnish with fresh chives.

### Cream of Mushroom Soup

Serves 4

**Dish: 3 litre (6pt) bowl**

**Oven Accessory: glass turntable**

1. Place the butter, garlic and parsley in bowl. Cover and cook on **HIGH** power for 1 min.
2. Add the chopped mushrooms and rehydrated porcini. Cover and cook on **HIGH** power for 6-8 mins. or until softened. Stir halfway.
3. Add wine. Cover and cook on **HIGH** power for 5 mins.
4. Add stock and cook on **HIGH** power for 15 mins.
5. Place in liquidiser and puree until smooth.
6. Return puree to the bowl. Stir in cream and season to taste. Cover and cook on **MEDIUM** power for 3-4 mins. or until piping hot.

### Onion & Feta Cheese Tartlets

Serves 6

**Dish: 3 litre (6 pint) bowl and baking sheet 32 x 23cm (12½ x 9 inches)**

**Oven Accessory: enamel shelf + wire shelf**

1. Roll out the puff pastry and cut out 6 circles each 10cm (4 inches) in diameter. Chill pastry for 30 mins.
2. Put oil and onions into large bowl and cook on **HIGH** power for 12-15 mins. or until caramelised. Cool for 5 mins.
3. Preheat oven on **CONVECTION 220°C** with enamel and wire shelf in position and place baking tray on wire shelf.
4. Stir nuts, cheese, olives, sun-dried tomatoes and capers into onion mixture. Season well.
5. Carefully remove the baking tray and the enamel shelf from the oven using oven gloves.
6. Place 3 pastry circles on the baking sheet and 3 on the enamel shelf and prick with a fork.
7. Divide the onion mixture among the pastry circles.
8. Cook the tarts on **CONVECTION 220°C** for 15 mins. or until golden brown.

**Ingredients**

young spinach leaves  
 25 g (1 oz) butter  
 2 garlic cloves, crushed  
 450 g (1 lb) flat black mushrooms,  
 finely chopped  
 75 g (3 oz) fine oatmeal  
 1 egg yolk  
 100 g (4 oz) cream cheese  
 30 ml (2 tbsp) chopped fresh herbs  
 15 ml (1 tbsp) lemon juice

**Ingredients**

225g (8oz) streaky bacon  
 225g (8 oz) minced pork  
 225g (8 oz) pigs liver, chopped  
 1/2 tsp (3 ml) rosemary  
 1/2 tsp (3 ml) thyme  
 1/2 tsp ground mace  
 1/2 tsp allspice  
 salt & freshly milled black pepper  
 30ml (2 tbsp) dry white wine  
 15g (1/2 oz) butter  
 2 shallots, finely chopped  
 1 clove garlic, crushed  
 1 egg, beaten  
 1 tbsp plain flour

**Ingredients**

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

*Mushroom Paté*

Serves 4

**Dish: 18 cm (7") soufflé dish lightly greased****Oven Accessory: glass turntable + metal tray**

1. Remove the stalks from the spinach and use the leaves to line the soufflé dish, reserving leaves for the top.
2. Place the butter and garlic in a large dish, cover and cook on **HIGH** power for 1 min. or until melted. Add the mushrooms, recover and microwave on **HIGH** power for 5 mins. or until softened. Stir in remaining ingredients and beat well.
3. Spoon the paté mixture into the lined soufflé dish and cover with the reserved spinach leaves. Cover with a circle of greaseproof paper and cook on **Combination: CONVECTION 190°C + SIMMER** power for 25 mins. or until firm to the touch. Leave to cool before serving.

*Pork and Liver Terrine*

Serves 4-6

**Dish: 600ml (1 pint) earthenware terrine or Pyrex® loaf dish****Oven Accessory: glass turntable + metal tray**

1. Line base and sides of dish with bacon rashers, stretching each rasher slightly with a knife.
2. Place the minced pork, chopped liver, herbs, spices, seasoning and wine in a non metallic bowl and allow to marinate for 2 hours in the fridge.
3. Place butter, shallots and garlic in bowl. Cover and cook on **HIGH** power for 2 mins. Cool.
4. Combine the meat marinade with the onion mixture. Add the egg and flour and mix well.
5. Turn into the bacon lined dish. Smooth the top and fold over the bacon.
6. Cover with greaseproof paper and cook on **Combination: CONVECTION 160°C + WARM** power for 40 mins.

*Brie & Cranberry Crostini*

Serves 4

**Oven Accessory: glass turntable + metal tray + high wire rack**

1. Pre-heat grill on **GRILL 1**.
2. Place the slices of baguette on the high wire rack and cook on **GRILL 1** for 2-3 mins. or until lightly toasted.
3. Turn the slices over and spread each slice with cranberry sauce.
4. Top with a slice of brie and sprinkle with sesame seeds.
5. Cook on **Combination: GRILL 1 + SIMMER** power for 3-4 mins. or until cheese has started to melt and sesame seeds turn golden.



**Ingredients**

8 slices ciabatta  
 20g tub garlic butter or 25g (1oz) softened butter beaten with 1 chopped clove of garlic  
 200g (7 oz) or 4-5 large flat mushrooms  
 1 tbsp olive oil  
 150g (5oz) jar roasted red peppers, sliced if necessary  
 100g (4oz) firm goat's cheese

**Ingredients**

250g (9oz) tail end of salmon, boned, skinned, and cut into bite-sized pieces.  
 125g (4½ oz) cooked peeled prawns  
 juice of ½ lemon  
 salt & black pepper  
 125g (4½ oz) filo pastry  
 50g (2 oz) butter, melted

**Ingredients**

4 beef tomatoes  
 seasoning  
 3 ml (½ tsp) dried basil  
 4 eggs  
 200 g (7 oz) mozzarella cheese

**Red Pepper & Mushroom Bruschetta**

Serves 4

**Dish: microwave safe bowl****Oven Accessory: glass turntable + metal tray on high wire rack**

1. Pre-heat grill on **GRILL 1**.
2. Spread one side of each slice of ciabatta with garlic butter.
3. Place the ciabatta slices in one layer on the black tray on the high wire rack and cook on **GRILL 1** for 1-1½ mins.
4. Turn the ciabatta slices over.
5. Slice mushrooms, place in a bowl and drizzle with olive oil. Cook on **HIGH** power for 3 mins.
6. Layer mushrooms and pepper on top of ciabatta slices.
7. Cut the goat's cheese into 8 slices and put one slice on top of each stack.
8. Cook on **Combination: GRILL 1 + SIMMER** power for 4-5 mins.

**Prawn & Salmon Filo Parcels**

Serves 4

**Oven Accessory: enamel tray**

1. Combine salmon and prawns. Sprinkle with lemon juice and season to taste.
2. Pre-heat the oven empty on **CONVECTION 190°C**.
3. Cut the filo pastry into 8 squares measuring 18cm (7 in).
4. Brush 2 squares with the melted butter, covering the remaining squares with a damp tea towel.
5. Place ¼ of the salmon & prawn mixture in the middle of one buttered filo square.
6. Fold 2 sides of the filo to form a rectangle. Fold one of the open ends over the filling and the other one underneath.
7. Place this parcel on the second buttered square and draw up the edges and seal the parcel.
8. Repeat steps 4-7 three more times
9. Place parcels on greased enamel shelf and brush them with melted butter.
10. Place enamel shelf on bottom level in the oven.
11. Cook on **CONVECTION 190°C** for 15-20 mins. until crisp and golden.

**Baked Stuffed Tomatoes**

Serves 4

**Dish: Shallow heatproof dish    Oven Accessory: glass turntable + metal tray + low rack**

1. Preheat oven on **TURBO-BAKE 190°C + GRILL 2**.
2. Slice the tops off the tomatoes. Deseed, scoop out the centre and discard.
3. Drain tomatoes upside down on kitchen paper then place tomatoes right way up in heatproof dish.
4. Sprinkle inside with salt and pepper and dried basil.
5. Break in whole egg, and cover the top with slices of mozzarella cheese.
6. Cook in preheated oven on **TURBO-BAKE 190°C + GRILL 2** for 20-25 mins. or until browned on top.

# Fish

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

## WHEN IS FISH COOKED?

Fish is cooked when it flakes easily and becomes opaque.



## ARRANGING

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

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

## Ingredients

4 trout, 350 g (12 oz) each

## Stuffing:

1 bunch spring onions, finely chopped  
100 g (4 oz) button mushrooms, finely sliced  
grated rind and juice of 1 orange  
2½ cm (1") cube fresh ginger, peeled and grated  
dash of Soy sauce

juice of 1 orange  
juice of 1 lime  
black pepper  
25 g (1 oz) butter

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



## LIQUID

**Fresh** fish should always be sprinkled with 30 ml (2 tbsp) of lemon juice, white wine or water.

When cooking **Frozen** fish, add liquid as above for even cooking.

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

## WHOLE FISH

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

Large whole fish must have the tail and head shielded halfway through cooking with smooth pieces of tin foil secured with cocktail sticks.



## NOISE

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

## Stuffed Citrus Trout

Serves 4

**Oven Accessory: glass turntable + metal tray + high wire rack**

1. Preheat the grill on **GRILL 2**.
2. Wash the fish and pat dry. Fill the fish cavities with the combined stuffing ingredients and arrange the fish in a shallow dish.
3. Pour over the orange and lime juice. Season and marinate for one hour.
4. Dot with butter, place the fish two at a time on the metal tray on the high wire rack.
5. Cook on **GRILL 2** for 14-16 mins. or until crisp and brown. Turn halfway. Repeat with remaining fish.

**Ingredients**

350 g (12 oz) potatoes  
 25 g (1 oz) butter  
 1 small onion, finely chopped  
 200 g (7 oz) can tuna, drained  
 1 egg, hardboiled, chopped  
 30 ml (2 tbsp) fresh parsley, chopped  
 10 ml (2 tsp) lemon juice  
 salt and pepper  
 1 egg, beaten  
 100 g (4 oz) breadcrumbs

**Ingredients**

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

**Rosti topping:**

900 g (2 lb) potatoes  
 15 ml (1 tbsp) capers  
 50 g (2 oz) butter, melted  
 50 g (2 oz) cheddar cheese, grated

**Ingredients****For the sauce**

15g (½ oz) butter  
 15g (½ oz) flour  
 300ml (½ pint) milk

350g (12oz) fresh haddock fillet  
 150 ml (¼ pint) milk  
 350g (12oz) fresh undyed smoked haddock  
 100g (4 oz) prawns  
 salt & pepper  
 1 tbsp chopped flat leaf parsley  
**For the topping**  
 700g (1 lb 8oz) potatoes, peeled and chopped into small chunks  
 500g (1lb 2oz) swede, peeled and chopped into small chunks  
 50g (2oz) butter

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**Tuna Fish Cakes**

Serves 4

**Oven Accessory: glass turntable + metal tray + high wire rack**

1. Cook potatoes with 45 ml (3 tbsp) water, covered on **HIGH** power for 6-8 mins. or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on **HIGH** power for 4 mins. or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 8 cakes and coat in beaten egg and breadcrumbs.
5. Place on metal tray on high wire rack and cook on **Combination: TURBO-BAKE 250°C + GRILL 1 + WARM** power for 12-15 mins. or until brown, turning halfway.

**Special Occasion Fish Pie**

Serves 4

**Dish: gratin dish****Oven Accessory: glass turntable + metal tray**

1. Place the white fish with 2 tbsp water in a shallow dish. Cover and cook on **HIGH** power for 4-5 mins or on AUTO FISH program. Drain, skin, bone and flake.
2. Make the sauce by melting the butter in a large jug on **HIGH** power for 1 min. Add the flour and stir well. Mix in the milk and wine and cook on **HIGH** power for 4-5 mins. Stir halfway. Mix in the fish, mixed seafood, gherkins and herbs. Season and pour into the dish.
3. Grate the potatoes and mix in the capers, melted butter and grated cheese. Pile onto fish sauce without pressing firmly to keep the grated form. Cook on **Combination: CONVECTION 220°C + SIMMER** power for 30-35 mins. or until piping hot and golden.

**Prawn and Haddock Pie**

Serves 6

**Dish: shallow dish 20 x 25cm (8"x10"), microwaveable dish****Oven Accessory: glass turntable + metal tray + low rack**

1. Melt butter in a large jug on **HIGH** power for 30-40 secs. and stir in flour to make a roux.
2. Then add the milk gradually, stirring continuously until well combined and cook for 2 mins. on **HIGH** power. Stir and cook for a further 2-3 mins. on **HIGH** power. Season and set aside.
3. Place fresh haddock into dish and pour over 150 ml (¼ pt) milk cover and cook on **HIGH** power for 3-4 mins. or until cooked. Drain the fish, reserving the milk.
4. Place the smoked haddock in a dish with 2 tbsps. water cover and cook on **HIGH** power for 3-4 mins. or until cooked. Drain the fish.
5. Flake the fish into a shallow oval dish and scatter the prawns over. Pour over the sauce, season and sprinkle with chopped parsley.
6. Place potatoes in a dish with 6 tbsp water. Cover and cook on **HIGH** power for 7-8 mins. or until soft. Drain.
7. Place swede in a dish with 6 tbsp water. Cover and cook on **HIGH** power for 8-9 mins. or until soft. Drain.
8. Mash potato with 25 g (1 oz) butter and some of the reserved milk.
9. Mash swede with 25 g (1 oz) butter and mix in 2 tbsp of mashed potato.
10. Spoon alternate lines of potato and swede over the top of the fish mixture to cover. Fluff up with a fork.
11. Cook on **Combination: TURBO-BAKE 230°C + GRILL 3 + LOW** power for 18-20 mins.

### Ingredients

50 g (2 oz) long grain rice  
300 ml (1/2 pt) boiling water  
1 onion, finely chopped  
50 g (2 oz) mushrooms, chopped  
25 g (1 oz) butter  
salt and pepper  
175 g (6 oz) salmon tail  
30 ml (2 tbsp) white wine  
375 g (13 oz) ready made puff pastry  
2 hardboiled eggs, chopped  
beaten egg to glaze

### To Serve:

150 ml (1/4 pt) carton soured cream  
15 ml (1 tbsp) fresh chopped parsley

### Ingredients

450 g (1 lb) smoked haddock  
30 ml (2 tbsp) lemon juice  
1 large onion, sliced  
15 ml (1 tbsp) oil  
40 g (1 1/2 oz) butter  
40 g (1 1/2 oz) flour  
3 ml (1/2 tsp) mustard  
600 ml (1 pt) milk  
salt and pepper  
100 g (4 oz) Red Leicester cheese  
600 g (1 1/4 lb) cooked jacket potatoes, sliced  
75 g (3 oz) wholemeal breadcrumbs

### Ingredients

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

## Coubliac

Serves 4

### Dish: baking sheet (round)

### Oven Accessory: glass turntable + metal tray

1. Place rice and water in a large casserole, cover and cook on **HIGH** power for 10 mins. or until just cooked. Drain.
2. Place the onion, mushrooms and butter in a small bowl, cover and cook on **HIGH** power for 3 mins. or until just softened. Season.
3. Place salmon in a shallow dish, sprinkle with wine and cook covered on **HIGH** power for 2 mins. (or AUTO PROGRAM FISH). Cool and flake.
4. Preheat oven on **CONVECTION 210°C**.
5. Roll pastry to a rectangle approx. 25 x 30 cm (10 x 12"). Trim and reserve trimmings. Combine all ingredients together. Spread down one side of pastry rectangle leaving 1.5 cm (1/2") around the edge. Brush the edges with beaten egg and fold pastry over. Seal. Brush top with egg and use the trimmings to decorate. Carefully lift onto a baking sheet and chill for 20 mins. Cook on **Combination: CONVECTION 220°C + SIMMER** power for 20-25 mins. or until golden brown. Serve hot with soured cream combined with chopped parsley.

## Family Fish Pie

Serves 4

### Dish: large casserole

### Oven Accessory: glass turntable + metal tray

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on **HIGH** power for 3 mins. or until it flakes easily.
2. Place onion and oil in a bowl. Cover and cook on **HIGH** power for 3 mins. or until the onion is soft.
3. Melt the butter on **HIGH** power for 30 secs. Stir in the flour and mustard and cook for a further 15 secs. Add milk and seasoning, gradually stir to a smooth paste. Cook on **HIGH** power for 5 mins. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3 oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in a serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on **Combination: CONVECTION 190°C + SIMMER** power for 15-20 mins. or until golden brown and piping hot.

## Sun Dried Tomato Fish Bake

Serves 2

### Oven Accessory: glass turntable + metal tray + high wire rack

1. Mix the yoghurt, pesto and 1 tablespoon of the parsley or dill and season well.
2. Place fish fillets on metal tray on high wire rack and pour over the yoghurt sauce.
3. Cook on **Combination: GRILL 2 + MEDIUM** power for 8-9 mins.
4. Sprinkle the remaining parsley or dill over the dish and serve with salad and crusty bread.

**Ingredients**

225 g (8 oz) tomatoes  
 125 ml (4 fl.oz) olive oil  
 30 ml (2 tbsp) tomato puree  
 2 onions, chopped  
 1 large leek, sliced  
 4 garlic cloves, crushed  
 1.2 ltr (2 pt) fish stock  
 salt and black pepper  
 150 ml (1/4 pt) dry white wine  
 4 sprigs thyme  
 small piece of orange peel  
 4 strands saffron  
 5 ml (1 tsp) chilli sauce  
 450 g (1 lb) cod, haddock or coley  
 450 g (1 lb) mixed seafood  
 4 large fresh prawns  
 bunch of dill to garnish

**Ingredients**

50 g (2 oz) butter  
 50 g (2 oz) flour  
 450 ml (3/4 pt) milk  
 100 g (4 oz) Cheddar cheese, grated  
 salt and pepper  
 pinch grated nutmeg  
 450 g (1 lb) frozen spinach  
 450 g (1 lb) smoked haddock fillet, skinned  
 50 g (2 oz) breadcrumbs

**Ingredients**

25 g (1oz) butter  
 1 clove garlic, crushed  
 1 small onion, finely chopped  
 15 ml (1 tbsp) plain flour  
 15 ml (1 tbsp) curry powder  
 grated rind and juice of 1/2 lemon  
 300 ml (1/2 pt) hot fish stock  
 25 g (1 oz) sultanas  
 10 ml (2 tsp) tomato puree  
 30 ml (2 tbsp) mango chutney  
 450 g (1 lb) haddock, skinned and chopped  
 salt and pepper  
 75 g (3 oz) creamed coconut

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**Bouillabaisse**

Serves 6

**Dish: 3 litre (6 pt) casserole****Oven Accessory: glass turntable**

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

**Haddock and Spinach Florentine**

Serves 4

**Dish: 20 cm (8") square dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Mix together the butter, flour and milk in a large jug and cook uncovered on **HIGH** power for 4-5 mins. or until the sauce has thickened, whisking every minute. Stir in half of the cheese and season well with salt, pepper and nutmeg.
2. Place spinach in the dish and cook covered on **HIGH** power for 6-7 mins. or until cooked. Place in a sieve and drain thoroughly, then place back into the dish.
3. Place the fish in a single layer on top of the spinach. Cook covered on **HIGH** power for 4-5 mins. or until tender.
4. Pour the cheese sauce over the fish to cover it completely. Cook uncovered on **HIGH** power for 3 mins. then sprinkle the remaining cheese and breadcrumbs on top. Brown under the grill using **GRILL 1** for 5-6 mins. or until brown and crisp.

