

Panasonic[®]

Operating Instructions and Cookbook Convection / Grill / Microwave Oven

Model No. NN-CF87LB

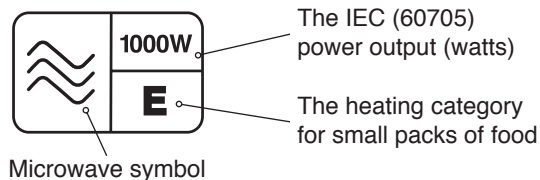
Household Use Only



INVERTER

**Important safety instructions
Please read carefully and keep for future reference**

Important Notice



Thank you for purchasing a Panasonic Microwave Oven.

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

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

Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating and cooking on pages **76-91** of this book.

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

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



Customer Communications Centre 0344 844 3899

Selected Spares and Accessories:

Order direct on line at **www.panasonic.co.uk** or by telephoning the Customer Communications Centre number above.

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

Or write to the address below:

Panasonic UK, a branch of Panasonic Marketing Europe GmbH,
Maxis 2
Western Road
Bracknell
Berkshire
RG12 1RT
UK

Thank you for purchasing this Panasonic appliance.

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Safety Instructions

- Important safety instructions. Before operating this oven, please read these instructions carefully and keep for future reference.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision. Keep the appliance and its cord out of reach of children less than 8 years.
- When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.
- If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- Warning! 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. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

Safety Instructions

- Warning! Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven. Do not remove the outer panel from the oven which gives protection against exposure to microwave energy. Repairs should only be made by a qualified service person.
- Warning! Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- Warning! Do not place this oven near an electric or gas cooker range.
- Warning! Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Ensure that children do not touch the hot outer casing after operation of the oven.
- This oven is intended for Counter-top use only. It is not intended for built-in use or for use inside a cupboard. The microwave oven shall not be placed in a cabinet.

For Countertop use:

- The oven must be placed on a flat, stable surface 85 cm above the floor, with rear of oven placed against a back wall. For proper operation the oven must have sufficient air flow, i.e. 5 cm at one side, the other being open; 15 cm clear over the top; 10 cm at the rear.
- When heating food in plastic or paper containers, check the oven frequently as these types of containers ignite if overheated.

Safety Instructions

- If smoke is emitted or a fire occurs in the oven, touch Stop/Cancel and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel.
- This appliance is intended to be used in household applications only.
- When heating liquids, e.g. soup, sauces and beverages in your oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- The contents of feeding bottles and baby food jars are to be stirred or shaken. The temperature has to be checked before consumption to avoid burns.
- Do not cook eggs in their shells and whole hard-boiled eggs by **microwave**. Pressure may build up and the eggs may explode, even after the microwave heating has ended.
- Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, base of the oven, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive is not recommended.
- **Do not use commercial oven cleaners.**
- Some foods may inevitably splatter grease on to the oven walls when cooking. If the oven is not cleaned occasionally, it may start to “smoke” during use.

Safety Instructions

- Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation.
- Warning! The accessible parts may become hot in **grill**, **convection** and **combination** use. Young children less than 8 years of age should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.
- A steam cleaner is not to be used for cleaning the appliance.
- Do not use harsh, abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- Exterior oven surfaces and the oven door will get hot during **grilling**, **convection** and **combination** modes, take care when opening or closing the door and when inserting or removing food and accessories.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- Only use utensils that are suitable for use in microwave ovens.
- Please refer to page 16-17 for correct installation of the shelf accessories.

Safety Instructions

- The oven has heating elements situated in the top of the oven and a convection heater situated in the back of the oven. After using the **grill, convection** and **combination** functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching any of the inside surfaces near the heating element inside the oven. N.B. After cooking by these functions, the oven accessories will be very hot.
- The microwave oven is intended for heating food and beverages only. Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloth, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.
- Take care when heating foods low in moisture, e.g. bread items, chocolate, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppodums.
- The oven lamp must be replaced by a service technician trained by the manufacturer. **Do not** attempt to remove the outer casing from the oven.
- Before using the oven, place the drip tray in position. Refer to page 18 for correct installation.
- The purpose of the drip tray is to collect excess water during cooking. It should be emptied after each operation.
- The appliance must not be installed behind a decorative door in order to avoid overheating.
- The oven should be cleaned regularly and any food deposits removed.

Disposal of Old Equipment

Only for European Union and Countries with Recycling Systems



This symbol on the products, packaging, and/or accompanying documents means that used electrical and electronic products must not be mixed with general household waste.

For proper treatment, recovery and recycling of old products, please take them to applicable collection points in accordance with your national legislation.

By disposing of them correctly, you will help to save valuable resources and prevent any potential negative effects on human health and the environment.



For more information about collection and recycling, please contact your local municipality.

Penalties may be applicable for incorrect disposal of this waste, in accordance with national legislation.

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.

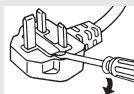


Warning!

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

How to Replace the Fuse

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



If the fitted moulded plug is unsuitable for the socket outlet in your home then the fuse should be removed and the plug cut off and disposed of safely and an appropriate one fitted. There is a danger of severe electrical shock if the cut off plug is inserted into any 13 amp socket.

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



Warning!


This appliance must be earthed.



Important

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

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

The wire which is coloured **green-and-yellow** must be connected to the terminal in the plug which is marked with the letter **E** or by the Earth symbol  or coloured **green or green-and-yellow**.

The wire which is coloured **blue** must be connected to the terminal in the plug which is marked with the letter **N** or coloured **black**. The wire which is coloured **brown** must be connected to the terminal in the plug which is marked with the letter **L** or coloured **red**.

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

Important Safety Instructions



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.

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



Warning!

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Ensure that children do not touch the hot outer casing after operation of the oven.

2. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory and mental capabilities or lack of experience and knowledge if they have been given supervision or instruction by a person responsible for their safety concerning the use of the appliance in a safe way and understand the hazards involved.

3. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
4. To prevent burns, take care of hot surfaces which may exist from the cooking process.

Storage of Accessories

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

Exterior Oven Surfaces

6. Exterior oven surfaces and the oven door will get hot during **grill**, **convection** and **combination** modes. Take care when opening or closing the door and when inserting or removing food and accessories.

Heater

7. The oven has heating elements situated in the top of the oven and a convection heater situated in the back of the oven. After using the **grill**, **convection** and **combination** functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching any of the inside surfaces near the heating elements inside the oven. N.B. After cooking by these functions, the oven accessories will be very hot.
8. Before using **grill**, **convection** or **combination** function for the first



Caution! Hot Surfaces!

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

Important Safety Instructions

time operate the oven without food and accessories on **convection** 230 °C for 5 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.



Caution! Hot Surfaces!

Exterior oven surfaces and the oven door will get hot during **combination, grill or convection**. **Do not operate the oven empty** apart from point 8 and when preheating.

The appliance must not be operated by **microwave** or **combination** including microwave **without food in the oven**. Operation when empty will damage the appliance.

During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven. The accessible parts may become hot in combination use. Young children less than 8 years of age should be kept away. Children should only use the oven under adult supervision due to the temperatures generated.

Before Using Your Oven

Examine your Oven

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

Guarantee

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

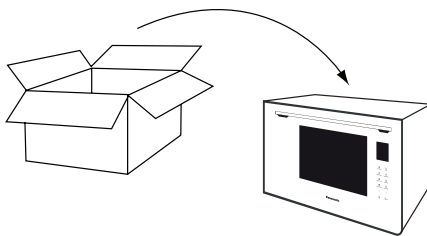
Cord

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



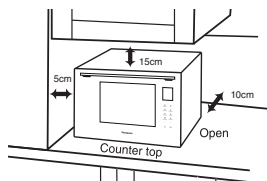
Note

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



Placement of Your Oven

This oven is intended for counter-top household use only. It is not intended for built-in use or for use inside a cupboard.



1. The oven must be placed on a flat, stable surface 85 cm above the floor, with rear of oven placed against a back wall. For proper operation the oven must have sufficient air flow, i.e. 5 cm at one side, the other being open; 15 cm clear over the top; 10 cm at the rear.
2. Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.
3. Do not block air vents on the top of the oven. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.
4. This appliance is intended to be used in household applications only.

Care & Cleaning of Your Oven



Important

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

1. **Switch the oven off before cleaning** and unplug at the 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. After using **grill, convection** and **combination** cooking the walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean especially after cooking by **grill, convection** and **combination**. Stubborn spots inside the oven can be removed by using a small amount of branded conventional oven-cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. **Do not spray directly inside the oven.**
4. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they may scratch the surface, which may result in shattering of the glass.
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.

Care & Cleaning of Your Oven

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, unplug the socket. Leave the oven door closed.
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. The **oven cavity floor** should be cleaned regularly. Simply wipe the bottom surface of the oven with mild detergent and warm water then dry with a clean cloth. Cooking vapours collect during repeated use but in no way affect the bottom surface.
9. When **grilling** or cooking by **convection or combination** some foods may splatter grease onto the oven walls. If the oven is not cleaned to eliminate this grease, it can accumulate and cause the oven to '**smoke**' during use. These marks will be more difficult to clean later.
10. A **steam cleaner** is not to be used for cleaning.
11. Ensure all **accessories** are kept clean, especially when using microwave or combination programs.
12. Keep **air vents** clear at all times. Check that no dust or other material is blocking any of the air vents on the top of the oven. If vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.

Maintenance of Your Oven

Service

1. **When your oven requires a service** call your local Panasonic engineer (**Customer Communications Centre on 0344 844 3899** can recommend an engineer).



Warning!

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

Door Seals

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



Warning!

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

Oven Light

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

Selected Spares and Accessories

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

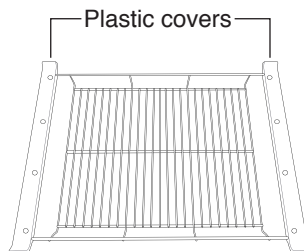
Oven Accessories

1. Do not cook food directly on the base of the oven. Always place food in a microwave safe dish.
2. The metal accessories provided must **only** be used as directed for **grilling, convection** and **combination** cooking. Never use metal accessories when cooking in **microwave** only mode. Do not use if operating the oven with less than 200 g of food on a manual Combination program. Do not use the enamel shelf in **combination** with **microwave**. The maximum weight that can be used on the enamel shelf is 4 kg. **Failure to use accessories correctly could damage your oven.**
3. When cooking with **microwave** power arcing may occur if the incorrect weight of food is used, a metal container has been used incorrectly, or the accessories have been damaged. If this occurs, stop the machine immediately. You can continue to cook by **grill** or **convection only**.
4. Always refer to instructions for correct accessories to use on all programs.

Wire Shelf

1. The wire shelf can be used in the upper and middle shelf positions for **grilling** foods. It can be used in the upper, middle or lower shelf positions for **convection** or **combination** cooking.
2. Do not use any metal container directly on the wire shelf in **combination** with **microwave**.

3. Do not use wire shelf in **microwave** mode only.
4. The maximum weight that can be placed on the wire shelf is 4 kg (this includes total weight of food and dish).



Wire shelf

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

Enamel Shelf

1. The enamel shelf is for cooking on **grill** or **convection** modes. Do not use on **microwave** only or **combination** with **microwave** modes.
2. For 2 level **convection** cooking, the wire shelf can be used as the upper level and the enamel shelf can be used as the lower level.
3. The maximum weight that can be placed on the enamel shelf is 4 kg (this includes total weight of food and dish).

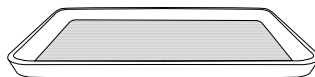


Enamel shelf

Oven Accessories




Glass Tray

1. The glass tray can be used on the base of the oven for cooking on **microwave** mode only.
2. The glass tray is used on top of the wire shelf for cooking on **combination** mode.
3. If the glass tray is hot, let it cool before cleaning or placing in cold water, as this could crack or shatter the accessory.
4. The maximum weight that can be placed on the glass tray is 4 kg (this includes total weight of food and dish).



Glass tray

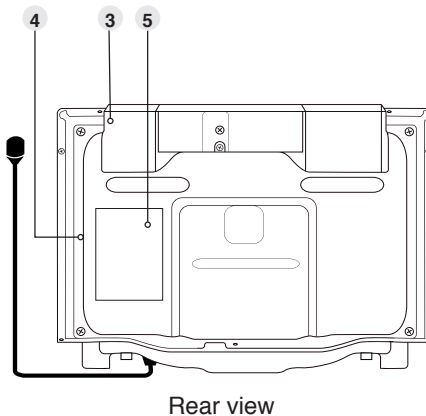
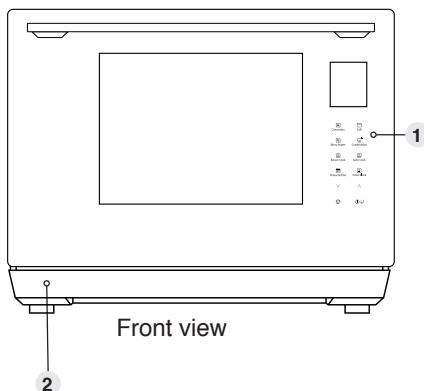
The following chart shows correct use of the accessories in the oven.

	Wire shelf	Glass tray	Enamel shelf
			
Microwave	✗	✓	✗
Grill	✓	✓	✓
Convection	✓	✓	✓
Convection + Microwave + Grill (Combi 1, 2, 3, 4, 5)	✓*	✓	✗
Convection + Microwave (Combi 6, 7, 8)	✓*	✓	✗
Grill + Convection (Combi 9)	✓	✓	✓

* Metal containers can not be placed directly on the wire shelf. Either place food directly on the wire shelf or place glass tray directly on the wire shelf.

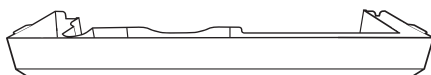
Parts of Your Oven

- 1 Control panel
- 2 Drip tray
- 3 Air vent exhaust (do not remove)
- 4 Identification label
- 5 Warning label

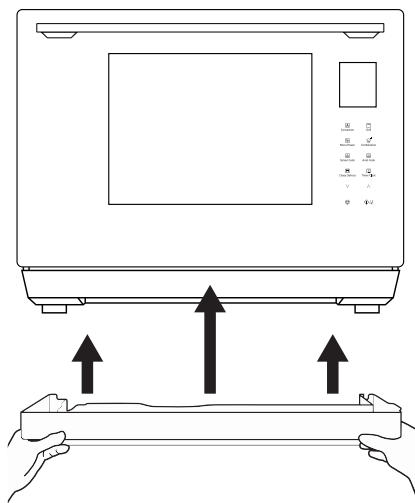


Drip Tray

1. Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
2. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
3. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Reposition the drip tray by clicking back onto the legs.
4. **Do not use a dishwasher to clean the drip tray.**



Drip tray



Reposition the drip tray by clicking back onto the legs.

Outline Diagram

1 Door handle

Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing the programmed settings. The cooking is resumed as soon as the door is closed and Start/Confirmation is touched.

2 Oven window

3 Door safety lock system

To prevent injury, do not insert finger, knife, spoon or other object into the latch hole.

4 Power supply plug

5 Power supply cord

6 Bottom microwave feeding

(refer to page 36)

7 Warning label

8 Grill elements

9 Convection heater

10 LED lights

The oven lamp lights as soon as the oven door is opened.

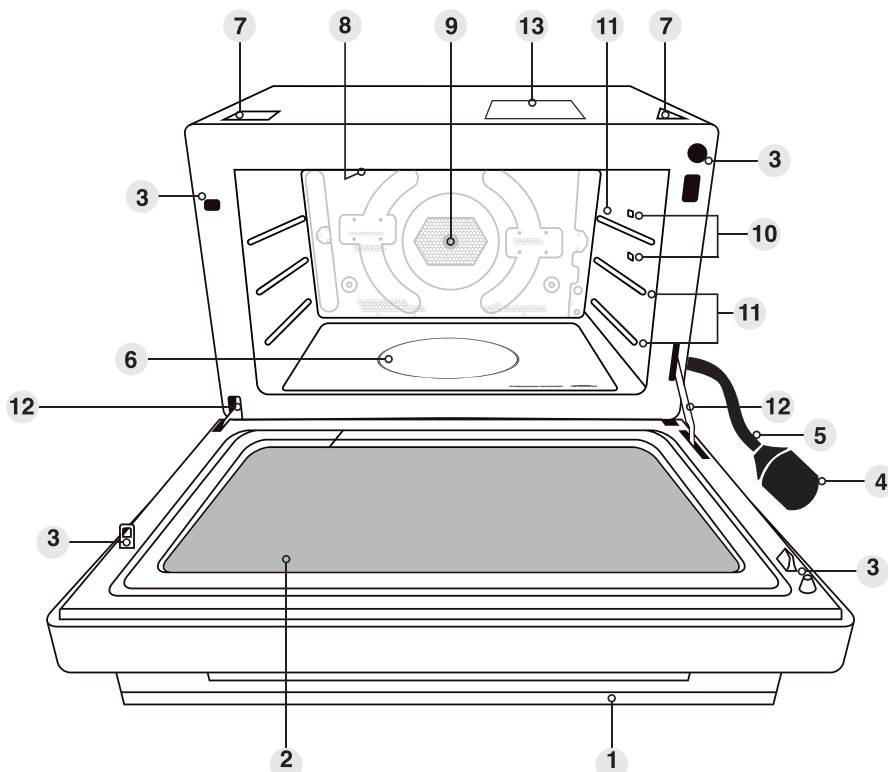
11 Shelf positions

12 Door hinges

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

13 Menu label

Position your supplied Menu label.



Note

The illustration is for reference only.

Important Information - Read Carefully

Safety

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

Short Cooking Times

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

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

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



Important!

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

Small Quantities of Food

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

Never operate the oven without food inside on microwave or combination mode involving microwave.

Food Low in Moisture

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

Christmas Pudding

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

Boiled Eggs

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

Foods with Skins

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



Warning

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

Important Information - Read Carefully

Liquids

When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling.

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

- a. Avoid using straight-sided containers with narrow necks.
- b. Do not overheat.
- c. Stir the liquid before placing the container in the oven and again halfway through the heating time.
- d. After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
- e. Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container.

Lids

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

Deep Fat Frying

Do not attempt to deep fat fry in your oven.

Meat Thermometer

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

Paper, Plastic

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

Reheating

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

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

Important Information - Read Carefully

Standing Time

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

Keeping Your Oven Clean

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

Grill

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

Fan Motor Operation

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

Utensils/Containers

Before use check that utensils/containers are suitable for use in microwave ovens. See pages 29-30.

Babies Bottles and Food Jars

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption in order to avoid burns. See page 76.

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.

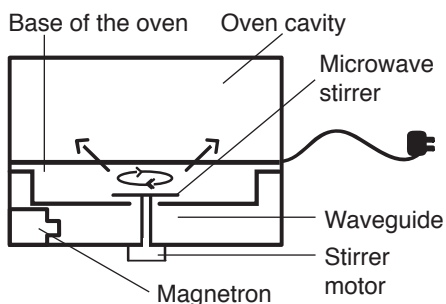
You can continue to cook by **grill or convection only**.

Microwaving Principles

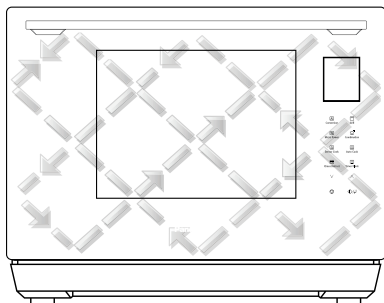
Microwave energy has been used in this country to cook and reheat food since early experiments with radar in World War II.

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

How Microwaves Cook Food

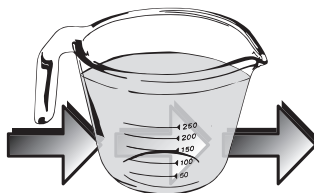


In a microwave oven, electricity is converted into microwaves by the **magnetron**. For bottom feeding, please refer to page 36.



Reflection

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



Transmission

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



Important Notes

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

Microwaves can not pass through metal and therefore metal cooking utensils can never be used in a microwave, for cooking on microwave only.

Microwaving Principles

How Microwaves Cook Food

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

Foods Not Suitable for Cooking by Microwave Only

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

Foods that require deep fat frying cannot be cooked either.

Standing Time

When a microwave oven is switched off, the food will continue to cook by conduction – **not by microwave energy**. Hence **standing time** is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (refer to page 26).

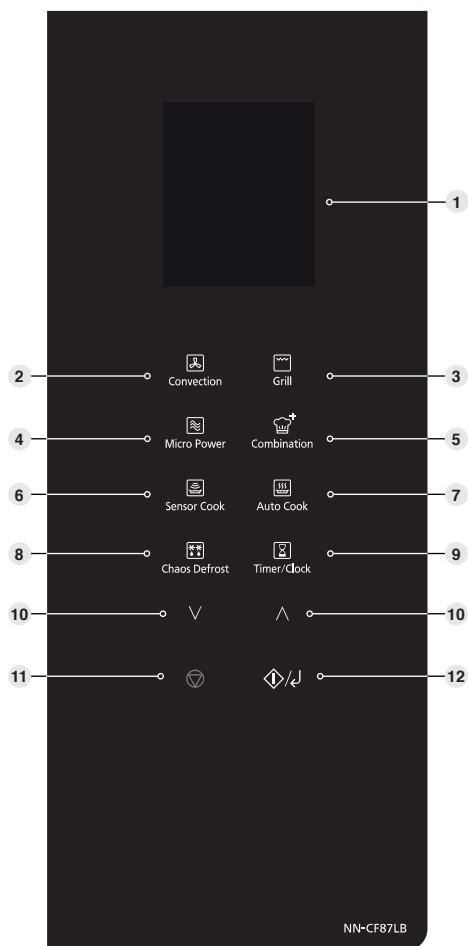


Boiled Eggs

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

Control Panel

NN-CF87LB



Beep sound

A beep sounds when a key is touched. If this beep does not sound, the setting is incorrect. When the oven changes from one function to another or an auto program reminds you to stir or turn food, two beeps sound. After the completion of the preheating on grill, convection, or combination mode, three beeps sound. After completion of cooking, the oven will beep 5 times.

- 1 **Display window**
- 2 **Convection** (pages 42-46)
- 3 **Grill** (pages 40-41)
- 4 **Micro Power** (page 36)
- 5 **Combination** (pages 47-53)
- 6 **Sensor Cook** (pages 61-66)
- 7 **Auto Cook Programs** (pages 67-74)
- 8 **Chaos Defrost** (pages 58-60)
- 9 **Timer/Clock**
(pages 34, 55-57)
- 10 **Up/Down selection**
Select the time, weight or auto menu by tapping "V" / "^".
- 11 **Stop/Cancel:**
Before cooking:
One touch clears your instructions.
During cooking:
One touch temporarily stops the cooking program. Another touch cancels all your instructions and a colon or the clock will appear in the display.
- 12 **Start/Confirmation**
Touch to start operating the oven or confirm the setting. If during cooking the door is opened or Stop/Cancel is touched once, Start/Confirmation has to be touched again to continue cooking.



Note

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

General Guidelines

Standing Time

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

Jacket Potatoes

Wrapped in aluminium foil when cooked by microwave only. It is not necessary to stand jacket potatoes cooked in **combination** mode. Stand for 15 minutes.

Fish

Stand for 2-3 minutes.

Egg Dishes

Stand for 1-2 minutes.

Precooked Convenience Food

Stand for 1-2 minutes.

Meat Joints

Stand for 15 minutes wrapped in aluminium foil.

Plated Meals

Stand for 2-3 minutes.

Vegetables

Boiled potatoes benefit from standing for 1-2 minutes, 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 minutes e.g. raspberries, to up to 1 hour for a joint of meat. See pages 38-39.

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



Moisture Content

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



Piercing

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **Do not attempt to boil eggs in their shells.**

General Guidelines



Cling Film

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



Dish Size

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



Quantity

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



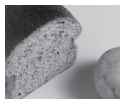
Spacing

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



Shape

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



Density

Porous airy foods heat more quickly than dense heavy foods.



Covering

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



Arranging

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



Ingredients

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

General Guidelines



Starting Temperature

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



Turning and Stirring

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



Liquids

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



Checking Food

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



Cleaning

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth. Always wipe the oven dry after cleaning. Avoid any plastic parts and door area. Customers should not spray directly into the cavity.

Containers to Use



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

Testing Dishes for Suitability - For Microwave Cooking Only

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

1. Fill a microwave safe measuring jug with 300 ml ($\frac{1}{2}$ pt) cold water.
2. Place it on the base of the oven along side the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.

3. Heat on **High Microwave** for 1 minute.

Result

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



Note

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

Quick Check Guide to Cooking Utensils



Oven Glass

Everyday glass that is heat resistant e.g. Pyrex®, is ideal for microwave, convection or combination cooking.

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



China and Ceramic

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



Pottery, Earthenware, Stoneware

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



Foil/Metal Containers

Never attempt to cook in foil or metal containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven. Foil and metal containers can be used on grill, convection and grill + convection modes and may be used with care during certain combination cooking as long as they are not damaged or dented.