**Fish Curry**

Serves 4

**Dish: large casserole****Oven Accessory: glass turntable**

1. Melt the butter in the casserole dish on **HIGH** power for 30 secs. or until melted.
2. Stir in the garlic and onion and cook covered on **HIGH** power for 3 mins.
3. Stir in the flour, curry powder, lemon rind and juice and fish stock. Cover and cook on **HIGH** power for 3 mins. stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on **HIGH** power for 3-4 mins. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry. Leave to stand for 5 mins. before serving with boiled rice.

### Ingredients

45ml (3 tbsp) extra virgin olive oil  
juice of 1/2 lemon  
100g (4oz) fresh pesto sauce  
salt and freshly ground black pepper  
4 x 175g (6oz) thick cut haddock or cod fillets  
700g (1lb 8oz) waxy new potatoes (such as charlotte)  
2 medium red onions  
1 red pepper, seeded  
1 yellow pepper, seeded  
1 orange pepper, seeded  
2 garlic cloves, crushed  
100g (4oz) black olives, chopped  
lemon wedges and crisp green salad, to serve

### Ingredients

15 ml (1 tbsp) vegetable oil  
1 clove garlic, crushed  
1 large onion, chopped  
1 x 397 g (14 oz) can chopped tomatoes  
15 ml (1tbsp) tomato puree  
1 x 397 g (14 oz) tin tuna, drained  
1 x 200 g (7 oz) can sweetcorn, drained  
1 x 200 g (7 oz) can sliced carrots, drained  
100 g (4 oz) broccoli florets  
100 g (4 oz) cashew nuts  
salt and pepper  
50 g (2 oz) butter  
50 g (2 oz) plain flour  
600 ml (1 pt) milk  
175 g (6 oz) grated cheddar cheese  
30 ml (2 tbsp) chopped mixed herbs  
10 sheets lasagne (precooked)

### Ingredients

50 g (2 oz) onion  
2 garlic cloves  
50 g (2 oz) butter  
15 ml (1 tbsp) plain flour  
100 ml (4 fl.oz) white wine  
50 ml (2 fl.oz) milk  
150 ml (1/4 pt) cream  
175 g (6 oz) Emmental cheese  
450 g (1 lb) mixed cooked seafood  
75 g (3 oz) watercress  
seasoning  
100 g (4 oz) Tortilla chips  
50 g (2 oz) breadcrumbs

## Mediterranean Fish Bake

Serves 4

**Dish:** large ovenproof rectangular dish approx. 27 x 23 cm (11"x9")

**Oven Accessory:** glass turntable + metal tray + low rack

1. Mix 1 tbsp oil, lemon juice, pesto and seasoning together and spoon over the fish. Leave to marinade in the fridge for 1-2 hours.
2. Pre-heat oven on **TURBO-BAKE 220°C + GRILL 2**.
3. Cut vegetables into even sized chunks and toss with the garlic and 2 tbsps oil. Place in the ovenproof dish and cook on **TURBO-BAKE 220°C + GRILL 2** for 30mins. Turn halfway.
4. Scatter the black olives over the vegetables.
5. Place the fish and marinade on top of the vegetables.
6. Cook on **Combination: TURBO-BAKE 220°C + GRILL 3 + LOW** power for 20 mins. or until cooked through.

## Tuna & Sweetcorn Lasagne

Serves 4

**Dish:** 24 cm (9") square dish

**Oven Accessory:** glass turntable + metal tray

1. Place oil, garlic and onions in a bowl. Cover and cook on **HIGH** power for 2-3 mins. or until softened.
2. Add the tomatoes, puree, tuna, sweetcorn, carrots, broccoli, nuts and seasoning. Cover and cook on **HIGH** power for 10-12 mins. or until vegetables are softened. Stir frequently.
3. Melt the butter in a large jug on **HIGH** power for 30-40 secs. Stir in the flour then add the milk gradually to form a smooth paste. Cook on **HIGH** power for 5 mins. or until the sauce is thick and bubbling. Stir frequently. Add 150 g (5 oz) of the grated cheese, herbs and season to taste.
4. Pour half the tuna mixture over the base of the dish. Top with half the lasagne and half the sauce. Repeat the layers ending up with the final layer of sauce. Sprinkle with the remaining cheese. Cook on **Combination: CONVECTION 190°C + SIMMER** power for 25-30 mins. or until the pasta is tender.

## Mixed Seafood Gratin

Serves 4

**Dish:** 24 cm (9") round gratin dish

**Oven Accessory:** glass turntable + metal tray + low rack

1. Chop the onion and garlic. Place with butter in a large bowl and soften on **HIGH** power for 3-4 mins. Add the flour and pour in the wine and milk gradually. Stir well. Thicken on **HIGH** power for 3-4 mins, stirring halfway. Add the cream and cheese.
2. Add the seafood and watercress to the sauce and mix well. Season to taste.
3. Spoon into the gratin dish and top with the crushed tortilla chips and breadcrumbs.
4. Cook on **Combination: TURBO-BAKE 230°C + GRILL 3 + LOW** power for 12-14 mins or until crisp and piping hot.

# Meat and Poultry

## Guidelines

### DEFROSTED JOINTS

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

### FAT

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



### How to roast a joint by microwave

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

### ROASTING BAGS

Roasting bags are useful when split up one side to tent a joint for roasting by power and time.

**Do not** use the metal twists supplied.

## TIPS

Braised and stewed meat cooked in a microwave has a slightly firm texture and therefore it is essential to purchase good quality meats.

When cooking a casserole, place a saucer or small upturned plate over the meat to keep it submerged in the juices.

**Crispy Bacon** - place on a microwave safe rack (optional extra obtainable from cookware shops). Cover with a plain piece of kitchen towel to minimise splatter. Cook on HIGH power for approx. 45 secs. per rasher, or until desired crispness is achieved.

### STANDING TIME

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

### BONE

Bone tips on legs of lamb and crown roasts may need shielding when cooked by microwave, to prevent overcooking.



### How to cook small cuts of meat by microwave

Some cuts of meat can be cooked successfully by microwave although due to their short cooking times and no heat source, they will not crisp and brown.

They should always be cooked on a microwave rack to lift them out of their juices.

### TURNING

Joints and poultry **should be turned over** halfway through cooking.

### SHIELDING

Large joints may need shielding with pieces of smooth aluminium foil after half the cooking time to avoid overcooking on the outside edges. Turkeys and large chickens should have their breast meat, legs and wings protected. Secure foil with cocktail sticks and **do not** allow foil to touch the walls of the oven.

### How to roast a joint by Combination

Place the joint on Low Rack on Splash Guard in Metal Tray and place on Glass Turntable.



**Ingredients**

4 chicken portions approx. 1.2 kg (2½ lb) in weight  
 5 ml (1 tsp) mixed herbs  
 salt and pepper  
 100 g (4 oz) streaky bacon  
 100 g (4 oz) button mushrooms  
 1 clove garlic, crushed  
 450 g (1 lb) whole shallots  
 30 ml (2 tbsp) brandy  
 300 ml (½ pt) red wine  
 300 ml (½ pt) chicken stock

**Ingredients**

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

**Ingredients**

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

*Coq au Vin*

Serves 4

**Dish: large casserole with lid****Oven Accessory: glass turntable + metal tray**

1. Place all ingredients in casserole dish.
2. Cover and cook on **Combination: CONVECTION 160°C + WARM** power for 1hr 10 mins. or until cooked through.
3. Remove skin from chicken pieces and skim off any excess fat. Thicken using a little cornflour mixed with water. Serve sprinkled with chopped parsley.

*Chicken Satay*

Serves 4-6

**Dish: 8 wooden skewers****Oven Accessory: glass turntable + metal tray + high wire rack + splash guard**

1. Cut the chicken into small chunks and place in a bowl. Place 50 g (2 oz) creamed coconut, 30 ml (2 tbsp) lemon juice and 15 ml (1 tbsp) soy sauce into a blender or food processor. Add the oil, garlic, turmeric, five spice, coriander and cumin and blend until smooth.
2. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
3. For the serving sauce: Crumble 50 g (2 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1tbsp) of the lemon juice, 15ml (1tbsp) of the soy sauce, the chilli powder and 300 ml (½pt) water. Cook on **HIGH** power for 5-6 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
4. Thread the chicken onto wooden skewers. Place on splash guard in metal tray on high wire rack and cook on **Combination: TURBO-BAKE 250°C + GRILL 1 + WARM** power for 15 mins. or until cooked through, turning occasionally. Serve hot with sauce for dipping.

*Spring Chicken Casserole*

Serves 4

**Dish: 3 litre (6 pt) large casserole with lid****Oven Accessory: glass turntable + metal tray**

1. Coat chicken with flour and place in fridge.
2. Place oil, butter, garlic, shallots into a large casserole dish and cook on **HIGH** power for 1 min.
3. Add sliced mushrooms. Cover and cook on **HIGH** power for 2 mins.
4. Stir in Dijon mustard and add chicken.
5. Stir in stock and wine.
6. Add potatoes and carrots.
7. Cover casserole and cook on **Combination: CONVECTION 160°C + WARM** power for 50 mins. Stir halfway.
8. After 50 mins. stir casserole and scatter asparagus and broad beans over it without stirring.
9. Cover casserole and cook on **Combination: CONVECTION 160°C + WARM** power for 8mins. Stir in the cream, parsley and tarragon and cook for a further 2 mins. Serve with crusty bread.



**Ingredients**

4 boneless and skinless chicken breasts  
 1 tbsp lemon juice  
 1 tsp fresh thyme  
 1/2 tbsp olive oil  
 salt and pepper  
 200g (7oz) jar of red peppers, drained  
 150g (5 oz) ripe brie  
 400g (14oz) ready made puff pastry  
 1 egg, beaten to glaze  
 2 tbsp freshly grated parmesan

**Ingredients**

100g (4oz) ciabatta breadcrumbs  
 75g (3oz) Gruyere cheese, grated  
 salt and ground black pepper  
 4 chicken breast fillets, skinless  
 60ml (4 tbsps) garlic mayonnaise

**Ingredients**

350 g (12 oz) leeks, trimmed  
 25 g (1 oz) butter  
 30ml (2 tbsp) plain flour  
 300 ml (1/2 pt) milk  
 225 g (8 oz) cooked chicken, chopped  
 100 g (4 oz) ham, chopped  
 175 g (6 oz) Gruyere cheese, grated  
 Salt and pepper  
 4 frozen individual garlic bread slices

## Layered Chicken Puff

Serves 4

**Oven Accessory: enamel shelf**

1. Slice the chicken breasts into strips and place between plastic film and flatten using a rolling pin.
2. Put chicken in a shallow dish with lemon juice, thyme, olive oil and seasoning. Allow to marinate for a couple of hours in the fridge.
3. Pre-heat oven on **CONVECTION 200°C** with enamel shelf on lower level.
4. Carefully remove the enamel shelf from the oven using oven gloves.
5. Spread the chicken out on the enamel shelf and put back in the oven. Cook on **CONVECTION 200°C** for 10-15 mins. or until cooked through, turning halfway. Remove chicken from the shelf and allow to cool slightly.
6. Wash enamel shelf.
7. Roll out pastry to a 28 x 36cm (11" x 14") rectangle.
8. Place 1/2 of the chicken on the centre third of the pastry.
9. Cover with 1/2 of the peppers, then all of the brie followed by the rest of the peppers and finally the remaining chicken.
10. Brush the edges of the pastry with beaten egg and draw up the two longer sides together over the filling and press the edges firmly together to seal. Flute the edges.
11. Pre-heat the oven empty on **CONVECTION 200°C**.
12. Transfer the pastry onto the enamel shelf and brush with beaten egg. Sprinkle with parmesan cheese.
13. Place enamel shelf on lower level and cook on **CONVECTION 200°C** for 30-35 mins until the pastry is crisp and golden.

## Cheesy Chicken Breasts

Serves 4

**Oven Accessory: glass turntable + metal tray + low rack**

1. Mix the breadcrumbs with the cheese and season well.
2. Dip each chicken breast in the garlic mayonnaise and then the crumbs until coated.
3. Place on the low wire rack and cook on **COMBINATION: TURBO-BAKE 250°C + GRILL 3 +SIMMER** power for 20-25 mins.
4. Slice the chicken and serve.

## Creamy Chicken Gratin

Serves 4

**Dish: 24 cm (9") round gratin dish****Oven Accessory: glass turntable + metal tray + low rack**

1. Slice the leeks and place in a large bowl with the butter. Cover and soften on **HIGH** power for 3-4 mins. or until softened.
2. Add the flour and mix well. Stir in the milk and heat on **HIGH** power for 4-5 mins. or until thickened. Add the chicken, ham and cheese then season and mix well.
3. Pour into the dish and top with the garlic bread slices. Cook on **Combination: TURBO-BAKE 230°C + GRILL 3 + LOW** power for 15-20 mins or until piping hot and golden.

**Ingredients**

1 onion, diced  
 1 clove garlic, crushed  
 15 ml (1 tbsp) oil  
 397 g (14 oz) can chopped tomatoes  
 15 ml (1 tbsp) tomato puree  
 5 ml (1 tsp) mixed herbs  
 450 g (1 lb) mince  
 salt and pepper

**Ingredients**

1 quantity of Savoury Mince  
 (see above)  
 double quantity of White Pouring Sauce (see  
 page 84)  
 100 g (4 oz) grated cheese  
 5 ml (1 tsp) mustard  
 salt and pepper  
 12 sheets pre-cooked lasagne  
 (or sufficient for 3 layers)  
 60 ml (4 tbsp) Parmesan cheese

**Ingredients**

1 medium onion, chopped  
 2 carrots, chopped  
 25 g (1 oz) butter  
 350 g (12 oz) cold cooked beef or lamb,  
 minced  
 300 ml (1/2 pt) hot beef stock  
 3 ml (1/2 tsp) Worcestershire sauce  
 15 ml (1 tbsp) gravy thickening  
 5 ml (1 tsp) tomato puree  
 salt and pepper  
 675 g (1 1/2 lb) potatoes, cubed  
 135 ml (9 tbsp) water  
 30 ml (2 tbsp) milk  
 25 g (1 oz) cheese

**Savoury Mince**

Serves 4

**Dish: 1.5 litre (3 pt) casserole dish****Oven Accessory: glass turntable**

1. Place onion, garlic and oil in casserole, cover and cook on **HIGH** power for 2 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on **HIGH** power for 10 mins. then **MEDIUM** power for 15-20 mins. or until cooked.

**Variation: Chilli Con Carne**

Add 396 g (14 oz) can red kidney beans drained, 5-10 ml (1-2 tsp) chilli powder, 1 diced green pepper to the ingredients above.

**Lasagne**

Serves 4

**Dish: large rectangular dish approx. 27 x 23 cm (11" x 9")****Oven Accessory: glass turntable + metal tray**

1. Add cheese and seasoning to the hot white sauce.
2. Cover the base of the dish with a layer of cheese sauce, then a layer of lasagne, followed by a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of cheese sauce.
3. Sprinkle Parmesan cheese over the top and cook on **Combination: CONVECTION 190°C + SIMMER** power for 20-25 mins. or until the pasta is tender and brown and crisp on top.

**Shepherd's Pie**

Serves 4

**Dish: medium casserole****Oven Accessory: glass turntable + metal tray**

1. Place onion, carrots and butter in casserole. Cover and cook on **HIGH** power for 3-5 mins. or until soft.
2. Add minced meat to vegetables and mix well. Mix together stock, Worcestershire sauce, gravy thickening and tomato puree, pour over meat and season to taste.
3. Cook potatoes with water, covered on **HIGH** power for 7-8 mins. Drain and mash well with the milk and spread on top of the meat, using a fork to make a pattern on top.
4. Sprinkle with cheese and cook on **Combination: CONVECTION 190°C + WARM** power for approximately 25-30 mins. or until top is crisp and golden.

**Ingredients**

2 large aubergines  
 100g (4 oz) sliced crusty bread  
 250g (9 oz) minced beef  
 1 garlic clove, crushed  
 1 medium onion, chopped  
 3 vine-ripened tomatoes, skinned, seeded and chopped  
 25g (1 oz) pitted black olives, chopped  
 2 tsp dried oregano  
 2 tbsp tomato puree  
 50g (2 oz) parmesan, freshly grated  
 2 eggs, separated

**Ingredients**

675 g (1½ lb) braising steak, cubed  
 3 large onions, sliced thinly  
 1 clove garlic, crushed  
 30 ml (2 tbsp) seasoned flour  
 15 ml (1 tbsp) brown sugar  
 300 ml (½ pt) hot beef stock  
 300 ml (½ pt) light ale  
 15 ml (1 tbsp) wine vinegar  
 5 ml (1 tsp) mixed herbs  
 2 bay leaves

**Topping:**

8 x 2.5 cm (1") slices of French bread  
 15 ml (1 tbsp) French mustard  
 60 ml (4 tbsp) butter, softened  
 1 clove garlic, crushed

**Ingredients**

600 g (1¼ lb) braising steak, cubed  
 45 ml (3 tbsp) seasoned flour  
 600 ml (1 pt) hot beef stock  
 45 ml (3 tbsp) tomato puree  
 30 ml (2 tbsp) paprika  
 5 ml (1 tsp) sugar  
 60 ml (4 tbsp) soured cream

## Stuffed Aubergines

Serves 4

**Dish: shallow pyrex® dish****Oven Accessory: enamel shelf then glass turntable + metal tray + low rack**

1. Preheat oven on **CONVECTION 220°C** with enamel shelf on lower level.
2. Carefully remove the enamel shelf from the oven using oven gloves. Place the whole aubergines on the shelf and cook on **CONVECTION 220°C** for 15-20 mins. or until soft.
3. Remove from oven and cool. Place the bread in the warm oven to dry out for about 5 mins.
4. Cut the aubergines in half horizontally, leaving the stalks attached. Scoop out the flesh and chop finely.
5. Use the bread to make breadcrumbs.
6. Put minced beef into a large bowl with garlic and onion and cook on **HIGH** power for 2 mins.
7. Add tomatoes, aubergine flesh, olives, oregano, tomato puree and cook on **HIGH** power for 10 mins.
8. Mix the cheese and breadcrumbs together.
9. Stir the egg yolks into the meat mixture along with  $\frac{2}{3}$  of the cheesy breadcrumbs.
10. Fill the aubergine skins with the filling.
11. Whisk the egg whites to a froth.
12. Brush each aubergine all over with the egg white.
13. Place aubergines in pyrex® dish and sprinkle with the remaining breadcrumbs
14. Place dish on low rack on metal tray and cook on **Combination: TURBO-BAKE 220°C + GRILL 1 + WARM** power for 15-18 mins.

## Belgian Beef Casserole

Serves 4

**Dish: large casserole with lid****Oven Accessory: glass turntable + metal tray**

1. Combine all the casserole ingredients in dish. Cover with lid and cook on **Combination: CONVECTION 160°C + WARM** power for 1hr 30 mins, or until meat is tender, or **AUTO PROGRAM CASSEROLE**. Remove bay leaves.
2. Blend mustard, butter and garlic. Spread over one side of each bread slice.
3. Uncover casserole and arrange bread on top. Return to oven and cook uncovered on **Combination: CONVECTION 160°C + WARM** power for a further 15 mins. The casserole is ready when the bread slices are crisp and golden.

## Hungarian Goulash

Serves 4

**Dish: large casserole + lid****Oven Accessory: glass turntable + metal tray**

1. Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish.
2. Cook on **Combination: CONVECTION 160°C + WARM** power for 1hr 30 mins, or until the meat is tender, or on **AUTO PROGRAM CASSEROLE**.
3. Remove from oven and immediately stir in the soured cream. Serve with ribbon noodles.