Containers to Use



Plastic

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



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



Paper

Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. 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 when blind baking pastry cases. 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 e.g. Do not line dishes with cling film.

Do not use on any other cooking mode.



Aluminium Foil

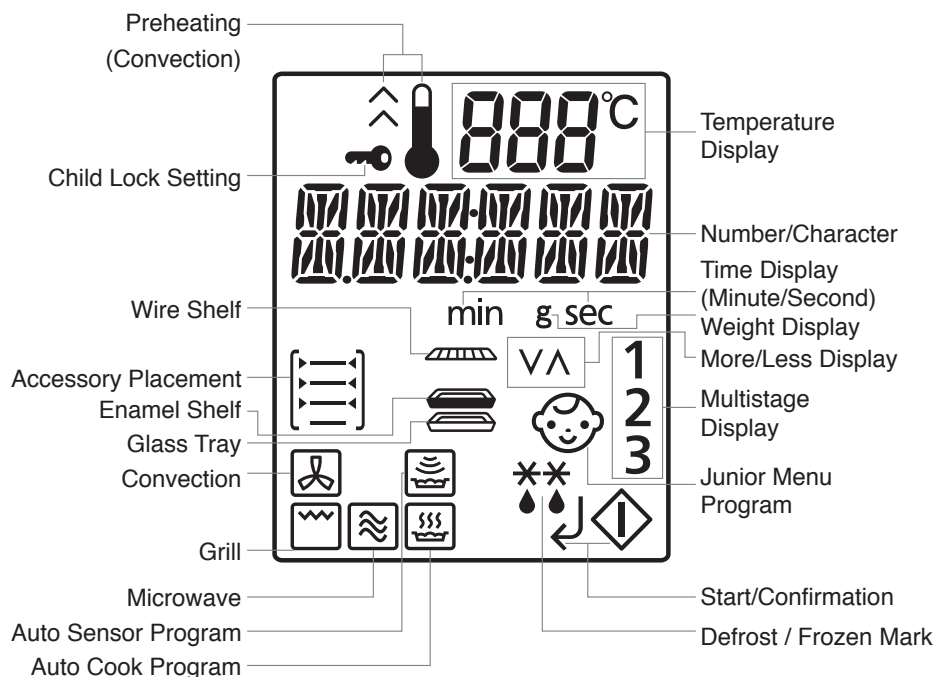
Small amounts of smooth aluminium foil can be used to **shield** joints of meat during defrosting and cooking by Microwave, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or over defrosting. Take care that the foil does not touch the sides or roof of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



Roasting Bags

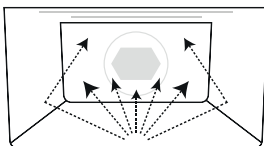
Roasting bags are useful when slit up one side to tent a joint, for roasting by power and time. Do not use the metal twists supplied, when using microwave or combination.

Microwave Display Window

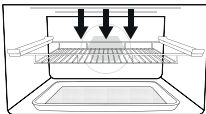
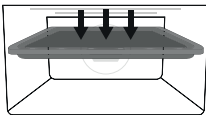
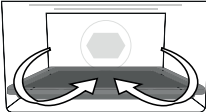
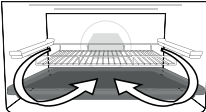
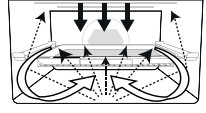
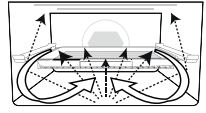
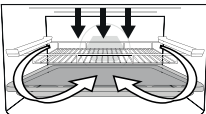


Cooking Modes

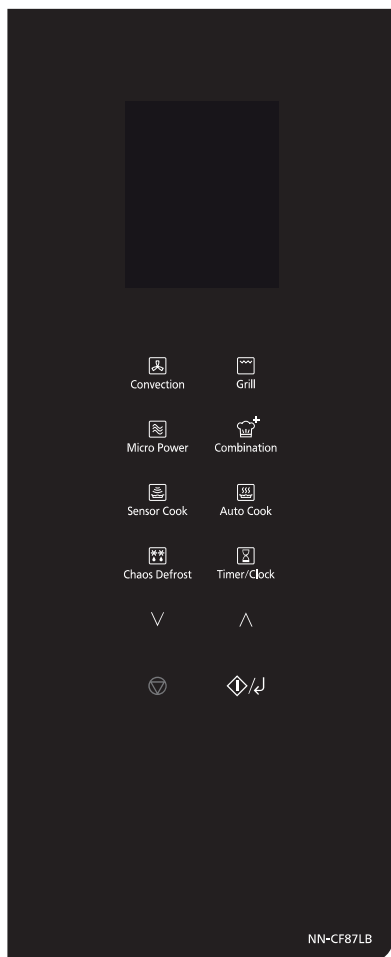
The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used. Further information can be found in the cookbook.

Cooking modes	Uses	Accessories to use	Containers
Microwave 	<ul style="list-style-type: none"> Defrosting Reheating Melting: butter, chocolate, cheese. Cooking fish, vegetables, fruits, eggs. Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish. Baking cakes without colour. No preheating	Use the glass tray or your own Pyrex® dishes, plates or bowls, directly on the base of the oven.	Microwaveable, no metal.

Cooking Modes

Cooking modes	Uses	Accessories to use	Containers
Grill  	<ul style="list-style-type: none"> • Grilling of meat or fish. • Toast grilling. • Colouring of gratin dishes or meringue pies. <p>Preheating advised</p>	Wire shelf or enamel shelf. If using wire shelf, glass tray can be placed on base of oven to catch fat and drips.	Heatproof, metal tin can be used.
Convection  (1 level)  (2 level)	<ul style="list-style-type: none"> • Baking of small pastry items with short cooking times: puff, pastry, cookies, choux, short pastry, roll cakes. • Special baking: souffles, meringues, vol-au-vent, small loaves of bread or brioches, sponge cake, meat pie, etc. • Baking of quiches, pizzas and tarts. <p>Preheating advised</p>	Enamel shelf, wire shelf and glass tray.	Heatproof, metal tin can be used.
Convection + Grill + Microwave  (Combi 1, 2, 3, 4, 5) Convection + Microwave  (Combi 6, 7, 8)	<ul style="list-style-type: none"> • Roasting meat and poultry. • Defrosting, reheating and crisping (quiche, pizza, bread, lasagne, gratin). • Cooking lasagne, meat, potatoes or vegetable gratins. • Baking cakes and puddings with browning, baking of quiches, pies and tarts. <p>Preheating if advised</p>	Glass tray on wire shelf or wire shelf with glass tray on base of oven to catch fat and drips.	Microwaveable & heatproof. Metal cake tin to be used on glass tray on wire shelf only. Do not use spring form tins.
Grill + Convection  (Combi 9)	<ul style="list-style-type: none"> • Roasting red meats, thick steak (rib or beef, T-bone steaks). • Cooking of fish. <p>Preheating advised</p>	Wire shelf and enamel shelf, glass tray on base of oven used as a drip tray.	Heatproof, metal tin can be used.

Let's Start to Use Your Oven




1 Plug In

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

2 Tap Timer/Clock Twice to Set Clock

Set clock as a 24 hr clock. (See page 34 for details).

3 Tap Convection

( will appear in the display window with the oven temperature) (this procedure is to burn off the oil used for rust protection in the oven.) Tap the Convection until 230 °C is in the display window. Remove all accessories from the oven.

4 Enter Time

Tap “^” until 5 minutes is displayed in the window.

5 Touch Start/Confirmation

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



Caution!

Grill elements and oven will be hot.

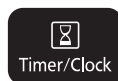


Note: Demonstration Mode

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

Setting the Clock

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



Tap Timer/Clock twice.
"SET TIME" will appear in the display window and the colon starts to blink.

Enter the time by tapping “V” / “^”.

Touch Timer/Clock.
The colon stops blinking. Time of day is now locked into the display



Note

1. One tap of the “V” / “^” will increase or decrease the time by 1 minute. Holding “V” / “^” will rapidly increase or decrease the time.
2. To reset the time of day repeat all the above steps.
3. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
4. This is a 24 hour clock i.e. 2 pm = 14:00 not 2:00.

Child Safety Lock

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

To set:



Tap Start/Confirmation three times.
The time of day will disappear. Actual time will not be lost. ‘🔒’ is indicated in the display.

To cancel:



Tap Stop/Cancel three times.
The time of day will reappear in the display.



Note

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

Operation Guide Setting

To assist you in programming your oven, the following operation will appear in the display window. When you become familiar with your oven, the operation guide can be turned off.

To turn off:



Tap Timer/Clock
four times.



OPERATION GUIDE OFF

Display window



Colon or time of
day appears in the
display window.

To turn on:



Tap Timer/Clock
four times.



OPERATION GUIDE ON

Display window



Colon or time of
day appears in the
display window.

Up/Down Selection

Select the time, weight or auto menu by tapping “√” / “^”. The time, weight or auto menu number appears in the display window. The time/weight can be adjusted quickly by holding “√” / “^” pad.



- ➔ ■ **Time Setting:**
To set cooking time or clock. Use the pad for the Add Time Function (see page 57)
- ➔ ■ **Weight Setting:**
To set weight of food for Chaos Defrost Programs and Auto Cook Programs (see pages 58-60 and 67-74).
- ➔ ■ **Auto Programs Setting:**
To select auto menu.
- ➔ ■ **More/Less Setting:**
To set more/less for Auto Sensor Programs (see pages 61-66).

Microwave Cooking and Defrosting

There are 7 different microwave power levels available. Do not place food directly on the base of the oven. Use the glass tray or your own dishes, plates or bowls covered with a lid or pierced cling film directly on the base of the oven.



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

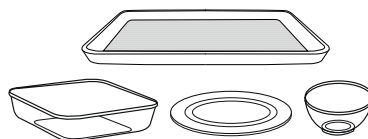
Select the cooking time by tapping “V” / “^”.

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

Touch	Power	Wattage
Once	High	1000 W
Twice	Medium High	800 W
3 Times	Defrost **	270 W
4 Times	Medium	600 W
5 Times	Low	440 W
6 Times	Simmer	300 W
7 Times	Warm	100 W

Use of Dishes/Accessory:

Use the glass tray or your own Pyrex® dishes, plates or bowls covered with a lid or pierced cling film directly on the base of the oven. Do not place food directly on the base of the oven.



Note

1. Maximum time that can be set on **High Microwave** is 30 minutes. On all other power levels the maximum time that can be set is 1 hour 30 minutes
2. You can change the cooking time during cooking if required. Tap “V” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
3. **Do not** attempt to use microwave only with any metal accessory in the oven.
4. **Do not** place food directly onto the base of the oven. Use the glass tray or place in a microwave or glass dish. Foods reheated or cooked by **Microwave** only should be covered with a lid or pierced cling film, unless otherwise stated.
5. For manual defrosting times, please refer to defrost chart on pages 38-39.
6. For multi-stage cooking refer to pages 54.
7. Stand time can be programmed after microwave power and time setting. Refer to using the timer page 56.

Bottom Feeding Technology

Please note that this product uses bottom feeding technology for microwave distribution which differs from traditional turntable side feeding methods and creates more useable space for a variety of different sized dishes. This microwave feeding style can give a difference in heating times (in microwave mode) when compared against side feeding appliances. This is quite normal and should not cause any concern. Please refer to the reheating and cooking charts on page 76-90.

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. During the standing stages there is not any microwave power in the oven, although the light will remain on.

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

For Best Results

1. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.
2. Check food during defrosting, as foods vary in their defrosting speed.
3. It is not necessary to cover the food.
4. Always turn or stir the food especially when the oven “beeps”. Shield if necessary (see point 6).
5. Minced meat, chops, chicken portions and other small items should be broken up or separated as soon as possible and placed in a single layer.
6. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast and fat with smooth pieces of aluminium foil secured with cocktail sticks.
7. Allow standing time so that the centre of the food thaws out. (Minimum of 1 hour for joints of meat and whole chickens).



Arrange food in a single layer.



Turn or break up food as soon as possible.



Shield chickens and joints of meat.

Defrosting Chart

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

Food	Weight	Defrost Time	Method	Standing Time
Meat				
Beef/Lamb/ Pork Joint	600 g	20 mins	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times.	60 mins
Beef/Lamb/ Pork Joint	1.4 kg	35-40 mins	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times.	60 mins
Sirloin/ Rump Steak	500 g	12 mins	Place in a suitable dish. Separate and turn twice.	15 mins
Beefburgers	60 g	2 mins	Place in a suitable dish. Turn.	5 mins
	227 g	5 mins	Place in a suitable dish. Separate and turn twice.	15 mins
	454 g	8 mins		30 mins
Minced Beef	500 g	14 mins	Place in a suitable dish. Break up and turn 3-4 times.	15 mins
Stewing Steak	300 g	10 mins	Place in a suitable dish in a single layer. Break up and turn twice.	20 mins
Lamb Chops	300 g	7 mins	Place in a suitable dish in a single layer. Turn twice.	15 mins
Lamb Fillets	320 g	10 mins	Place in a suitable dish in a single layer. Turn twice.	20 mins
Lamb Shanks x 2	850 g	18 mins	Place in a suitable dish in a single layer. Separate and turn twice. Shield if necessary.	45 mins
Pork Ribs	800 g	17 mins	Place in a suitable dish. Separate and turn twice.	30 mins
Pork Chops	400 g	10 mins	Place in a suitable dish. Separate and turn twice.	15 mins
Bacon	250 g	8 mins	Place in a suitable dish. Separate and turn 2-3 times.	15 mins
Sausages	100 g	3 mins	Place in a suitable dish. Turn.	5 mins
	454 g	10 mins	Place in a suitable dish. Turn twice.	10 mins
Whole Chicken	1.7 kg	35 mins	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield if necessary.	60 mins



Defrosting Chart

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

Food	Weight	Defrost Time	Method	Standing Time
Chicken Portions	250 g	6 mins	Place in a suitable dish. Turn.	15 mins
	350 g	8 mins	Place in a suitable dish. Turn twice.	20 mins
	600-650 g	15 mins		40 mins
Duck Breast Fillets	400 g	13 mins	Place in a suitable dish. Turn twice.	15 mins
Whole Fish	500 g	16 mins	Place in a suitable dish. Turn twice separate if necessary.	20 mins
Fish Fillets	120-170 g	5-6 mins	Place in a suitable dish. Separate if necessary and turn twice.	5 mins
	500 g	12 mins		5 mins
Fish Steaks	150 g	4 mins	Place in a suitable dish. Turn.	10 mins
	250 g	7 mins	Place in a suitable dish. Separate if necessary and turn twice.	15 mins
	500 g	12-14 mins		20 mins
Prawns	230 g	6 mins	Place in a suitable dish. Stir and separate twice during defrosting.	15 mins
General				
Sliced Bread	400 g	6 mins	Place on a plate. Separate and arrange during defrosting.	10 mins
	35 g	30 secs - 1 min	Place on a plate.	2 mins
Soft Fruit	500 g	13 mins	Place in a suitable dish. Stir twice during defrosting.	30 mins
Gateau	350 g	4 mins	Place on a plate.	20 mins
Cheesecake	450 g	6 mins	Place on a plate.	20 mins
Meringue Dessert	420 g	4 mins	Place on a plate.	20 mins
Butter	250 g	3 mins	Place on a plate.	20 mins
Shortcrust/ Puff pastry	500 g	4 mins	Place on a plate. Turn halfway.	30 mins

Grilling

The grill system on the oven gives fast efficient cooking for a wide variety of foods e.g. chops, sausages, steaks, toast, etc. There are 3 different grill settings available.

	Touch	Power Level	
	Once	Grill 1 (High)	
	Twice	Grill 2 (Medium)	
	3 Times	Grill 3 (Low)	

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

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



Select the cooking time by tapping “V” / “^”. Maximum cooking time is 90 minutes.



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

Grilling Times

When using the grill to cook foods, the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time (see section on oven accessories page 41).



Note

1. The grill will only operate with the oven door closed.
2. You can change the cooking time during cooking if required. Tap “V” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.



Caution!

The accessories and surrounding oven will get very hot. Use oven gloves.

Grilling

Oven Accessories to Use

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



The wire shelf will allow fat and juices to drip through into the glass tray to reduce excess splatter and smoke when grilling. Most foods require turning halfway during cooking. When turning food, open oven door and **carefully** remove the accessories using oven gloves.

Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven. After turning, return food to the oven, close door and touch Start/Confirmation. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling. If grilling fish, chops or small items, place the enamel shelf in the upper shelf position.



Guidelines

1. Use the accessories provided, as explained opposite.
2. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting **grill 1**. This setting is also suitable for toasting bread, muffins and teacakes etc.
3. **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.
4. **Never cover the food when grilling.**
5. **Always use oven gloves when removing the food and accessories after grilling as the oven and accessories will be very hot.**
6. 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.

Convection Cooking

Your Combination Oven can be used as a conventional oven using the **Convection** mode which incorporates a heating element with a fan. For best results always place food in a preheated oven. You can cook in three ways when using convection cooking.

1. On the enamel shelf in either of the shelf positions.
2. On the wire shelf in either of the shelf positions.
3. Both of the above at the same time, to use the oven for two level cooking. See individual guidelines on pages 44-45 for recommended accessories to use. You can preheat with or without the enamel shelf or wire shelf in position.



Touch Convection.

The oven starts at 150 °C. Tap convection and the temperature will count up in 10 °C stages from 30 °C to 230 °C.

Touch Start/Confirmation to preheat.

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

*** Skip this step when preheating is not required.**



Select the cooking time by tapping “V” / “^”. Maximum cooking time is 9 hours.





Touch Start/Confirmation.

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



Note

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



Caution!

The accessories and surrounding oven will get very hot. Use oven gloves.

Convection Cooking



Note

1. Open the door using the pull down door because if Stop/Cancel is touched the program may be cancelled.
2. The oven can not preheat to 30 °C - 60 °C.
3. You can change the cooking time during cooking if required. Tap “√” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
4. When preheating, the selected temperature can be recalled and changed. Touch convection once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by tapping convection.
5. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.
6. When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 70 °C is reached. To change the temperature during cooking, touch Convection.

Convection Cooking

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

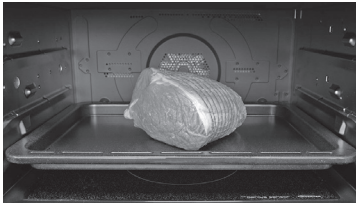
It is possible to cook on one or two levels when using convection cooking.

Oven Accessories to Use:

One Level Cooking

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

Roasting meat: Enamel shelf in lower shelf position.

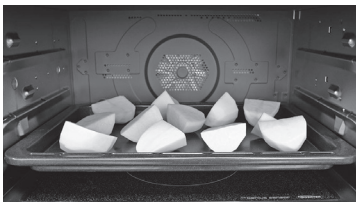


Baking: Enamel shelf in lower shelf position.



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

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



Reheating: enamel shelf in lower shelf position.



Convection Cooking

Two Level Cooking

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

Batch baking: Fairy cakes



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

Cooking a complete meal: Frozen pizza on upper shelf position, frozen oven chips on lower shelf position.



Two Level Cooking is Ideal For:

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



Caution!

1. **Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.**
2. **Make sure that you hold the dish and/or shelf firmly with both hands when you are removing them from the oven.**

Convection Cooking

Guideline to Oven Temperatures

For best results always place food in a preheated oven. Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150 °C and count up in 10 °C stages to 230 °C, then back to down to 30 °C. Food is generally cooked **uncovered** - unless it is a casserole or if you wish to use roasting bags for joints.

Level	Temp °C	Use
Low	30 - 40 °C	Drying-oven temperature for bread or pizza dough to rise, making yogurt.
	50 °C	Warming dishes.
	60 °C - 70 °C	Dried fruits, beef jerky.
	80 °C - 90 °C	Slow cooking.
	100 °C	Pavlova.
	110 °C	Meringues.
	140 °C	Rich fruit cake.
Medium	150 °C	Lemon meringue, meringue roulade, cheesecake.
	160 °C - 170 °C	Casseroles, gingerbread, small tarts, cookies.
	180 °C	Souffle, strudel, victoria sandwich, fairy cakes, meat joints.
High	190 °C	Filo pastry, quiche, gratins, lasagne, pastry pies, chicken.
	200 °C	Stuffed peppers, scones, eclairs, swiss roll, muffins.
	220 °C	Vegetable parcels, yorkshire puddings, bread.
	230 °C	Garlic bread, roast potatoes, baking pizza.

Combination: Cooking with Microwave

Your oven has 2 methods of cooking by combination.

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

Combination cooking is ideal for many foods. The microwave power cooks them quickly, whilst the convection, 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 oven on **combination** programs, **except when cooking pastry**.

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

If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the container or reprogram to **grill** or **convection** only. To cook successfully by **combination** you should always use a minimum of 200 g food. Small quantities should be cooked by Convection or Grill.



Note

The enamel shelf cannot be used for combination cooking with microwave.

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. Do not put dishes on wire shelf in upper shelf position directly under the grill.



Notes

The wire shelf is designed to be used for combination and grilling. Never attempt to use any other metal accessory. Place the glass tray on the base of the oven to catch any fat or drips.

Combination: Convection, Grill and Microwave

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



Touch Combination

Tap combination until the level you require appears in the display window (see chart below).

Tap	Combination Levels	Combination Type	Uses
Once	Combi 1	Convection 230 °C + Grill 1 (High) + MW 300 W (Simmer)	Lasagne, gratins, pizza
Twice	Combi 2	Convection 230 °C + Grill 2 (Medium) + MW 300 W (Simmer)	Meat pies and pastries
3 Times	Combi 3	Convection 230 °C + Grill 2 (Medium) + MW 100 W (Warm)	Sausage rolls, spring rolls, breaded fish
4 Times	Combi 4	Convection 220 °C + Grill 1 (High) + MW 300 W (Simmer)	Ready meals with gratin tops
5 Times	Combi 5	Convection 200 °C + Grill 1 (High) + MW 100 W (Warm)	Fruit crumbles



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

Select the cooking time by tapping "V" / "^". Maximum cooking time is 9 hours.

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



Note

1. You can change the cooking time during cooking if required. Tap "V" / "^" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
2. To turn food just pull the door handle downwards to open, remove the accessories, turn the food, return to the oven, close the door and touch **Start/Confirmation**. The oven will continue to count down the remaining cooking time.

Combination: Convection, Grill and Microwave

Oven Accessories to Use

Do not use this program with less than 200 g of food.

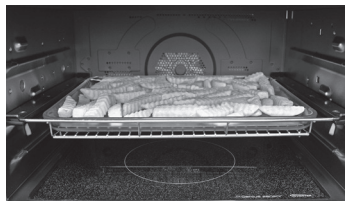
Do not use the enamel shelf for combination cooking with microwave.



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



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



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



Guidelines

1. Food is usually cooked **uncovered**.
2. After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and base of the oven are wiped with a cloth squeezed in hot soapy water to remove any grease.

For advice on cooking times refer to cooking charts and recipes in this book. See pages 83-136.

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: Convection and Microwave

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

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



Touch Combination.

Tap combination until the level you require appears in the display window (see chart below).

Touch if preheating.

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

*** Skip this step when preheating is not required.**

Touch	Combination Level	Combination Type	Uses
6 times	Combi 6	Convection 220 °C + MW 300 W (Simmer)	Quiche, tarts
7 times	Combi 7	Convection 190 °C + MW 300 W (Simmer)	Whole chicken, fish steaks, whole fish, whole turkey
8 times	Combi 8	Convection 160 °C + MW 100 W (Warm)	Casseroles



Select the cooking time by tapping "V" / "^". Maximum cooking time is 9 hours.

Touch Start/Confirmation.



Notes

1. You can change the cooking time during cooking if required. Tap "V" / "^" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
2. To turn food just pull the door handle downwards to open, remove the accessories, turn the food, return to the oven, close the door and touch Start/Confirmation. The oven will continue to count down the remaining cooking time.



Caution!

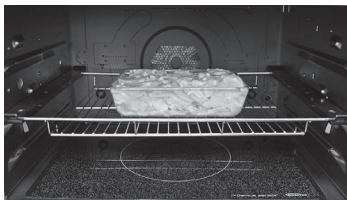
Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Combination: Convection and Microwave

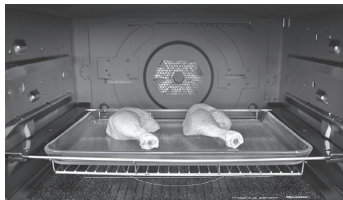
Oven Accessories to Use

Do not use this program with less than 200 g of food.

Do not use the enamel shelf for combination cooking.

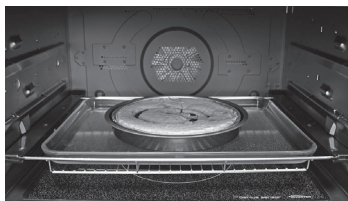


Non-metallic dishes or items of food can be placed directly onto wire shelf in the lower or middle shelf position.



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

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



Note

1. Food is usually cooked **uncovered**.
2. After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and base of the oven are wiped with a cloth squeezed in hot soapy water to remove any grease.



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: Convection and Grill

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



Touch combination.

Tap	Combi Level	Combination Type
9 Times	Combi 9	Grill 1 (high) + Convection 230 °C

Touch Start/Confirmation to

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

*** Skip this step when preheating is not required.**



Select the cooking time by tapping “√” / “^”. Maximum cooking time is 9 hours.



Touch Start/Confirmation.

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



Note

1. It is recommended to place food in a preheated oven.
2. Open the door using the pull down door, because if Stop/Cancel is touched the program may be cancelled.
3. You can change the cooking time during cooking if required. Tap “√” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
4. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.



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: Convection and Grill

Oven Accessories to Use

Use the enamel shelf or wire shelf for convection and grill cooking. If placing food directly on the wire shelf, the glass tray can be placed on the base of the oven to catch fat and drips.



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



Pizza can be placed directly on the wire shelf in the upper shelf position with glass tray on base of oven.

Suggested Cooking Options

Food	Weight	Traditional Oven	Convection + Grill (Combi 9)
Chicken Legs	800 g	40 mins 200 °C	30-35 mins Combi 9
Duck Breast Fillets	350 g	30-35 mins 220 °C	25 mins Combi 9
Thick Sausages	300 g	25-30 mins 190 °C	15 mins Combi 9
Pork Chops	800 g	20-25 mins 200 °C	18 mins Combi 9
Chicken Thighs	800 g	40 mins 200 °C	25 mins Combi 9

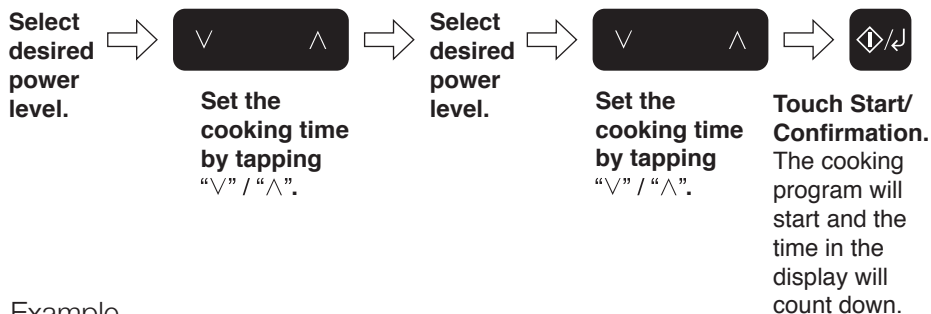


Guidelines

It is recommended to place food in a preheated oven. Food is cooked **uncovered**. **Do not use plastic containers.**

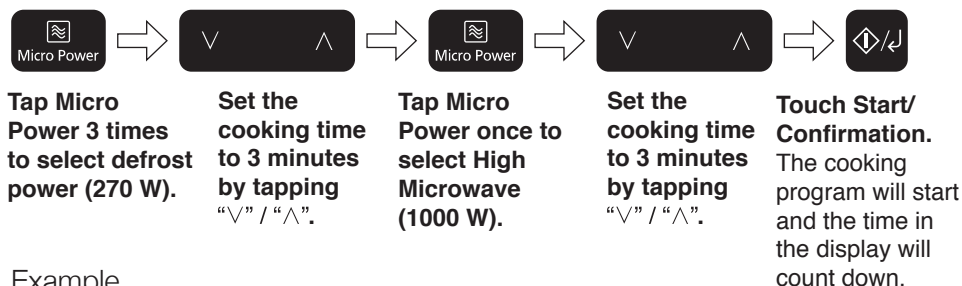
Multi-Stage Cooking

2 or 3 Stage Cooking



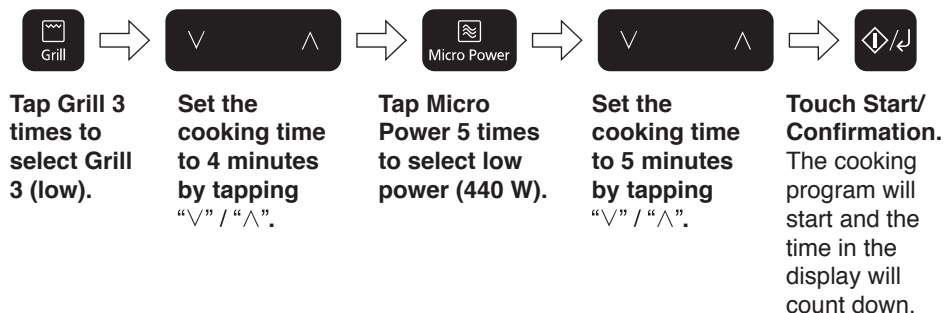
Example

To **defrost** (270 W) for 3 minutes and cook food on **High Microwave** (1000 W) for 3 minutes.



Example

To **Grill 3** (low) for 4 minutes and cook food on **Low Microwave** (440 W) for 5 minutes.



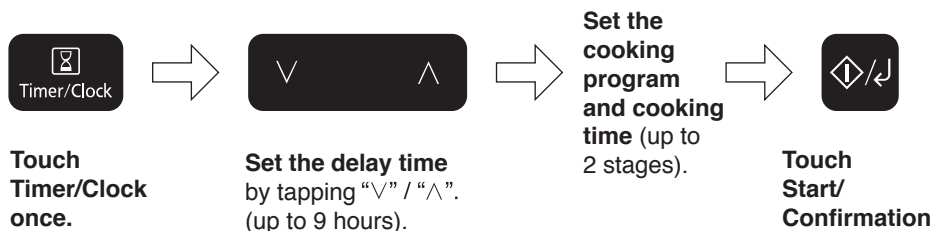
Note

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

Using the Timer

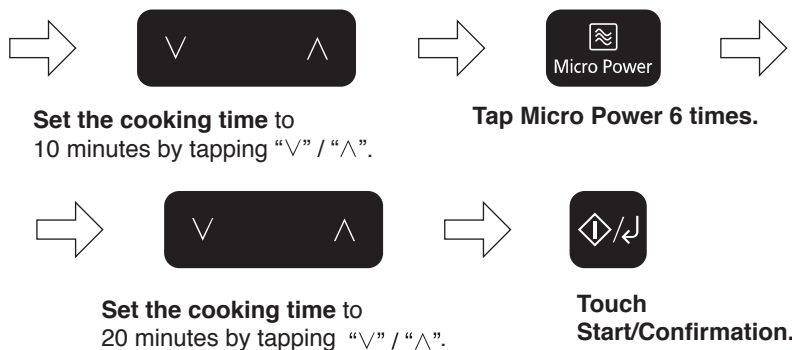
This feature allows you to program the oven as a kitchen timer. It can be also used to program a standing time after cooking is completed or to program a delay start.

1. Delay Start Cooking



Example

Delay start: 1 hour **High Microwave (1000 W)** 10 minutes **Simmer Microwave (300 W)** 20 minutes



Note

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

Using the Timer

2. To Set a Standing Time

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

Set the cooking program and cooking time
(up to 2 stages).



Touch Timer/Clock once.

Set the stand time
by tapping “V” / “^”
(up to 9 hours).

Touch Start/Confirmation.

Example

High Microwave
(1000 W) 4 minutes



Tap Micro Power once.

Set the cooking time to
4 minutes by tapping “V” / “^”.

Tap Micro Power once.

High Microwave
(1000 W) 2 minutes

Stand time: 5 minutes







Set the cooking time to
2 minutes by tapping “V” / “^”.

Touch Timer/Clock once.






Set the standing time to
5 minutes by tapping “V” / “^”.

Touch Start/Confirmation.

3. Kitchen Timer



Touch Timer/Clock once.

Set the time by
tapping “V” / “^”
(up to 9 hours).

Touch Start/Confirmation
Time will count down.

Using the Timer



Note

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

Using the Add Time Function

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



After cooking, tap “^” to select Add Time function. Maximum cooking time:

Touch Start/Confirmation
Time will be added. The time in the display window will count down.

Micro Power 1000 W	30 minutes
Grill	1 hour and 30 minutes
Other microwave powers	1 hour and 30 minutes
Convection	9 hours
Combi 1-9	9 hours
Timer	9 hours



Note

1. This function is only available for Micro Power, Grill, Convection, Combination and Timer functions and it is not available for Auto programs.
2. The Add Time function will not operate after 2 minutes cooking.
3. The Add Time function can be used after the multi-stage cooking. The power level is the same as the last stage.

Chaos Defrost

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread. Tap Chaos defrost to select the correct defrost category and then enter in the weight of the food in grams (see page 59).

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

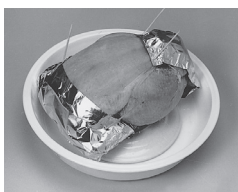
The **Chaos theory** principle is used in auto weight defrost programs to give you a quick and more even defrost. The **Chaos** system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check the food. **It is essential that you turn and stir the food frequently and shield if necessary. On hearing the first beep you should turn and shield (if possible). On the second beep you should turn the food or break it up.**

1st Beep



Turn or shield

1st Beep



Turn or shield

2nd Beep



Turn or break up

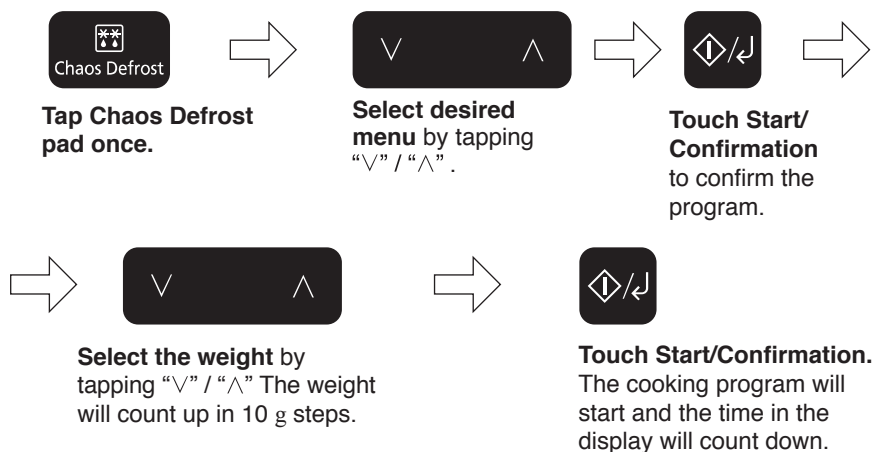




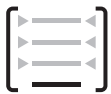






Note

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

Chaos Defrost

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



Program	Weight*	Accessories	Instructions
1. Bread   **	100 g - 900 g		Rolls, buns, slices of bread and loaves. Place on a plate or shallow dish on the base of the oven. Turn at beeps and shield.
2. Meat Items   **	100 g - 1200 g		Small pieces of meat, chicken portions, chops, steaks, minced meat. Place on a plate or shallow dish on the base of the oven. Turn at beeps and shield.
3. Meat Joints   **	400 g - 2500 g		Whole chicken, meat joints. Place on an upturned saucer on a plate on the base of the oven. Turn at beeps and shield.

 Microwave ** Defrost  Accessory Placement

*Recommended weight range

Chaos Defrost

1. Bread

This program is suitable for small items which are required for immediate use, they may feel warm straight after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. **This program is not suitable for cream cakes or desserts** e.g. cheesecake. Standing time 10-15 minutes.

2. Meat Items (mince/chops/chicken portions)

Not suitable for sausages, these can be defrosted manually. Please refer to defrosting chart on pages 38-39. Chops and chicken portions should be arranged in a single layer and turned frequently during defrosting. It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Standing time 15-30 minutes.

3. Meat Joints/Whole chickens

Whole chickens and meat joints will require shielding during defrosting especially if it is a particularly fatty piece. This is to prevent food starting to cook on the outside edges. Protect wings, breast and fat with smooth pieces of aluminium foil secured with cocktail sticks. **Do not allow the foil to touch the walls of the oven.** Standing time of at least 1 hour should be allowed for joints after defrosting.



Note

1. When the defrosting time is longer than 60 minutes, the time will appear in hours and minutes.
2. The shape and size of the food will determine the maximum weight the oven can accommodate.
3. Allow standing time to ensure the food is completely defrosted.
4. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Sensor Reheat Program

the **Genius sensor**




This unique feature ‘the Genius’ built in sensor allows you to simply reheat a chilled meal. It is not necessary to select the power level, weight or cooking time. The built-in sensor measures the humidity of the food and calculates the microwave power level together with a cooking time.



**Tap Sensor cook
pad once.**



**Touch
Start/Confirmation.**

Program	Weight*	Accessories	Instructions
4. Chilled Meal  	200 g - 1000 g		<p>To reheat a fresh pre-cooked meal. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. + 5 °C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Select program number 4, Chilled Meal. Touch Start/Confirmation. Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/ fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking.</p>

 Accessory placement

 Microwave

* Recommended Weight Range

How it Works

Once the Sensor Reheat Program has been selected and Start/Confirmation is touched the food is heating up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how

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

More / Less Control

The Sensor Reheat Program reheats a chilled meal for average tastes. You are able to adjust the Sensor Reheat Program to your own taste. After pressing Start/Confirmation, “√” / “^” symbol appears in the display, touch “^” for more time or “√” for less time. This operation should be completed within 14 seconds. Default mode is normal.



Note

1. This feature is not suitable for foods that cannot be stirred eg. lasagne / macaroni cheese.
2. The oven automatically calculates the reheating time or the remaining reheating time.
3. The door should not be opened before the time appears in the display window.
4. To prevent any mistakes during Sensor Reheat Program ensure that base of oven and the container are dry.
5. The room temperature should not be more than 35 °C and not less than 0 °C.
6. If the oven has previously been used and it is too hot to be used on Sensor Reheat Program, ‘HOT’ will appear in the display window. After the ‘HOT’ disappears, the Sensor Reheat Program may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

This feature allows you to cook or reheat foods without entering the weight. The built-in sensor measures the humidity of the food and calculates the recommended microwave power level and/or combination setting together with a suggested cooking time. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving. Please check carefully and adjust the cooking time if required, as would be the case with a conventional cooking appliance.

How It Works

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

More / Less Control

Preferences for degree of cooking vary for each individual. After having used auto sensor programs a few times, you may decide you would prefer your food cooked to a different degree of cooking. By using “√” / “^” the programs can be adjusted to cook food for a longer or shorter time. After selecting the auto sensor program, tap “√” / “^” after touching Start/Confirmation within 14 seconds.

Example



Tap Sensor Cook pad once.

Select desired menu by tapping “√” / “^”.

Touch Start/Confirmation.

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



Note

1. For best results the Auto Sensor Programs should only be used when the oven is cold. It is recommended that the oven is allowed to cool between using the Auto Sensor Programs, if one or more programs are being used. If in a hurry, cook the food manually i.e. select the correct power level and cooking time. It is not recommended to keep using the Auto Sensor Programs consecutively.
2. The Auto Sensor Programs cannot be used when the oven is hot. If "HOT" appears in the display window, when trying to set an Auto Sensor Program, do not touch **Stop/Cancel**. A fan will automatically operate to cool the oven within 10-15 minutes, as long as the word "HOT" is left in the display, otherwise cooling may take longer. If in a hurry, cook the food manually, i.e. select the correct power level and cooking time.

Program	Minimum Weight	Maximum Weight
5. Jacket Potatoes	400 g	1500 g
6. Roast Potatoes	400 g	800 g
7. Roast Vegetables	400 g	700 g
8. Casserole	900 g	2000 g
9. Fresh Vegetables	200 g	1000 g
10. Frozen Vegetables	200 g	800 g
11. Rice	100 g	300 g
12. Fresh Fish Fillets	200 g	800 g






















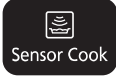






Guidelines for Use

For the Auto Sensor Programs it is not necessary to enter the weight of the food. They must **only** be used for the foods described.

1. Only cook foods within the weight ranges described (see table above).
2. Only use the accessories as indicated on pages 65-66.
3. Always choose a container size that is suitable for the quantity of food i.e. **Do not** allow too large a headspace or the food may not be cooked correctly.
4. The oven automatically calculates the cooking time or the remaining cooking time.
5. The door should not be opened before the time appears in the display window.
6. The temperature for frozen food is assumed to be -18 °C to -20 °C, for refrigerator foods +5 °C to +8 °C.
7. To prevent any mistakes during Auto Sensor Programs ensure that the base of the oven and container are dry.
8. The room temperature should not be more than 35 °C and not less than 0 °C.
9. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
10. To allow for some variations that occur in food, check that food is thoroughly cooked before serving.
11. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Auto Sensor Programs

the **Genius sensor**

Program	Weight*	Accessories	Instructions
5. Jacket Potatoes   + 	400 g - 1500 g	  1	To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200 g - 250 g each, for best results. Wash and dry potatoes and prick with a fork several times. Place potatoes on wire shelf in lower shelf position. Select program number 5, Jacket Potatoes. Touch Start/Confirmation.
6. Roast Potatoes   +  + 	400 g - 800 g	   2	To cook roast potatoes. Peel and cut potatoes into even sized pieces. Place on glass tray. Add 1-3 tbsp (15 ml - 45 ml) olive oil. Place glass tray on wire shelf in middle shelf position. Select program number 6, Roast Potatoes. Touch Start/Confirmation. Turn/Stir during cooking at beeps.
7. Roast Vegetables   +  + 	400 g - 700 g	   2	To roast assorted vegetables (e.g. peppers, mushrooms, courgettes, onions). Cut vegetables into even sized chunks and toss with 15-45 ml (1-3 tbsp) olive oil. Place vegetables on glass tray on wire shelf in middle shelf position. Select program number 7, Roast Vegetables. Touch Start/Confirmation. Turn/Stir twice during cooking at beeps.
8. Casserole   + 	900 g - 2000 g		To cook casserole from raw ingredients. For cubed meat (e.g. braising steak, lamb, pork, not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 400 ml of stock. If you use a cook-in sauce, also add the same quantity of water. Cover with lid. Place on base of oven. Select program number 8, Casserole. Touch Start/Confirmation. When oven beeps stir the casserole.
9. Fresh Vegetables  	200 g - 1000 g		To cook fresh vegetables. Place prepared vegetables into a suitable sized container. Sprinkle with 1 tbsp (15 ml) cold water per 100 g vegetables. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Place container on base of oven. Select program number 9, Fresh Vegetables. Touch Start/Confirmation. Stir at beeps. Drain after cooking and season to taste.

 Wire shelf  Glass tray










 Accessory placement



 Convection

 Grill

 Microwave

* Recommended Weight Range

Program	Weight*	Accessories	Instructions
10. Frozen Vegetables   **	200 g - 800 g		To cook frozen vegetables. Place vegetables into a suitable sized container. Sprinkle with 1-3 tbsp (15-45 ml) cold water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Place container on base of oven. Select program number 10, Frozen Vegetables. Touch Start/Confirmation. Stir at beeps. Stir at the end of program and allow a few minutes standing time. Drain and season to taste.
11. Rice  	100 g - 300 g		For cooking rice for savoury dishes not rice puddings. This program is not suitable for brown rice. Rinse the rice thoroughly before cooking. Use a large bowl. Add 2-2.5 times boiling water to rice. Cover with a lid. Place on base of oven. Select program number 11, Rice. Touch Start/Confirmation. Stir at beep. Allow to stand for 5 minutes after cooking. Drain after cooking.
12. Fresh Fish Fillets  	200 g - 800 g		To cook fresh fish. Shield the thinner portions. Ensure fish is not overlapping. Place in a shallow container on base of oven. Add 1-3 tbsp (15 - 45 ml) of cold water. Cover with cling film. Pierce cling film once in the centre and four times around the edge. Place container on base of oven. Select program number 12, Fresh Fish Fillets. Touch Start/Confirmation. Stand for 5 minutes.

 Accessory placement  Microwave

** Frozen * Recommended Weight Range

Healthy Grill Menu



**Tap Auto
Cook once.**



**Select desired menu
by tapping “V” / “^”.**



**Touch Start/
Confirmation.**



Select the weight by tapping “V” / “^”.
The weight will count up in 10 g steps.

Touch Start/Confirmation.

Program	Weight*	Accessories	Instructions
13. Chicken Breasts + +	300 g - 800 g	 2	To cook the meat and brown the top of chicken breasts with skin. Each chicken breast should be 150 g - 200 g. Place chicken breasts skin side up on wire shelf in the upper shelf position. Place glass tray on base of oven to catch fat and drips. Select program number 13, Chicken Breasts. Touch Start/Confirmation to confirm the program. Select the weight of the chicken breasts. Touch Start/Confirmation.
14. Salmon Fillets +	250 g - 500 g	 2	To cook the fish and brown the skin of salmon fillets. Each salmon fillet should weigh 125 g each. Place salmon fillets skin side up on wire shelf in the upper shelf position. Place glass tray on base of oven to catch fat and drips. Select program number 14, Salmon Fillets. Touch Start/Confirmation to confirm the program. Select the weight of the salmon fillets. Touch Start/Confirmation.
15. Vegetable Fries + +	100 g - 500 g	 2	For preparing fresh vegetable fries such as sweet potato, white potato, carrots, parsnips and courgettes. Peel and cut the vegetables into baton shapes. Toss in a tablespoon of vegetable oil. Place on glass tray on wire shelf in middle shelf position. Select program number 15, Vegetable Fries. Touch Start/Confirmation to confirm the program. Select the weight. Touch Start/Confirmation. Turn/ Stir at beeps halfway during cooking.

Wire shelf Glass tray

Accessory placement

Convection

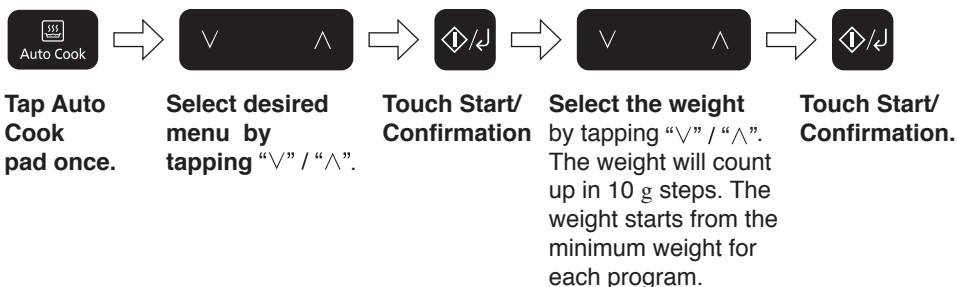
Grill

Microwave

* Recommended Weight Range

Auto Cook Programs







This feature allows you to cook foods by setting the weight. The oven determines the micro power level and/or combination setting, then gives a cooking time. Select the category of food and enter the weight. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.



Guidelines for Use

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

1. Only cook foods within the weight ranges described below.
2. Always weigh the food rather than relying on the package weight information.
3. Only use the accessories as indicated on pages 68-74.
4. Do not cover food, as the programs use a combination of Microwave and Grill and/or Convection, and it will prevent the food from browning. The heat of the grill and/or oven will also melt any plastic covering.
5. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre. We recommend a standing time of 10-15 minutes upon completion of cooking roast meats.
6. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
7. If ‘HOT’ appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Program	Weight*	Accessories	Instructions
16. Chilled Pizza   +  + 	250 g - 500 g	 	For reheating and browning chilled, purchased pizza. Remove all packaging and place on wire shelf in middle shelf position. Select program number 16, Chilled Pizza. Touch Start/Confirmation to confirm the program. Select the weight, Touch Start/Confirmation. This program is not suitable for deep pan pizzas or very thin pizzas.

 Wire Shelf

 Accessory Placement



























 Convection

 Grill

 Microwave

* Recommended Weight Range

Auto Cook Programs

Program	Weight*	Accessories	Instructions
17. Frozen Pizza   + 	200 g - 430 g	  2	For reheating and browning frozen, purchased pizza. Remove all packaging and place on wire shelf in middle shelf position. Select program number 17, Frozen Pizza. Touch Start/Confirmation to confirm the program. Select the weight. Touch Start/Confirmation. This program is not suitable for deep pan pizzas or very thin pizzas.
18. Whole Chicken   +  + 	1000 g - 1900 g	  1  	To cook a whole fresh unstuffed chicken. Cook stuffing separately. Brush wire with oil to prevent sticking. Place chicken on wire shelf and place in lower shelf position. Place glass tray on base of oven to catch fat and drips. Start cooking breast side down. Select program number 18, Whole Chicken. Press Start/Confirmation to confirm the program. Select the weight. Touch Start/Confirmation. Turn at beeps, taking care with hot juices. Stand for 5 minutes.
19. Fish and Chips   +  + 	200 g - 500 g	   2	This program is suitable for pre-purchased frozen battered or breaded fish and pre-purchased frozen oven chips. This program is suitable for 1 portion of fish and chips. The fish must weigh between 100 g - 250 g and the chips must weigh between 100 g - 300 g. Spread out the fish and chips on the glass tray and place on wire shelf in middle shelf position. Select program number 19, Fish and Chips. Touch Start/Confirmation to confirm the program. Select the weight and touch Start/Confirmation. Turn fish and stir chips at the beeps. For best results cook in a single layer.
20. Cake   + 	400 g - 1300 g	   1	To bake cakes from raw ingredients. A range of medium textured cakes can be cooked. See recipes in baking section, pages 122-124. Use smooth, and preferably seamless, metal cake tins. Do not use spring form cake tins. Place tin directly on glass tray on wire shelf in lower shelf position. Select program number 20, Cake. Touch Start/Confirmation to confirm the program. Select the weight of the cake (excluding tin). Touch Start/Confirmation.