**Ingredients****Filling:**

350 g (12 oz) braising steak, cubed  
 100 g (4 oz) kidney, cubed  
 30 ml (2 tbsp) seasoned flour  
 1 onion, chopped  
 600 ml (1 pt) hot beef stock

**Pudding:**

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

**Ingredients**

15 ml (1 tbsp) oil  
 1 large onion, sliced  
 3 cloves garlic, crushed  
**Spices and Flavourings:**  
 10 ml (2 tsp) ground coriander  
 3 ml (<sup>1</sup>/<sub>2</sub> tsp) chilli powder, ground cardamom,  
 ground cloves  
 15 ml (1 tbsp) garam marsala  
 15 ml (1 tbsp) ground turmeric  
 5 ml (1 tsp) ground cumin  
 30 ml (2 tbsp) flour  
 15 ml (1 tbsp) tomato puree  
 450 g (1 lb) shoulder of lamb, cubed  
 juice of 1 lemon  
 5 ml (1 tsp) sugar  
 25 g (1 oz) sultanas  
 pinch of salt  
 450 ml (<sup>3</sup>/<sub>4</sub> pt) hot stock

**Ingredients**

1 aubergine, sliced  
 30 ml (2 tbsp) oil  
 2 cloves garlic, crushed  
 1 medium onion, chopped  
 396 g (14 oz) can tomatoes  
 30 ml (2 tbsp) tomato puree  
 350 g (12 oz) lamb, cooked and  
 finely diced  
 salt and pepper  
**Topping:**  
 2 eggs  
 150 ml (<sup>1</sup>/<sub>4</sub> pt) single cream  
 100 g (4 oz) cheese, grated  
 25g (1 oz) Parmesan cheese, grated

## Steak and Kidney Pudding

Serves 4

**Dish: 1.5 litre (3 pt) casserole + 1.2 litre (2 pt) pudding basin****Oven Accessory: glass turntable**

1. Combine all filling ingredients in casserole. Place upturned plate on top of meat, cover and cook on **HIGH** power for 10 mins. then **SIMMER** power for 60 mins. or until meat is tender. Remove plate.
2. Mix flour, salt and suet together. Mix to a firm dough with cold water.
3. Roll out <sup>3</sup>/<sub>4</sub> of the pastry to line basin.
4. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. Cook on **HIGH** power for 2 mins. stirring once, or until gravy has thickened. Pour 60 ml (4 tbsp) of gravy over the meat and reserve the rest for serving. Roll remaining pastry to form a lid, moisten the edges and seal over the top of the meat.
5. Cook on **MEDIUM** power for 10-12 mins. or until pastry looks dry.

## Madras Curry

Serves 4

**Dish: large casserole dish with lid****Oven Accessory: glass turntable + metal tray**

1. Place the oil, onion and garlic in casserole dish. Cover and cook on **HIGH** power for 3 mins.
2. Blend in all the spices and cook on **HIGH** power for 2 mins.
3. Stir in the flour and tomato puree. Add all other ingredients including meat. Blend in hot stock.
4. Cover and cook on **Combination: CONVECTION 160°C + WARM** power for 1hr-1hr 30 mins. or until meat is tender, or use **AUTO PROGRAM CASSEROLE**. Serve with boiled rice and lemon or lime wedges and poppadoms.

## Moussaka

Serves 4

**Dish: 20 cm (8") souffle dish****Oven Accessory: glass turntable + metal tray**

1. Place aubergines in a large colander and sprinkle liberally with salt. Stand for 20 mins. or until bitter juices run out. Rinse well under cold water and drain.
2. Place oil, garlic, onion and aubergine in dish. Cover and cook on **HIGH** power for 2 mins. or until softened.
3. Add tomatoes and puree and cook re-covered on **HIGH** power for 7 mins. Add lamb and season, mix well.
4. Whisk eggs, cream and cheese together and pour over lamb. Sprinkle with Parmesan cheese and cook on **Combination: CONVECTION 190°C + SIMMER** power for 15-20 mins. or until topping is puffed and golden.

**Ingredients**

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

**Ingredients**

3/4 tbsp ground ginger  
1/2 tsp coarsely ground black pepper  
1 1/2 tsp ground cinnamon  
3/4 tbsp turmeric  
1 tbsp paprika  
1/4 tsp chilli powder  
800g (1lb 12 oz) cubed boneless lamb  
2 tbsp oil  
300g (11oz) onions, chopped  
2 crushed garlic cloves  
1/4 tsp salt  
150g (5oz) sliced carrots  
150g (5oz) ready to eat dried apricots,  
chopped  
40g (1 1/2oz) sultanas or seedless raisins  
65g (2 1/2oz) toasted flaked almonds  
3/4 tbsp honey  
150 ml (1/4 pint) tomato juice  
400g (14oz) can chopped tomatoes  
300ml (1/2 pint) vegetable stock

**Ingredients**

6 lambs kidneys  
1 onion, sliced  
25 g (1 oz) butter  
100 g (4 oz) button mushrooms, halved  
15 g (1/2 oz) flour  
8 chipolata sausages, halved  
60 ml (4 tbsp) red wine  
60 ml (4 tbsp) hot beef stock  
30 ml (2 tbsp) tomato puree  
salt and pepper

## Glazed Gammon

Serves 4

**Dish: large bowl Oven Accessory: glass turntable + low rack + metal tray + splash guard**

1. In a large bowl or casserole soak the gammon in water for at least 2 hours. Discard the water, recover the joint with fresh water and wine (if using). Add onion stuck with cloves and peppercorns and cook on **HIGH** power for 15 mins. then **MEDIUM** power for 15-20 mins. per 450 g (1 lb) or until cooked. Drain.
2. Mix together the honey, juice, sugar and mustard. Cook on **HIGH** power for 1 min. Leave to cool.
3. Remove the gammon rind. Score the fat in a lattice pattern and stud with cloves. Brush over half of the glaze.
4. Place gammon onto low rack + splashguard on metal tray on turntable and cook in a preheated oven on **TURBO-BAKE 170°C + GRILL 1** for 10-15 mins. until golden, spreading over the remaining glaze halfway through cooking time.

## Spicy Lamb Tagine

Serves 6

**Dish: 3 litre(6 pt) large casserole with lid  
Oven Accessory: glass turntable + metal tray**

1. Put spices into bowl and mix well.
2. Add lamb and evenly coat with spices.
3. Place oil, onions and garlic in a large casserole dish. Cover and cook on **HIGH** power for 5 mins.
4. Add lamb and mix thoroughly.
5. Stir in remaining ingredients and cover.
6. Cook on **Combination: CONVECTION 160°C + WARM** power for 1 hour or until tender, stir halfway.

## Kidneys Turbigio

Serves 4

**Dish: large casserole Oven Accessory: glass turntable**

1. Skin, halve and core the kidneys. Remove any fat or gristle.
2. Place the onion and butter in the casserole. Cover and cook on **HIGH** power for 2 mins. or until the onion starts to soften.
3. Add the kidneys, cover and cook on **HIGH** power for 4 mins. Turn halfway during cooking.
4. Add remaining ingredients, cover and cook on **MEDIUM** power for 15-18 mins. or until the kidneys are tender. Stir halfway during cooking.

**Ingredients**

1 kg (2 lb 2 oz) pork spare ribs  
300 ml (1/2 pt) water

**For the glaze**

150g (5 oz) orange marmalade preferably  
shredless or fine shred  
2 tbsp dark muscovado sugar  
100ml (3 1/2 fl oz) fresh orange juice  
5cm (2 inch) piece fresh root ginger, peeled  
and coarsely grated  
75 ml (5 tbsp) tomato ketchup  
2 tbsp white wine vinegar

**Ingredients**

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

**Dumplings:**

175 g (6 oz) self raising flour  
75 g (3 oz) suet  
pinch of salt  
5 ml (1 tsp) mustard powder  
15 ml (1 tbsp) fresh parsley, chopped  
150 ml (1/4 pt) cold water

**Ingredients**

150 g (6 oz) plain flour  
3 ml (1/2 tsp) salt  
2 eggs  
150 ml (1/4 pt) milk  
150 ml (1/4 pt) water  
15-30 ml (1-2 tbsp) oil  
450 g (1 lb) sausages

## Sticky Ribs

Serves 4

**Dish: 20 x 25 cm (8 x 10 inch) rectangular dish****Oven Accessory: glass turntable + metal tray + high rack**

1. Place the ribs in a single layer in dish with the water. Cover and cook on **HIGH** power for 10 mins. Drain.
2. Meanwhile, mix together all the ingredients for the glaze in a large bowl.
3. Cook on **HIGH** power for 3-4 mins.
4. Dip each rib in the sauce ensuring they are well coated.
5. Place ribs on metal tray on high rack. Pour over remaining sauce and cook on **Combination: TURBO-BAKE 230°C + GRILL 3 + LOW** power for 20 mins. Turn halfway and baste.

## Casserole Pork with Herby Dumplings

Serves 4

**Dish: large casserole and lid****Oven Accessory: glass turntable + metal tray**

1. Place oil, onion, green pepper and carrots in dish, cover and cook on **HIGH** power for 5 mins. or until soft.
2. Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients, cover and cook on **Combination: CONVECTION 160°C + WARM** power for 1 hr or until pork is tender, or on **AUTO PROGRAM CASSEROLE**.
3. Whilst cooking make the dumplings by combining the flour, suet, salt, mustard and parsley. Add the water to make a stiff dough. Shape dough into 8 round dumplings.
4. When pork is cooked uncover and place dumplings around the edge of dish. Cook uncovered on **Combination: CONVECTION 160°C + WARM** power for 15 mins. or until dumplings are cooked through.

## Toad In The Hole

Serves 4

**Dish: 27 x 22 cm (10 1/2" x 8 1/2") oblong tin****Oven Accessory: enamel shelf**

1. Preheat oven on **CONVECTION 220°C**.
2. Sift flour and salt in a bowl. Add egg and half the liquid. Beat until smooth. Gradually stir in remaining liquid.
3. Put oil and sausages in tin and place on enamel shelf. Cook on **CONVECTION 220°C** for 15 mins.
4. Pour in the batter and cook for a further 30-35 mins. or until the batter is well risen and golden brown.

**Ingredients**

225 g (8 oz) carrots, sliced  
 3 celery sticks, sliced  
 15 ml (1 tbsp) vegetable oil  
 4 boneless pork chops  
 15 ml (1 tbsp) prepared mustard  
 1 onion, finely chopped  
 25 g (1 oz) butter  
 15 g (1/2 oz) flour  
 300 ml (1/2 pt) milk  
 salt and pepper  
 450 g (1 lb) potatoes, peeled and finely sliced

**Ingredients**

700 g (1 1/2 lb) boneless leg of pork, cubed  
 225 g (8 oz) onion, chopped  
 450 g (1 lb) parsnips, sliced  
 1 garlic clove, crushed  
 15 ml (1 tbsp) ground coriander  
 5 ml (1 tsp) cumin seeds or ground cumin  
 30 ml (2 tbsp) flour  
 300 ml (1/2 pt) beef stock  
 300 ml (1/2 pt) apple juice  
 salt and pepper

**Ingredients**

1/2 cauliflower, divided into florets  
 3 carrots, peeled and sliced  
 3 parsnips, peeled and sliced  
 450 g (1 lb) Cumberland sausage  
 1 onion, chopped  
 15 ml (1 tbsp) sunflower oil  
 30 ml (2 tbsp) mild curry paste  
 400 g (14 oz) tin of mixed spicy beans

*Pork and Potato Bake*

Serves 4

**Dish:** 20 x 25 cm (8" x 10") rectangular dish**Oven Accessory:** glass turntable + metal tray

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

*Harvest Pork Casserole*

Serves 4-6

**Dish:** large casserole and lid**Oven Accessory:** glass turntable + metal tray

1. Place the cubed pork, chopped onion, sliced parsnips, crushed garlic, coriander and cumin in a large casserole dish.
2. Stir in the flour.
3. Gradually add the stock, apple juice and seasoning.
4. Cover and cook on Auto Program Casserole or cover and cook on **HIGH** power for 15 mins. Stir then cover and cook on **Combination: CONVECTION 160°C + WARM** power for 1 1/4 - 1 1/2 hours or until the meat is tender.

*Cumberland Sausage Curry*

Serves 4

**Dish:** large Pyrex® bowl**Oven Accessory:** glass turntable + high wire rack + metal tray + splash guard

1. Prepare the vegetables.
2. Grill the sausages under preheated grill on splash guard in metal tray on high wire rack **GRILL 1** for 10 mins or until browned and cut into 5 cm (2") chunks.
3. Place the onion in a large Pyrex® bowl with the sunflower oil and cook covered on **HIGH** power for 3 mins. or until soft.
4. Stir in the curry paste, add the vegetables, sliced sausage and beans plus 150 ml (1/4 pt) boiling water. Cook on **HIGH** power for 10 mins. then **LOW** power for 15-20 mins, or until the vegetables are soft and the curry is piping hot.

# Pasta, Rice and Beans

## Ingredients

350g (12oz) dried pasta  
 15 ml (1 tbsp) oil  
 ½ tsp salt  
 2 red peppers, seeded and cut into chunks  
 2 red onions cut into wedges  
 2 mild red chillies, seeded and diced  
 3 garlic cloves, coarsely chopped  
 5 ml (1 tsp) golden caster sugar  
 30 ml (2 tbsp) olive oil  
 salt & pepper  
 1 kg (2lb 2 oz) small ripe tomatoes, quartered  
 handful fresh basil leaves  
 25g (1oz) grated parmesan

## Ingredients

225 g (8 oz) mixed dried pasta  
 i.e. tagliatelle, twists, shells  
 1 litre (1¾ pt) boiling water  
 15 ml (1 tbsp) oil  
 3 ml (½ tsp) salt  
 25 g (1 oz) butter  
 100 g (4 oz) mushrooms, peeled and sliced  
 198 g (7 oz) can tuna, drained  
**Sauce:**  
 40 g (1½ oz) butter  
 40 g (1½ oz) flour  
 600 ml (1 pt) milk  
 30 ml (2 tbsp) Dry Vermouth (optional)  
 salt and pepper to taste  
 25 g (1 oz) cheese, grated  
 25 g (1 oz) breadcrumbs

## Ingredients

175 g (6 oz) easycook brown rice  
 450 ml (¾ pt) hot chicken stock  
 450 g (1 lb) smoked haddock  
 30 ml (2 tbsp) lemon juice  
 1 medium onion, chopped  
 15 ml (1 tbsp) oil  
 150 ml (¼ pt) soured cream  
 15 ml (1 tbsp) curry paste  
 100 g (4 oz) frozen peas  
 30 ml (2 tbsp) parsley, chopped  
 2 hardboiled eggs, chopped

## Spicy Tomato Pasta

Serves 4

**Dish:** large ovenproof dish + 3 litre (6 pt) bowl

**Oven Accessory:** glass turntable + metal tray + low wire rack

- Put pasta in a 3 litre (6 pt) bowl. Add salt and oil and 1 litre of boiling water and cover with cling film. Cook on **HIGH** power for 10-12 mins. Drain well.
- Pre-heat oven on **TURBO-BAKE 230°C + GRILL 1**.
- Place peppers, red onions, chillies and garlic in a large ovenproof dish.
- Sprinkle with sugar, drizzle over the oil and season well with salt and pepper
- Cook on **TURBO-BAKE 230°C + GRILL 1** for 15 mins.
- Add tomatoes, stir and cook on **TURBO-BAKE 230°C + GRILL 1** for 10 mins. or until golden and starting to soften.
- Remove the vegetables from the oven. Stir in the pasta and cook on **TURBO-BAKE 230°C + GRILL 1** for 5-6 mins.
- Tear the basil leaves on top and sprinkle with parmesan to serve.

## Tuna Pasta

Serves 4

**Dish:** 3 litre (6 pt) casserole dish

**Oven Accessory:** glass turntable + metal tray + low rack

- Cook pasta in water with oil and salt covered on **HIGH** power for 10-12 mins. or until soft. Leave to stand for 2-3 mins. Drain.
- Melt butter in small dish on **HIGH** power for approx. 45 secs. Add mushrooms and cover. Cook on **HIGH** power for 3-4 mins. or until soft.
- To make sauce, melt butter on **HIGH** power for 30-40 secs. Stir in flour to make a roux. Gradually whisk in milk until well combined. Cook on **HIGH** power for 3-5 mins. or until smooth and glossy. Stir halfway through cooking. Add Vermouth and season.
- Combine pasta, tuna and mushrooms in dish. Pour sauce over and stir to mix thoroughly. Sprinkle with cheese and breadcrumbs and cook on **Combination: TURBO-BAKE 230°C + GRILL 3 + LOW** power for 10-12 mins. or until golden brown.

## Kedgeree

Serves 4

**Dish:** large casserole

**Oven Accessory:** glass turntable

- Place the rice and chicken stock in casserole, cover and cook on **HIGH** power for 15-17 mins. or until tender.
- Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on **HIGH** power for 5-6 mins. or until cooked. Skin and flake.
- Place onion and oil in a small dish, cover and cook on **HIGH** power for 3-4 mins. or until softened.
- Combine the soured cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on **HIGH** power for 5 mins. or until piping hot.



**Ingredients**

2 onions, chopped  
 2 cloves garlic, crushed  
 30 ml (2 tbsp) oil  
 3 deseeded red peppers, chopped  
 397 g (14 oz) canned tomatoes  
 15 ml (1 tbsp) tomato puree  
 salt and pepper  
 450 g (1 lb) frozen spinach, defrosted and drained  
 450 g (1 lb) ricotta cheese  
 9 sheets lasagne, precooked  
 300 ml (1/2 pt) natural yoghurt  
 45 ml (3 tbsp) grated parmesan cheese

**Ingredients**

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

**Garnish:**

hard boiled egg slices and  
 coriander leaves

**Ingredients**

25g (1 oz) dried porcini  
 1 litre (1 3/4 pints) hot chicken or vegetable stock  
 50g (2 oz) butter  
 2 shallots, finely chopped  
 200g (7 oz) firm cultivated white or chestnut mushrooms, sliced  
 300g (11 oz) risotto rice  
 125 ml (4 fl. oz.) dry white wine  
 salt & pepper to taste  
 25g (1 oz) freshly grated parmesan cheese  
 plus extra for garnish

*Spinach & Ricotta Lasagne*

Serves 4-6

**Dish: 2 ltr (4 pt) shallow dish****Oven Accessory: glass turntable + metal tray**

1. Place one of the onions and a clove of garlic in a bowl with 1 tbsp oil and cook for 2-3 mins. on **HIGH** power or until soft.
2. Add the red peppers, tomatoes and tomato puree, season and cook on **HIGH** power for 5-6 mins. or until hot.
3. In another bowl, place the second onion and garlic clove with 1 tbsp oil. Cover and cook on high power for 2-3 mins. until soft. Add the defrosted, drained spinach and stir well. Cook on **HIGH** power for 2-3 mins. or until cooked. Drain.
4. In a 2 ltr (4 pt) shallow dish, place a layer of spinach. Top with ricotta cheese, then lasagne followed by the tomato sauce and a further layer of pasta. Spoon yoghurt onto the top and sprinkle with parmesan cheese.
5. Cook on **Combination: CONVECTION 190°C + SIMMER** power for 30-40 mins. or until golden and piping hot.

*Lentil Biryani*

Serves 4-6

**Dish: large casserole****Oven Accessory: glass turntable**

1. Soak the lentils in cold water for 1 hour then drain them.
2. Place the oil and onion in a large bowl. Cover and cook on **HIGH** power for 3 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on **HIGH** power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on **HIGH** power for 25-30 mins. or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on **HIGH** power if necessary. Garnish and serve.