 Wire shelf

 Glass tray

 Accessory Placement

 Convection





















 Grill

 Microwave

 Frozen

* Recommended Weight Range

Auto Cook Programs

Program	Weight*	Accessories	Instructions
21. Beef Rare  	500 g - 2000 g	 	For cooking rare fresh roast beef (top side, rump or silverside). Place on enamel shelf in lower shelf position. Select program number 21, Beef Rare. Touch Start/Confirmation to confirm the program. Select the weight of the food and touch Start/Confirmation. After cooking stand for 10 to 20 minutes.
22. Beef Medium  	500 g - 2000 g	 	For cooking medium fresh roast beef (top side, rump or silverside). Place on enamel shelf in lower shelf position. Select program number 22, Beef Medium. Touch Start/Confirmation to confirm the program. Select the weight of the food and touch Start/Confirmation. After cooking stand for 10 to 20 minutes.
23. Beef Well Done  	500 g - 2000 g	 	For cooking well done fresh roast beef (top side, rump or silverside). Place on enamel shelf in lower shelf position. Select program number 23, Beef Well Done. Touch Start/Confirmation to confirm the program. Select the weight of the food and touch Start/Confirmation. After cooking stand for 10 to 20 minutes.
24. Lamb Medium  	1000 g - 2000 g	 	For cooking medium fresh roast leg of lamb with bone. Place on enamel shelf in lower shelf position. Select program number 24, Lamb Medium. Touch Start/Confirmation to confirm the program. Select the weight of the food and touch Start/Confirmation. After cooking stand for 10 to 20 minutes.
25. Lamb Well Done  	1000 g - 2000 g	 	For cooking well done fresh roast leg of lamb with bone. Place on enamel shelf in lower shelf position. Select program number 25, Lamb Well Done. Touch Start/Confirmation to confirm the program. Select the weight of the food and touch Start/Confirmation. After cooking stand for 10 to 20 minutes.

 Enamel shelf

 Accessory Placement

 Convection

* Recommended Weight Range

Re-bake Bread Programs



Tap Auto Cook pad once.

Select desired menu by tapping “V” / “^”.

Touch to confirm the program.



Select the weight of the food by tapping “V” / “^”. The weight will count up in 10 g steps.

Touch Start/Confirmation.
The display reminds you which accessory to use and which cooking modes are in use.



Program	Weight*	Accessories	Instructions
26. Baguette/Crusty Rolls 	100 g - 500 g	 	To re-bake baguettes and crusty rolls. This program is suitable for reheating, browning and crisping pre-purchased baguettes and rolls from room temperature. Ensure height of baguette/crusty rolls is no more than 5 cm. Place baguette/crusty rolls on wire shelf in middle shelf position. Select program number 26, Baguette/Crusty Rolls. Touch Start/Confirmation to confirm the program. Select weight and touch Start/Confirmation. After cooking place on a wire rack for a few minutes.
 	50 g - 350 g	 	To re-bake croissants. This program is suitable for reheating, browning and crisping pre-purchased croissants from room temperature. Place croissants on wire shelf in middle shelf position. Select program number 27, Croissants. Select weight and touch Start/Confirmation. After cooking place on a wire rack for a few minutes.

Wire shelf
 Accessory placement
 Grill
 Microwave

* Recommended Weight Range

Junior Menu

The Junior Menu offers a range of programs catering for babies, toddlers and older children - great for time saving and convenience. The fruit and vegetable purées are ideal first foods for weaning babies. Homemade purées taste like real food and cost less than jars or packets. Extra portions can be frozen in ice cube trays, then defrosted and reheated. Frozen potato products and pasta bakes are perfect for smaller tummies. Mug cakes offer a quick and easy dessert. Simple tablespoon measurements that can be mixed in the mug for ease of preparation. Ready to eat in no time at all when using the Mug Cake program.

Program	Weight*	Accessories	Instructions
28. Mug Cake 	1 (200 g) or 2 (400 g)		For cooking one or two mug cakes, either Chocolate Brownie or Lemon. Prepare the mug cake as in the following recipes. Size of mug should be no smaller than 300 ml. Place on the base of the oven. Select auto program number 28, Mug Cake. Touch Start/Confirmation to confirm the program. Choose 1 (200 g) or 2 (400 g) mug cakes. Touch Start/Confirmation to start the program. After cooking allow to stand for a few minutes and serve warm in the mug with icecream, custard or cream.

Chocolate Brownie Mug Cake

ingredients

For 1 serving

4 ½ tbsp flour
 3 tbsp sugar
 2 ½ tbsp cocoa powder
 2 tbsp melted butter
 2 tbsp milk
 4 squares dark or milk chocolate, chopped

Decoration: sprinkles or mini marshmallows

1. Mix flour, sugar and cocoa powder together in mug.
2. Add melted butter and milk and mix.
3. Add chopped chocolate. Mix thoroughly.
4. After cooking decorate with sprinkles or mini marshmallows.

Lemon Mug Cake

ingredients

For 1 serving

3 tbsp flour
 3 tbsp sugar
 ¼ tsp baking powder
 1/8 tsp salt
 2 tbsp vegetable oil
 2 tbsp lemon juice,
 plus zest ½ lemon
 1 egg, beaten

Decoration: strawberries, blueberries, sprinkles

1. Mix flour, sugar, baking powder and salt together in mug.
2. Add vegetable oil, lemon juice, lemon zest and beaten egg. Mix thoroughly.
3. After cooking, decorate with strawberries, blueberries or sprinkles.



















 Accessory placement

 Microwave

 Junior Menu

* Recommended Weight Range





Junior Menu

Program	Weight*	Accessories	Instructions																
29. Junior Pasta Bake   +  +   +  	 250 g 500 g 800 g	 	<p>For cooking fresh pasta bake using fresh pasta (penne, spaghetti, fusilli), cheese or tomato based sauce and grated mild cheddar cheese. Use a suitable square, shallow Pyrex[®] container. Use the following quantities:</p> <table border="1"> <thead> <tr> <th></th><th>250 g</th><th>500 g</th><th>800 g</th></tr> </thead> <tbody> <tr> <td>Pasta</td><td>70 g</td><td>150 g</td><td>250 g</td></tr> <tr> <td>Sauce</td><td>140 g</td><td>300 g</td><td>500 g</td></tr> <tr> <td>Cheese</td><td>40 g</td><td>50 g</td><td>50 g</td></tr> </tbody> </table> <p>Other ingredients may be added such as ham, tuna and sweetcorn. In this case substitute some of the sauce for the chosen added ingredients. Place container on wire shelf in middle shelf position. Select program 29, Junior Pasta Bake. Touch Start/Confirmation to confirm the program. Select - 250 g, 500 g or 800 g. Touch Start/Confirmation.</p>		250 g	500 g	800 g	Pasta	70 g	150 g	250 g	Sauce	140 g	300 g	500 g	Cheese	40 g	50 g	50 g
	250 g	500 g	800 g																
Pasta	70 g	150 g	250 g																
Sauce	140 g	300 g	500 g																
Cheese	40 g	50 g	50 g																
30. Frozen Potato Products   +  +   	200 g - 500 g	  	<p>To cook frozen oven chips and potato products, e.g. hash browns, croquettes, etc. Spread potato products out on glass tray on wire shelf and place in middle shelf position. Select program number 30, Frozen Potato Products. Touch Start/Confirmation to confirm the program. Select weight of food. Touch Start/Confirmation. Turn/Stir during cooking at beep sounds. For best results cook in a single layer. Note: Potato products vary considerably. We suggest checking a few minutes before the end of cooking to assess level of browning.</p>																

 Wire shelf
  Glass tray
  Accessory placement
  Convection
 Frozen
  Grill
  Microwave
  Junior Menu

* Recommended Weight Range

Junior Menu

Program	Weight*	Accessories	Instructions
31. Vegetable Purée 	100 g - 400 g		<p>This program is suitable for cooking parsnips, potatoes, butternut squash, carrots, sweet potato and swede. The cooked vegetables are then puréed and suitable when weaning babies. Peel and chop the vegetables into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:</p> <p>100 g - 150 g vegetables 75 ml water. 160 g - 300 g vegetables 100 ml water. 310 g - 400 g vegetables 150 ml water.</p> <p>Cover with lid. Place dish on base of oven. Select program number 31, Vegetable Purée. Touch Start/Confirmation to confirm the program. Select the weight of the vegetables. Touch Start/Confirmation. Stir at beeps. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.</p>
32. Fruit Purée 	100 g - 400 g		<p>This program is suitable for cooking apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable when weaning babies. Peel and chop the fruit into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:</p> <p>100 g - 150 g fruit 50 ml water. 160 g - 300 g fruit 75 ml water. 310 g - 400 g fruit 125 ml water.</p> <p>Cover with lid. Place dish on base of oven. Select program number 32, Fruit Purée. Touch Start/Confirmation to confirm the program. Select the weight of the fruit. Touch Start/Confirmation. Stir at beeps. After cooking allow to stand for 10 minutes. Purée the fruit with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.</p>

 Accessory placement

 Microwave

 Junior Menu

* Recommended Weight Range

Cooking and Reheating Guidelines

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

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

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

The charts on pages 76-90 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food you are cooking or reheating.

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

When is Food Reheated?

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

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

Plated Meals

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate.

An average plated meal will take 4-6 minutes on **High Microwave** to reheat. Do not stack meals.

Canned Foods

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

Soups

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

Casseroles

Stir halfway through and again at the end of heating.

Mince Pies - Caution!

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

Cooking and Reheating Guidelines

Christmas Puddings and Liquids - Caution!

Take great care when reheating these items. **Do not leave unattended. Do not add extra alcohol.**

Babies' Bottles - Caution!

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



Note

Liquid at the top of the bottle will be much hotter than at the bottom. The bottle must be shaken thoroughly and tested before use. **We do not recommend that you Use your microwave to sterilise Babies' bottles.** If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

Reheating Charts

The times given in the charts below are a guideline only, and will vary depending on **starting** temperature, dish size and quantity. Pastry or bread items reheated by microwave will be soft not crisp.

Heating Category

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



Microwave
symbol

The IEC (60705)
power output
(watts)

The heating
category for
small packs
of food

Babies bottles - Caution!

After heating by Microwave, liquid at the top of a bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. When testing the temperature of the milk, squirt a little onto your inner wrist. The milk droplets on your skin should feel warm, not hot.







For 250 ml of milk from fridge temperature, remove top and teat. Heat on High Microwave for 45 seconds.

Check carefully.

For 100 ml of milk from fridge temperature, remove top and teat. Heat on High Microwave for 20 seconds.

Check carefully.

Reheating Charts








Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Bread – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants / brioche	1	High 	20 secs	Place in glass dish on base. Do not cover.
	4	High 	1 min	
	Any	200 °C	2-3 mins	Preheat oven with enamel shelf in lower shelf position.
Canned pasta				
Ravioli	400 g	High 	2 mins 30 secs	Place in a heatproof bowl and cover. Place on base and stir halfway.
Macaroni cheese			2 mins 30 secs	
Spaghetti			3 mins	
Canned puddings				
Rice Pudding	400 g	High 	2 mins	Place in a heatproof bowl and cover. Place on base and stir halfway.
Custard	400 g	High 	2 mins	Place in a heatproof bowl and cover. Place on base and stir halfway.
Canned soups				
Condensed	295 g	High 	4-5 mins	Place in a heatproof bowl and stir in one can of water. Cover and place on base stirring halfway.
Healthy option	415 g		3 mins	Place in a heatproof bowl and cover. Place on base and stir halfway.
Luxury/vegetable/ broth	400 / 415 g		3 mins	
Creamed	400 g		3 mins	



Points for Checking

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Reheating Charts






Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Chilled soups				
1 Portion	250 ml	High 	2 mins 30 secs	Place in a heatproof bowl and cover. Place on base and stir halfway.
2 Portions	500 ml		4 mins 30 secs	
Canned vegetables				
Baked beans	200 g	High 	1 mins 30 secs	Place in a heatproof bowl and cover. Place on base and stir halfway.
	415 g		2 mins 30 secs	
Baked beans with sausages	415 g		2 mins 30 secs	
Broad beans	300 g		2 mins	
Butter beans	210 g		1 mins 30 secs	
Carrots, baby	400 g	Medium 	4 mins	
Green beans	400 g			
Mushrooms	285 g	High 	2 mins	
Peas, mushy	300 g		2 mins	
Peas, petit pois	290 g		2 mins	
Peas, garden	290 g		2 mins	
Peas, marrowfat	300 g	Medium 	4 mins	
Sweetcorn	200 g		3 mins	
	330 g		5 mins	
Tomatoes	400 g		5 mins	
Plated meal - Chilled				
Small - child portion	1	Medium 	4-5 mins	Cover and place on base.
Large - adult portion			6-7 mins	
Drinks				
1 Mug cold milk	235 ml	High 	2 mins 30 secs	Place in a heatproof mug / jug on base. Stir halfway and after reheating.
1 Jug cold milk	568 ml (1 pint)		4 mins	
1 Mug cold coffee/tea / milky coffee	235 ml		1 min 20 secs	



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Reheating Charts







Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Savoury pastry products - precooked pastries reheated by microwave will have a soft base.				
Pasties/slices	150 g	High 	1 min 30 secs	Place in glass dish on base.
	150 g	Combi 3	7-8 mins	Place on glass tray on wire shelf in lower shelf position.
	300 g (2)	Combi 2		
Meat pies	150 g	High 	1 min - 1 min 30 secs	Place on a plate on the base of oven.
	165 g	Combi 2	4-5 mins	Remove product from foil container and place on glass tray on wire shelf in lower shelf position.
	300 g (2)		7-8 mins	
	200 g	Combi 2	6-7 mins	
	550 g		12 mins	
Quiche	170 g	Combi 2	5 mins	Remove product from foil container and place on glass tray on wire shelf in lower shelf position.
	400 g	Combi 6	7 mins	
Sausage rolls x 1	150 g	High  or	1 min 30 secs	Place in glass dish on base.
		Combi 3	6-7 mins	
Snack size x 5	300 g	Combi 3	9-10 mins	Place on glass tray on wire shelf in lower shelf position.
Puddings and desserts - where microwave only is involved transfer food from foil container to a similar sized heatproof dish.				
Bread & butter pudding	500 g	Combi 3	18-19 mins	Place on glass tray on wire shelf in lower shelf position.
Chilled custard	500 g	High 	3 mins 30 secs	Place in large jug. Cover and place on base stir halfway.
Chilled rice pudding	125 g	High 	1 min	Place on base.
	400 g	Combi 3	12-13 mins	Place on glass tray on wire shelf in lower shelf position.
Fruit crumble	540 g	Combi 5	13-15 mins	Place on wire shelf in lower shelf position.



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Reheating Charts







Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Fruit pie - large	600 g	220 °C	18-20 mins	Remove product from foil container and place on the glass tray on wire shelf in lower shelf position.
Fruit pie - Individual	x 1	High 	20 secs	Place in glass dish on base. Remove foil.
Mince pies - x 2	110 g	High 	10- 20 secs	Place on micro-safe plate on base. Remove foil.
Pancakes	250 g	Medium 	2 mins	Pierce packet and place in glass dish on base.
Spotted dick	100 g	Medium 	1 min	Pierce film lid and place on base.
Sponge pudding - large	365 g	Medium 	3 mins	Pierce film lid and place on base.
Sponge pudding - Individual	120 g		1 min	
Christmas pudding - Do not leave unattended as overheating can cause the food to ignite.				
Small/slice	100 g	Medium 	1 min	Pierce film lid and place on base.
Medium	454 g		2 mins	
Large	908 g		3 mins	
Ready meals - Chilled. Transfer food from foil container to a similar sized heatproof dish. Healthy eating options will only slightly brown on combination because of the lower fat content.				
Cauliflower cheese	350 g	Combi 4	13-14 mins	Remove lid. Place on glass tray on wire shelf in lower shelf position.
Cottage/ shepherds pie	450 g	Combi 1	13 mins	Remove lid. Place on glass tray on wire shelf in lower shelf position.
	1.5 kg		25 mins	



Points for Checking

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Reheating Charts




Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Fish/veg bake	450 g	High  or	6 mins	Place on base.
		Combi 1	14 mins	Remove lid. Place on glass tray on wire shelf in lower shelf position.
	700 g	Combi 4	17-18 mins	
Onion bhajis/ samosas	300 g	Combi 5	7-8 mins	Place on glass tray on wire shelf in lower shelf position. Turn halfway.
Lasagne	450 g	High  or	4 mins	Place on glass tray on wire shelf in lower shelf position.
		Combi 1	12-13 mins	
	700 g	Combi 2	21-23 mins	
	1.2 kg	Combi 3	23-25 mins	
Macaroni cheese	450 g	Combi 4	8-9 mins	
	1.2 kg		15 mins	
Chilled mashed potato	450 g	Medium 	6-7 mins	Pierce lid and place on base. Stir halfway.
Carrot and swede mash	500 g			
Spring rolls x 4	240 g	Combi 3	8-9 mins	Place on glass tray on wire shelf in lower position.
Ready meals - Frozen. Transfer food from foil container to a similar sized heatproof dish. Remove any covering/lid film lid.				
Cauliflower cheese	400 g	Combi 6	25 mins	Place on glass tray on wire shelf in lower shelf position.
Cottage/fish/ shepherds pie	400 g	High  or	12 mins	Place on base.
		Combi 3	25 mins	Place on glass tray on wire shelf in lower shelf position.
Lasagne/ cannelloni	400 g	High  or	10-12 mins	Place on base.
		Combi 3	24-26 mins	Place on glass tray on wire shelf in lower shelf position.
Macaroni cheese	400 g	High  or	10-12 mins	Place on base of the oven.
		Combi 3	18 mins	Place on glass tray on wire shelf in lower shelf position.



Points for Checking

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Reheating Charts










Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Quorn®				
Burgers	200 g (4)	Medium 	4 mins	Place in glass dish on base.
Escalopes	240 g (2)	Combi 4	9-10 mins	Place on glass tray on wire shelf in lower shelf position.
Nuggets	300 g	Combi 4	9-10 mins	
Fishless fingers	200 g		7-8 mins	
Sausages	300 g (6)	Grill 1	15 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Bread				
Part-baked baguettes	220 g (2)	Combi 9	6 min	Place on glass tray on wire shelf in middle shelf position.
Part-baked garlic baguette/ciabatta	215 g	Combi 3	10-11 mins	
Garlic doughballs x 12	165 g	Combi 3	9 mins	
Bacon and pork - from raw - Caution: Hot fat! Remove accessories with care.				
Bacon rashers	300 g (8)	High 	4 mins or 50 secs per rasher	Place on a plate on base and cover with a kitchen towel.
		Grill 1	10 mins	Place on enamel shelf in upper shelf position.
Gammon steaks x 2	500 g	Medium 	7-8 mins	Place in a glass dish and cover with pierced cling film. Place on base.
Pork joint		230 °C Followed by 180 °C	for 20 mins then 35 mins per 500 g	Preheat oven. Place joint on enamel shelf in lower shelf position. Stand for 10 mins after cooking and before carving.
Pork loin steaks	500 g (5)	Grill 1	16-18 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Gammon joint	800 g	180 °C	30 mins per 500 g plus 30 mins extra	Preheat oven. Place joint on enamel shelf in lower shelf position.



Points for Checking

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Cooking Charts





Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Beans & pulses - should be pre-soaked in cold water overnight (boiling water split yellow peas) except lentils which do not need to be pre-soaked.				
Chick peas	250 g	High  then Simmer 	10 mins then 40 mins	Use 600 ml (1 pt) boiling water in a large casserole dish with lid. Cover. Place on base.
Lentils		High 	12 mins	
Split yellow peas		High  then Simmer 	10 mins then 30 mins	
Beef - Caution: Hot fat! Remove dish with care. Recommended temperatures for beef are: Rare 60 °C; medium 70 °C; well done 80 °C.				
Beef burgers (fresh)	227 g (2)	Grill 1	15 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Beef burgers (frozen raw)	227 g (4)			
Joint		230 °C followed by 180 °C	20 mins per 450 g followed by: Rare: 15 mins Medium: 25 mins Well done: 35-40 mins	Preheat oven. Place on enamel shelf in lower shelf position. Turn halfway
Mince		High  then Medium 	10 mins then 15 mins per 500 g	Place in micro safe dish with enough stock (min 400 ml) to cover meat. Add seasonings. Cover and place on base. Stir halfway.
Rump / sirloin	195 g	Grill 1	Medium: 9 mins Well done: 14 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Beef - Caution: Hot fat! Remove dish with care.				
Stewing steak	1 kg - 2 kg	Combi 8	1 hour - 1 hour 30 mins	Place steak (450 g - 675 g) in casserole dish with lid. Add stock (min. 400 ml) and vegetables. Cover, place on base and stir halfway.
	1 kg - 2 kg	High  then Simmer 	10 mins then 1 hour	Place steak (450 g - 675 g) in a micro-safe dish. Add enough stock to cover meat and vegetables. Cover, place on base and stir halfway.



Points for Checking

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Cooking Charts










Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Chicken from raw - caution: Hot fat! Remove accessory with care.				
Breasts, boneless and skinless	200 g (2)	Medium 	5-6 mins	Place in micro-safe dish. Cover and place on base.
	400 g (4)		11 mins	
	600 g (4)	Combi 9	25-30 mins	Place on enamel shelf in lower shelf position.
Breaded chicken	350 g	Combi 1	12 mins	Place on glass tray on wire shelf in the lower shelf position.
Chicken legs	1.0 kg	Medium 	17 mins	Place in micro-safe dish. Cover and place on base.
		Combi 9	35-40 mins	Place on enamel shelf in lower shelf position. Turn halfway.
Drumsticks/ thighs	600 g (6)	Combi 9	22 mins	Place on enamel shelf in upper shelf position. Turn halfway.
		Medium 	12 mins	Place in micro-safe dish. Cover and place on base.
Kiev (fresh)	260 g (2)	Combi 1	8 mins	Place on glass tray on wire shelf in the lower shelf position.
Whole chicken	-	Combi 7	14-15 mins per 450 g	Place chicken breast side down on an upturned saucer in glass dish on base of oven. Turn halfway.
		Medium 	8-9 mins per 450 g	Place in glass dish on base of oven. Cover



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Cooking Charts






Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Eggs - Poached				
1 Egg	45 ml water	High  then Medium 	1 min 10 secs 60 secs	<ul style="list-style-type: none">Place water in a shallow dish and heat for 1st cooking time on base of the oven.Add egg (size 3).Pierce yolk and white.Cover.Cook for 2nd cooking time.Then leave to stand for 1 minute.
2 Eggs	90 ml water	High  then Medium 	1 min 40 secs 1 min 30 secs	
4 Eggs	180 ml water	High  then Medium 	3 mins	
			3 mins	
			3 mins	
Eggs - Scrambled. Use microwave safe bowl.				
1 Egg	-	High 	30 secs then 30 secs	<ul style="list-style-type: none">Add 1 tbsp of milk for each egg used.Beat eggs, milk and knob of butter together.Place bowl on base.Cook for 1st cooking time then stir.Cook for 2nd cooking time stirring halfway then stand for 1 minute.
2 Eggs			50 secs then 20 secs	
4 Eggs			1 min 30 secs then 1 min 20 secs	
Fish - Fresh from raw				
Lightly dusted fillets	270 g (2)	Combi 3	11-13 mins	Place on glass tray on wire shelf in lower shelf position.
Breaded Fillets	320 g (2)	Combi 3	12-14 mins	
Cakes	290 g (2)	Combi 3	13-15 mins	
Fillets	280 g	Medium 	7 mins	Place in glass dish. Add 1 tbsp (15 ml) water. Cover with pierced cling film and place on base of oven.
	700 g		8-9 mins	
Steaks	300 g (4)	Combi 7	10 mins	Place on glass tray on wire shelf in lower shelf position.
Whole x 1	225 g - 300 g	High 	4 mins	Place in glass dish and pierce skin. Add 30 ml of liquid. Cover with pierced cling film and place on base of oven.
Whole x 2	500 g - 600 g	Combi 7	15-17 mins	Place on glass tray on wire shelf in lower shelf position.