*Wild Mushroom Risotto*

Serves 4

**Dish: small bowl + large bowl****Oven Accessory: glass turntable**

1. Soak mushrooms in 300ml (1/2 pint) stock for 20 mins.
2. Strain the porcini mushrooms and coarsely chop. Add the soaking liquid to the remaining stock.
3. Place the butter and shallots in a large bowl and cook on **HIGH** power for 2 mins. or until softened.
4. Stir the rice into the mixture. Add the stock, wine and seasoning. Cook on **HIGH** power for 5 mins. Add the mushrooms and porcini and cook on **HIGH** power for 15 mins. stirring halfway.
5. Mix in the parmesan cheese.
6. Cover and leave to stand for about 5 mins. before serving on warm plates sprinkled with extra parmesan cheese.

### Ingredients

1 large aubergine, cubed  
salt  
350 g (12 oz) tagliatelle, fresh  
1 onion  
1 clove garlic, crushed  
15 ml (1 tbsp) olive oil  
397 g (14 oz) tin of chopped tomatoes  
5 ml (1 tsp) basil  
15 ml (1 tbsp) tomato puree  
15 g (½ oz) butter  
salt and pepper  
8-10 black olives, stoned  
100 g (4 oz) mozzarella, diced  
30 ml (2 tbsp) parmesan cheese, grated

### Ingredients

1 aubergine  
2 leeks  
1 red, 1 green pepper  
1 onion  
1 clove of garlic  
45 ml (3 tbsp) olive oil  
225 g (8 oz) pasta shapes  
225 g (8 oz) fresh spinach

### White Sauce

40 g (1½ oz) butter  
40 g (1½ oz) flour  
1 pt (600 ml) milk  
15 ml (1 tbsp) mustard  
50 g (2 oz) Cheddar cheese, grated  
150 g (5 oz) Boursin cheese  
50 g (2 oz) Cheddar cheese for topping

### Ingredients

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

## Tagliatelle Toscana

Serves 4

**Dish:** deep casserole dish

**Oven Accessory:** glass turntable + metal tray + low rack

1. Sprinkle the aubergine with salt and leave for 20 mins, then rinse and dry.
2. Cook the pasta in 600 ml (1 pt) boiling water, covered, on **HIGH** power for 4 mins. or until tender. Drain.
3. Place onion, garlic and oil in a bowl, cover and cook on **HIGH** power for 2 mins. or until soft. Add the remaining ingredients except the mozzarella, tagliatelle and parmesan cheese, cover and cook on **HIGH** power for 6-8 mins.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on **Combination: TURBO-BAKE 230°C + GRILL 1 + WARM** power for 6-8 mins. or until golden brown and piping hot.

## Roast Vegetable and Pasta Gratin

Serves 4

**Dish:** 25 cm (10") round shallow Pyrex® dish

**Oven Accessory:** glass turntable + metal tray + low rack

1. Chop all the vegetables into bite sized pieces and put in a roasting dish with the oil. Cook on **TURBO-BAKE 230°C + GRILL 2** for 25-30 mins or on the Roast Vegetable program.
2. Cook the pasta shapes in 450 ml (¾ pt) boiling water on **HIGH** power for 5-6 mins or until soft. Drain. Wash the spinach and tear into small pieces.
3. Make the white sauce as per instructions on page 84, add the mustard, cheese and Boursin cheese and stir thoroughly until smooth. Season well.
4. Mix the pasta, spinach and roast vegetables with the sauce and place in a large shallow dish. Sprinkle the top with cheese.
5. Cook on **Combination: TURBO-BAKE 230°C + GRILL 3 + LOW** power for 10-15 mins or until golden brown.

## Vegetable and Chick Pea Casserole

Serves 4

**Dish:** large casserole dish

**Oven Accessory:** glass turntable

1. Place the onion and oil in a large casserole dish. Cover and cook on **HIGH** power for 3 mins. or until starting to soften.
2. Add the prepared vegetables, apricots, garlic, chick peas and stir in the spices, salt, pepper and stock.
3. Cover and cook on **HIGH** power for 15-20 mins, or until vegetables are soft. Stir two or three times during cooking. Serve with couscous or rice and garnish with parsley.

### TIP

To prepare couscous: Place 300 ml (½ pt) vegetable stock in a bowl and 1.2 ml (¼ tsp) turmeric. Cook on **HIGH** power for 4 mins. or until boiling. Add 175 g (6 oz) couscous and allow to stand for 5 mins. Fluff up with a fork before serving.

# Cheese and Egg Dishes

## Ingredients

1 can ready to bake croissants  
6 cheese slices  
6 wafer thin slices of ham  
egg for glazing

## Ingredients

300g (11oz) readymade short crust pastry  
90g (3½ oz) red pesto or sun-dried tomato puree  
2 medium sized tomatoes, peeled, seeded and chopped  
25g (1 oz) black olives, chopped  
125g (4½ oz) Fontina or Mozzarella cheese grated  
1 garlic clove crushed  
25g (1 oz) parmesan cheese, grated  
5 ml (1 tsp) dried oregano

## Ingredients

4 large muffins, halved  
150 ml (¼ pt) Dolmio® sauce or Passata  
100 g (4 oz) garlic sausage, cubed  
1 clove garlic, crushed  
1 small onion, diced  
100 g (4 oz) cheese, grated  
56 g can anchovy fillets  
black olives to garnish

## Ham and Cheese Croissants Serves 6

**Dish:** round baking tray

**Oven Accessory:** glass turntable + metal tray + low rack

1. Preheat the oven on **CONVECTION 180°C**.
2. Prepare croissants by placing a slice of cheese and ham on each piece of dough before rolling.
3. Place on a round baking tray, brush with egg and cook on **CONVECTION 180°C** for 25-30 mins. or until golden and cooked through.

## Cheese and Red Pesto Tartlets Serves 4

**Dish:** 2 bun tins 32cm x 24cm (12½" x 9½")

**Oven Accessory:** enamel shelf + wire shelf

1. Roll out the short crust pastry to a thickness of approximately 3 mm. (1/8"). Cut out 24 circles using a 7.5cms. (3") pastry cutter. Place in two lightly greased bun tins.
2. Chill pastry for 30 mins.
3. Preheat oven on **CONVECTION 200°C** with both enamel and wire shelf in position.
4. Mix the red pesto, tomatoes, black olives, mozzarella and garlic together in a bowl. Fill the tartlet shells with mixture.
5. Sprinkle the parmesan and oregano over the tartlets.
6. Bake tartlets on **CONVECTION 200°C** for 18-20 mins. or until golden brown.

## Muffin Pizzas Serves 4

**Oven Accessory:** glass turntable + high wire rack + metal tray

1. Preheat on **GRILL 1**.
2. Place Dolmio® sauce, sausage, garlic and onion in a bowl and mix well.
3. Arrange muffin halves on high wire rack on metal tray and toast on **GRILL 1** for 3-4 mins. until browned. 4 halves at a time.
4. Spread muffins with the mixture. Top with cheese, anchovies and olives.
5. Cook on **Combination: GRILL 1 + WARM** power for 5-7 mins. or until cheese has melted and is beginning to brown.

**Ingredients**

25 g (1 oz) butter  
 25 ml (1½ tbsp) flour  
 150 ml (¼ pt) milk  
 3 eggs, separated  
 salt and pepper  
 75 g (3 oz) cheese, grated

**Ingredients**

225 g (8 oz) shortcrust pastry  
 1 medium onion, chopped  
 15 ml (1 tbsp) oil  
 6 streaky bacon rashers, or  
 100 g (4 oz) ham cut into strips  
 2 eggs  
 150 ml (¼ pt) single cream  
 salt and pepper to taste  
 50 g (2 oz) cheddar cheese, grated

**Ingredients**

1kg (2lb 2oz) potatoes  
 1 onion, finely chopped  
 25g (1oz) butter  
 225g (8oz) smoked back bacon  
 250g (9oz) brie  
 142ml (¼pt) single cream

**Baked Soufflé**

Serves 4

**Dish:** 15 cm (6") souffle dish      **Oven Accessory:** glass turntable + metal tray + low rack

1. Melt butter on **HIGH** power for 30 secs. Stir in flour. Cook on **HIGH** power for 30 secs.–1 min. Stir in milk gradually, whisk until smooth. Cook on **HIGH** power for 2 mins. or until thickened. Beat well. Cool.
2. Preheat oven on **CONVECTION 180°C**.
3. Add egg yolks one at a time to the white sauce. Season and mix in cheese.
4. Whisk the egg whites until stiff and fold into cheese mixture.
5. Cook on **CONVECTION 180°C** for 20-30 mins. until risen and brown.

**Variations:** Add to egg mixture before folding in egg whites:

1. 75 g (3 oz) cooked ham
2. 50 g (2 oz) mushrooms
3. 75 g (3 oz) smoked salmon, finely sliced.

**Quiche Lorraine**

Serves 4

**Dish:** 23 cm (9") metal tin

**Oven Accessory:** glass turntable + metal tray

1. Roll out the pastry and use to line the flan dish. Prick base of pastry with a fork, chill for 15 mins. Pre-heat oven on **CONVECTION 210°C** and bake the case blind for 20 mins. or until cooked.
2. Place the oil, onion and bacon in a small dish. Cover and cook on **HIGH** power for 4 mins. or until onion is soft. Drain and place in bottom of flan case.
3. Beat the eggs, cream, salt and pepper and pour over the bacon. Sprinkle with cheese. Cook on **Combination: CONVECTION 190°C + WARM** power for 20-25 mins. or until just set and browned.

**Tasty Potato Bake**

Serves 4

**Dish:** oval heatproof dish, buttered

**Oven Accessory:** glass turntable + metal tray + low rack

1. Peel and thickly slice the potatoes.
2. Place potatoes in a dish with 6 tbsp. water. Cover and cook on **HIGH** power for 7-8 mins. or until just cooked. Drain.
3. Place onion and butter in a bowl and cook on **HIGH** power for 2 mins.
4. Snip bacon into pieces with scissors and add to the onion. Stir well and cook on **HIGH** power for 3 mins. or until the onion and bacon are lightly cooked.
5. Chop cheese into chunks, rind and all.
6. Layer half the potatoes in the buttered ovenproof dish. Scatter over half of the onion, bacon & cheese.
7. Lightly season with salt & pepper
8. Repeat layers, then pour cream evenly over the top and cook on **Combination: TURBO-BAKE 230°C + GRILL 3 + MEDIUM** power for 10 mins. or until golden brown

**Ingredients**

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

**Ingredients**

175 g (6 oz) quick cooking macaroni  
 40 g (1½ oz) butter  
 1 small onion, finely chopped  
 100 g (4 oz) bacon, chopped  
 40 g (1½ oz) flour  
 600 ml (1 pt) milk  
 5 ml (1 tsp) french mustard  
 150 g (5 oz) red cheese, grated  
 salt and pepper  
 30 ml (2 tbsp) fresh brown breadcrumbs

**Ingredients**

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

**Croque Monsieur**

Serves 2

**Oven Accessory: glass turntable + high wire rack + metal tray**

1. Preheat on **GRILL 1**.
2. Place the bread, buttered side up on metal tray on high wire rack and cook for approximately 3-4 mins. or until browning.
3. On 2 slices of the bread, spread the untoasted sides with mustard and top with ham and cheese. Cover with the other slices, browned side uppermost.
4. Place back on the metal tray on high wire rack and cook on **Combination: GRILL 2 + SIMMER** power for 1-2 mins. or until the cheese has melted.

**Macaroni Cheese**

Serves 4

**Dish: large dish and jug****Oven Accessory: glass turntable + metal tray + low rack**

1. Cook macaroni in 450 ml (¾ pt) boiling water. Cover and cook on **HIGH** power for 5-6 mins. or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cover. Cook on **HIGH** power for 5 mins. or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 secs. on **HIGH** power.
4. Gradually add milk, stir well and season. Cook on **HIGH** power for 5-6 mins. or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100 g (4 oz) grated cheese. Add macaroni and season. Place the macaroni mixture in a large dish. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on **Combination: TURBO-BAKE 230°C + GRILL 3 + LOW** power for 10-12 mins. or until cheese starts to melt.

**Cheese, Onion & Olive Scones****Dish: round baking sheet****Oven Accessory: glass turntable + metal tray + low rack**

1. Place onion and oil in a bowl. Cover and cook on **HIGH** power for 2 mins. or until softened. Drain.
2. Preheat oven on **CONVECTION 200°C**.
3. Sift together the flour, salt, mustard and cayenne with seasoning. Rub in the butter.
4. Mix in onion, cheeses and olives. Beat egg and milk together. Pour into flour mixture and bring to a soft dough.
5. On a floured surface roll out dough to approx. 2 cm thick. Cut out rounds using a 5 cm pastry cutter and brush with beaten egg.
6. Place half the dough rounds on a lightly greased baking sheet. Place on the low rack and cook on **CONVECTION 200°C** for 15-20 mins. or until cooked and golden brown. Then repeat with the remaining scones.

# Vegetables and Vegetarian



- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.



- Cabbage should be shredded and cooked by power and time.
- Fresh vegetables require 90 ml (6 tbsp) of water. For each extra 450 g (1 lb) add an extra 90 ml (6 tbsp) of water and stir halfway.



- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.
- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.



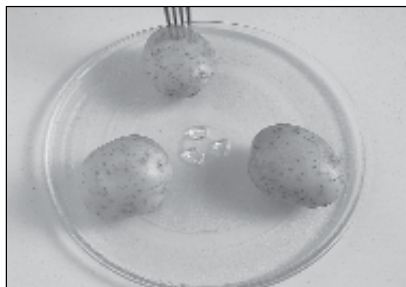
- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with microwave cling film or a lid.



- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish, as these require less cooking.

### Before Cooking

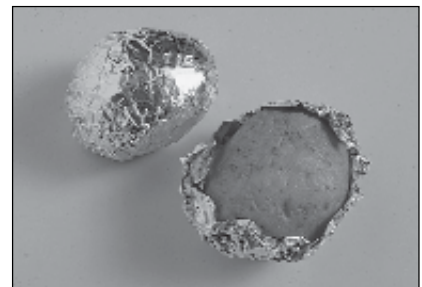
Wash potatoes and prick skins several times. Spread around edge of turntable.



- Whole cauliflower should be cooked upside down on MEDIUM power for 10 mins. approx. with 90 ml (6 tbsp) water.

### After Cooking

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



## Jacket Potatoes - Cooking by microwave only

Varieties of potatoes vary in their suitability for cooking by microwave. We recommend Maris Piper for consistently good results. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by microwave is 175 g - 250 g (6-9 oz).

**Ingredients**

30 ml (2 tbsp) olive oil  
 450 g (1 lb) onions, skinned and sliced  
 900 g (2 lb) new potatoes, thinly sliced  
 2 garlic cloves, skinned and crushed  
 30 ml (2 tbsp) chopped fresh rosemary  
 salt and pepper  
 300 ml (10 fl.oz) single cream

**Ingredients**

1 large onion, chopped  
 25 g (1 oz) butter  
 1 clove of garlic, crushed  
 225 g (8 oz) each of diced carrots,  
 diced leeks, diced courgettes  
 1 green pepper, chopped  
 150 ml (1/4 pt) hot vegetable stock  
 salt and pepper to taste  
 300 ml (1/2 pt) prepared tomato sauce  
 175 g (6 oz) pre-cooked lasagne  
 225 g (8 oz) Mozzarella cheese

**Ingredients**

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

*Potato & Rosemary Cake*

Serves 4

**Dish: 25 cm (10") flan dish****Oven Accessory: glass turntable + metal tray**

1. Place the oil and onions in a large bowl. Cover and cook on **HIGH** power for 3 mins. Add the potatoes and garlic, cover and cook on **HIGH** power for 5 mins or until softened.
2. Layer the potatoes, onions, rosemary and seasoning in the flan dish. Pour over the cream and lightly press down the potatoes.
3. Cook on **Combination: CONVECTION 220°C + LOW** power for 30-35 mins. or until golden brown.

*Vegetable Lasagne*

Serves 4-6

**Dish: large deep rectangular dish****Oven Accessory: glass turntable + metal tray**

1. Place onion, garlic and butter in a casserole dish, cover and cook on **HIGH** power for 3 mins. Add vegetables and stock, re-cover and cook on **HIGH** power for 8-10 mins. or until vegetables are soft. Season to taste.
2. Cover base of dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175 g (6 oz) of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
3. Grate remaining cheese and arrange over top in 3 diagonal bands. Cook on **Combination: CONVECTION 190°C + SIMMER** power for 30-35 mins. or until the pasta is cooked.

*Leek & Potato Gratin*

Serves 4

**Dish: 25 cm (10") flan dish****Oven Accessory: glass turntable + metal tray + low rack**

1. Place the vegetables in a large bowl. Add 90 ml (6 tbsp) of water, cover and cook on **HIGH** power for 10-12 mins. or until the vegetables are softened.
2. Crumble or finely chop the cheese into a bowl and gradually blend in the yoghurt and the double cream.
3. Drain the vegetables and arrange in a flan dish. Season and pour over the blue cheese cream mixture.
4. Sprinkle with breadcrumbs, cook on **Combination: TURBO-BAKE 230°C + GRILL 3 + LOW** power for 10 mins. or until golden brown.

**Ingredients**

700 g (1 lb 8 oz) mixed vegetables eg. sweet potato, red pepper, leeks, aubergine, courgettes, onion  
 1 clove garlic, crushed  
 30 ml (2 tbsp) olive oil  
 200 g (7 oz) can chopped tomatoes  
 10 ml (2 tsp) tomato puree  
 25 g (1 oz) pinenuts  
 50 g (2 oz) gruyère cheese, grated  
 100 g (4 oz) Boursin® cheese  
 15 ml (1 tbsp) single cream  
 225 g (8 oz) ready made puff pastry  
 1 egg to glaze

**Ingredients**

450 g (1 lb) potatoes  
 30 ml (2 tbsp) oil  
 25 g (1 oz) butter

**Ingredients**

100 g (4 oz) button mushrooms  
 100 g (4 oz) onion, chopped  
 3 ml (½ tsp) celery and garlic salt  
 175 g (6 oz) fresh wholemeal breadcrumbs  
 100 g (4 oz) ground cashew nuts  
 1 egg

## Roast Vegetable Parcels

Serves 4

**Oven Accessory: enamel shelf**

1. Place the chopped tomatoes and puree in a heatproof bowl uncovered and cook on **HIGH** power for 5 mins then **MEDIUM** power for 7-8 mins or until mixture is reduced in volume and thickened.
2. Preheat oven on **TURBO-BAKE 220°C + GRILL 2**.
3. Chop vegetables into 2.5 cm (1") chunks
4. Add garlic and oil, mix thoroughly with mixed vegetables. Place onto enamel shelf.
5. Cook on **TURBO-BAKE 220°C + Grill 2** for 25-30 mins until vegetables are browned and al dente.
6. Mix the tomato sauce with the cooked vegetables and pinenuts. Wash enamel shelf.
7. Preheat oven on **CONVECTION 220°C**
8. Mix together the gruyère cheese, Boursin® and single cream.
9. Roll out pastry until it measures approx 16" square. Divide into 4 equal squares.
10. Place ¼ of the vegetable mixture in the centre of the square and top with ¼ of the cheese mixture.
11. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water. Glaze with beaten egg. Place parcels on greased enamel shelf on lower level in the oven.
12. Cook on **CONVECTION 220°C** for 20-25 mins or until golden and cooked through.

## Roast Potatoes

Serves 4

**Oven Accessory: glass turntable + metal tray**

1. Peel and cut potatoes into quarters. Par boil and drain (see page 51).
2. Place potatoes, oil and butter on metal tray. Cook on **Combination: TURBO-BAKE 250°C + GRILL 1 + WARM** power for 25 mins. turning and basting potatoes during cooking, or until crisp and brown.

## Veggie Burgers

Serves 4

**Oven Accessory: glass turntable + high wire rack + metal tray**

1. Preheat the grill on **GRILL 1**.
2. Place the mushrooms, onion, seasoning and all but a handful of breadcrumbs in a food processor. Whisk together and tip into a bowl, add the nuts and egg and blend with a fork.
3. Divide into four. Roll into balls and dip in the remaining breadcrumbs. Make into burger shapes. Place on metal tray on high wire rack and cook on **Combination: GRILL 1 + WARM** power for 15 mins. or until browned. Turn half way.



**Ingredients**

1 quantity shortcrust pastry (page 86)  
 175 g (6 oz) courgettes  
 1 garlic clove, crushed  
 175 g (6 oz) broccoli  
 50 g (2 oz) peas  
 175 g (6 oz) asparagus  
 100 g (4 oz) tomatoes  
 100 g (4 oz) full fat soft cheese  
 150 ml (1/4 pt) single cream  
 2 eggs + 1 egg yolk  
 40 g (1 1/2 oz) mature cheddar

**Ingredients**

1 clove of garlic, halved  
 675 g (1 1/2 lb) potatoes, sliced very thinly  
 salt and pepper  
 pinch nutmeg  
 150 ml (1/4 pt) double cream  
 25 g (1 oz) butter

**Ingredients**

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

*Summer Vegetable Flan*

Serves 6

**Dish: 23 cm (9") flan dish****Oven Accessory: glass turntable + metal tray**

1. Preheat oven on **CONVECTION 210°C**. Line the flan dish with the pastry and bake blind for 10 mins with baking beans. Remove baking beans and lining and bake for a further 10 mins until golden.
2. Thinly slice the courgettes and add garlic. Prepare the broccoli and peas place in a bowl with 90 ml (6 tbsp) of water and soften on **HIGH** power for 4-5 mins. Drain. Place in the pastry case with the asparagus and quartered tomatoes.
3. Beat the soft cheese with the cream and eggs, pour over the vegetables and sprinkle with cheddar. Cook on **Combination: CONVECTION 180°C + WARM** power for 35-40 mins or until just set.

*Gratin Dauphinois*

Serves 4-6

**Dish: 20 cm (8") shallow dish****Oven Accessory: glass turntable + metal tray**

1. Rub halves of garlic around inside of dish and discard.
2. Layer the potato slices in the dish, seasoning with salt and pepper and nutmeg between each layer.
3. Pour the cream evenly over the top of the potatoes and dot with butter. Cook on **Combination: CONVECTION 190°C + SIMMER** power for 30-35 mins. or until potatoes are cooked.

*Roasted Vegetable Moussaka*

Serves 4-6

**Dish: 2 litre (4 pt) ovenproof dish****Oven Accessory: glass turntable, metal tray + low rack**

1. Place the prepared vegetables and garlic into an ovenproof dish. Sprinkle with oil and cook on **Combination: TURBO-BAKE 230°C + GRILL 1 + SIMMER** power for 25 - 30 minutes, or on the Roast Vegetable program.
2. Stir in the tomatoes and sun-dried tomatoes. Season to taste.
3. Beat together the cottage cheese, eggs, cheddar cheese and yoghurt, then season.
4. Pour over the vegetables and cook on **Combination: TURBO-BAKE 250°C + GRILL 1 + WARM** power for 15 minutes, or until golden brown.

**Ingredients**

350 g (12 oz) potatoes  
 45 ml (3 tbsp) natural yoghurt  
 10 ml (2 tsp) mango chutney  
 3 ml ( $\frac{1}{2}$  tsp) cumin, coriander and  
 garam masala  
 3 ml ( $\frac{1}{2}$  tsp) turmeric  
 10 ml (2 tsp) fresh coriander  
 pinch chilli powder  
 15 g ( $\frac{1}{2}$  oz) sultanas  
 salt and pepper

**Ingredients**

1 large onion  
 4 sticks of celery  
 15 ml (1tbsp) olive oil  
 350 g (12 oz) sliced mushrooms  
 300 ml ( $\frac{1}{2}$  pt) water  
 5 ml (1 tsp) Marmite®  
 3 ml ( $\frac{1}{2}$  tsp) thyme  
 Pinch ground bay leaf  
 150 ml ( $\frac{1}{4}$  pt) sour cream  
 Seasoning

**Ingredients**

100 g (4 oz) butter  
 225 g (8 oz) plain flour  
 50 g (2 oz) finely grated Parmesan  
 1 red and 1 yellow pepper, diced into 4 cm  
 pieces  
 2 medium courgettes, sliced  
 100 g (4 oz) aubergine, diced into 4 cm  
 pieces  
 15 ml (1 tbsp) olive oil  
 100 g (4 oz) soft goat's cheese  
 3 eggs, beaten  
 75 ml (5 tbsp) creme fraiche or double cream  
 15 ml (1 tbsp) chopped fresh parsley  
 salt and pepper

## Spicy Potatoes

Serves 4

**Dish: 1 litre (2 pt) dish****Oven Accessory: glass turntable**

1. Cut the potatoes into large cubes and place in a large bowl with 6 tbsp water. Cover and cook on **HIGH** power for 6-8 mins. or until soft. Drain and set aside.
2. Mix the remaining ingredients together. Add the potatoes and mix well. Serve either hot or cold.

## Mushroom Stroganoff

Serves 4

**Dish: 3 litre (6 pt) dish****Oven Accessory: glass turntable**

1. Finely chop the onion + celery and place in a bowl with the oil and soften on **HIGH** power for 3-4 mins.
2. Add all other ingredients, except the cream, mix well. Cover and cook on **HIGH** power for 10 mins stirring well. When cooked stir in the sour cream and serve.

## Goat's Cheese Tart with Roasted Vegetables

Serves 4

**Dish: 23 cm (9") flan tin****Oven Accessory: glass turntable, metal tray, high wire rack**

1. Rub the butter into the flour until the mixture resembles fine breadcrumbs. Stir in the parmesan, add 2-3 tbsps cold water and mix to a firm dough.
2. Roll out and line the flan ring. Prick the base with a fork and allow to rest for 15 mins.
3. Cover the pastry with greaseproof, add baking beans and cook in a preheated oven on **CONVECTION 200°C** for 10 mins. Remove the paper and beans and cook for a further 5 minutes or until cooked. Allow to cool.
4. Place the prepared vegetables on the metal tray on high wire rack and drizzle with olive oil. Cook on **Combination: GRILL 1 + SIMMER** power for 10-12 mins or until lightly browned. Turn halfway during cooking.
5. Place the vegetables in the flan case and dot teaspoons of the goat's cheese around the vegetables.
6. Beat together the eggs and creme fraiche until smooth, add the parsley and seasoning. Pour carefully over the filling.
7. Place on metal tray on glass turntable. Cook on **Combination: CONVECTION 190°C + WARM** power for 20-25 mins. or until set and lightly browned.

**Ingredients**

15 ml (1 tbsp) oil  
 1 onion, finely chopped  
 1 green pepper, chopped  
 1 chilli, chopped  
 2 carrots, diced  
 5 ml (1 tsp) chilli powder  
 3 ml ( $\frac{1}{2}$  tsp) cumin  
 175 g (6 oz) bulgar wheat  
 396 g (14 oz) can chopped tomatoes  
 30 ml (2 tbsp) tomato puree  
 450 ml ( $\frac{3}{4}$  pt) water  
 396 g (14 oz) can red kidney beans, drained

**Ingredients**

15 ml (2 tbsp) olive oil  
 2 onions, chopped  
 2 celery sticks, chopped  
 3 carrots, diced  
 400g (14 oz) can chopped tomatoes  
 450 ml ( $\frac{3}{4}$  pint) vegetable stock  
 30 ml (2 tbsp) tomato puree  
 100g (4 oz) red lentils  
 salt and pepper  
 30-45 ml (2-3 tbsp) green pesto

**For the Topping**

1 kg (2lb 2oz) potatoes, peeled  
 1 bunch spring onions, chopped  
 105ml (7 tbsp) milk  
 freshly grated nutmeg  
 25g (1 oz) butter  
 100g (4oz) cheddar or gruyere, grated

**Ingredients**

1 aubergine, sliced  
 5 ml (1 tsp) salt  
 1 courgette, sliced  
 1 onion, sliced  
 1 green pepper, trimmed and sliced  
 1 clove of garlic, peeled and crushed  
 396 g (14 oz) can of tomatoes  
 30 ml (2 tbsp) olive oil  
 salt and pepper to taste

**Vegetarian Chilli**

Serves 4

**Dish: large casserole + lid****Oven Accessory: glass turntable**

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

**Lentil Bake**

Serves 4

**Dish: 25cm (10") shallow ovenproof dish****Oven Accessory: glass turntable + low rack + metal tray**

1. Place the oil in a large bowl with the onions and cook on **HIGH** power for 3 mins.
2. Add celery, carrots, tomatoes, stock, tomato puree and lentils. Cover and cook on **HIGH** power for 10 mins. Stir and then cook on **SIMMER** power for 10 mins.
3. Season well. Stir in the pesto if desired and place in an ovenproof dish.
4. Cut potatoes into small pieces and place in a large shallow microwave proof dish with 6 tbsp water. Cover and cook on **HIGH** power for 10-12 mins. or until soft.
5. Place spring onions, milk and nutmeg into a bowl and cook on **HIGH** power for 2mins.
6. Drain the potatoes and mash. Then add spring onions, flavoured milk, butter and  $\frac{2}{3}$  of the cheese and season well.
7. Spoon the mash over the filling and smooth over with a fork.
8. Sprinkle with remaining cheese.
9. Place on low rack on metal tray and cook on **Combination: TURBO-BAKE 220°C + GRILL 1 and SIMMER** for 10-15 mins. or until golden brown and piping hot.

**Ratatouille**

Serves 4

**Dish: 20 cm (8") casserole****Oven Accessory: glass turntable**

1. In a colander sprinkle aubergine slices with salt and leave for 30 mins. to remove bitter juices. Rinse with cold water.
2. Combine all ingredients in a casserole. Cover and cook on **HIGH** power for 15 mins. or until vegetables are soft. Stir halfway through cooking time.

**Ingredients**

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

**Ingredients**

1 cauliflower, trimmed  
 90 ml (6 tbsp) water  
 25 g (1 oz) butter  
 25 g (1 oz) flour  
 3 ml (1/2 tsp) French mustard  
 300 ml (1/2 pt) milk  
 seasoning to taste  
**Topping:**  
 75 g (3 oz) grated red cheese  
 15 ml (1 tbsp) brown breadcrumbs

**Ingredients**

2 medium aubergines, diced  
 salt  
 2 cloves of garlic, chopped  
 pinch cayenne pepper  
 10 ml (2 tsp) ground coriander  
 5 ml (1 tsp) ground cumin  
 5 ml (1 tsp) turmeric  
 15 ml (1 tbsp) oil  
 2.5 cm (1") root ginger, peeled and sliced  
 1 small cauliflower, divided into florets  
 2 medium potatoes, diced  
 100 g (4 oz) green beans, sliced  
 1 fresh chilli, deseeded and sliced  
 150 ml (1/4 pt) vegetable stock  
 397 g (14 oz) can chopped tomatoes  
 100 g (4 oz) cashew nuts

**Stuffed Peppers**

Serves 6

**Dish: 1.7 litre (3 pt) ovenproof dish****Oven Accessory: glass turntable + metal tray**

1. Slice the tops off the peppers and put to one side. Remove the seeds and rinse out.
2. Place oil, garlic and pine nuts into a large ovenproof dish and stir together. Cook on **HIGH** power for 2 mins.
3. Add rice and hot stock. Cover and cook on **HIGH** power for 10 mins.
4. Allow to cool slightly and then stir in spring onions, cherry tomatoes, mozzarella, gorgonzola, parsley and basil. Season well.
5. Fill peppers with cheesy mixture and place in ovenproof dish.
6. Cook on **Combination: TURBO-BAKE 200°C + GRILL 1 + SIMMER** for 10 mins.
7. Place tops back on peppers and cook on **Combination: TURBO-BAKE 200°C + GRILL 1 + SIMMER** for a further 5 mins.

**Cauliflower Cheese**

Serves 4

**Dish: shallow casserole****Oven Accessory: glass turntable + metal tray**

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on **MEDIUM** power for 10 mins. or until tender. Drain.
2. Melt butter on **HIGH** power for 15-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on **HIGH** power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 60 g (4 tbsp) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on **Combination: CONVECTION 220°C + WARM** power for 10-15 mins. or until golden brown.

**Vegetable Curry**

Serves 4

**Dish: 3 litre (6 pt) casserole****Oven Accessory: glass turntable**

1. Sprinkle the aubergine liberally with salt in a colander. Stand for 30 mins. to remove bitter juices. Rinse well under cold water and drain.
2. Combine garlic, spices and oil in casserole, cover and cook on **HIGH** power for 2 mins.
3. Add all other ingredients to casserole, except cashews. Cover and cook on **HIGH** power for 10 mins. then **SIMMER** power for 30-40 mins. or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

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

# Sauces

## CONTAINER SIZE

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

## COVERING

DO NOT cover sauces when cooking.

## Ingredients

30 g (1 oz) butter  
30 g (1 oz) flour  
600 ml (1 pt) milk

## Variations of White Sauce

### Parsley

### Onion

### Cheese

## Ingredients

30 ml (2 tbsp) custard powder  
15 ml (1 tbsp) sugar  
600 ml (1 pt) cold milk

## Ingredients

3 egg yolks  
30 ml (2 tbsp) white wine vinegar  
100 g (4 oz) chilled, unsalted butter, cut into cubes  
pepper

## STIRRING – IMPORTANT

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

## REHEATING

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

## POWER LEVEL

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

## WOODEN SPOONS

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

## White Pouring Sauce

**Dish: 1 litre (2 pt) jug**

**Oven Accessory: glass turntable**

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

Stir 60 ml (4 tbsp) chopped parsley and 15 ml (1 tbsp) lemon juice into sauce halfway through cooking time.

Cook 1 small onion in the butter for 30 secs. on **HIGH** power before adding the flour and milk. Stir in 75 g (3 oz) grated cheese at the end of cooking time.

## Custard

**Dish: 1 litre (2 pt) jug**

**Oven Accessory: glass turntable**

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on **HIGH** power for 4-6 mins. Whisk well halfway through cooking time and again at the end.

## Hollandaise Sauce

**Dish: 1 litre (2 pt) jug**

**Oven Accessory: glass turntable**

1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Cook on **HIGH** power for 15 secs.
3. Whisk. Cook on **HIGH** power for 10 secs.
4. Whisk again and cook on **HIGH** power for 10 secs. Repeat 10 secs. stages until sauce is thick and creamy.
5. Season and serve immediately with salmon steaks or asparagus spears.

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

**Ingredients**

1 medium onion, finely chopped  
 1 celery stick, finely chopped  
 1 carrot, finely chopped  
 25 g (1 oz) butter  
 2 cloves garlic, crushed  
 2 x 396 g (14 oz) cans of tomatoes  
 3 ml ( $\frac{1}{2}$  tsp) each of basil, oregano and ground bay leaves  
 150 ml ( $\frac{1}{4}$  pt) red wine or vegetable stock  
 salt and pepper

**Ingredients**

25g (1oz) butter  
 75g (3oz) caster sugar  
 75g (3oz) soft brown sugar  
 50g (2oz) cocoa powder  
 3 ml ( $\frac{1}{2}$  tsp) vanilla essence  
 300ml ( $\frac{1}{2}$  pt) milk

**Ingredients**

2 eggs  
 25g (1oz) caster sugar  
 300ml ( $\frac{1}{2}$  pt) milk  
 5 ml (1 tsp) vanilla essence

**Ingredients**

meat or poultry dripping with sediment  
 30 ml (2 tbsp) flour  
 300 ml ( $\frac{1}{2}$  pt) stock  
 salt and pepper

## Tomato Sauce

Serves 4

**Dish: large casserole****Oven Accessory: glass turntable**

1. Place onion, celery, carrot and butter in casserole, cover and cook on **HIGH** power for 4-5 mins. or until soft. Add the garlic, tomatoes, herbs and wine or stock.
2. Re-cover and cook on **MEDIUM** power for 10-15 mins. Liquidise then press through a sieve for a smooth sauce.

## Chocolate Sauce

**Dish: 1 litre (2 pt) jug****Oven Accessory: glass turntable**

1. Melt butter in a large bowl on **HIGH** power for 20-30 secs.
2. Stir in sugars, cocoa powder and vanilla essence.
3. Gradually add milk, stirring well.
4. Cook on **HIGH** power for 2 mins. Stir well. Repeat this again three more times or until you achieve a smooth and glossy consistency that coats the back of a spoon.

## Custard Sauce

**Dish: 1 litre (2 pt) jug****Oven Accessory: glass turntable**

1. Beat eggs with sugar and 3 tablespoons milk.
2. Heat remaining milk with vanilla essence on **HIGH** power for 1 min.
3. Add milk to eggs and stir well.
4. Cook on **HIGH** power for 1 min. Stir well. Cook on **HIGH** power again for 1 min. Stir well.
5. Continue to cook on **HIGH** power for 30 secs at a time, keep stirring well, until the sauce coats the back of a spoon.

## Gravy

**Dish: 1 litre (2 pt) jug****Oven Accessory: glass turntable**

1. Scrape dripping and sediment from roasting dish into the jug.
2. Stir flour into dripping.
3. Gradually blend in stock.
4. Cook on **HIGH** power for 2-3 mins. stirring halfway through. Season and serve.

# Pastry

## Ingredients

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

## Ingredients

50 g (2 oz) butter  
150 ml (1/4 pt) water  
65 g (2 1/2 oz) plain flour sifted  
2 eggs, lightly beaten

## Ingredients

225 g (8 oz) self-raising flour  
3 ml (1/2 tsp) salt  
100 g (4 oz) shredded suet  
105 ml (7 tbsp) cold water

## Ingredients

1 small potato, thinly sliced  
200 g (7 oz) puff pastry  
1 small onion, sliced  
small apple, peeled, cored and sliced  
salt and pepper to taste  
75 g (3 oz) cheese, grated or crumbled, eg. Stilton, Roule etc.

## Glaze:

1 egg, beaten

## Shortcrust Pastry

1. Place flour and salt into a mixing bowl. Rub the margarine into the flour until the mixture resembles fine breadcrumbs.
2. Sprinkle the water over and mix in using a round bladed knife.
3. Knead lightly for a few seconds until it forms a firm, smooth dough. If possible, rest for 15 mins. before rolling out.

## Choux Pastry

**Dish:** large jug

**Oven Accessory:** glass turntable

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

## Suetcrust Pastry

1. Mix together flour, salt and suet.
2. Add water and mix to a soft dough. Knead lightly until smooth.

## Savoury Potato Plait

Serves 4-6

**Dish:** baking sheet (round)

**Oven Accessory:** glass turntable + metal tray

1. Cook potato in a shallow dish with 60 ml (4 tbsp) water, covered for 3 mins. on **HIGH** power. Drain.
2. Roll out the pastry to an oblong 25 x 27 cm (10 x 11"). Lift onto baking sheet. With a knife, cut each side of the long edges diagonally at 2.5 cm (1") intervals, to give strips which will become plaits.
3. Arrange layers of potato, onion and apple down the centre of the pastry. Season. Sprinkle over the cheese.
4. Brush the pastry strips with beaten egg and fold alternately over the mixture to form a plait.
5. Glaze the complete plait with beaten egg. Preheat oven on **CONVECTION 210°C**. Cook on **Combination: CONVECTION 230°C + SIMMER** power for 15-20 mins. or until crisp and golden.