Points for Checking

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Cooking Charts


Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Fish - frozen from raw.				
Breaded fillets	220 g (2)	Combi 2	10 mins	Place on glass tray on wire shelf in lower shelf position. Turn halfway.
Cakes	270 g (2)	Combi 3	18 mins	
Fish fingers	110 g (4)	Combi 2	6-8 mins	Place on glass tray on wire shelf in lower shelf position.
	230 g (8)		8-10 mins	
Fillets	200 g	Medium 	7-8 mins	Place in micro-safe dish, cover with pierced cling film. Place on base.
Scampi	280 g	Combi 2	10 mins	Place on glass tray on wire shelf in lower shelf position.
Boil in the bag	150 g	Medium 	5-6 mins	Place bag sauce side down in glass dish. Pierce top. Shake bag halfway through.
Fruit - Peel, slice, chop into even sized pieces.				
Baked apple -cored	200 g	Medium 	3-4 mins	Place in micro-safe dish on base.
Apples - stewed	500 g		10-11 mins	Place in micro-safe dish. Add 1 tbsp water. Cover. Place on base.
Apricots-stewed	300 g		5-6 mins	
Pears - stewed	500 g		8 mins	
Plums - poached	400 g	High 	6 mins	Place in a micro-safe dish, Add 300 ml (½ pt) of water. Only half fill dish. Cover. Place on base.
Plums - stewed	400 g	Medium 	7-8 mins	Place in micro-safe dish.
Rhubarb - stewed	500 g		6 mins	Add 1 tbsp water. Cover. Place on base.
Duck - Caution: Hot fat! Remove dish with care.				
Duck breast fillets	400 g	200 °C	30 mins	Preheat oven. Prick the skin and place on enamel shelf in lower shelf position.
Duck, whole	-	190 °C	25 - 27 mins per 450 g	
Crispy duck - reheat	370 g	230 °C	20 mins	Preheat oven and place duck on enamel shelf in lower shelf position.



Points for Checking

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Cooking Charts




Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Lamb - from raw - Caution: Hot Fat! Remove accessory with care.				
Joint	-	180 °C	Medium: 25 mins per 450 g plus 15 mins or Well done: 30 mins per 450 g plus 20-25 mins.	Preheat oven. Place joint on enamel shelf in lower shelf position. Once cooked allow the joint to stand for 10 minutes - this will make the joint easier to carve.
Loin/ leg steaks	600 g (4)	Grill 1	Medium: 16-17 mins Well Done: 19-20 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Chops/ cutlets	340 g (4)	Grill 1	Medium: 10-12 mins Well Done: 14-16 mins	
Casserole/ stewing Lamb	1 kg - 2 kg	Combi 8	1hr 20 mins - 1hr 30 mins	Place lamb (450 g - 675 g) in a casserole dish, add stock (min. 400 ml) and vegetables, cover with lid and place on base. Stir halfway.
Pasta. Use 3 litre (6 pt) large bowl				
Fusilli/ macaroni/ penne	200 g	High 	12 mins	Use 550 ml (1 pint) boiling water. Add 15 ml oil. Cover. Stir halfway.
Linguine/ tagliatelle	200 g		12 mins	Use 700 ml (1¼ pt) boiling water. Add 15 ml oil. Cover. Stir halfway.
Spaghetti	250 g		8-10 mins	
Pizza - Fresh chilled - N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.				
Deep pan	555 g	Combi 1	8-10 mins	Place directly on wire shelf in middle shelf position.
Thin and crispy	150 g		4-5 mins	Place pizza directly on wire shelf in middle shelf position.
	335 g		5-6 mins	
	370 g		6-7 mins	
Pizza - Frozen - N.B. Remove all packaging.				
Deep pan	385 g	Combi 1	12 mins	Place directly on wire shelf in middle shelf position.
Individual deep	320 g (2)	Combi 2	11 mins	
Thin and crispy	335 g	Combi 1	9-10 mins	



Points for Checking

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

Cooking Charts



Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Porridge N.B. Use a large bowl.				
1 serving	30 g oats 150 ml (¼ pt) milk	High 	2 mins	Place on base and stir halfway.
2 servings	50 g oats 275 ml (½ pt) milk		3 mins 30 secs	
4 servings	150 g oats 550 ml (1 pt) milk		6 mins 30 secs	
Potato products part cooked - Frozen				
Croquettes/ smiley faces	300 g	Combi 9	10-12 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Hash browns			12-14 mins	
Oven fries			10-15 mins	
Potato wedges		230 °C	17 mins	
Sweet potato fries		230 °C	15 mins	
Waffles		Combi 9	10-12 mins	
Rice - Use 3 litre (6 pt) large bowl				
Basmati	250 g	High 	10 mins	Use 550 ml (1 pt) boiling water. Cover and stir halfway.
Easy cook long grain			10 mins	
Long grain white			12 mins	
Steam rice pouch			3-4 mins	Place pouch on base.
Sausages from raw - Caution: Hot Fat! Remove accessory with care.				
Thick	454 g (8)	Grill 1	12-13 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Thin	375 g (12)		10 mins	
Turkey				
Breasts, boneless and skinless	400 g (2)	Medium 	9-10 mins	Place in glass dish. Cover. Place on base.
Whole		Combi 7	12-13 mins per 450 g	Place breast side down, on an upturned saucer in a glass roasting dish on base of oven. 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	Power Level	Time to Select (approx)	Instructions / Guidelines
Fresh vegetables				
Asparagus	200 g	Medium 	4-4 1/2 mins	Add 45 ml (3 tbsp) water. Cover.
Baby corn	200 g		6-7 mins	
Broad beans	200 g		8-9 mins	
Runner beans	150 g		5-6 mins	
Beetroot	450 g		12-14 mins	
Broccoli	250 g		5 mins	
Brussel sprouts	200 g		5-6 mins	
Butternut squash	300 g		9-10 mins	
Cabbage - sliced	300 g		8 mins	
Carrots - sliced	200 g		6-8 mins	
Cauliflower - florets	400 g		10-11 mins	
Courgettes	250 g		5-6 mins	
Corn on the cob	x 2		10-12 mins	
Parsnips - par-boiled	300 g		7-8 mins	
Peas	200 g		5-6 mins	
Potatoes - boiled	500 g		12-14 mins	
Potatoes - par-boiled	500 g		6-7 mins	
Jacket potatoes - 250 g each	x 1	High 	6-7 mins	Place on glass tray on the base, pierce skin.
	x 2		11-13 mins	
	x 4		23 mins	
	x 6		30 mins then 10 mins	
	x 1	Combi 1	15 mins	Place on the glass tray on the wire shelf in the lower shelf position.
	x 2		23 mins	
	x 4		28 mins	
	x 6		35 mins	



Points for Checking

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

Cooking Charts

Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Fresh vegetables				
Spinach	200 g	Medium 	4 mins	Add 45 ml (3 tbsp) water. Cover.
Sugar snap peas	200 g		6 mins	
Swede - cubed	400 g		12 mins	
Sweet potato	400 g		10-12 mins	
Turnip	300 g		12 mins	
Frozen vegetables				
Battered onion rings	250 g	230 °C	20 mins	Place on enamel shelf in upper shelf position.
Beans - broad	200 g	Medium 	7-8 mins	Add 30 ml (2 tbsp) water. Cover.
Beans - green	200 g		10 mins	
Broccoli - florets	250 g		7-8 mins	
Carrots - sliced	200 g	High 	4-5 mins	
Cauliflower	250 g	Medium 	8 mins	
Mixed vegetables	200 g		6-8 mins	
Peas	200 g		7 mins	
Soya beans	200 g	High 	4 mins	
Steam vegetables	125 g		3 mins	
Sweetcorn	200 g	Medium 	6 mins	



Points for Checking

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

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 minutes per 450 g / 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 minutes on **Medium Microwave** for 4 servings will become 40 minutes on **Medium Microwave** for 6 servings.

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

Decreasing Recipes

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

Using Recipes from Other Books

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

Oven Microwave output powers are set by an IEC standard. 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 Microwave** or **Medium Microwave** and select the same cooking time suggested, however **check** the progress of the food during cooking and adjust the time if necessary.

Cooking for One

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

Sweet Potato Soup

ingredients

Serves 4

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

Dish: 1 x large casserole dish
with lid

1. Place the onion, oil and garlic into a large casserole dish and cover. Place on the base of the oven and cook on **High Microwave** for 2 minutes.
2. Add the sweet potato and pepper. Cover and cook on **High Microwave** for 5 minutes. Add stock, cover and cook on **Medium Microwave** for 20 minutes, or until the potatoes are soft, stirring halfway. Allow to cool slightly. Place in liquidiser and puree until smooth.
3. Stir in the coconut milk and season to taste. Heat on **Medium Microwave** for 3 minutes, or until piping hot.

Tomato and Pepper Soup

ingredients

Serves 4

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

Dish: 1 x large Pyrex® bowl,
1 x casserole dish with lid

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

Thai Butternut Squash Soup

ingredients

Serves 6

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

Dish: 1 x large Pyrex® casserole
dish with lid

1. Make the spice paste by combining the first seven ingredients. Use a food processor or a pestle and mortar to do this.
2. Add the onion and the spice paste to a large casserole dish with lid, cook on **High Microwave** for 5 minutes. Peel and chop butternut squash scraping out all seeds and stringy bits.
3. Add butternut squash and hot stock to the casserole dish, cover. Cook on **High Microwave** for 15-20 minutes or until butternut squash is soft, stirring once during cooking time.
4. Add coconut milk, juice of limes, salt and pepper. Liquidise. Stir and serve with coriander leaves.

Stuffed Mushrooms

ingredients

Serves 4

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

Dish: 1 x small bowl,
1 x large plate

1. Cook bacon rashers on a plate on **High Microwave** for 1-2 minutes until crisp and brown. When cool, chop into small pieces.
2. In a small bowl, mix together grated cheese, bacon, mustard and breadcrumbs. Add beaten egg, milk, parsley and seasoning and mix until well combined.
3. Fill mushroom with mixture. Cut cheese slices into 1 cm squares and place on top of filling.
4. Place mushrooms in a circle on a plate and cook on the base of the oven on **High Microwave** for 4 minutes or until cheese starts to melt and mushrooms are just cooked.

Onion & Feta Tarts

ingredients

Serves 6

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

Dish: 1 x small Pyrex® bowl
Accessory: Enamel shelf

1. Roll out the puff pastry and cut out 6 circles, each about 10 cm diameter. Refrigerate the pastry for 30 minutes.
2. Put the oil and onion in a small Pyrex® bowl. Cook on **High Microwave** for 3-4 minutes.
3. Preheat oven on **Convection 220 °C**.
4. Add the pine nuts, cheese, olives, sun-dried tomatoes and capers to the onions. Season. Place 6 pastry circles on the lined enamel shelf and prick them with a fork. Divide the mixture between the six pastry circles.
5. Cook the tartlets on **Convection 220 °C** for 10-15 minutes in the lower shelf position or until golden. Garnish with fresh oregano.

Red Pepper & Mushroom Bruschetta

ingredients

Serves 4

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

Dish: 1 x Pyrex® bowl

Accessory: Wire shelf

1. Slice mushrooms, place in a bowl and drizzle with olive oil. Place on base of oven, cover with pierced cling film and cook on **Medium Microwave** for 5 minutes. Leave to cool slightly.
2. Spread one side of each slice of ciabatta with garlic butter. Place the ciabatta slices on the wire shelf in upper shelf position and toast on **Grill 1** for 5 minutes.
3. Layer mushrooms and pepper on top of ciabatta slices. Cut the goat's cheese into 8 slices and put one slice on top of each stack. Place wire shelf in middle shelf position and cook on **Combi 1** for 5 minutes.

Olive & Anchovy Bites

ingredients

Makes 40 - 45

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

Accessory: Enamel shelf

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

Pea & Watercress Soup

ingredients

Serves 4

1 tbsp olive oil
1 onion, roughly chopped
1 garlic clove, crushed
1 medium potato,
cut into small chunks
1 litre vegetable stock
300 g frozen peas
100 g watercress
Leaves from 2 mint springs,
plus extra to garnish
100 ml double cream

Dish: 1 x large casserole dish
with lid

1. Place oil in a large casserole dish, add onion and garlic. Cover, place on the base of the oven and cook on **Medium Microwave** for 4 minutes.
2. Add the potato, stock and 250 ml of water, cook on **Medium Microwave** for 8 minutes.
3. Scatter in the peas and watercress, stir, cover then cook on **High Microwave** for 4 minutes. Add the mint leaves and blitz with a hand blender until smooth. Stir in the cream and season to taste.

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

When is Fish Cooked?

Fish is cooked when it flakes easily and becomes opaque.

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

Whole Fish

If cooking 2 whole fish together, they should be arranged head to tail for even cooking. Large whole fish must have the tail and head shielded halfway through cooking with smooth pieces of tin foil secured with cocktail sticks.



Arranging

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail. Fish steaks should be arranged in a circle, thicker part to the outside. Cover with pierced cling film or lid.

Liquid

Fresh fish should always be sprinkled with 30 ml (2 tbsp) of lemon juice, white wine or water. When cooking frozen fish, add liquid as above for even cooking. Do not sprinkle salt onto fish before cooking as this may make the fish dry.



Noise

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



Pesto Baked Cod

ingredients

Serves 4

1 aubergine, cubed
1 red onion, chopped
1 orange pepper, cut into chunks
1 courgette, sliced
30 ml oil
2 lemons
4 x 175 g cod fillets
60 ml pesto
250 g cherry tomatoes

Accessory: Enamel shelf

1. Preheat oven on **Convection 200 °C**. Scatter the aubergine on the enamel shelf and cook on **Convection 200 °C** for 5 minutes in the middle shelf position.
2. Add the red onion, pepper, courgette, olive oil and the juice of 1 lemon to the enamel shelf. Season and shake well to coat. Cook on **Convection 200 °C** for a further 15 minutes in the middle shelf position.
3. Meanwhile, slice the remaining lemon thinly. Brush the tops of each of the cod fillets with pesto and arrange the lemon slices on top.
4. Remove the enamel shelf from the oven, add the tomatoes and place the cod on top of the vegetables. Cook for a final 15 minutes on **Convection 200 °C** in the lower shelf position until the fish is cooked through.

Seafood Bake

ingredients

Serves 4

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

Dish: 2 x large Pyrex® bowl,
1 x baking dish

Accessory: Wire shelf

1. Defrost the seafood for 6 minutes on **Medium Microwave**, stirring several times. Drain and keep the liquid, adding 250 ml milk to it.
2. Chop the shallots, the carrot and the mushrooms and cook this mixture in a bowl, covered, with 30 g of butter for 4 minutes on **High Microwave**.
3. Add 3 tbsp of flour, stir and cook again for 1 minute on **High Microwave** then add the milk and juice from the seafood. Cook this sauce for 5-6 minutes on **High Microwave**, stirring halfway (if the sauce isn't thick enough, you can add some sauce thickener mixed with white wine).
4. Add 1 tbsp wine and the dill. Pour mixture over the seafood in the baking dish.
5. Sprinkle with grated cheese, place on wire shelf in the middle shelf position and cook 8 minutes on **Combi 4** then 8-10 minutes on **Grill 1**.

Sun Dried Tomato Fish Bake

ingredients

Serves 2

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

Dish: 1 x Pyrex® bowl

Accessory: Wire shelf, glass tray

1. In a Pyrex® bowl mix the yoghurt, pesto and 1 tbsp of parsley or dill and season well.
2. Add the fish fillets and coat with the yoghurt sauce.
3. Place fish fillets on wire shelf in middle shelf position, with glass tray on the base of the oven and cook on **Combi 1** for 12-15 minutes.
4. Sprinkle the remaining parsley or dill over the fish and serve with salad and crusty bread.

Thai Trout

ingredients

Serves 2

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

Dish: 1 x shallow Pyrex® dish

1. Place fish fillets into a shallow dish, sprinkle the remaining ingredients on the top of the fish.
2. Cover and place dish on base of the oven and cook on **Medium Microwave** for 4-5 minutes, or until the fish is cooked through. Serve with rice.

Mussels with Garlic

ingredients

Serves 2

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

Dish: 1 x large rectangular
Pyrex® dish

1. Scrub mussels and pull off any beards discarding any broken or open shells.
2. Place oil, onion and garlic in a dish, cover with pierced cling film. Place on base of oven and cook on **High Microwave** for 2 minutes. Add wine and cook on **High Microwave** for 3 minutes.
3. Add the mussels and place dish on base of oven. Cook on **Medium Microwave** for 5-6 minutes.
4. Discard any unopened shells. Add the parsley and stir before serving.

Salmon with Mango Salsa

ingredients

Serves 4

4 salmon fillets, each 100 g -150 g

Marinade

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

Mango Salsa

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

Dish: 1 x shallow Pyrex® dish,
1 x small bowl

1. Mix the marinade ingredients together. Pour marinade over salmon in dish and leave to marinate for 2-3 hours in the fridge.
2. Mix all the salsa ingredients together in a small bowl and chill in fridge.
3. Place the salmon in the Pyrex® dish directly on base of oven. Cook on **Medium Microwave** for 7-8 minutes. Serve salmon with the salsa.

Coconut Fish Curry

ingredients

Serves 4-5

1 onion, chopped
1 red pepper, deseeded and cubed
200 ml coconut milk
1 tomato, chopped
1 tbsp curry paste
juice of ½ lemon
600 g coley or pollock, cubed
salt and pepper

Dish: 1 x Pyrex® casserole dish
with lid

1. Sweat the chopped onion with the cubed pepper in a Pyrex® casserole dish, covered on **High Microwave**, for 4-5 minutes.
2. Add the coconut milk, the peeled and chopped tomato, the curry paste and lemon juice; Cook on **High Microwave** for 3 minutes before adding the fish cut into cubes. Cover and cook on **High Microwave** or 6-7 minutes, stirring halfway through cooking time.
3. Season to taste before serving.

Defrosted Joints

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

Fat

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

Arranging

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail. Fish steaks should be arranged in a circle, thicker part to the outside. Cover with pierced cling film or lid.

Tips

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

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

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

How to Cook Small Cuts of Meat by Microwave

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

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

Moussaka

ingredients

Serves 4

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

For the topping

2 eggs
150 ml (½ pt) single cream
100 g cheddar cheese, grated
25 g Parmesan cheese, grated

Dish: 2 x large casserole with lid,
1 x small bowl, 1 x large shallow
rectangular or oval Pyrex® dish

Accessory: Wire shelf

1. Pierce skin of potato and cook on **Medium Microwave** for 10-12 minutes, leave to cool slightly then slice.
2. Place oil, garlic and onion in a casserole dish with lid. Place on base of the oven and cook on **Medium Microwave** for 2 minutes. Add lamb, tomatoes, purée, herbs, season and mix well. Cover and cook on **High Microwave** for 10 minutes.
3. Place aubergine in casserole dish with 3 tbsp water. Place on the base and cook on **Medium Microwave** for 4 minutes.
4. For the topping: Whisk eggs, cream and cheddar together. Arrange half the aubergine slices in the base of dish and spoon over half the lamb mixture and potato slices, repeat process again. Spread the cheese mixture over the top and sprinkle with Parmesan cheese.
5. Place on wire shelf in lower shelf position and cook on **Combi 7** for 15-18 minutes or until topping is puffed and golden.

Layered Chicken

ingredients

Serves 4

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

Dish: 1 x shallow dish

Accessory: Enamel shelf

1. Slice the chicken breasts into strips and place between plastic film and flatten using a rolling pin. Put chicken in a shallow dish with lemon juice, thyme, olive oil and seasoning. Allow to marinate for a couple of hours in the fridge.
2. Preheat oven on **Convection 200 °C** with enamel shelf in lower position. Carefully remove the enamel shelf from the oven using oven gloves. Spread the chicken out on the enamel shelf and put back in the oven. Cook on **Convection 200 °C** in the lower shelf position for 10-15 mins or until cooked through, turning halfway. Remove chicken from the shelf and allow to cool slightly.
3. Wash enamel shelf. Roll out pastry to a 25 cm x 25 cm square. Place ½ of the chicken on the centre third of the pastry. Cover with ½ of the peppers, then all of the brie followed by the rest of the peppers and finally the remaining chicken.
4. 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.
5. Preheat the oven empty on **Convection 200 °C**. Transfer the pastry onto the enamel shelf in lower shelf position and brush with beaten egg. Sprinkle with parmesan cheese. Cook on **Convection 200 °C** for 20 minutes until the pastry is crisp and golden.

Hungarian Goulash

ingredients

Serves 4

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

Dish: 1 x large casserole
Pyrex® dish with lid

1. Toss meat in the flour.
2. Combine all ingredients except the soured cream in a large Pyrex® casserole dish. Cover, place on the base of the oven and cook on **Low Microwave** for 40-50 minutes or until the meat is tender.
3. Remove from oven immediately stir in the soured cream.

Lasagne

ingredients

Serves 4

Meat Sauce

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

Lasagne

1 quantity of White Pouring
White Sauce (see page 120)
100 g grated cheese
1 tsp mustard
salt and pepper
250 g fresh lasagne
50 g Parmesan cheese, grated

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

1. Place onion, garlic and oil in a casserole dish. Place on base of oven and cover. Cook on **Medium Microwave** for 3 minutes. Place all other meat sauce ingredients in the casserole dish. Stir well.
2. Cover, cook on **High Microwave** for 10 minutes. Then **Medium Microwave** for 15-20 minutes or until cooked.
3. Add mustard and grated cheddar cheese to white sauce and cover the base of the dish with a layer of white sauce, then a layer of lasagne, then a layer of meat mixture. Continue with a layer of lasagne then meat, ending with a layer of white sauce. Sprinkle parmesan cheese over the top.
4. Place on the base of the oven and cook on **Combi 5** for 10 minutes. Then **Grill 1** for 3-5 minutes or until golden brown.

Mini Boeuf en Croute

ingredients

Serves 4

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

Dish: 1x small bowl, 1x large bowl

Accessory: Enamel shelf

1. Soak porcini mushrooms in boiling water for 20 minutes. Drain and finely chop. Put the butter, all the mushrooms and onions in a bowl. Place on the base of the oven and cook on **High Microwave** for 3 minutes.
2. Add wine to the mushroom mixture and cook on **High Microwave** for 7-8 minutes. Leave to cool.
3. Preheat oven on **Convection 200 °C**. Place the beef fillets on the enamel shelf in the middle shelf position and cook on **Convection 200 °C** for 10-15 minutes. Allow to cool.
4. Cut the pastry into 4 pieces and roll each piece out to a 15 cm x 15 cm square and brush with beaten egg. Place a ¼ of the mushroom mixture into the centre of each pastry square and place a fillet on top. Season. Bring the corners of the pastry to the centre and place on lined enamel shelf. Brush with beaten egg.
5. Cook on the enamel shelf in the lower shelf position on **Convection 220 °C** for 20-25 minutes.

Belgian Beef Casserole

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole
with lid

1. Coat the beef in the seasoned flour and place in a large Pyrex® casserole dish. Add the remaining casserole ingredients.
2. Cover with lid, place on base of oven and cook on **Combi 8** for 1 - 1½ hours or until tender. Stir halfway.

Steak and Mushroom Pudding

ingredients

Serves 4

450 g braising steak, cubed
25 g seasoned flour
150 g mushrooms, sliced
1 onion, chopped
1 clove garlic, crushed
5 ml (1tsp) thyme
275 ml (1½ pt) hot beef stock
275 ml (1½ pt) cream stout)

Pudding

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

Dish: 1 x large Pyrex® casserole
with lid, 1 x pudding basin 1.2 litre

1. Coat the steak in seasoned flour and add to a casserole dish with all the filling ingredients. Cover, place on base of oven and cook on **Combi 8** for 1 hour 10 minutes.
2. Remove meat with a slotted spoon and fill basin.
3. Mix cornflour with water and stir into the gravy. Place on base of oven and cook on **High Microwave** for 2 minutes stirring once, or until gravy has thickened. Pour 60 ml (4 tbsp) of gravy over the meat and reserve the rest for serving.
4. Mix flour, salt and suet together. Mix to a firm dough with cold water. Roll pastry to form a lid, moisten the edges and seal over the top of the meat. Place on base of oven and cook on **Medium Microwave** for 10-15 minutes or until pastry looks dry.

Shepherd's Pie

ingredients

Serves 4

1 kg potatoes, peeled and cubed
2 tbsp (30 ml) milk
1 medium onion, chopped
2 carrots, chopped
25 g butter
350 g lamb, minced
275 ml (½ pt) hot lamb stock
1 tbsp (15 ml) worcestershire sauce
1 tbsp (15 ml) gravy thickening
1 tbsp (15 ml) tomato puree
salt and pepper
50 g cheese

Dish: 1 x Pyrex® casserole dish with lid, 1 x shallow dish

Accessory: Wire shelf

1. Place potatoes in a casserole dish with 3 tbsp water. Cover with lid, place on base of oven and cook on **Medium Microwave** for 15-18 minutes until soft. Drain and mash well with the milk.
2. Place onion, carrots and butter into a shallow dish. Place on base of oven and cook on **Medium Microwave** for 5 minutes or until soft. Add minced meat to vegetables. Then add stock, worcestershire sauce, gravy thickening and tomato puree and season to taste.
3. Cook on **High Microwave** for 15 minutes then spread potato on top of the meat, using a fork to make a pattern on top. Sprinkle with cheese.
4. Place dish on wire shelf in lower shelf position and cook on **Combi 7** for approximately 20 minutes or until top is crisp and golden.