### Ingredients

#### Filling:

350 g (12 oz) lean minced steak  
1 medium onion, chopped  
450 ml (<sup>3</sup>/<sub>4</sub> pt) hot beef stock  
15 ml (1 tbsp) tomato puree  
5 ml (1 tsp) yeast extract (Marmite®)  
salt and pepper  
10 ml (2 tsp) gravy thickening

350 g (12 oz) shortcrust pastry  
beaten egg to glaze

### Ingredients

1 quantity of suet pastry (page 86)  
75 ml (5 tbsp) seedless raspberry jam  
milk to glaze

### Ingredients

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

## Minced Beef and Onion Pie

Serves 4

**Dish:** large casserole + lid + 20 cm (8") pie plate

**Oven Accessory:** glass turntable + metal tray

1. Combine all filling ingredients except thickening in casserole dish. Cover and cook on **HIGH** power for 5 mins. then **MEDIUM** power for 15 mins. Mix gravy thickening with water and stir into meat. Leave to cool. Preheat oven on **CONVECTION 210°C**.
2. Roll out half the pastry to fit pie plate. Remove mince with a slotted spoon, reserving gravy for serving and fill pie. Roll out remaining pastry for a lid and place on top of mince, sealing the edges with water. Cut 2 slits in top of pastry and glaze top with egg. Cook on **AUTO PROGRAM PASTRY**. Approx. cooking time 20-25 mins. or **Combination: CONVECTION 220°C + SIMMER** power for 20-25 mins. or until cooked.

## Baked Jam Roly Poly Pudding

Serves 4

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

**Oven Accessory:** glass turntable + metal tray

1. Preheat oven on **CONVECTION 210°C**.
2. Roll out pastry to approx. 23 x 32 cm (9 x 13").
3. Spread the jam over the pastry leaving 1cm (<sup>1</sup>/<sub>2</sub>") border all round. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges well.
4. Brush top with milk and place in loaf dish. Cook on **Combination: CONVECTION 220°C + SIMMER** power for 15-20 mins. or until golden.

## Apple Pie

Serves 4-6

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

**Oven Accessory:** glass turntable + metal tray

1. Preheat oven on **CONVECTION 210°C**.
2. Mix together sugar, cinnamon and sultanas.
3. Toss apples in lemon juice. Sprinkle sugar mixture over.
4. Divide pastry in half. Roll out half and line base of plate.
5. Place apple filling on top of pastry. Roll out remainder of pastry and cut to a circle for lid.
6. Seal edges, crimp and brush top with egg. Cook on **AUTO PROGRAM PASTRY**. Approximate cooking time 20-24 mins. or **Combination: CONVECTION 220°C + SIMMER** power for 20-25 mins. or until cooked.



**Ingredients**

1 quantity of choux pastry (page 86)  
 150 ml (<sup>1</sup>/<sub>4</sub> pt) whipping cream  
 100 g (4 oz) icing sugar, sieved  
 10 ml (2 tsp) cocoa powder  
 15 ml (1 tbsp) hot water

**Ingredients**

225 g (8 oz) shortcrust pastry (page 86)

**Filling:**

45 ml (3 tbsp) cornflour  
 150 ml (<sup>1</sup>/<sub>4</sub> pt) water  
 2 lemons, juice and grated rind of  
 100 g (4 oz) sugar  
 2 egg yolks

**Meringue:**

100 g (4 oz) caster sugar  
 2 egg whites

**Ingredients**

50g (2oz) butter  
 50g (2oz) caster sugar  
 1 egg, beaten  
<sup>1</sup>/<sub>2</sub> tsp almond essence  
 75g (3oz) ground rice  
 350g (12oz) shortcrust pastry  
 raspberry jam

## Chocolate Eclairs

Makes 12

**Dish: baking sheet****Oven Accessory: wire shelf + enamel shelf**

1. Pre-heat the oven on **CONVECTION 200°C**.
2. Place the choux pastry into a forcing bag fitted with a plain 2 cm (<sup>3</sup>/<sub>4</sub>" ) nozzle. Pipe 6 fingers 9 cm (3<sup>1</sup>/<sub>2</sub>" ) long on lightly greased, slightly wetted baking sheet, and 6 onto the enamel tray.
3. Cook on **CONVECTION 200°C** for approximately 30 mins. Pierce each eclair and return for a further 5 mins. to crisp if necessary. When cooked cool on a wire rack.
4. Whip the cream until stiff and fill the eclairs.
5. Dissolve cocoa in hot water and stir into icing sugar, beating well until smooth, add extra water if required. Ice the filled eclairs and leave until set.

## Lemon Meringue Pie

Serves 6

**Dish: 20 cm (8") flan dish****Oven Accessory: glass turntable + metal tray + low rack**

1. Pre-heat oven on **CONVECTION 190°C**.
2. Roll out pastry to line flan dish. Prick all over with a fork. Chill.
3. Cook on **HIGH** power for 3-4 mins. or until dry.
4. Place cornflour, water and lemon juice and rind in a jug. Heat on **HIGH** power for 2 mins. Whisk until smooth. Add sugar. Cool slightly. Add egg yolks. Mix well. Pour into pastry case.
5. Whisk egg whites stiffly. Add sugar gradually – whisking after each addition.
6. Pile meringue onto lemon filling. Cook on **CONVECTION 190°C** for 25-30 mins. until lightly browned.

## Congress Tarts

Makes 24

**Dish: 2 x 12 hole bun tins 32 x 24cm (12<sup>1</sup>/<sub>2</sub> " x 9<sup>1</sup>/<sub>2</sub> " ), greased****Oven Accessory: enamel shelf + wire shelf**

1. Pre-heat oven on **CONVECTION 170°C** with both enamel and wire shelf in position.
2. Roll out the shortcrust pastry to a thickness of approximately 3 mm. (<sup>1</sup>/<sub>8</sub>" ). Cut out 24 circles using a 7.5 cm (3") pastry cutter. Place in bun tins.
3. Cream together butter and sugar until light and fluffy.
4. Add beaten egg gradually and then almond essence.
5. Fold ground rice into mixture
6. Place <sup>1</sup>/<sub>4</sub> - <sup>1</sup>/<sub>2</sub> tsp of jam in the base of each pastry round and top with 1 tsp of creamed mixture.
7. Cook tarts on **CONVECTION 170°C**. for 20 mins. or until risen and golden brown.

**Ingredients**

600 g (1 lb 5 oz) dessert apples such as  
Granny Smith's, cored, peeled and roughly  
chopped  
juice of 1/2 lemon  
50 g (2 oz) golden caster sugar  
50 g (2 oz) walnuts, roughly chopped  
50 g (2 oz) sultanas  
5 ml (1 tsp) ground cinnamon  
50 g (2 oz) ground almonds  
225 g (8 oz) filo pastry  
50 g (2 oz) butter, melted  
icing sugar to serve

**Ingredients**

**Pastry:**

100 g (4 oz) margarine  
25 g (1 oz) butter  
175 g (6 oz) plain flour  
pinch salt

**Filling:**

3 eggs  
15 ml (1 tbsp) milk  
150 ml (1/4 pt) maple/corn syrup  
50 g (2 oz) butter  
175 g (6 oz) demerara sugar  
3 ml (1/2 tsp) vanilla essence  
175 g (6 oz) pecan nuts

**Ingredients**

125 g (1 oz) butter  
200 g (7 oz) leeks, chopped  
50 g (2 oz) plain flour  
450 ml (3/4 pt) milk  
150 g (5 oz) stilton  
400 g (14 oz) cooked chicken, cubed  
250 g (9 oz) ready prepared  
shortcrust pastry, chilled

## Apple Strudel

Serves 4

**Oven Accessory: enamel shelf, greased**

1. Preheat the oven empty on **CONVECTION 180°C**.
2. Put the apples and juice into a bowl and toss together.
3. Add the sugar, walnuts, sultanas, cinnamon and almonds and mix together.
4. Take three sheets of filo pastry and brush with melted butter. Place each one with the shortest edge towards you. Overlap the 2<sup>nd</sup> sheet onto the 1st sheet by 5-6 cms along the long edge and repeat with the 3<sup>rd</sup> sheet overlapping the second.
5. Place three more sheets of filo on top, in the same way as in step 4.
6. Spread the apple filling along the front edge of the filo pastry just 2.5cms from the edge and 2.5cms from each side.
7. Fold the sides in over the filling and brush with butter. Roll up from the long front edge buttering the final long edge to seal the strudel.
8. Place on enamel shelf, seam-side down. Brush with melted butter.
9. Place enamel shelf on lower level and cook on **CONVECTION 180°C** for 35-40 mins.
10. Dust with icing sugar to serve.

## Pecan Pie

Serves 8

**Dish: 23 cm (9") flan tin      Oven Accessory: glass turntable + metal tray + low rack**

1. Preheat the oven on **CONVECTION 200°C**.
2. Cream together fats. Gradually stir in the sieved flour and salt, to form a smooth dough and chill.
3. Place in flan tin, press mixture evenly over the base and up the sides. Bake blind for 15-20 mins. on **CONVECTION 220°C** or until dry.
4. Beat together the eggs and milk in a bowl.
5. In a large Pyrex® bowl place the maple syrup, butter, sugar and vanilla essence. Cook on **HIGH** power for 2-3 mins. or until the sugar has dissolved.
6. Beat the sugar mixture into the eggs.
7. Preheat oven on **CONVECTION 150°C**.
8. Place the pecan nuts into the pastry case and pour over the syrup mixture.
8. Cook on **CONVECTION 150°C** for 30-35 mins. or until set.

## Chicken & Stilton Pie

Serves 4

**Dish: 20 cm (8") gratin dish      Oven Accessory: glass turntable + metal tray**

1. Place the butter and leeks in a bowl, cover and cook on **HIGH** power for 4-5 minutes or until soft.
2. Add the flour, stir well then gradually add the milk and cook on **HIGH** power for 4 mins stirring throughout or until the sauce has thickened. Preheat the oven on **CONVECTION 210°C**.
3. Finely chop the cheese and add to the sauce, mix in the chicken.
4. Grate the pastry on top of the chicken mixture and cook on **Combination: CONVECTION 210°C + SIMMER** power for 25-30 mins. or until cooked and browned.

# Puddings and Desserts

## Ingredients

butter for greasing  
225 ml (8fl. oz) evaporated milk  
350 ml (12fl. oz) water  
50 g (2 oz) short grain rice  
25 g (1 oz) caster sugar

## Ingredients

150 g (5 oz) self-raising flour  
pinch of salt  
50 g (2 oz) caster sugar  
50 g (2 oz) suet  
1 egg  
150 ml (1/4 pt) milk  
30 ml (2 tbsp) jam or golden syrup  
Optional: Add 1 tbsp of sultanas.

## Ingredients

15 ml (1 tbsp) brown sugar  
small can of pineapple slices, drained  
4 glacé cherries, halved  
100 g (4 oz) margarine  
100 g (4 oz) caster sugar  
2 eggs  
100 g (4 oz) self-raising flour  
30 ml (2 tbsp) milk

## Creamy Rice Pudding

Serves 2

Dish: large bowl

Oven Accessory: glass turntable

1. Butter the bowl. Mix the milk and water together. Pour into the bowl and stir in the rice and sugar. Cover.
2. Cook on **HIGH** power for 5-6 mins. or until the liquid is boiling.
3. Immediately reduce to **SIMMER** power and cook for 30-35 mins. or until starting to thicken. Stir with a fork to break up any lumps after every 15 mins. and at the end of the cooking time.
4. Leave to stand for 5 mins. to thicken further before serving.

## Steamed Suet Sponge Pudding

Serves 4

Dish: 1 litre (2 pt) pudding basin

Oven Accessory: glass turntable

1. In a mixing bowl, sift together the flour and salt. Stir in sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam or syrup in the base of the greased pudding basin and pour pudding mixture over. Cook on **HIGH** power for 5-5½ mins. until firm.

## Pineapple Upside Down Pudding

Serves 4

Dish: 20 cm (8") round dish, lightly greased

Oven Accessory: glass turntable + metal tray

1. Sprinkle sugar on base of dish, arrange pineapple slices and cherry halves on top of sugar in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the eggs gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple and cook on **Combination: CONVECTION 170°C + WARM** power for 25-30 mins. or until cooked and golden brown. Leave to cool slightly before turning upside down on a serving plate.

**Ingredients**

150 ml (1/4 pt) water  
 100 g (4 oz) caster sugar  
 3 eggs  
 3 ml (1/2 tsp) vanilla essence  
 30 ml (2 tbsp) caster sugar  
 300 ml (1/2 pt) cold milk

**Ingredients**

4 medium egg whites  
 200g (7 oz) caster sugar  
 5 ml (1 tsp) cornflour  
 5 ml (1 tsp) malt vinegar  
 5 ml (1 tsp) vanilla extract  
 40g (1 1/2 oz) flaked almonds

**Filling**

300ml (1/2 pt) double cream, softly whipped  
 250g (9 oz) strawberries, sliced

**Ingredients**

75 g (3 oz) butter  
 175 g (6 oz) digestive biscuits, crushed  
 5 ml (1 tsp) cinnamon

**Filling:**

175 g (6 oz) cream cheese  
 175 g (6 oz) cottage cheese  
 75 g (3 oz) caster sugar  
 25 g (1 oz) cornflour  
 1 lemon, grated rind of  
 150 ml (1/4 pt) soured cream  
 2 eggs, separated  
 50 g (2 oz) sultanas

## Crème Caramel

Serves 4

**Dish: 15 cm (6") soufflé dish****Oven Accessory: glass turntable**

1. Put water and the 100 g (4 oz) of sugar in a soufflé dish. Cook on **HIGH** power for 2-3 mins. or until sugar has dissolved. Continue cooking on **HIGH** power for 6-10 mins. until sugar has caramelised, keeping a close watch as it can burn easily. **CAUTION** – Remove from oven very carefully (the base will be extremely hot) and cool.
2. Beat eggs, essence, caster sugar and milk together and strain over caramel.
3. Cook on **SIMMER** power for 13-15 mins. or until starting to set around edge of dish. The custard will continue to set on cooling. Refrigerate for several hours before turning out.

**N.B.** Individual Crème Caramels can be prepared by dividing the above ingredients between 4 individual 3 1/2" ramekins. Dissolve sugar in the water on **HIGH** power for 1-2 mins before putting in ramekins. Cook the sugar solution for approx. 8-9 mins. on **HIGH** power, then cook the custards for approx. 11-13 mins. on **SIMMER** power.

## Strawberry Roulade

**Dish: swiss roll tin 23 x 33cm (13"x 9"), greased and lined with baking parchment****Oven Accessory: wire shelf**

1. Preheat the oven on **CONVECTION 150°C** with the wire shelf in position.
2. Whisk the egg whites until stiff but not dry.
3. Slowly whisk in the sugar until the mixture is thick and glossy.
4. Blend the cornflour, vinegar and vanilla extract to a smooth paste, in a separate bowl and then whisk into egg whites.
5. Spoon into the tin and gently level the top.
6. Sprinkle with flaked almonds.
7. Cook on **CONVECTION 150°C** for 30 mins.
8. Remove meringue from oven and cover with damp greaseproof paper.
9. After 10 minutes remove greaseproof paper from the meringue and turn out onto a sheet dusted with icing sugar and carefully peel off the lining paper.
10. Spread cream all over the meringue and scatter the strawberries on top.
11. Roll up the roulade from one of the short edges using the baking parchment paper to help you.
12. Chill in the fridge for 30 mins and then lightly dust with icing sugar before serving.

## Baked Lemon Cheesecake

Serves 8

**Dish: 20 cm (8") deep Pyrex® dish, greased****Oven Accessory: glass turntable + metal tray + low rack**

1. Melt butter on **HIGH** power for 1-2 mins. or until melted. Stir in biscuits and cinnamon. Press into base of dish.
2. Blend cream cheese and cottage cheese together until smooth, add sugar, cornflour, lemon rind, soured cream and egg yolks.
3. Whisk egg whites until stiff and carefully fold into the cheese mixture. Sprinkle the sultanas over the biscuit base and pour over the filling mixture.
4. Cook on **Combination: TURBO-BAKE 250°C + GRILL 3 + LOW** power for 8-9 mins. or until the filling has set and is golden brown. Chill before serving.

**Ingredients****Pudding:**

75 g (3 oz) plain chocolate  
 30 ml (2 tbsp) milk  
 175 g (6 oz) margarine  
 175 g (6 oz) light muscovado sugar  
 2 eggs  
 175 g (6 oz) fresh white breadcrumbs  
 30 ml (2 tbsp) cocoa powder

**Sauce:**

225 g (8 oz) vanilla flavoured toffees  
 150 ml (1/4 pt) milk  
 15 g (1/2 oz) butter

**Ingredients**

6 slices of bread, buttered and cut in half diagonally  
 75 g (3 oz) mixed dried fruit  
 450 ml (3/4 pt) milk  
 3 eggs  
 25 g (1 oz) caster sugar  
 3 ml (1/2 tsp) nutmeg

**Ingredients**

4 medium sized cooking apples  
 100g (4 oz) marzipan  
 400g (14 oz) can apricot halves

## Chocolate Saucy Pudding

with toffee sauce

**Dish: 1.2 litre (2 pt) pudding basin****Oven Accessory: glass turntable**

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

## Bread and Butter Pudding

Serves 4

**Dish: 20 x 25 cm (8 x 10") oblong, greased dish****Oven Accessory: glass turntable + metal tray**

1. Arrange the bread and fruit in the prepared dish.
2. Warm the milk for 3 mins. on **MEDIUM** power but do not allow to boil.
3. Beat together the eggs and sugar, add the milk, stirring well.
4. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 mins. Cook on **Combination: CONVECTION 190°C + WARM** power for 15-20 mins. or until set and browned.

## Apricot + Marzipan Baked Apples

Serves 4

**Dish: 20cm (8") shallow dish****Oven Accessory: glass turntable**

1. Roll out marzipan and cut into 4 circles with an 8 1/2cm (3 1/4") cutter.
2. Core the apples and cut in half horizontally.
3. Cover the bottom half of each of the apples with a circle of marzipan and 3 apricot halves.
4. Place the other half of each apple on top.
5. Fill the centre of each apple with apricots and place in a shallow dish.
6. Cook on **HIGH** power for 7-9 mins.
7. Stand for 5 mins before serving.

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

**Ingredients**

675 g (1 lb 8 oz) fresh fruit,  
prepared (e.g. apples, plums, rhubarb,  
gooseberries, blackcurrants)

sugar to taste

**Crumble Topping:**

75 g (3 oz) butter

175 g (6 oz) plain flour

75 g (3 oz) sugar

**Ingredients**

1 cooking apple, peeled and grated

1 carrot, peeled and grated

1 orange, juice and grated rind of

400 g (14 oz) mixed dried fruit

45 ml (3 tbsp) brandy

15 ml (1 tbsp) black treacle

50 g (2 oz) self-raising flour

pinch of salt

15 ml (1 tbsp) cocoa

5 ml (1 tsp) mixed spice

3 ml ( $\frac{1}{2}$  tsp) nutmeg

100 g (4 oz) shredded suet

150 g (5 oz) fresh breadcrumbs

50 g (2 oz) mixed peel

50 g (2 oz) flaked almonds

2 eggs, beaten

**Ingredients**

75 g (3 oz) butter

75 g (3 oz) golden syrup

75 g (3 oz) soft dark sugar

4 bananas, peeled and sliced

150 ml ( $\frac{1}{4}$  pt) double cream

150 ml ( $\frac{1}{4}$  pt) milk

250 g (9 oz) Italian bread i.e. Panettone,  
sliced

## Fruit Crumble

Serves 4

**Dish:** suitable sized, heatproof dish

**Oven Accessory:** glass turntable + metal tray + low rack

1. Layer prepared fruit in the dish. Add sugar to taste, depending on the sharpness of the fruit.
2. Rub butter into the flour until mixture resembles fine breadcrumbs. Stir in the sugar.
3. Sprinkle the crumble over the fruit, so that it is completely covered.
4. Cook on **Combination: CONVECTION 230°C + SIMMER** power\* for 15 - 20 minutes, or until golden brown.

## Christmas Pudding

Serves 6-8

**Dish:** 1.3 litre (2 $\frac{1}{2}$  pt) pudding basin lightly greased

**Oven Accessory:** glass turntable

1. Place apple and carrot in a large bowl. Cover and cook on **HIGH** power for 5 mins. Beat well to make a thick puree.
  2. Stir in juice, rind and mixed fruit. Cook on **HIGH** power for 2 mins. Stir in brandy and treacle. Stand for 5 mins. Beat in rest of ingredients.
  3. Press into the pudding basin. Cover with greaseproof paper and cook on **HIGH** power for 4 mins. Stand for 5 mins. Cook on **HIGH** power for another 2 mins. or until just firm.
- NB. One of the advantages of using your microwave to make this traditional pudding is that it can be made the week before Christmas and stored in a cool dry place. Do not attempt to make the pudding earlier than this, since the flavour will not improve with keeping, unlike a traditionally steamed pudding.

## Italian Banana and Toffee Pudding

**Dish:** 21 cm x 23 cm (8" x 9") Pyrex® dish

**Oven Accessory:** glass turntable + metal tray + low rack

1. Place the butter, syrup and sugar in a bowl and cook on **HIGH** power for 3 - 4 minutes, or until bubbling. Stir frequently. Stir in the bananas.
2. Place the cream and milk in a bowl and cook on **HIGH** power for 1 - 2 minutes, or until warm.
3. Place half the sliced bread in the base of the dish and pour over half of the warm milk.
4. Spoon over half of the banana and toffee mixture, and then repeat the layers.
5. Cook on **Combination: TURBO-BAKE 250°C + GRILL 3 + WARM** power for 15 minutes, or until golden brown.

# Baking Guidelines

Cakes marked with an asterix \* are suitable for use on AUTO CAKE program.

## COVERING

Just as you wouldn't cover a cake baked in a traditional oven, NEVER cover your cakes.

## DISH SIZE/SHAPE

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

### Ingredients

800 g (1 lb 12 oz) currants  
 375 g (13 oz) sultanas  
 375 g (13 oz) raisins  
 250 g (9 oz) glacé cherries  
 150 g (5 oz) almonds, flaked  
 600 g (1 lb 5 oz) plain flour  
 5 ml (1 tsp) mixed spice  
 5 ml (1 tsp) cinnamon  
 500 g (1 lb 2 oz) butter or margarine  
 500 g (1 lb 2 oz) sugar  
 ½ lemon, grated rind of  
 9 eggs  
 45 ml (3 tbs) brandy

### Ingredients

175 g (6 oz) butter or margarine  
 175 g (6 oz) caster sugar  
 3 eggs  
 175 g (6 oz) self-raising flour

## MIXING/BEATING

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

## EGGS

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

## Celebration Cake

**Dish: 27 cm (11") round tin, greased and lined**

**Oven Accessory: glass turntable + metal tray + low rack**

1. Preheat oven on **CONVECTION 140°C**.
2. Prepare the tin by lining with a double layer of greaseproof paper on the inside and tie a double band of brown paper around the outside.
3. Mix together all the fruit and nuts.
4. Sift flour and spices.
5. Cream the butter, sugar and lemon rind until pale and fluffy. Add the eggs one at a time, beating well after each addition.
6. Fold in half the flour using a metal spoon, then fold in the rest and add the brandy. Lastly fold in the fruit.
7. Spoon mixture into the tin and spread evenly, removing all air pockets. Make a small dip in the centre.
8. Cook on **CONVECTION 140°C** for 2 hrs. then reduce temperature to **130°C** for 2½ hours or until cooked. To avoid overbrowning on top, cover with several thicknesses of greaseproof paper secured with cocktail sticks after 1½ hours. Leave cake to cool in tin and store wrapped tightly in tin foil for approx. 1-2 months before use.

## Victoria Sandwich

**Dish: 2 x 20 cm (8") cake tins, greased and lined**

**Oven Accessory: enamel shelf + wire shelf**

1. Preheat oven on **CONVECTION 180°C**.
2. Cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition.
3. Fold in half the flour, using a metal spoon, then fold in the remaining flour.
4. Spoon the mixture into the tins and level with a knife.
5. Place one tin on centre of enamel shelf and one tin on centre of wire shelf. Cook on **CONVECTION 180°C** for 25-30 mins. or until cooked.
6. When the cake is cool, cut in half horizontally and sandwich together with cream and jam and dust with icing sugar or fill with a filling of your choice.

**Ingredients**

- 225 g (8 oz) plain flour
- pinch salt
- 10 ml (2 tsp) ground ginger
- 10 ml (2 tsp) baking powder
- 3 ml (1/2 tsp) bicarbonate of soda
- 100 g (4 oz) soft brown sugar
- 75 g (3 oz) butter or margarine
- 75 g (3 oz) treacle
- 75 g (3 oz) golden syrup
- 150 ml (1/4 pt) milk
- 1 egg, beaten

**Ingredients**

- 150 g (5 oz) butter
- 10 ml (2 tsp) grated lemon rind
- 125 g packet of cream cheese
- 225 g (8 oz) caster sugar
- 3 eggs, beaten
- 100 g (4 oz) plain flour
- 100 g (4 oz) self-raising flour
- 150 g (5 oz) sultanas
- 150 g (5 oz) glacé cherries

**Ingredients**

- 250 g (9 oz) butter
  - 225 g (8 oz) caster sugar
  - 5 eggs
  - 275 g (10 oz) plain flour
  - 10 ml (2 tsp) baking powder
  - salt
  - grated rind of an orange
- Syrup:**
- 125 ml (4 fl.oz) fresh orange juice
  - 15 ml (1 tbsp) grated orange rind
  - 75 g (3 oz) icing sugar

## Gingerbread \*

**Dish: 18 cm (7") square tin lined with 2 strips to form cross shape**

**Oven Accessory: glass turntable + metal tray**

1. Sift the flour, salt, ginger, baking powder and bicarbonate of soda.
2. Warm the sugar, fat, treacle and syrup on **HIGH** power for 30-60 secs.
3. Whisk the milk and egg together. Make a well in the centre of the dry ingredients and pour in the liquid and syrup, mixing thoroughly.
4. Pour the mixture into the cake tin and cook on **Combination: CONVECTION 160°C + WARM** power for 30-35 mins. or until just firm.

## Fruity Cream-cheese Cake \*

**Dish: 20 cm (8") round cake tin, lined**

**Oven Accessory: glass turntable + metal tray**

1. Cream together butter, lemon rind, cream cheese and sugar until light and fluffy.
2. Add eggs a little at a time beating well after each addition.
3. Fold in sifted flours, sultanas and quartered cherries. Spread mixture into tin. Cook on **Combination: CONVECTION 160°C + WARM** power for 45-50 mins. or until cooked.

## Orange Syrup Cake \*

**Dish: 23 cm (9") round tin, base lined**

**Oven Accessory: glass turntable + metal tray**

1. Beat butter and sugar until light and creamy. Gradually beat in the eggs.
2. Sift the flour, baking powder and salt over the creamed mixture and lightly fold in with the finely grated rind of one orange.
3. Turn the mixture into the prepared tin and cook on **Combination: CONVECTION 160°C + SIMMER** power for 20-25 mins. or until cooked.
4. Meanwhile, heat the orange juice, orange rind and icing sugar on **HIGH** power for 2-3 mins. or until the sugar dissolves.
5. When cake is cooked, remove from the oven. Prick all over with a skewer and pour over the syrup. Leave overnight before removing from the tin.



**Ingredients**

50 g (9 oz) plain flour  
 10 ml (2 tsp) bicarbonate of soda  
 10 ml (2 tsp) baking powder  
 10 ml (2 tsp) cinnamon  
 10 ml (2 tsp) nutmeg  
 250 g (9 oz) dark brown sugar  
 225 ml (8 fl.oz) vegetable oil  
 3 eggs, beaten  
 350 g (12 oz) carrots, grated  
 75 g (3 oz) sultanas  
**Cream Cheese Topping:**  
 75 g (3 oz) butter  
 100 g (4 oz) cream cheese  
 225 g (8 oz) icing sugar

**Ingredients**

175 g (6 oz) margarine  
 175 g (6 oz) brown sugar  
 3 eggs  
 150 g (5 oz) wholemeal self raising flour  
 100 g (4 oz) self raising flour  
 Almond essence  
 450 g (1 lb) cooking apples whole weight then  
 peeled, cored and thinly sliced  
 Juice of 1/2 a lemon  
 25 g (1 oz) brown sugar  
 2 ml (1/4 tsp) nutmeg  
 3 ml (1/2 tsp) cinnamon  
 Slivered almonds

**Ingredients**

1 banana, large  
 3 ml (1/2 tsp) vanilla flavouring  
 75 g (3 oz) butter  
 100 g (4 oz) granulated sugar  
 150 g (5 oz) self-raising flour  
 3 ml (1/2 tsp) salt  
 1 1/2 ml (1/4 tsp) bicarbonate of soda  
 2 eggs

**Carrot Cake \***

**Dish: 23 cm (9") round tin, base lined      Oven Accessory: glass turntable + metal tray**

1. Sieve the flour, bicarbonate of soda and baking powder into a bowl with the cinnamon and nutmeg.
2. Mix in the brown sugar and make a well in the centre.
3. Add the oil and beaten eggs. Beat well until all the ingredients are combined. Stir in the grated carrot and sultanas, spoon into the prepared cake tin and cook on **Combination: CONVECTION 160°C + WARM** power for 40 mins. or until cooked and well risen. Allow to cool in the tin.
4. Cream the butter and cream cheese until smooth. Stir in sieved icing sugar.
5. Decorate the cooled cake with the cream cheese topping.

**Spicy Apple Cake \***

Serves 10-12

**Dish: 20 cm (8") round cake tin, lined      Oven Accessory: glass turntable + metal tray**

1. Cream together margarine and sugar until light and fluffy, gradually add the beaten eggs.
2. Fold in the flours and a few drops of almond essence.
3. In a separate bowl combine apple slices, lemon juice, sugar, nutmeg and cinnamon. Mix well.
4. Place 1/2 rds of cake mixture into prepared tin. Arrange the drained apple mixture on top, leaving a space around the edge. Top with remaining cake mixture, sprinkle with almonds and cook on **Combination: CONVECTION 160°C + WARM** power for 45-50 minutes or until cooked.

**Banana Cake \***

**Dish: 18 cm (7") cake tin, lined with greaseproof paper**

**Oven Accessory: glass turntable + metal tray**

1. Peel the banana and mash until smooth with the vanilla flavouring.
2. Place the butter and sugar in a bowl and melt on **HIGH** power for 1 minute, or until soft.
3. Stir in the flour, salt and bicarbonate of soda. Beat in the eggs and mashed banana.
4. Spoon into the prepared cake tin and cook on **Combination: CONVECTION 160°C + WARM** power for 20 minutes, or until cooked.

**Ingredients**

100 g (4 oz) currants  
 100 g (4 oz) sultanas  
 100 g (4 oz) raisins  
 50 g (2 oz) whole almonds, blanched and chopped, reserve 6 whole for decoration  
 225 g (8 oz) butter or margarine  
 225 g (8 oz) soft brown sugar  
 grated rind of one lemon  
 4 eggs  
 275 g (10 oz) plain flour  
 100 g (4 oz) chopped mixed peel.

**Ingredients**

100 g (4 oz) soft margarine  
 100 g (4 oz) caster sugar  
 2 eggs, beaten  
 115 g (4½ oz) self raising flour  
 2 ml (¼ tsp) salt  
 3 ml (½ tsp) mixed spice  
 15 ml (1 tbsp) Camp coffee essence  
 30 ml (2 tbsp) milk  
 10 ml (2 tsp) black treacle  
 50 g (2 oz) chopped walnuts

**Icing:**

50 g (2 oz) soft margarine  
 225 g (8 oz) icing sugar  
 15 ml (1 tbsp) Camp coffee essence  
 15 ml (1 tbsp) water  
 15 ml (1 tbsp) milk

**Ingredients**

200g (7 oz) unsalted butter, diced  
 350g (12 oz) plain flour, sifted  
 50g (2 oz) golden caster sugar  
 2 medium eggs, beaten  
 2 tbsp semolina  
 350g (12 oz) dessert apples, sliced  
**For the crumble**  
 100g (4 oz) plain flour, sifted  
 100g (4 oz) porridge oats  
 100g (4 oz) golden caster sugar  
 1 tsp cinnamon  
 125g (4½ oz) unsalted butter, diced

**Dundee Cake \*****Dish: 20 cm (8") round tin, greased and lined****Oven Accessory: glass turntable + metal tray**

1. Mix the chopped nuts, fruit, peel and flour together.
2. Cream the fat, sugar and lemon rind until pale and fluffy. Beat in the eggs one at a time.
3. Fold in the dry ingredients. Spoon mixture into tin and hollow out the centre slightly. Split the reserved almonds, and arrange on top. Cook on **Combination: CONVECTION 160°C + WARM** power for 40 mins.

**Coffee Walnut Cake \*****Dish: 18 cm (7") round cake tin, greased and lined****Oven Accessory: glass turntable + metal tray**

1. Cream margarine and sugar until light and fluffy. Gradually add the eggs. Fold in the dry ingredients. Add coffee essence, milk, treacle and walnuts. Stir well.
2. Spoon into tin and cook on **Combination: CONVECTION 160°C + WARM** power for 25-30 mins. Cool. Cut in half.
3. Beat all icing ingredients together until smooth. Sandwich cake together with half the icing and spread the remainder over the top. Decorate with whole walnuts.

**Fruit Crumble Slice**

Makes 24 squares

**Dish: swiss roll tin 23 x 33cm (13"x 9"), greased****Oven Accessory: wire shelf**

1. Pre-heat the oven on **CONVECTION 200°C** with the wire shelf on the lower level.
2. Rub the butter into the flour and then stir in the sugar.
3. Add the eggs and form into a dough.
4. Press the dough into the prepared tin and level it out.
5. Sprinkle the semolina over the dough and top with an even layer of apples.
6. For the crumble, mix the flour, oats, sugar and cinnamon into a bowl and rub in the butter.
7. Cover the apples with an even layer of crumble and press down carefully to cover.
8. Cook on **CONVECTION 200°C** for 20 mins. and then reduce the oven temperature to **180°C** and cook for a further 30 mins. or until the top is golden brown.
9. Leave to cool in the tin for 30 mins. Cut into squares and finish cooling on a wire rack.

**Ingredients**

250g (9 oz) butter  
 5 ml (1 tsp) vanilla essence  
 150g (5 oz) caster sugar  
 2 eggs, beaten  
 284ml (10 fl.oz) soured cream  
 225g (8 oz) plain flour  
 75g (3 oz) self raising flour  
 5 ml (1 tsp) bicarbonate of soda  
 100g (4 oz) pecan nuts, finely chopped  
 25 g (1 oz) brown sugar  
 3 ml (1/2 tsp) ground cinnamon

**Decoration**  
 100g (4 oz) pecan nuts, whole  
 60 ml (4 tbsp) maple syrup

**Ingredients**

3 medium eggs, beaten  
 125g (4 1/2 oz) caster sugar  
 125g (4 1/2 oz) plain flour

**Filling**

jam or cream  
 icing sugar to dredge

**Ingredients**

175g (6 oz) golden syrup  
 150g (5 oz) margarine  
 150ml (1/4 pt) milk  
 450g (1 lb) mixed dried fruit  
 225g (8 oz) plain flour  
 10ml (2 tsp) mixed spice  
 pinch salt  
 10ml (2 tsp) baking powder  
 2 eggs, beaten  
 25g (1 oz) Demerara sugar (optional)

## Pecan Sour Cream Cake

**Dish:** 23cm (9") cake tin, lined with greaseproof paper

**Oven Accessory:** glass turntable + metal tray

1. Cream together butter, essence and sugar until light and fluffy.
2. Add the eggs a little at a time, beating well after each addition.
3. Stir in the soured cream and then fold in the sifted flours and soda.
4. Spread half the cake mixture into the prepared tin. Sprinkle over the combined pecan nuts, brown sugar and cinnamon.
5. Cover with the remaining cake mixture.
6. Arrange the whole pecan nuts on the top and cook on **Combination: CONVECTION 160°C + WARM** power for 40-45 mins. or until cooked.
7. Brush with maple syrup and allow to cool in the tin.

## Swiss Roll

**Dish:** swiss roll tin 33 x 23cm (13"x 9"), greased and lined with baking parchment

**Oven Accessory:** wire shelf

1. Preheat oven on **CONVECTION 200°C** with wire shelf in position on lower level.
2. Whisk eggs and sugar together in a heatproof bowl until blended.
3. Stand bowl over hot water and continue to whisk eggs and sugar until pale and creamy, and mixture leaves a trail on the surface when the whisk is lifted.
4. Remove from hot water and whisk until cool and thick.
5. Carefully fold in half of the sifted flour, then fold in the other half.
6. Fold in 1 tbsp of hot water.
7. Tip the tin to allow mixture to run into corners.
8. Cook on **CONVECTION 200°C** for 10 mins.
9. Place sheet of greaseproof paper on a damp tea towel and dredge paper with caster sugar.
10. Quickly turn the swiss roll out onto the greaseproof and carefully remove the baking parchment.
11. Spread with jam or desired filling.
12. Roll up from short side with the aid of the greaseproof paper.
13. Dredge with icing sugar.

## Boiled Fruit Cake

**Dish:** 20cm (8") cake tin, greased and lined with greaseproof paper

**Oven Accessory:** glass turntable + metal tray

1. Place syrup, margarine, milk and fruit in a bowl. Heat on **HIGH** power for 5 mins. stirring twice. Cool slightly.
2. Sieve in dry ingredients and mix in eggs. Beat well.
3. Pour into tin and sprinkle with demerara sugar.
4. Cook on **Combination: CONVECTION 160°C + WARM** power for 45-50 mins. or until cooked.

**Ingredients****Basic Cookie Dough:**

100 g (4 oz) butter  
 100 g (4 oz) caster sugar  
 1 egg, beaten  
 175 g (6 oz) plain flour

**Variations:****White Chocolate and Pistachio Nut**

100 g (4 oz) white chocolate, chopped  
 50 g (2 oz) pistachio nuts, chopped

**Marzipan and Cherry**

100 g (4 oz) glace cherries  
 50 g (2 oz) marzipan, chopped

**Peanut Butter**

100 g (4 oz) peanuts  
 50 g (2 oz) peanut butter, crunchy

**Chocolate Chunk**

75 g (3 oz) white chocolate, chopped  
 75 g (3 oz) dark chocolate, chopped

**Ingredients**

100 g (4 oz) plain chocolate  
 100 g (4 oz) butter  
 100 g (4 oz) soft dark brown sugar  
 100 g (4 oz) self-raising flour  
 10 ml (2 tsp) cocoa powder  
 pinch salt  
 2 eggs, beaten  
 3 ml ( $\frac{1}{2}$  tsp) vanilla essence  
 100 g (4 oz) walnuts, chopped

**Ingredients**

225 g (8 oz) self-raising flour  
 pinch salt  
 5 ml (1 tsp) baking powder  
 50 g (2 oz) butter  
 25 g (1 oz) caster sugar  
 50 g (2 oz) sultanas  
 80 ml (5 $\frac{1}{2}$  tbsp) milk  
 beaten egg to glaze

## American Cookies

**Dish:** 2 baking trays 30 x 21.5 cms (11 $\frac{1}{2}$  x 8") **Oven Accessory:** enamel shelf + wire shelf

1. Preheat oven on **CONVECTION 170°C**
2. Cream together the butter and sugar until pale, then beat in the egg.
3. Mix in the flour until well combined and add the chosen additions.
4. Place walnut-sized spoonfuls of dough well apart on greased baking trays, flatten slightly with a fork and cook on **CONVECTION 170°C** for 10-15 mins. or until golden.
5. Remove from baking sheet and allow to cool on a wire rack.