Chicken Pasanda

ingredients

Serves 4

3 cardamom pods
1/2 cinnamon stick
1/2 tsp (3 ml) cumin seeds
1 tsp (5 ml) garam masala
1 tsp (5 ml) chilli flakes
2.5 cm fresh root ginger, grated
1 clove of garlic, crushed
25 g ground almonds
3 tbsp (45 ml) natural yoghurt
600 g chicken breasts, skinned and cubed
1 tbsp (15 ml) olive oil
2 medium onions, finely chopped
150 ml single cream
2 tbsp (30 ml) fresh coriander, chopped

Dish: 1 x Pyrex® casserole dish with lid, 1 x large Pyrex® bowl

1. Place the cardamom, cinnamon, cumin, garam masala, chilli, ginger, garlic, almonds and yoghurt into a Pyrex® bowl. Add chicken and stir well. Leave to marinate in the fridge for 2-3 hours.
2. Place oil and onions in Pyrex® casserole dish. Cook on **High Microwave** for 2 minutes.
3. Stir chicken into onions. Place casserole dish on base of oven, cover and cook on **Medium Microwave** for 15 minutes. Stir. Cook for a further 10-15 minutes on **Simmer Microwave**. Stir in cream and coriander and cook on **Medium Microwave** for 3 minutes or until hot.

Bolognese Sauce

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole dish with lid

1. Place onion, garlic and oil in a casserole dish. Place on base of oven and cook on **Medium Microwave** for 3 minutes.
2. Place all other ingredients in the casserole dish. Stir well.
3. Cover, cook on **High Microwave** for 10 minutes. Then **Medium Microwave** for 15-20 minutes or until cooked.

Variation: Chilli Con Carne add 400 g can red kidney beans drained, 5-10 ml (1-2 tsp) chilli powder and 1 diced green pepper with the onion, garlic and oil.

Thai Lamb Curry

ingredients

Serves 4

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

Dish: 1 x jug, 1 x large Pyrex®
casserole dish with lid

1. Mix the coconut with the boiling water. Mix all the remaining ingredients except the coriander with the lamb and leave to marinade in the fridge for 30 minutes.
2. Combine the coconut and the lamb mixture in a casserole dish and stir well. Cover, place on base of oven and cook on **Combi 8** for 55-60 minutes stirring halfway. Garnish with fresh coriander.

Marinated Chicken Breasts

ingredients

Serves 3

3 x chicken breasts approx. 600 g
boneless and skinless

Suggested Marinades:

Ginger and Soy

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

Lemon and Honey:

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

Lemon and Thyme:

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

Sesame and Honey:

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

Dish: 1 x dish, 1 x shallow Pyrex®
dish

1. Mix the selected marinade ingredients together. Pour marinade over chicken directly in dish and leave to marinate for 2-3 hours in the fridge.
2. Place the chicken in a shallow Pyrex® dish on the base of the oven.
3. Cook chicken on **Low Microwave** for 7 minutes. Pour the remaining marinade over the chicken and continue on **Low Microwave** for 9-10 minutes, or until the chicken is cooked through.

Toad in the Hole

ingredients

Serves 4

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

Dish: 1 x Pyrex® bowl,
1 x oblong tin 27 cm x 22 cm

Accessory: Enamel shelf

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

Spicy Lamb Tagine

ingredients

Serves 6

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

Dish: 1 x Pyrex® bowl, 1 x large Pyrex® casserole dish with lid

1. Put spices into bowl and mix well. Add lamb and evenly coat with spices.
2. Place oil, onions and garlic in a casserole dish. Place on base of oven and cook on **Medium Microwave** for 5 minutes.
3. Add lamb mixture and mix thoroughly. Stir in remaining ingredients and cover. Cook on **Combi 8** for 1-1½ hours or until tender, stir halfway.

Creamy Chicken Gratin

ingredients

Serves 4

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

Dish: 1 x large casserole dish, 1 x shallow Pyrex® dish
Accessory: Wire shelf

1. Slice the leeks and place in a casserole dish with the butter. Place on base of oven and cook on **Medium Microwave** for 10 minutes or until softened.
2. Add the flour and mix well. Stir in the milk and heat on **High Microwave** for 4-5 minutes or until thickened stirring halfway. Add the chicken, ham and cheese then season and mix well.
3. Pour into the casserole dish. Place on wire shelf in lower shelf position and cook on **Combi 2** for 15-20 minutes or until piping hot and golden.

Coq Au Vin

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole dish with lid

1. Place bacon, herbs and garlic in a large Pyrex® casserole dish. Place on base of oven and cook on **High Microwave** for 2 minutes.
2. Place remaining ingredients in the casserole dish and cover. Place on base of oven and cook on **Combi 8** for 1 hour 30 minutes or until cooked through.
3. Skim off any excess fat. Thicken using a little cornflour mixed with water. Serve sprinkled with chopped parsley

Chicken Satay

ingredients

Serves 4

100 g creamed coconut
90 ml (6 tbsp) crunchy peanut butter
45 ml (3 tbsp) lemon juice
30 ml (2 tbsp) soy sauce
large pinch of chilli powder
4 chicken breast fillets,
skinned approx 650 g
30 ml (2 tbsp) vegetable oil
2 garlic cloves, crushed
5 ml (1 tsp) ground turmeric
5 ml (1 tsp) five-spice powder
5 ml (1 tsp) coriander seeds
5 ml (1 tsp) cumin seeds

Dish: 1 x large jug, 1 x small bowl,
4 x wooden skewers +
1 x large shallow Pyrex® dish

Accessory: Wire shelf, glass tray

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

Glazed Gammon

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole
dish with lid, 1 x small Pyrex® bowl
Accessory: Enamel shelf

1. Place gammon in a large Pyrex® casserole dish. Stud the onion with cloves and peppercorns and add to the dish. Cover with water. Place on base of oven and cook on **High Microwave** for 15 minutes then **Medium Microwave** for 15-20 minutes per 450 g, or until cooked. Drain.
2. In a small bowl, mix together the honey, juice, sugar and mustard. Cook on **High Microwave** for 1 minute. Leave to cool.
3. Remove the gammon rind. Score the fat in a lattice pattern and stud the gammon with cloves. Brush over half of the glaze. Place gammon on enamel shelf in lower shelf position and cook on **Combi 9** for 10-15 minutes until golden spreading over the remaining glaze halfway through cooking time.

Pesto Chicken Crumble

ingredients

Serves 4

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

Dish: 1 x Pyrex® casserole dish
with lid, 1 x shallow oval Pyrex®
dish

Accessory: Wire shelf

1. Place potatoes in a casserole dish with 45 ml (3 tbsp) water. Cover, place on base of the oven and cook on **High Microwave** for 7-8 minutes. Drain.
2. Stir the pesto into the potatoes and put aside to keep warm. Place oil and onion in a shallow oval dish and cook on **High Microwave** for 2-3 minutes to soften the onion.
3. Add chicken, cover and cook on **Medium Microwave** for 4 minutes. Add the tomatoes, tomato puree and the Tabasco to the chicken.
4. Cover and cook on **Medium Microwave** for 3 minutes. Stir and cook for a further 5-6 minutes on **Medium Microwave**. Add potatoes.
5. Mix the breadcrumbs with the garlic and Parmesan cheese and sprinkle over the chicken.
6. Place dish on wire shelf in lower shelf position and cook on **Combi 4** for 10-11 minutes until heated through and golden brown in colour.

Chicken Casserole

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole with lid

Accessory: Wire shelf

1. Coat chicken with flour and place in fridge. Place oil, butter, garlic, shallots and mushrooms into a large Pyrex® casserole dish with lid.
2. Place on base of the oven and cook on **High Microwave** for 3 minutes. Stir in Dijon mustard and add chicken. Then stir in stock and wine. Add potatoes and carrots.
3. Cover casserole, place on wire shelf in lower shelf position and cook on **Combi 8** for 50 minutes stirring halfway.
4. Stir in asparagus, broad beans and cream and cook on **Combi 8** for a further 10-15 minutes on wire shelf in lower shelf position.
5. Stir in herbs and serve with crusty bread.

Pork with Herby Dumplings

ingredients

Serves 4

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

Dumplings

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

Dish: 1 x large Pyrex® casserole with lid, 1 x small bowl

1. Place oil, onion, green pepper and carrots in a casserole dish. Cover and place on base of oven and cook on **High Microwave** for 5 minutes.
2. Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients.
3. Place on base, cover and cook on **Combi 8** for 1 hour or until pork is tender. Whilst cooking make the dumplings by combining the flour, suet, salt, mustard and parsley.
4. Add the water to make a stiff dough. Shape dough into 8 round dumplings. When pork is cooked, uncover and place dumplings around the edge of dish.
5. Cook uncovered on base of oven on **Combi 8** for 15 minutes or until dumplings are cooked through.

Greek Lamb Stew

ingredients

Serves 4

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

Dish: 1 x Pyrex® casserole dish
with lid

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

Bacon & Potato Bake

ingredients

Serves 4

1 kg baking potatoes,
peeled and halved
1 onion, finely chopped
225 g smoked back
bacon, cut into strips
225 g brie
150 ml single cream

Dish: 1 x large Pyrex® casserole
dish with lid, 1 x shallow Pyrex®
dish

Accessory: Wire shelf

1. Place potatoes in a casserole dish with 45 ml (3 tbsp) water. Cover, place on the base of the oven and par-boil on **High Microwave** for 10 minutes. Slice thickly.
2. Place onion and bacon in bowl and cook on **High Microwave** for 3 minutes. Stir halfway. Chop cheese into chunks. Layer half the potatoes in the buttered shallow dish.
3. Scatter over half of the onion, bacon and cheese. Lightly season with salt and pepper. Repeat layers, then pour cream evenly over the top.
4. Place on the wire shelf in the lower shelf position and cook on **Combi 2** for 15-20 minutes or until golden brown.

Chicken & Stilton Pie

ingredients

Serves 4

25 g butter
200 g leeks, sliced
50 g plain flour
450 ml (¾ pt) milk
150 g stilton
350 g cooked chicken, cubed
250 g puff pastry
1 egg, beaten

Dish: 1 x Pyrex® bowl,
1 x gratin dish 22.5 cm

Accessory: Wire shelf

1. Place the butter and leeks in Pyrex® bowl. Place on the base of the oven and cook on **High Microwave** for 8 minutes or until soft.
2. Add the flour, stir well then gradually add the milk and cook on **High Microwave** for 4 minutes or until the sauce has thickened. Preheat oven on **Convection 220 °C**.
3. Finely chop the cheese and add to the sauce, mix in the chicken. Add chicken mixture to the gratin dish. Roll the pastry for a lid and place on top of the chicken mixture. Brush with beaten egg.
4. Place dish on wire shelf in lower shelf position and cook on **Combi 6** for 20 minutes, or until cooked and browned.

Sweet Potato Crisps with Tomato Salsa

ingredients

Serves 2

2 sweet potatoes, peeled
pinch salt
30 ml olive oil

Salsa:

100 g chopped tomatoes
30 ml honey
pinch salt
pinch pepper
5 g chilli powder
1 lime, juice and zest

Dish: 1 x Pyrex® bowl

Accessory: Enamel shelf

1. Rinse and dry the sweet potatoes, cut into 3 mm slices, sprinkle with salt and oil.
2. Preheat oven on **Convection 220 °C**. Spread out sweet potatoes on enamel shelf in middle shelf position. Cook on **Convection 220 °C** for 5-8 minutes, turn and return to oven and cook for a further 5-8 minutes.
3. To make the salsa. Mix chopped tomatoes with honey, salt, pepper, chilli, lime juice and zest. Serve with the sweet potato crisps.

Carrot and Chickpea Traybake

ingredients

Serves 4

2 x 400 g tinned chickpeas, drained
750 g carrots
30 ml olive oil
5 g cayenne pepper
5 g cumin
5 g cumin seeds
2 garlic cloves, crushed

Accessory: Enamel shelf

1. Preheat oven on **Convection 220 °C**. Tip the chickpeas onto the enamel shelf. Peel and cut the carrots lengthways, then add to chickpeas.
2. Drizzle with olive oil and toss to coat everything well. Sprinkle the spices over the chickpeas and carrots along with the crushed garlic. Season well.
3. Cook on enamel shelf in the lower shelf position on **Convection 220 °C** for 30 minutes, until carrots are tender.

Carrot Hummus

ingredients

5 g cumin seeds
5 g ground coriander
30 ml olive oil
5 ml honey
700 g carrots, peeled and chopped
2 cloves of garlic
1 lemon, juice and rind
1 orange, juice and rind
60 ml tahini
2 g salt

Dish: 1 x small Pyrex® bowl

Accessory: Enamel shelf

1. Preheat oven on **Convection 200 °C**.
2. Mix the spices, oil and honey together in a small bowl. Put the carrots and garlic onto the enamel shelf in the lower shelf position. Add the spice mixture and toss together. Cook for 20-25 minutes on **Convection 200 °C** until the carrots are soft.
3. Tip the hot carrots into a bowl of a food processor and add the rest of the ingredients. Blend well into a smooth paste.
4. Allow to cool and serve slightly warm or chilled.

Gratin Dauphinois

ingredients

Serves 4-6

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

Dish: 1 x shallow Pyrex® dish 20 cm,
1 x casserole dish

Accessory: Wire shelf

1. Rub halves of garlic around inside of dish and discard. Place potatoes in a casserole dish with 45 ml (3 tbsp) water.
2. Place on base of the oven and par-boil on **High Microwave** for 5 minutes. Drain. Slice thinly. Layer the potato slices in the shallow Pyrex® dish, seasoning with salt, pepper and nutmeg between each layer.
3. Pour the cream evenly over the top of the potatoes and dot with butter.
4. Place dish on wire shelf in lower shelf position and cook on **Combi 7** for 25 minutes or until potatoes are cooked.

Spicy Potatoes

ingredients

Serves 4

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

Dish: 1 x large casserole dish

1. Place potatoes in a casserole dish with 45 ml (3 tbsp) water. Cover, place on base of the oven and cook on **High Microwave** for 8 minutes or until cooked. Drain.
2. Mix the remaining ingredients together. Add the potatoes, mix well and cook on **Medium Microwave** for 2-3 minutes.

Cauliflower Cheese

ingredients

Serves 4

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

Topping:

100 g grated cheese
25 g breadcrumbs

Dish: 1 x shallow Pyrex® dish,
1 x jug

Accessory: Wire shelf

1. Place cauliflower florets in a shallow dish. Add 45 ml (3 tbsp) water, cover and place on the base of the oven.
2. Cook on **Medium Microwave** for 10 minutes. Drain. Melt butter in a jug on **High Microwave** for 20-30 seconds. Stir in flour and mustard.
3. Cook on **High Microwave** for a further 10-20 seconds. Add milk gradually. Stir well and season. Cook on **High Microwave** for 3-4 minutes or until sauce is thick and bubbling. Stir halfway.
4. Stir in 90 g grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
5. Place dish on wire shelf in lower shelf position and cook on **Combi 3** for 10-15 minutes or until golden brown.

Ratatouille

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole
dish with lid

1. Combine all ingredients in a casserole dish, cover.
2. Place on base of the oven and cook on **High Microwave** for 14-16 minutes or until vegetables are soft. Stir halfway through cooking time.

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



- Do not mix fresh and frozen vegetables as the cooking times may be different.
- Cabbage should be shredded and cooked by power and time.



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



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

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



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



- Whole cauliflower should be cooked upside down on **Medium Microwave** for approx. 10 minutes with 90 ml (6 tbsp) water.

Jacket Potatoes

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

Before Cooking

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

After Cooking

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

Black Bean Cottage Pie

ingredients

Serves 4

1 onion, finely chopped
15 ml olive oil
250 g frozen soya mince
2 garlic cloves, crushed
5 ml ground cumin
10 ml mild chilli powder
400 g tinned black beans, drained
400 g tinned chopped tomatoes
750 g sweet potatoes, peeled and chopped
75 g soured cream
50 g feta cheese

Dish: 2 x Pyrex® casserole dish with lid, 1 x shallow Pyrex® rectangular dish

Accessory: Enamel shelf

1. In a large casserole dish with lid, cook the onions and oil on **High Microwave** for 5 minutes. Add the soya mince, garlic and spices and cook **High Microwave** for a further 3 minutes. Add the black beans and tomatoes and cook on **High Microwave** for 5 minutes.
2. Cook the sweet potatoes in a separate casserole dish filled with boiling water on **High Microwave** for 10-15 minutes until completely tender. Drain well, then mash the sweet potatoes. Stir in the sour cream and feta to the mash.
3. Add the mince mixture to a shallow Pyrex® dish and top with the mash mixture. Place on the enamel shelf in the lower shelf position. Cook on **Grill 1** for 20-30 minutes.

Mushroom Stroganoff

ingredients

Serves 4

1 bunch spring onions, finely sliced
20 ml olive oil
250 g basmati rice
100 g spinach
1 large onion, chopped
600 g mixed mushrooms, sliced
2 cloves of garlic, crushed
10 ml smoked paprika
200 ml hot vegetable stock
150 ml sour cream
15 ml fresh tarragon, chopped

Dish: 2 x large Pyrex® casserole dish with lid

1. Add the spring onions and half the oil to a large Pyrex® casserole dish with lid. Cook on **High Microwave** for 1 minute and 30 seconds. Add the rice to the casserole dish with 500 ml boiling water and cook on **High Microwave** for a further 10 minutes.
2. Drain the excess liquid and tip rice mixture back into the dish. Add the spinach, cover with lid to allow the spinach to wilt and to keep rice warm while stroganoff is cooking.
3. Add remaining oil, onion, mushrooms, garlic and paprika to a casserole dish with lid. Cook on **High Microwave** for 5 minutes. Add the vegetable stock and cook on **High Microwave** for a further 10 minutes until thickened.
4. Add the sour cream and the tarragon, serve with the rice.

Tabbouleh Stuffed Peppers

ingredients

Serves 2

75 g bulgur wheat
½ red onion, finely diced
2 tomatoes, finely diced
15 ml hazelnuts, roughly chopped
1 lemon, juiced
½ bunch coriander, chopped
½ bunch parsley, chopped
4 large red peppers
olive oil
50 g feta cheese, crumbled
100 ml natural yoghurt

Dish: 1 x Pyrex® casserole dish with lid

Accessory: Enamel shelf

1. Cook the bulgur wheat in a large casserole dish with a lid, with 750 ml boiling water on **High Microwave** for 10 minutes. Drain and mix with the red onion, tomatoes, hazelnuts, half the lemon juice, coriander and parsley.
2. Preheat oven on **Convection 180 °C**.
3. Cut the tops off the peppers, reserving them. Remove all of the pith and seeds from inside. Take a little slice off the bottom so that they sit flat, but try not to make a hole.
4. Divide the tabbouleh mixture between the peppers, put their lids back on and drizzle with a little olive oil.
5. Put peppers on the enamel shelf in the middle shelf position and cook on **Convection 180 °C** for 30 minutes until tender.
6. For the dressing, put the feta, yoghurt and remaining lemon juice in a food processor with 1-2 tbsp water, and whizz. Remove the pepper lids, top with the dressing then replace the lids.

Asparagus & Ricotta Flatbreads

ingredients

Serves 2

7 g dried yeast
3 g sugar
200 g spelt flour
150 g strong bread flour
15 g salt
30 ml olive oil
200 g asparagus
100 g peas
½ bunch mint leaves, chopped
200 g ricotta
10 g parmesan, grated
1 clove of garlic, crushed
1 lemon, zested
1 pinch nutmeg
1 pinch black pepper

Dish: 1 x Pyrex® jug

2 x large bowls

1 x small bowl

Accessory: Enamel shelf

1. Snap the woody bases off the asparagus. Add to a bowl with the peas and 300 ml water. Cook on **High Microwave** for 4 minutes. Drain and set aside to cool. Add mint leaves, lemon juice and a drizzle of olive oil. Toss to combine.
2. Put the yeast, sugar and 220 ml luke warm water in a jug and stir thoroughly. Allow to stand for a few minutes.
3. Sift the flours and salt into a bowl, then incorporate the yeast mix. Stir in the oil and turn the dough out onto a lightly floured surface and knead for 5 minutes until smooth. Return to the bowl, place on base of oven and prove on **Convection 40 °C** for 30 minutes until doubled in size.
4. Remove dough from oven and knead for a few more minutes to knock it back. Then divide the dough into two and shape each piece into a ball.
5. Preheat oven on **Convection 210 °C**. Flatten the dough with the palm of your hand, using a floured rolling pin, roll each into a wide flat base about 23-30 cm long. Place onto lined enamel shelf, then brush dough with oil. Bake on **Convection 210 °C** for 8-10 minutes with the enamel shelf in the middle position. Turn halfway, remove when the bread is puffed and golden. Leave to cool.
6. Put 4 mint leaves, cheeses, oil, garlic, lemon zest, salt, nutmeg and pepper in a small bowl and stir to combine.
7. Spread the ricotta mix onto the flatbreads, then top with the asparagus and pea mix.

Halloumi Curry

ingredients

Serves 2

450 g halloumi cheese, cubed
60 ml oil
6 cloves of garlic, crushed
2 red onions, diced
2 red peppers, diced
5 ml salt
5 ml ground turmeric
5 g cumin seeds
1 lemon, juice and rind

Dish: 1 x Pyrex® casserole dish with lid

Accessory: Enamel shelf

1. Preheat oven on **Convection 220 °C**. Cook the halloumi with 30 ml oil on the enamel shelf in the middle shelf position on **Convection 220 °C** for 15-20 minutes. Set aside on a plate.
2. Add 30 ml oil, garlic and onion to a casserole dish, cover and cook on **High Microwave** for 2 minutes. Add the red pepper, salt, turmeric, cumin seeds, lemon zest, juice and 300 ml water. Stir and cook on **High Microwave** for a further 10 minutes without a lid.
3. Remove from oven and use a stick blender to purée the mixture into a smooth paste, add the halloumi and heat on **High Microwave** for 1-2 minutes.

Spaghetti Puttanesca Grill

ingredients

Serves 4

300 g spaghetti
300 g Tenderstem broccoli, chopped
45 ml oil
3 garlic cloves, peeled and finely chopped
30 g capers, drained
pinch chilli flakes
100 g pitted green olives, chopped
2 x 400 g tinned tomatoes
25 g breadcrumbs
25 g parmesan cheese, grated

Dish: 2 x Pyrex® casserole dish with lid, 1 x Pyrex® shallow dish

Accessory: Enamel shelf

1. Cook the spaghetti with 900 ml boiling water in a casserole dish with lid on **High Microwave** for 6 minutes. Add the broccoli and cook on **High Microwave** for a further 3 minutes. Drain, and toss in 15 ml oil.
2. Add the remaining oil and garlic to a Pyrex® casserole dish with lid, cook on **High Microwave** for 1 minute. Add the capers, chilli flakes, olives and tinned tomatoes. Cook on **High Microwave** for 8 minutes until sauce is thickened.
3. Preheat the grill on **Grill 1**. Toss the drained pasta and broccoli in the sauce. Transfer to shallow Pyrex® dish, scatter with breadcrumbs and parmesan. Place shallow Pyrex® dish on enamel shelf in the middle shelf position. Cook on **Grill 1** for 10 minutes.

Greek Stuffed Aubergine

ingredients

Serves 2

1 onion, diced
1 clove of garlic, crushed
5 ml olive oil
200 g tinned tomatoes
75 g olives, stoned
8 cherry tomatoes
2 aubergines
150 g feta cheese

Dish: 1 x large Pyrex® casserole dish with lid

Accessory: Enamel shelf

1. Put the onion, garlic and oil in a Pyrex® casserole dish with lid, cook on **High Microwave** for 3 minutes.
2. Add the tinned tomatoes, olives and cherry tomatoes, cook on **High Microwave** for a further 5 minutes.
3. Preheat oven on **Convection 180 °C**. Slice the aubergines in half and score the flesh diagonally, being careful not to cut all the way through. Cook the aubergines on the enamel shelf in the middle shelf position on **Convection 180 °C** for 20 minutes.
4. Add the tomato topping to the aubergines and cook on **Convection 180 °C** for a further 10 minutes. Remove from the oven and crumble feta cheese on top.