## Boston Brownies

**Dish:** 20 cm (8") square dish lined with greaseproof

**Oven Accessory:** glass turntable + metal tray + low rack

1. Place chocolate and butter in a bowl and cook on **HIGH** power for 1 min. or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on **Combination: TURBO-BAKE 250°C + GRILL 3 + SIMMER** power for 6-7 mins. or until firm. Allow to cool and then cut into squares.

## Fruit Scones

Makes 10

**Dish:** baking tray 30 x 21.5cms (11 $\frac{1}{2}$  x 8")

**Oven Accessory:** enamel shelf

1. Preheat oven on **CONVECTION 210°C**
2. Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas.
3. Make a well in the centre and stir in enough milk to form a soft dough.
4. Knead lightly. Pat out to 2cm ( $\frac{3}{4}$ " thick and cut into 10 rounds with a 5 cm (2") cutter. Place on baking sheet, brush with beaten egg. Cook on **CONVECTION 210°C** for 15 mins. or until well risen and golden brown.

### Ingredients

175g (6oz) butter  
175g (6oz) caster sugar  
3 eggs, beaten  
175g (6oz) self raising flour

### Ingredients

75 g (3 oz) self-raising flour  
75 g (3 oz) porridge oats  
50 g (2 oz) dark muscovado sugar  
75 g (3 oz) butter  
**For the Topping:**  
25 g (1 oz) butter  
3 eggs, beaten  
175 g (6 oz) light muscovado sugar  
150 g (5 oz) raisins  
75 g (3 oz) desiccated coconut  
1 lemon, grated rind plus 30 ml juice

### Ingredients

**Streusel Topping**  
50g (2oz) butter  
75g (3oz) plain flour  
30ml (2tbsp) granulated sugar  
15ml (1 tsp) ground mixed spice

200g (7oz) plain flour  
3 ml (1/2 tsp) bicarbonate of soda  
10 ml (2 tsp) baking powder  
pinch salt  
75g (3oz) caster sugar  
75g (3oz) butter  
200ml (7fl.oz) buttermilk  
1 medium egg, beaten  
175g (6oz) fresh or frozen berries,  
raspberries or blueberries are ideal

## Fairy Cakes

Makes 24

**Dish:** 2 x 12 hole bun tins 32cm x 24cm (12 1/2" x 9 1/2") + 24 paper cake cases

**Oven Accessory:** enamel shelf + wire shelf

1. Preheat oven on **CONVECTION 170°C** with enamel and wire shelf in position.
2. Cream together butter and sugar until light and fluffy.
3. Add the eggs a little at a time, beating well after each addition.
4. Fold in the flour.
5. Fill the paper cases two thirds full with mixture.
6. Cook on **CONVECTION 170°C** for 15–16 min.

### Variation: Queen Cakes

Add 75g (3oz) sultanas in with the flour and cook as above.

## Lemon and Raisin Flapjacks

**Dish:** 21 cm x 23 cm (8" x 9") Pyrex® dish, greased

**Oven Accessory:** glass turntable + metal tray + low rack

1. Place the flour, oats and sugar in a bowl and rub in the butter. Press the mixture into the greased dish and press until smooth.
2. Cook on **HIGH** power for 3 mins. or until firm. Allow to cool.
3. Place the butter in a small bowl and cook on **HIGH** power for 30-60 seconds or until melted.
4. Mix all the topping ingredients together.
5. Pour over the base and cook on Combination: **TURBO-BAKE 250°C + GRILL 3 + SIMMER** power for 8 - 9 minutes or until firm and golden brown. Divide into equal pieces and allow to cool.

## Streusel Topped Fruit Muffins

Makes 12

**Dish:** 2 x 6 hole muffin tins + 12 paper muffin cases

**Oven Accessory:** enamel shelf + wire shelf

1. Make streusel topping by melting the butter on **HIGH** power for 10-20 secs. Add the remaining topping ingredients and combine to make a soft dough. Chill.
2. Sift together the flour, bicarbonate, baking powder and salt. Stir in the sugar.
3. Melt butter for the muffins on **HIGH** power for 30 secs - 1 min. Cool slightly then mix in the buttermilk and egg.
4. Preheat oven on **CONVECTION 200°C** with the enamel shelf and wire shelf in position.
5. Lightly stir the buttermilk mixture into the flour mixture.
6. Fold fruit in gently.
7. Divide mixture equally between 12 muffin cases.
8. Crumble small amounts of streusel topping over each muffin.
9. Place a muffin tin on each shelf and cook on **CONVECTION 200°C** for 20-25 mins. or until browned and well risen.

# Preserves

## STERILIZING JARS

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

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

### Ingredients

450 g (1 lb) soft fruit, washed  
450 g (1 lb) caster sugar  
30 ml (2 tbsp) lemon juice  
5 ml (1 tsp) butter

### Ingredients

4 lemons, grated rind and juice of  
450 g (1 lb) caster sugar  
4 eggs, beaten  
100 g (4 oz) butter

### Ingredients

450 g (1 lb) seville oranges  
1 lemon  
900 ml (1½ pts) water  
450 g (1 lb) sugar  
knob of butter

## DISH SIZE

Always use a very large pyrex bowl. DO NOT attempt to use jam pans or saucepans in your microwave.

## DO NOT LEAVE JAMS UNATTENDED DURING COOKING BECAUSE OF THE HIGH SUGAR CONTENT.

## COVERING

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

## WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILIZE BABIES' BOTTLES.

(See details on page 39,40)

## DO NOT SEAL PRESERVING JARS IN YOUR MICROWAVE.

## SETTING POINT

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

## Soft Fruit Jam

Makes approx. 1½ lbs jam

### Dish: large bowl

### Oven Accessory: glass turntable

1. Place all ingredients in a large bowl and stir. Cook on **HIGH** power for 5 mins. (10-15 mins. if using frozen fruit), stirring frequently. Continue to cook in one minute intervals until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-25 mins. Test regularly for setting point.

## Lemon Curd

Makes 2 lbs

### Dish: large bowl

### Oven Accessory: glass turntable

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

## Orange Marmalade

Makes 1½-2lbs

### Dish: large bowl

### Oven Accessory: glass turntable

1. Grate oranges and lemon ensuring all the pith is left on the fruit.
2. Place the peeled fruit in a food processor and chop until the pips are broken.
3. Place the chopped mixture in a large bowl and pour over boiling water. Cover and cook on **HIGH** power for 10 mins.
4. Strain the mixture through a sieve into another large bowl pressing the pulp well until all the juice is extracted. Discard the pulp.
5. Stir the shredded rind into the hot juice and cook uncovered on **HIGH** power for 10 mins. until rind is tender, stirring occasionally. Stir in the sugar until dissolved.
7. Cook on **HIGH** for 8 mins covered. Stir in the butter and cook to setting point 4-6 mins.
8. Leave to stand for 10 mins then pour into warmed sterilized jars.

**Ingredients**

675 g (1½ lb) plums or damsons  
 200 ml (7fl. oz) water  
 675 g (1½ lb) sugar  
 30 ml (2 tbsp) lemon juice  
 5 ml (1 tsp) butter

**Ingredients**

675 g (1½ lb) tomatoes  
 225 g (8 oz) cooking apples, peeled and sliced  
 1 medium onion, chopped  
 100 g (4 oz) granulated sugar  
 30 ml (2 tbsp) tomato puree  
 5 ml (1 tsp) salt  
 200 ml (7 fl.oz) white distilled vinegar  
 10 ml (2 tsp) ground ginger  
 2 ml (¼ tsp) cayenne pepper  
 3 ml (½ tsp) mustard powder

**Ingredients**

45ml (3 tbsp) olive oil  
 4 large red onions halved and thinly sliced  
 50g (2oz) demerara sugar  
 100g (4oz) sultanas  
 300ml (½ pint) red wine  
 125ml (4fl.oz) red wine vinegar

*Plum Jam*

Makes approx. 2-2½ lbs jam

**Dish: large bowl****Oven Accessory: glass turntable**

1. Prick the plums and place in a large bowl with the water. Cook on **HIGH** power for 5-10 mins. or until the fruit is soft. Add the rest of ingredients. Cook on **HIGH** power for 5 mins stirring frequently.
2. Wash down any sugar crystals from around the bowl and bring to the boil on **HIGH** power. Continue to cook until setting point is reached – approx. 15-20 mins.
3. Leave to cool slightly, remove the stones, then pot, seal and label.

*Tomato Chutney*

Makes approx. 2 lbs

**Dish: large bowl****Oven Accessory: glass turntable**

1. Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 mins. Drain. Peel off skin and roughly chop flesh.
2. Blend apple and onion in a food processor to a thick puree.
3. Combine all ingredients together in a bowl. Cook on **HIGH** power for 25-30 mins. stirring occasionally, or until the mixture is thick with no excess liquid.
4. Leave to stand covered for 10 mins. then stir and pour into sterilized jars. Cover and label.

*Red Onion Marmalade***Dish: large bowl****Oven Accessory: glass turntable**

1. Put oil in bowl with onions. Soften on **HIGH** power for 10 min. stirring halfway.
2. Add all other ingredients and mix well.
3. Cook on **MEDIUM** power for 20 min.
4. Cool slightly, then pour into a clean, sterilized jar.
5. Allow to cool thoroughly before chilling.

# Bread

The main advantage of using the microwave when making bread is that the dough can be proved by microwave as long as microsafe dishes are used.

## TO PROVE DOUGH

Use Multi-stage function program to prove on **HIGH** power for 10 secs. **STAND** for 10 mins. then **HIGH** power for 10 secs.

## Ingredients

450 g (1 lb) strong plain flour  
1 sachet dried yeast  
5 ml (1 tsp) salt  
15 g (1 tbsp) fat  
300 ml (1/2 pt) warm water

Leave in oven until dough has doubled in size.

NB: If cooking on Convection or Combination and using metal loaf tins, prove on Convection 40°C NOT by microwave.

The microwave is also useful for defrosting and warming frozen bread products, taking individual slices or

items from the freezer as required.

Traditional hard crusted breads and rolls cannot be cooked successfully in the microwave because of its moist heat. However, they can be cooked by Combination in  $\frac{1}{2}$  -  $\frac{3}{4}$  of the conventional cooking time whilst retaining a browned crisp traditional appearance.

## Standard Bread Dough

Makes 2 loaves or 12 rolls

**Dish:** 2 x 450 g (1 lb) loaf tin, lightly greased

**Oven Accessory:** wire shelf

1. In a large bowl, combine the flour, yeast and salt. Rub in the fat.
2. Add the warm water then mix to a dough.
3. Turn onto a floured surface and knead for 10 mins. Divide into two and place in the loaf tins and prove until the dough has doubled in size in a warm place or on **CONVECTION 40°C**.
4. Preheat the oven on **CONVECTION 220°C** with wire shelf on the lower level.
5. Place the two loaf tins side by side on the wire shelf. Cook on **CONVECTION 220°C** for 15-20 mins.

### Wholemeal Bread

Use 225 g (8 oz) each of wholemeal and strong white flour.

### Granary Bread

Use 450 g (1 lb) granary flour instead of strong white flour.

## To make rolls

**Dish:** Baking sheet 23 x 32 cm (13" x 9") greased

**Oven Accessory:** Wire shelf and enamel shelf

1. Follow steps above to produce a dough.
2. Divide into 12 and shape into rolls.
3. Place six on a baking sheet and six on the enamel shelf. Allow to prove in a warm place until doubled in size.
4. Preheat oven on **CONVECTION 220°C**
5. Glaze rolls with beaten egg and sprinkle with seeds, if desired.
6. Place enamel shelf of rolls on lower level and the baking sheet of rolls on the wire shelf on the upper level.
7. Cook on **CONVECTION 220°C** for 12-15 mins or until golden brown.



# Traditional Sunday Lunch for 4

## STEP BY STEP

### Apple Pie

Prepare and cook Apple Pie – see page 87.

### Potatoes

Prepare 900 g (2 lb) of potatoes. Place in a single layer in a dish with 150 ml (1/4 pt) of water. Cover and cook on **HIGH** power for 8-10 mins. to parboil. Drain.

### Vegetables

Cut a medium sized cauliflower into florets. Place in a dish with 90 ml (6tbsp) water. Cover and cook on **HIGH** power for 10-12 mins or until cooked.

Place 225 g (8 oz) frozen peas in a dish. Cover and cook on **HIGH** power for 5 mins. Drain and add to the cauliflower in microwave proof serving dish. Leave to one side.

### Meat

Preheat oven to **CONVECTION 210°C**. Place 1.5 - 2 Kg (3-4lb) joint of beef on enamel shelf and cook on **CONVECTION 210°C** for 10-15 mins.

Carefully remove shelf from the oven and place the potatoes around the meat. Toss potatoes in 2-3 tbsp oil. Reset oven temperature to **CONVECTION 180°C**. For medium beef cook for 25 mins per 450g (1lb), plus another 25 mins. Turn beef and potatoes a couple of times during cooking.

When beef is cooked remove from oven and tent in foil to keep warm. Spoon off 45 ml (3 tbsp) of meat juices into a jug for gravy.

### Yorkshire Puddings

Put wire shelf in the oven above the potatoes. Potatoes can be left in the oven to continue to brown if desired.

Place 5 ml (1 tsp) oil in each section of a 12 section bun tin, and place on the wire shelf.

Preheat oven on **CONVECTION 220°C**.

Once the oven has preheated pour the Yorkshire batter into the heated oil in the bun tin. Cook on **CONVECTION 220°C** for 20-25 mins until Yorkshires are well risen and browned.

### To Serve:

Remove Yorkshires and roast potatoes from the oven. Take out the shelves and place turntable back in the bottom of the oven. Make gravy using HIGH power (see page 85) and reheat vegetables while you carve the meat.

Place apple pie in oven to warm through.

### Ingredients

75 g (3oz) plain flour

pinch of salt

1 egg

75 ml (2 1/2 floz) milk

75 ml (2 1/2 floz) water

oil for tin

## Menu

Roast Beef  
Gravy  
Yorkshire Puddings  
Roast Potatoes  
Cauliflower, Peas  
Apple Pie

## Yorkshire Puddings

Serves 4

**Dish:** individual Yorkshire tins or 12 section bun tin

**Oven Accessory:** glass turntable + metal tray + low rack or wire shelf

1. Place flour and salt in a mixing bowl. Make a well in the centre and break in egg.
2. Beat egg into flour and gradually add milk and water, beating well until smooth. Stand until required.
3. Place 1 tsp oil in each section of Yorkshire Pudding bun tins. Place on wire shelf on lower level and preheat oven to **CONVECTION 220°C**.
4. Pour batter into heated oil in tins and cook on **CONVECTION 220°C** for 20-25 mins. or until well risen and brown.

## Questions and Answers

**Q** My microwave oven causes interference with my TV, is this normal?

**A** Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.

**Q** My oven has an odour and generates smoke when using the CONVECTION, COMBINATION and GRILL function. Why?

**A** It is essential that your oven is wiped out regularly particularly after cooking by COMBINATION or GRILL. Any fat and grease that builds up will begin to smoke if not cleaned.

**Q** Sometimes warm air comes from the oven vents. Why?

**A** The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There isn't an airtight seal to the air therefore steam can escape. There are no microwaves in the air, or steam. The oven vents should never be blocked during cooking.

## Technical Specifications

Rated Voltage:	230-240 V 50 Hz
Operating Frequency:	2,450 MHz
Input Power:	Max 2840 W Microwave 1300 W Grill 1560 W Convection 1330 W
Output Power:	1000 W (IEC-60705) Grill 1500 W Convection 1250 W
Outer Dimensions:	530 mm (W) x 508 mm (D) x 344 mm (H)
Oven Cavity Dimensions:	350 mm (W) x 360 mm (D) x 250 mm (H)
Weight:	31.5 kg
Weight and Dimensions are approximate.	

## Building-in Your Oven

1. In case of fitting into an oven housing, please use Panasonic's Trim Kit  
NN-TKA80W - White  
NN-TKA81A - Aluminium  
NN-TKA80M - Metallic Silver, can also be used for Stainless Steel ovens.
2. Microwave ovens should **not be built** into a unit **directly above** a top front venting conventional cooker. This will invalidate your one year guarantee.
3. A microwave which is built in must be more than 850 mm above floor level. Read Trim-Kit instructions carefully before installation.

It is recommended that the microwave oven is placed below a conventional oven to avoid heat damage to the fascia of the microwave.

However if it is necessary to install the microwave above, then a gap of at least 15 cm (6 inches) is required from the top of the conventional oven casing to the bottom of the microwave oven casing.

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# Standard Conversion Chart

## Weight

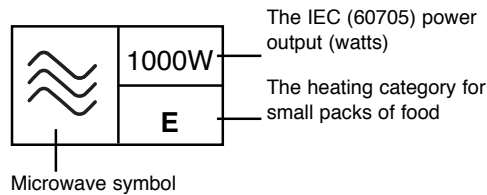
1/2oz	–	15g
1oz	–	25g
2oz	–	50g
3oz	–	75g
4oz	–	100g
5oz	–	150g
6oz	–	175g
7oz	–	200g
8oz	–	225g
9oz	–	250g
10oz	–	275g
11oz	–	300g
12oz	–	350g
13oz	–	375g
14oz	–	400g
15oz	–	425g
1lb/16oz	–	450g

## Capacity

1/2tsp	–	3ml
1tsp	–	5ml
1tbsp	–	15ml
1/4pt	–	150ml
1/2pt	–	300ml
3/4pt	–	450ml
1pt	–	600ml
1 3/4pt	–	1 litre

When using recipes in this book always follow metric or imperial measurements. Do not combine the two. In some recipes the conversions are not a direct equivalent due to recipe result.

## Important Notice



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

Your oven is rated 'E', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods. Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 40-44 of this book. ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time.

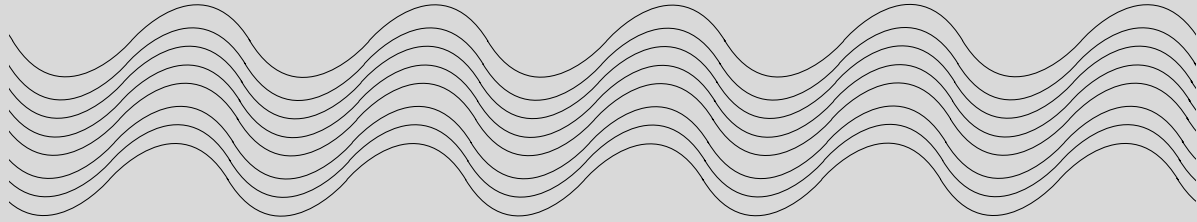
**Failure to follow the instructions given in this Cookbook and Operating Instructions, may affect the recipe result and in some instances may be dangerous.**

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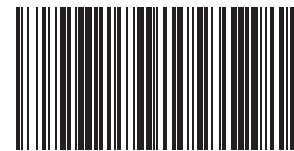


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**01344 862108**

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Home Economists will provide friendly  
guidance on queries relating to recipes and  
cooking in your microwave.



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