Baked Potatoes with Mushrooms

ingredients

Serves 2

75 ml rapeseed oil
salt
pepper aub
30 ml paprika powder
5 ml cayenne pepper
5 ml marjoram
2 baked potatoes
100 g brown champignons
100 g oyster mushrooms
100 g beech mushrooms
125 g curd cheese
½ bunch parsley
½ bunch chives
1 sprig spring onion

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

1. Mix oil with salt, pepper, paprika, cayenne pepper and marjoram. Rinse and dry potatoes, pierce skin. Place in a shallow Pyrex® dish. Drizzle with half the oil mixture and cook on **High Microwave** for 10 minutes.
2. Clean the mushrooms and cut into bite size pieces. Marinate the mushrooms in the remaining oil mixture and add to the Pyrex® dish with precooked potatoes. Bake on **Convection 200 °C** for 15 minutes, until crispy.
3. In a small Pyrex® bowl, mix curd cheese with salt and pepper. Finely chop the parsley, chives and spring onions. Add to the curd cheese.
4. Cut the potatoes in half, fill with curd cheese and mushrooms.

Roast Vegetable Parcels

ingredients

Serves 4

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

Dish: 1 x large bowl,
1 x shallow ovenproof dish,
1 x small bowl

Accessory: Glass tray, wire shelf,
enamel shelf

1. Place the chopped tomatoes and puree in a bowl. Place on base of the oven and cook on **High Microwave** for 5 minutes then **Medium Microwave** for 5-6 minutes or until mixture is reduced in volume and thickened.
2. Cut vegetables into even sized chunks and toss with the garlic and oil. Place on the glass tray on wire shelf in lower shelf position and cook on **Combi 4** for 30 minutes. Turn halfway.
3. Mix the tomato sauce with the cooked vegetables and pine nuts. Preheat oven on **Convection 220 °C**. In a small bowl, mix together the gruyere cheese, Boursin and single cream.
4. Roll out pastry until it measures approx 30 cm (12") square. Divide into 4 equal squares. Place ¼ of the vegetable mixture in the centre of one of the squares and top with ¼ of the cheese mixture. Bring the corners of the pastry to the centre, pressing the edges together.
5. Seal with water and glaze with beaten egg, repeat with other square 3 times. Place parcels on lined enamel shelf in lower shelf position and cook on **Convection 220 °C** for 16-18 minutes or until golden and cooked through.

Greek Pie

ingredients

Serves 4

225 g bag spinach leaves
200 g jar sundried tomatoes in oil
100 g feta cheese, cubed
2 eggs, beaten
250 g pack filo pastry

Dish: 1 x large Pyrex® casserole dish with lid, 1 x bowl,
1 x cake tin 20 cm

Accessory: Enamel shelf

1. Place spinach into a large Pyrex® casserole dish, cover and place on the base of the oven, cook on **High Microwave** for 4-5 minutes or until wilted. Leave to cool slightly then squeeze out any excess water and roughly chop.
2. Preheat oven on **Convection 180 °C** with enamel shelf in lower shelf position. Drain tomatoes, reserving the oil. Roughly chop the tomatoes and put into a bowl along with the spinach, feta and eggs. Mix well.
3. Take a sheet of pastry and brush liberally with some of the sundried tomato oil. Drape oil-side down into the cake tin so that some of the pastry hangs over the side. Brush oil on another piece of pastry and place in the tin, just a little further round. Keep placing the pastry pieces in the tin until the pastry is all used, then spoon over the filling.
4. Pull the sides into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil. Place the cake tin on the enamel shelf in the lower shelf position and cook on **Convection 180 °C** for 25-30 minutes until the pastry is crispy and golden brown. Remove from the tin. Slice into wedges.

Leek and Potato Gratin

ingredients

Serves 4

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

Dish: 1 x casserole dish,
1 x small bowl, 1 x flan dish

Accessory: Wire shelf

1. Place the vegetables in a casserole dish with lid. Add 90 ml (6 tbsp) of water. Place on base of the oven and cook on **High Microwave** for 10-12 minutes or until the vegetables are soft.
2. Crumble or finely chop the cheese into a bowl and gradually blend in the yoghurt and the double cream. Drain the vegetables and arrange in a flan dish. Season and pour over the blue cheese cream mixture. Sprinkle with breadcrumbs.
3. Place on wire shelf in the lower shelf position and cook on **Combi 2** for 15 minutes or until golden brown.

Bean Enchiladas

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole dish, 1 x square Pyrex® dish 22 cm x 22 cm, 1 x small bowl

Accessory: Enamel shelf

1. Cook the onion and carrots with the olive oil in the covered Pyrex® casserole dish on the base of the oven on **High Microwave** for 5-6 minutes. Stir halfway through cooking.
2. Stir in the chilli powder and ground cumin. Cook on **High Microwave** for 1 minute. Stir in the tomatoes and beans.
3. Cover and bring to the boil on **High Microwave** for 8-10 minutes then cook on **Simmer Microwave** for 10 minutes, stirring occasionally. Spread a thin layer of the mixture over the base of the square Pyrex® dish.
4. Fill each tortilla with a few tbsp of the mixture, fold over the ends and roll up to seal. Place into the dish seal side down. Cover with the remaining mixture.
5. Mix the yoghurt and grated cheese together and spoon evenly over the dish. Place on enamel shelf in the lower shelf position and brown on **Grill 1** for 15-25 minutes.

Porcini Mushroom Risotto

ingredients

Serves 4

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

Dish: 1 x small Pyrex® bowl,
1 x large Pyrex® casserole with lid

1. Soak the mushrooms for at least 2 hours with 400 ml warm water. In a small Pyrex® bowl. Cook the chopped onion with butter in a casserole dish with lid, covered on **High Microwave** for 3 minutes.
2. Add the rice. Cover and cook on **High Microwave** for 1 minute. Add peeled and crushed garlic, half the vegetable stock and half the mushrooms' soaking water.
3. Cover and cook for 4-5 minutes on **High Microwave**, then a further 15 minutes on **Simmer Microwave**, adding the remaining stock and mushrooms' soaking water halfway through cooking time.
4. Add the chopped mushrooms and basil leaves 3 minutes before the end, adding a few spoonfuls of hot water if needed.
5. Add parmesan. Season to taste and leave the risotto to stand, covered, for 8 minutes before stirring with a fork.

Tagliatelle Toscana

ingredients

Serves 4-6

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

Dish: 2 x large Pyrex® casserole dish

1. Cook the pasta in a casserole dish with 600 ml boiling water, covered, on **High Microwave** for 4 minutes or until tender. Drain.
2. Place onion, garlic and oil in a Pyrex® casserole dish, cover and cook on **High Microwave** for 2 minutes or until soft.
3. Add the remaining ingredients except the mozzarella, tagliatelle and parmesan cheese, cover and cook on **High Microwave** for 6-8 minutes.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top.
5. Sprinkle with parmesan and cook on the base of the oven on **Combi 1** or 10-12 minutes or until golden brown and piping hot.

Spicy Tomato Pasta

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole dish, 1 x ovenproof dish

Accessory: Wire shelf

1. Put pasta in a Pyrex® casserole dish, add 1 litre of boiling water, cover. Place on base of oven and cook on **High Microwave** for 10-12 minutes. Drain.
2. 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.
3. Place on wire shelf in lower shelf position and cook on **Combi 9** for 15 minutes. Add tomatoes, stir and cook on **Combi 9** for 10 minutes or until golden and starting to soften.
4. Remove the vegetables from the oven. Stir in the pasta and cook on the base of the oven on **Combi 3** for 10 minutes.
5. Tear the basil leaves on top and sprinkle with parmesan to serve.

Mixed Mushroom Cannelloni

ingredients

Serves 4

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

Dish: 2 x Casserole dish with lid,
1 x shallow Pyrex® oven proof dish
Accessory: Enamel shelf

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

Macaroni Cheese

ingredients

Serves 4

200 g quick cook macaroni
40 g butter
1 small onion, finely chopped
40 g plain flour
600 ml (1 pt) milk
1 tsp French mustard
150 g cheddar cheese, grated
salt and pepper
25 g fresh brown breadcrumbs

Dish: 1 x large casserole dish,
1 x jug, 1 x shallow Pyrex® dish
Accessory: Wire shelf

1. Cook macaroni in a casserole dish with 550 ml (1 pt) boiling water.
2. Cover, place on the base of the oven and cook on **High Microwave** for 5-6 minutes or until soft. Drain.
3. Place butter and onion in a jug. Cook on **High Microwave** for 5 minutes or until onion is soft. Stir halfway through cooking. Stir in flour and cook for 30 seconds on **High Microwave**. Gradually add milk, stir well and season.
4. Cook on **High Microwave** for 5-6 minutes or until sauce is thick and bubbling. Stir twice during cooking. Add mustard and 100 g grated cheese.
5. Add macaroni and season. Place the macaroni mixture in a shallow Pyrex® dish. Sprinkle with breadcrumbs and remaining cheese.
6. Place dish on the wire shelf in the lower shelf position and cook on **Combi 2** for 10-15 minutes or until cheese starts to melt.

Cheese & Red Pesto Tartlet

ingredients

Serves 18

375 g readymade short crust pastry
90 g red pesto or sun-dried tomato puree
2 medium sized tomatoes, peeled, seeded and chopped
25 g black olives, chopped
125 g Fontina or Mozzarella cheese, grated
1 garlic clove crushed
25 g parmesan cheese, grated
1 tsp dried oregano

Dish: 2 x 12 bun tins 32 cm x 24 cm,
1 x small bowl
Accessory: Enamel shelf, wire shelf

1. Roll out the short crust pastry to a thickness of approximately 3 mm. Cut out 18 circles using a 7.5 cm pastry cutter.
2. Place circles in two lightly greased bun tins. Chill pastry for 30 minutes. Preheat oven on **Convection 200 °C** with enamel shelf in lower shelf position and wire shelf in upper shelf position.
3. Mix the red pesto, tomatoes, black olives, mozzarella and garlic together in a bowl. Fill the tartlet shells with mixture.
4. Sprinkle the parmesan and oregano over the tartlets. Place bun tins on shelves and cook on **Convection 200 °C** for 15-20 minutes or until golden brown.

Gyoza Veg Bowl

ingredients

Serves 4

1 bunch spring onions, finely chopped
15 ml olive oil
1 litre vegetable stock
1 red chilli,
deseeded and finely chopped
1 bunch fresh coriander, chopped
45 ml miso paste
15 ml soy sauce
16 frozen vegetable gyoza
125 g frozen soya beans
150 g dried rice noodles

Dish: 1 x large Pyrex® casserole dish with lid.

1. Add the spring onion, oil, stock, chilli and coriander to a large casserole dish with lid. Cook on **High Microwave** for 5 minutes.
2. Stir in the miso paste, soy sauce, gyoza and soya beans. Cook on **High Microwave** for 5 minutes.
3. Add the rice noodles and cook on **High Microwave** for a further 3-4 minutes.

Pulled Jackfruit Nachos

ingredients

Serves 4

30 ml ketchup
30 ml vinegar
15 ml soy sauce
410 g tinned jackfruit, drained
425 g tinned black beans, drained
15 ml lime juice
8 wholemeal wraps
10 ml oil
2 avocados, peeled, cored and roughly chopped
90 ml dairy free yoghurt
75 g vegan cheese, grated

Dish: 2 x bowls

Accessory: Enamel shelf

1. Mix the ketchup, vinegar, soy sauce and jackfruit in a bowl. Cook on **High Microwave** for 10 minutes. Meanwhile, in another bowl mix the black beans with the lime juice.
2. Preheat oven on **Convection 180 °C**. For the nachos, cut the wraps into 8 triangles each. Brush the triangles all over with oil, then cook half in the oven on the enamel shelf in the middle shelf position **Convection 180 °C** for 10-15 minutes. Repeat with the second half.
3. To serve, scatter the nachos over a large platter. Top with spoonfuls of the cooked jackfruit and black bean salsa. Finish with the avocado, yoghurt and cheese.

Cauliflower & Cashew Biryani

ingredients

Serves 4

1 small cauliflower, chopped
15 ml olive oil
1 onion, sliced
3 garlic cloves, crushed
25 g ginger, peeled and grated
45 g madras curry paste
250 g basmati rice
500 ml hot vegetable stock
200 g baby spinach
50 g cashews
45 ml coriander leaves,
roughly chopped

Dish: 2 x Pyrex® casserole dish with lid

1. Add the cauliflower and 1.5 litres of boiling water to a casserole dish with lid. Cook on **High Microwave** for 5 minutes. Drain and set aside.
2. Heat the oil and onions in a large casserole dish with lid, on **High Microwave** for 5 minutes. Stir in the garlic, ginger and curry paste. Heat on **High Microwave** for a further 2-3 minutes, then add the rice and stir.
3. Add the cooked cauliflower and pour over the hot stock. Cook on **High Microwave** for 15 minutes until the rice and cauliflower are tender. Add the spinach leaves and set aside for 2-3 minutes until the spinach has wilted.
4. Season, add the cashews and coriander and stir until combined.

Vegan Brownies

ingredients

200 g dark chocolate, roughly chopped
 5 g coffee granules
 10 g vanilla extract
 80 g vegan margarine
 125 g self raising flour
 70 g ground almonds
 50 g cocoa powder
 250 g golden caster sugar
 2 g baking powder
 60 ml desiccated coconut

Dish: 2 x large bowls,
 1 x Pyrex® square dish
 20 cm x 20 cm

Accessory: Enamel shelf

1. Grease and line a 20 cm square Pyrex® dish.
2. In a bowl, heat 120 g chocolate, coffee, vanilla extract and margarine with 60 ml water on **Medium Microwave** for 1-2 minutes. Allow to cool slightly.
3. Preheat oven on **Convection 170 °C**.
4. Put the flour, ground almonds, sugar, cocoa powder, golden caster sugar, baking powder and desiccated coconut into a bowl. Stir to remove any lumps. Using a hand whisk, mix the dry ingredients into the melted chocolate mixture and beat until smooth and glossy.
5. Cook on **Convection 170 °C** for 20 minutes on the enamel shelf in the middle shelf position. Allow to cool in the tin completely, refrigerate, then cut into squares.

Flapjack Crumble

ingredients

Serves 6

450 g plums, halved, stones removed
 90 ml maple syrup
 15 ml ground cinnamon
 15 ml vanilla essence
 300 g frozen mixed berries
 100 g rolled oats
 15 ml cornflour
 75 g wholemeal flour
 50 g flaked almonds
 75 g coconut oil

Dish: 1 x casserole dish,
 1 x large bowl,
 1 x Pyrex® shallow dish 20 x 20 cm

Accessory: Enamel shelf

1. Put the plums into a shallow Pyrex® dish, with 30 ml water, 45 ml maple syrup, 15 ml cinnamon and 15 ml vanilla essence. Cover and heat on **High Microwave** for 5 minutes, until tender. Add the berries and cornflour, mix well.
2. Preheat oven on **Convection 180 °C**. In a large bowl mix together the remaining maple syrup, cinnamon and vanilla with the oats, cornflour, wholemeal flour, flaked almonds and coconut oil. Add the mixed berries to the shallow dish.
3. Spoon crumble mixture over the top of the fruit and then bake on **Convection 180 °C** on the enamel shelf in the middle shelf position for 20 minutes.

Quinoa Tabbouleh with Mint

ingredients

Serves 6-8

300 g quinoa
2 courgettes
300 g frozen peas
1 bunch of mint
100 ml olive oil
juice of 2 lemons
salt and pepper

Dish: 1 x Pyrex® casserole dish,
1 x Pyrex® medium bowl

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

Tea Steeped Chickpeas

ingredients

Serves 4

60 ml vegetable oil
10 ml cumin seeds
2 bay leaves
2 small onions, finely chopped
5 cm piece ginger, peeled and grated
3 cloves of garlic, crushed
10 ml ground cumin
10 ml ground coriander
10 ml ground cloves
5 ml chilli powder
5 ml ground turmeric
400 g tinned tomatoes
2 x 400 g tinned chickpeas
60 ml strong breakfast tea
5 ml salt
5 ml caster sugar
200 g spinach, roughly chopped

Dish: 1 x large Pyrex® casserole dish with lid

1. Put the vegetable oil in a large casserole dish with lid. Add the cumin seeds, bay leaves, onion, ginger and garlic and cook on **High Microwave** for 6 minutes until the onions are soft and dark brown.
2. Add the ground cumin, ground coriander and ground cloves and cook on **High Microwave** for a further 2 minutes. Add the chilli powder, turmeric, tomatoes, chickpeas, tea, salt and sugar. Cook on **High Microwave** for 3 minutes. Then on **Simmer Microwave** for 15 minutes, until thick and tangy.
3. Finish by stirring the spinach through before serving.

Container Size

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

Covering

Do not cover sauces when cooking.

Stirring - Important

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

Reheating

Sauces can be made in advance and reheated by **Microwave**. Reheat on **High Microwave** and stir halfway.

Microwave Level

Most sauces require **High Microwave** for cooking. Sauces containing eggs should be cooked on **Simmer Microwave**.

Wooden Spoons

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

White Sauce

ingredients

Serves 4

35 g butter
35 g flour
500 ml milk
salt
pepper
grated nutmeg

Dish: 2 x Pyrex® jug

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

Pepper Sauce

ingredients

Serves 5-6

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

Dish: 1 x large Pyrex® jug

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

Chocolate Sauce

ingredients

Serves 4

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

Dish: 1 x Pyrex® jug 1 litre

1. Place butter in a jug on base of oven and melt on **High Microwave** for 30-40 seconds.
2. Stir in sugars, cocoa powder and vanilla essence. Gradually add milk, stirring well.
3. Cook on **High Microwave** for 2 minutes. Stir well. Cook on **High Microwave** for 1 minute.
4. Stir and continue to cook in 30 seconds stages until you achieve a smooth and glossy consistency that coats the back of the spoon.

Hollandaise Sauce

ingredients

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

Dish: 1 x Pyrex® jug

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

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

Tomato Sauce

ingredients

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

Dish: 1 x large Pyrex® casserole dish

1. Place onion, celery, carrot, butter and garlic in a large Pyrex® casserole dish.
2. Place on the base of the oven and cook on **High Microwave** for 4 minutes. Add the tomatoes, herbs and wine or stock.
3. Cover and cook on **Medium Microwave** for 15 minutes. Liquidise then press through a sieve for a smooth sauce. Season to taste.

Custard

ingredients

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

Dish: 1 x large Pyrex® bowl

1. Beat eggs with sugar and 45 ml (3 tbsp) milk. Place remaining milk with vanilla essence.
2. Place on the base of the oven and cook on **High Microwave** for 40 seconds. Add heated milk to eggs and stir well.
3. Cook on **Simmer Microwave** for 1 minute. Stir well. Continue to cook on **Simmer Microwave** for 10-15 minutes stirring every 30 seconds until the sauce coats the back of a spoon.

Butterscotch Sauce

ingredients

150 g soft muscovado sugar
75 ml double cream
75 g butter

Dish: 1 x large Pyrex® bowl

1. Put all ingredients in a large bowl. Place on the base of the oven and cook on **High Microwave** for 1 minute.
2. Stir and continue cooking on **High Microwave** in 1 minute intervals until smooth and hot.

Gravy

ingredients

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

Dish: 1 x Pyrex® jug 1 litre (2 pt)

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

**Note**

The cake recipes on pages 122-124 are suitable for the Cake Auto program. Please see page 69.

Cherry & Almond Cake**ingredients****Serves 8-10**

200 g butter, softened
200 g golden caster sugar
4 eggs
½ tsp almond extract
175 g self raising flour
85 g ground almonds
½ tsp baking powder
300 g glace cherries
100 ml milk
2 tbsp flaked almonds

Dish: 20 cm (8") round cake tin, lined, bowl

Accessory: Glass tray, wire shelf

1. Line the base and sides of a deep cake tin. In a bowl beat together the butter and sugar until light and fluffy, then beat in the eggs, one by one. Fold in the almond extract, flour, ground almonds and baking powder, followed by the cherries and milk.
2. Scrape into the prepared tin, scatter over the flaked almonds. Place tin on glass tray on wire shelf in lower shelf position. Cook on **Cake Auto Program** (see page 69).

Chocolate Cake**ingredients****Serves 8**

100 g plain chocolate
100 g butter
4 eggs
100 g icing sugar
50 g self raising flour
50 g ground almonds

Topping:

50 g butter
25 g cocoa powder
2 tbsp (30 ml) milk
225 g icing sugar

Dish: 2 x large bowl, 23 cm (9") round tin, greased and lined

Accessory: Glass tray, wire shelf

1. Place chocolate and butter in a bowl.
2. Place on the base of the oven and melt on **High Microwave** for 1-2 minutes. Cool slightly. Whisk eggs and sugar until pale and fluffy and then fold in the chocolate mixture.
3. Fold in the flour and almonds. Spoon the mixture into the tin.
4. Place tin on glass tray on wire shelf in the lower shelf position and cook on the **Cake Auto Program** (see page 69). Allow to cool.
5. To make the topping, place butter in a bowl on the base of the oven and melt on **High Microwave** for 30-40 seconds.
6. Stir in the remaining ingredients and beat well until smooth. Spread the topping over the top of the cake.

Gingerbread Cake**ingredients****Serves 6-8**

225 g plain flour
pinch salt
2 tsp ground ginger
2 tsp baking powder
¼ tsp bicarbonate of soda
100 g soft brown sugar
75 g butter or margarine
75 g treacle
75 g golden syrup
150 ml (¼ pt) milk
1 egg, beaten

Dish: 2 x bowl, 18 cm (7") square tin lined with 2 strips of greaseproof paper to form a cross

Accessory: Glass tray, wire shelf

1. Sift the flour, salt, ginger, baking powder and bicarbonate of soda into a bowl.
2. Place the sugar, butter, treacle and syrup in a bowl on the base of the oven and cook on **High Microwave** for 1 minute.
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. Place tin on glass tray on wire shelf in the lower shelf position and cook on the **Cake Auto Program** (see page 69).

Carrot Cake

ingredients

Serves 8

150 ml (¼ pt) sunflower oil
250 g wholemeal
self-raising flour
2 tsp baking powder
2 tsp cinnamon
1 tsp nutmeg
150 g light muscovado sugar
50 g walnuts, coarsely
chopped
125 g carrots, grated
2 ripe bananas, mashed
2 eggs, beaten

Cream Cheese Topping:

75 g butter
100 g cream cheese
225 g icing sugar
chopped walnuts to decorate

Dish: 1 x large Pyrex® bowl,
1 x square glass cake dish 20 cm (8"),
base lined, 1 x small bowl

Accessory: Wire shelf, glass tray

1. Place all the cake ingredients in a large Pyrex® bowl and mix well. Spoon into tin.
2. Place tin on glass tray on wire shelf in the lower position and cook on the **Cake Auto Program** (see page 69). Allow to cool.
3. To make the topping, in a small bowl, cream the butter and cream cheese until smooth. Stir in sieved icing sugar.
4. Decorate the cooled cake with the cream cheese topping and walnuts.

Banana Loaf Cake

ingredients

Serves 8

1 banana, large
½ tsp vanilla essence
75 g butter
100 g granulated sugar
150 g self-raising flour
½ tsp salt
¼ tsp bicarbonate of soda
2 eggs

Dish: 2 x small bowls, 1 x glass loaf
dish 20 cm (8"), lined with
greaseproof paper

Accessory: Wire shelf, glass tray

1. Peel the banana and mash until smooth with the vanilla essence.
2. Place the butter and sugar in a bowl. Place on the base of the oven and heat on **High Microwave** for 1 minute or until soft. Stir in the flour, salt and bicarbonate of soda.
3. Beat in the eggs and mashed banana. Spoon into the prepared cake tin.
4. Place tin on glass tray on wire shelf in the lower position and cook on the **Cake Auto Program** (see page 69).

Dundee Cake

ingredients

Serves 8

50 g whole almonds, blanched
and chopped, reserve 6 whole
for decoration
100 g currants
100 g sultanas
100 g raisins
100 g chopped mixed peel
275 g plain flour
225 g butter or margarine
225 g soft brown sugar
grated rind of one lemon
4 eggs

Dish: 2 x bowls, 1 x round tin 20 cm
(8"), greased and lined.

Accessory: Wire shelf, glass tray

1. In a bowl, mix the chopped nuts, fruit, peel and flour together.
2. In another bowl, cream the butter or margarine, sugar and lemon rind until pale and fluffy.
3. Beat in the eggs one at a time. Fold in the dry ingredients. Spoon mixture into tin and hollow out the centre slightly.
4. Split the reserved almonds, and arrange on top.
5. Place tin on glass tray on wire shelf in the lower position and cook on the **Cake Auto Program** (see page 69).

Coffee Walnut Cake

ingredients

Serves 8

175 g soft margarine
175 g caster sugar
3 eggs, beaten
200 g self raising flour
½ tsp salt
1 tsp mixed spice
3 tbsp (45 ml) Camp coffee essence
1 tbsp (15 ml) milk
1 tbsp (15 ml) black treacle
75 g chopped walnuts

Icing:

50 g soft margarine
225 g icing sugar
2 tbsp (30 ml) Camp coffee essence
1 tbsp (15 ml) water

Dish: 2 x Pyrex bowls,
1 x round cake tin 18 cm (7"),
greased and lined

Accessory: Wire shelf, glass tray

1. In a bowl, cream margarine and sugar until light and fluffy.
2. Gradually beat in the eggs. Fold in the dry ingredients. Add coffee essence, milk, treacle and walnuts. Stir well and spoon into tin. Place tin on glass tray on wire shelf in the lower position and cook on the **Cake Auto Program** (see page 69).
3. Cool and cut in half. In a bowl, 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.

Spicy Apple Cake

ingredients

Serves 8-10

175 g margarine
175 g brown sugar
3 eggs
150 g wholemeal self
raising flour
100 g self raising flour
Almond essence
350 g cooking apples
whole weight then peeled,
cored and thinly sliced
Juice of ½ a lemon
25 g brown sugar
2 ml (¼ tsp) nutmeg
3 ml (½ tsp) cinnamon
Slivered almonds

Dish: 2 x small bowls, 20 cm (8")
1 x round cake tin, lined

Accessory: Glass tray, wire shelf

1. In a bowl, 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. In a separate bowl combine apple slices, lemon juice, sugar, nutmeg and cinnamon. Mix well.
3. Place 2/3 rds of cake mixture into prepared tin. Arrange the drained apple mixture on top, leaving a space around the edge.
4. Top with remaining cake mixture, sprinkle with almonds.
5. Place on glass tray on wire shelf in lower shelf position and cook on **Cake Auto Program** (see page 69) until cooked.

Baked Jam Roly Poly Pudding

ingredients

Serves 4

1 quantity of suetcrust
(see page 132)
75 ml seedless raspberry jam
milk to glaze

Dish: 1 x glass loaf dish 1 kg

Accessory: Wire shelf

1. Roll out pastry to approx. 23 x 32 cm (9" x 13"). Spread the jam over the pastry leaving 1 cm (½ ") border all round.
2. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges well. Brush top with milk and place in a loaf dish. Place dish on wire shelf in lower shelf position.
3. Cook on **Combi 6** for 15-20 minutes or until golden.

Lemon Meringue Pie

ingredients

Serves 6

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

Filling

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

Meringue

225 g caster sugar
4 egg whites

Dish: 1 x bowl,
1 x flan dish 25 cm (10"), 1 x jug

Accessory: Enamel shelf

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

Éclairs

ingredients

This recipe is most successful when mixed by hand.

Serves 6

Choux Pastry:

50 g butter
150 ml water
65 g plain flour sifted
2 eggs, lightly beaten

Éclairs

150 ml whipping cream
10 ml cocoa powder
15 ml hot water
100 g icing sugar, sieved

Dish: 1 x large bowl, baking sheet
greased, 2 x small bowl

Accessory: Enamel shelf

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

Custard Tart

ingredients

Serves 6

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

Dish: 1 x flan dish 24 cm, 1 x jug,
1 x bowl

Accessory: Wire shelf

1. Line a lightly greased flan dish with the pastry. Prick pastry with a fork and chill for 15 minutes.
2. Bake blind, lining pastry with greaseproof paper and baking beans for 10 minutes on **Convection 180 °C** on the wire shelf in lower shelf position.
3. Remove baking beans and continue cooking for a further 10 minutes. Remove the wire shelf. Mix the milk and vanilla in a jug and heat on **High Microwave** for 3 minutes on base of oven.
4. Mix together eggs and sugar. Gradually add the milk to the egg mixture and stir well. Strain the egg mixture into the flan case and sprinkle with nutmeg.
5. Place dish on the wire shelf in lower shelf position and cook on **Combi 8** for 20-25 minutes or until set.

Strudel

ingredients

Serves 6

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

Dish: 1 x large Pyrex® bowl

Accessory: Enamel shelf

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

Chocolate Fudge Pudding

ingredients

Serves 4

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

Sauce:

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

Dish: 1 x large dish, 1 x large bowl,
1 x souffle dish 20 cm (8")

1. In a bowl, melt margarine in a small dish on the base of the oven on **Medium Microwave** for 40 seconds - 1 minute or until melted.
2. In a large bowl place flour, sugar, salt and cocoa. Add melted margarine along with egg, vanilla essence and milk. Beat well.
3. Pour mixture into souffle dish. Mix together brown sugar and cocoa and sprinkle over mixture.
4. Pour over hot water. Cook on **High Microwave** for 4-5 minutes or until set on top.
5. The pudding will separate on cooking, giving a chocolate fudge sauce at the bottom.

Suet Sponge Pudding

ingredients

Serves 4

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

Dish: 1 x bowl,
1 x Pyrex® pudding basin 1.2 litre
(2 pt)

1. In a bowl, mix the flour and salt and stir in sugar and suet. Make a well in the centre and add beaten egg and milk.
2. Mix to a soft dropping consistency. Put the jam or syrup in the base of the greased pudding basin and pour pudding mixture over.
3. Place on base of oven and cook on **Medium Microwave** for 7-8 minutes.

Sticky Pudding with Toffee sauce

ingredients

Serves 4

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

Sauce:

150 g muscovado sugar
75 ml double cream
75 g butter

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

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

Bread and Butter Pudding

ingredients

Serves 4

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

Dish: 1 x jug, 1 x oblong Pyrex® dish

20 x 25 cm, greased, 1 x jug

Oven accessory: Wire shelf

1. Arrange the bread and fruit in the prepared dish. Put milk in a jug. Place on the base of the oven and cook for 3 minutes on **Medium Microwave**, but do not allow to boil.
2. Beat together the eggs and sugar, add the milk, stirring well. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 minutes.
3. Place dish on wire shelf in lower shelf position and cook on **Combi 5** for 20 minutes or until set and browned.

Strawberry Pavlova

ingredients

Serves 6

4 medium egg whites
250 g caster sugar
1 tsp cornflour
1 tsp malt vinegar
1 tsp vanilla extract

Topping:

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

Dish: 1 x large Pyrex® bowl

Accessory: Enamel shelf

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

Rocky Road Ice Cream

ingredients

100 g caster sugar
60 g cocoa powder
2 g salt
375 ml double cream
235 ml milk
80 g chocolate chips
5 ml vanilla extract
5 ml almond extract
100 g mini marshmallows

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

1. Mix together the sugar, cocoa powder and salt in a bowl. Add the cream and milk, whisk. Heat on **High Microwave** for 10 minutes, stir every 2 minutes of heating.
2. Add the chocolate chips, vanilla and almond extract. Stir to dissolve the chocolate. Allow to cool to room temperature, then refrigerate.
3. Add the mini marshmallows, stir well.
4. Pour the ice cream into a Pyrex® square dish and put into the freezer, stir every 2 hours for 6 hours.

Red Fruit Compote

ingredients

Serves 4

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

Dish: 1 x large shallow ovenproof
Pyrex® dish

1. Place the plums, cherries and blueberries in dish.
2. Place on the base of the oven and cook on **Low Microwave** for 10 minutes.
3. Stir in the strawberries and cook on **Low Microwave** for a further 3-4 minutes.
4. Stir the raspberries and sugar into the hot fruit and allow to cool before serving.

Christmas Pudding

ingredients

Serves 6-8

1 cooking apple, peeled and grated
1 carrot, peeled and grated
1 orange, juice and grated rind
400 g mixed dried fruit
3 tbsp (45 ml) brandy
1 tbsp (15 ml) black treacle
50 g self-raising flour
pinch of salt
1 tbsp (15 ml) cocoa
1 tsp (5 ml) mixed spice
½ tsp (3 ml) nutmeg
100 g shredded suet
50 g fresh breadcrumbs
50 g mixed peel
50 g flaked almonds
2 eggs, beaten

Dish: 1 x large bowl,
1 x pudding basin, 1.3 litre (2. pt)
lightly greased

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

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

Chocolate Cheesecake

ingredients

Serves 6

100 g butter
250 g digestive biscuits, crushed
150 g plain chocolate
30 ml (2 tbsp) milk
450 g soft cheese
100 g soft brown sugar
2 large eggs
1 tsp vanilla essence

Dish: 2 x Pyrex® bowl,
1 x deep flan tin 23 cm (9")

Accessory: Enamel shelf

1. Place butter in bowl on the base of the oven and melt on **High Microwave** for 40-50 seconds.
2. Stir in biscuits and press into base of flan tin. Melt chocolate with milk on **Medium Microwave** for 1-2 minutes. Leave to cool slightly.
3. Preheat oven on **Convection 150 °C**.
4. Mix all the remaining ingredients and stir in chocolate. Pour over biscuit base.
5. Place flan tin on enamel shelf in lower shelf position and cook on **Convection 150 °C** for 35-40 minutes. Chill before serving.

Small Cakes

ingredients

12 little cakes

100 g butter
100 g sugar
2 eggs, beaten
100 g self-raising flour

Dish: 1 x baking tray, 32 cm (12") x
24 cm (9") each with 12 holes + 12
individual paper cases

Accessory: Enamel shelf

1. Preheat oven on **Convection 170 °C** with the enamel shelf in the lower shelf position.
2. Beat the butter, which has been kept at room temperature, and the sugar until a light and fluffy consistency is achieved.
3. Add the eggs one at a time, beating well after each egg is added. Mix in the flour.
4. Fill individual paper cases two thirds full with the mixture.
5. Place baking tray on enamel shelf in the lower shelf position. Cook on **Convection 170 °C** for 20-25 minutes.

Cookies

ingredients

Serves 12

Basic cookie dough:

100 g butter
100 g caster sugar
1 egg, beaten
175 g plain flour

Variations:

White Chocolate and Pistachio Nut

75 g white chocolate, chopped
50 g pistachio nuts, chopped

Chocolate chunk:

50 g white chocolate, chopped
50 g dark chocolate, chopped

Dish: 1x bowl, baking sheet

Accessory: Enamel shelf, wire shelf

1. Preheat oven on **Convection 170 °C** with wire shelf in upper shelf position.
2. Cream together the butter and sugar until pale, then beat in the egg. Mix in the flour until well combined and add the chosen additions.
3. Place walnut-sized spoonfuls of dough well apart on lined baking tray and enamel shelf, flatten slightly with a fork.
4. Place baking sheet onto the wire shelf in the upper shelf position and the enamel shelf in the lower shelf position and cook on **Convection 170 °C** for 12-17 minutes or until golden.
5. Remove cookies from baking sheet and enamel shelf and allow to cool on a wire rack.

Streusel Muffins

ingredients

Serves 6

Streusel topping:

50 g butter
75 g plain flour
30 ml (2 tbsp) granulated sugar
15 ml ground mixed spice

Muffins:

200 g plain flour
3 ml (½ tsp) bicarbonate of soda
10 ml (2 tsp) baking powder
pinch salt
75 g caster sugar
75 g butter
200 ml buttermilk
1 medium egg, beaten
100 g fresh berries

Dish: 1 x large bowl, 1 x small bowl,
1 x 6 hole muffin tin +
6 paper muffin cases

Accessory: Enamel shelf

1. Make streusel topping by melting the butter on **High Microwave** for 10-20 seconds.
2. Add the remaining topping ingredients and combine to make a soft dough. Chill. Sift together the flour, bicarbonate, baking powder and salt.
3. Stir in the sugar. Melt butter for the muffins on **High Microwave** for 30 seconds - 1 minute on base of oven.
4. Cool slightly then mix in the buttermilk and egg. Preheat oven on **Convection 170 °C** with the enamel shelf in the lower shelf position.
5. Lightly stir the buttermilk mixture into the flour mixture. Fold fruit in gently. Divide mixture equally between 6 muffin cases.
6. Crumble small amounts of streusel topping over each muffin. Place muffin tin on enamel shelf in the lower shelf position and cook on **Convection 170 °C** for 20-25 minutes or until browned and well risen.

Victoria Sandwich

ingredients

Serves 6

175 g butter or margarine
175 g caster sugar
3 eggs
175 g self-raising flour

Dish: 1 x large bowl, 2 x cake tins
18 cm (7"), greased and lined

Accessory: Enamel shelf, wire shelf

1. In a large bowl, cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition.
2. Fold in half the flour, using a metal spoon, then fold in the remaining flour. Spoon the mixture into the tins and level with a knife.
3. Preheat oven on **Convection 180 °C**. Place one tin in the centre of the enamel shelf in lower shelf position and one tin in the centre of the wire shelf in upper shelf position.
4. Cook on **Convection 180 °C** for 20-25 minutes or until cooked.
5. Sandwich together with cream and jam and dust with icing sugar or with a filling of your choice.

Swiss Roll

ingredients

Serves 8

3 medium eggs, beaten
125 g caster sugar
125 g plain flour

Filling:

jam or cream
icing sugar to dredge

Dish: 1 x bowl, 1 x swiss roll tin 33 x
23 cm, greased and lined with
baking parchment.

Accessory: Wire shelf

1. Whisk eggs and sugar together in a heatproof bowl until pale and creamy, and mixture leaves a trail on the surface when the whisk is lifted.
2. Carefully fold in half of the sifted flour, and then fold in the other half. Fold in 15 ml (1 tbsp) of hot water. Add the mixture to tin. Tip the tin to allow mixture to run into corners.
3. Preheat oven on **Convection 200 °C** with wire shelf in lower shelf position.
4. Place tin on wire shelf and cook on **Convection 200 °C** for 10 minutes. Place sheet of greaseproof paper on a damp tea towel and dredge paper with caster sugar.
5. Quickly turn the Swiss roll out onto the greaseproof and carefully remove the baking parchment. Spread with jam or desired filling. Roll up from short side with the aid of the greaseproof paper.
6. Dredge with icing sugar.

Fruit Scones

ingredients

Serves 10

225 g self-raising flour
pinch salt
1 tsp baking powder
50 g butter
25 g caster sugar
50 g sultanas
5 tbsp (75 ml) milk
beaten egg to glaze

Dish: 1 x bowl, baking sheet

Accessory: Enamel shelf, wire shelf

1. In a bowl, sift the flour, salt and baking powder together. Rub in butter until the mixture resembles fine breadcrumbs.
2. Add sugar and sultanas. Make a well in the centre and stir in enough milk to form a soft dough. Knead lightly.
3. Roll out to 2 cm ($\frac{3}{4}$ " thick and cut into 10 rounds with a 5 cm (2") cutter.
4. Preheat oven on **Convection 210 °C** with wire shelf in upper shelf position.
5. Place the rounds on the baking sheet and enamel shelf and brush with beaten egg.
6. Place enamel shelf in lower shelf position and baking sheet on wire shelf in upper shelf position. Cook on **Convection 210 °C** for 9-13 minutes or until cooked and golden brown.

Flapjack

ingredients

Serves 8

250 g butter
275 g golden syrup
75 g light muscovado sugar
425 g porridge oats

Dish: 1 x bowl,
1 x tin 30 x 20 x 3.5 cm lined with
lightly buttered greaseproof paper

Accessory: Enamel shelf

1. Place the butter, syrup and sugar into bowl. Place on the base of the oven and cook on **Medium Microwave** for 4-5 minutes. Stir the oats into the butter and press the mixture into the tin.
2. Preheat the oven on **Convection 180 °C**. Place tin on enamel shelf in lower shelf position and cook on **Convection 180 °C** for 25 minutes.
3. Leave to cool in the tin for 5 minutes, then mark into 18 pieces. Allow to cool completely before removing from the tin.

Millionaires Shortbread

ingredients

Serves 10

Shortbread:

225 g plain flour
75 g caster sugar
175 g unsalted butter

Caramel:

200 g butter
397 g unsweetened
condensed milk
4 tbsp (60 ml) golden syrup

Topping:

300 g milk or dark
chocolate in chunks
2 tbsp (30 ml) vegetable oil

Dish: 1 x bowl, 24 cm x 19 cm
Pyrex® cake tin, greased and lined
Accessory: Enamel shelf

1. Place flour and sugar in a bowl and rub in butter. Press dough into tin.
2. Preheat oven on **Convection 170 °C** with enamel shelf in lower shelf position.
3. Prick shortbread with a fork and cook on **Convection 170 °C** for 5 minutes, then reduce temperature to **Convection 150 °C** for 30-40 minutes. Remove from oven when shortbread has a golden colour and leave to cool in tin. Remove shelf.
4. Place butter for caramel in a bowl and melt on **High Microwave** for 1-2 minutes. Add condensed milk and syrup. Whisk until thoroughly mixed and cook on **High Microwave** for 8 minutes.
5. Stir mixture every minute to prevent burning. Caramel should have thickened, allow to cool slightly. Pour caramel over shortbread.
6. Place chocolate and oil in a large bowl and melt on **High Microwave** for 1-2 minutes. Stir, allow to cool slightly. Pour chocolate on caramel and chill.

Shortcrust Pastry

ingredients

Makes 1 quantity of Shortcrust Pastry

225 g plain flour
pinch salt
100 g margarine
45-60 ml cold water

Dish: 1 x mixing bowl

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

Choux Pastry

ingredients

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

Dish: 1 x large Pyrex® jug

1. Place butter and water in a large jug and heat on base of oven on **High Microwave** for 2-3 minutes or until boiling. Immediately add the flour and beat well until mixture is smooth. Cool slightly. Beat in eggs one at a time, beating vigorously until mixture is smooth and glossy.

Suetcrust Pastry

ingredients

225 g self-raising flour
½ tsp salt
100 g shredded suet
7 tbsp cold water

Dish: 1 x large Pyrex® bowl

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

Calzone

ingredients

Serves 2

10 ml olive oil
1 garlic clove, crushed
175 ml passata
½ bunch basil leaves
2 slices parma ham, shredded
50 g mozzarella, roughly chopped
30 g sundried tomatoes, chopped
30 g olives
2 x 200 g packs pizza dough

Dish: 1 x large Pyrex® casserole dish with lid

Accessory: Enamel shelf

1. Put the oil and garlic in a casserole dish with a lid and cook on **High Microwave** for 30 seconds. Add the passata and half the basil leaves and continue to cook on **High Microwave** for a further 2-3 minutes. Stir in the parma ham, sundried tomatoes and olives, set aside to cool a little.
2. Preheat oven on **Convection 200 °C**. Roll out each pizza dough into a 15-20 cm circle, then split the mixture between them, piling it onto one half of each circle. Top with the mozzarella and remaining basil.
3. Close the calzones, pulling the side without the filling over the other, then crimp around the edge. Transfer onto lined enamel shelf. Cook on **Convection 200 °C** for 13 minutes in the middle shelf position until golden and puffed.

Sun Dried Tomato Rolls

ingredients

Makes 6 rolls

250 g strong bread flour
7 ml (1 tsp) sachet dried yeast
5 ml (1 tsp) salt
25 g sun-dried tomatoes, roughly chopped
45 ml (3 tbsp) olive oil
75 ml passata
75 ml warm water
5 ml (1 tsp) olive oil

Dish: 1 x large bowl

Accessory: Enamel shelf

1. In a large bowl, combine the flour, yeast and salt, stir in the tomatoes.
2. Gradually add the olive oil, passata and 3-5 tbsp of warm water until you have soft dough. Turn onto a floured surface and knead for 10 minutes.
3. Divide dough into 6 and place on enamel shelf. Prove in the lower shelf position until dough has doubled in size on **Convection 40 °C** for 30 minutes.
4. Preheat oven on **Convection 220 °C**. Drizzle with a little extra olive oil and sprinkle with coarse sea salt. Cook on the enamel shelf in lower shelf position on **Convection 220 °C** for 15-20 minutes or until golden.

Bread Rolls

ingredients

Makes 8 rolls

450 g strong bread flour
1 sachet dried yeast
5 ml salt
15 g butter or margarine
275 ml warm water

For Wholemeal bread

Use 225 g each of wholemeal
and strong white bread flour

For Granary bread

Use 450 g granary flour
instead of strong white bread flour

Dish: 1 x large bowl

Accessory: Enamel shelf

1. In a large bowl, combine the flour, yeast and salt. Rub in the butter or margarine. Add the warm water then mix to a dough. Turn onto a floured surface and knead for 10 minutes.
2. Divide into 8 and shape into rolls. Place on the greased enamel shelf.
3. Cover with cling film and prove until the dough has doubled in size in the oven on **Convection 40 °C** for 30 minutes in lower shelf position. Preheat oven on **Convection 200 °C**.
4. Glaze bread rolls with beaten egg and sprinkle with seeds, if desired.
5. Place enamel shelf in oven in the lower shelf position and cook on **Convection 200 °C** for 15-20 minutes or until golden.

Pizza

ingredients

Serves 2-4

1 onion, finely sliced
3 garlic cloves, crushed
1 tbsp olive oil
1 roll of pizza dough
100 ml tomato sauce
1 tbsp oregano
100 g ricotta
salt, pepper

Dish: 1 x bowl

Accessory: Enamel shelf

1. Cook the finely sliced onions and garlic in a bowl, with the olive oil, for 3-4 minutes on **High Microwave**. Leave to cool.
2. Using your hands, spread out the dough in the enamel shelf without making a raised edge.
3. Spread on the sauce, onions, oregano and season, covering all the dough well. Preheat oven on **Convection 220 °C**. Cook on **Convection 220 °C** for 10-15 minutes in the middle shelf position.
4. Then add other ingredients according to taste, cheese, anchovies, olives, bacon pieces etc. and continue cooking on **Convection 220 °C** for 8-10 minutes.

Focaccia

ingredients

Makes 1 loaf

400 g strong bread flour
1 sachet dried yeast
10 ml (2 tsp) salt
75 g (5 tbsp) olive oil
10 ml (2 tsp) coarse sea salt

Dish: 1 x large bowl,

1 x round tin 25 cm

Accessory: Enamel shelf

1. In a large bowl, combine the flour, yeast and salt. Gradually add the olive oil and 3-5 tbsp of warm water until you have soft dough.
2. Turn onto a floured surface and knead for 10 minutes. Place in a greased bowl, cover and prove until the dough has doubled in size on **Convection 40 °C** for 30 minutes.
3. Knock back the dough and knead again for a few minutes. Press the dough onto a greased 25 cm round tin, cover and prove in a warm place or on **Convection 40 °C** for approximately 30 minutes.
4. Preheat oven on **Convection 190 °C** with the enamel shelf in the lower shelf position. Dimple the surface of the dough.
5. Drizzle with a little extra olive oil and sprinkle with coarse sea salt. Cook on **Convection 190 °C** for 20-25 minutes or until golden.
6. Carefully remove from the tin and leave to cool on a wire rack.

Porridge with Warm Berries & Mint

ingredients

Serves 2

5 ml vanilla extract
10 ml agave syrup
300 ml milk
150 g oats
50 g strawberries
50 g raspberries
50g blueberries
50 g blackberries
2 sprigs of mint

Dish: 2 x small bowls,
1 x large bowl

1. Mix the vanilla extract and agave syrup into the milk. Split the oats into 2 bowls, putting half in each. Pour half the milk mixture into each bowl. Cook on **High Microwave** for 1 minute. Remove, stir and then cook for a further minute. Repeat with second bowl.
2. Cut the greens from the strawberries and cut into quarters. Place half the berries into a bowl and heat them on **High Microwave** for 1 minute. Stir with a spoon. Mix the raw berries with the softened berries.
3. Wash mint and shake dry. Spread the warm berries onto the porridge and top with mint before serving warm.

Rhubarb Breakfast Pots

ingredients

Serves 4

400 g rhubarb, cut into chunks
45 ml honey
½ lemon, juiced
50 g oats
25 g hazelnuts, roughly chopped
25 g coconut chips
400 g Greek yoghurt

Dish: 4 x small bowls
Accessory: Enamel shelf

1. Preheat oven on **Convection 180 °C**. Put the rhubarb, 30 ml honey and the lemon juice on the enamel shelf in a single layer. Cook on **Convection 180 °C** for 20 minutes in the upper shelf position, until the rhubarb is very soft. Put in a bowl and cool completely.
2. Preheat the oven to **Convection 180 °C**. Wash the enamel shelf. While the rhubarb is cooling, put the oats and hazelnuts on the enamel shelf. Mix the remaining honey with 15 ml water, add to the oats and nuts, and toss. Cook for 15-20 minutes on **Convection 180 °C** in the upper shelf position, until lightly browned. Add the coconut chips to the mix and cook for a further 5 minutes.
3. In 4 small bowls, layer up the rhubarb (including any juices) and yoghurt. Top with the oats, nuts and coconut mix.

Baked Banana Porridge

ingredients

Serves 2

2 small bananas, halved lengthways
100 g porridge oats
5 g ground cinnamon
pinch salt
150 ml milk
4 walnuts, roughly chopped

Dish: 1 x medium bowl
1 x 20 x 20 cm Pyrex® square dish

1. Preheat oven on **Convection 170 °C**. Mash up one banana half, then mix it with the oats, cinnamon, milk, 300 ml water and a pinch of salt. Pour into a baking dish, then scatter over the walnuts.
2. Bake on **Convection 170 °C** for 20-25 minutes on the base of the oven, until the oats are creamy and have absorbed most of the liquid.
3. Top with the remaining banana halves.

Sterilizing Jars

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

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

Dish Size

Always use a very large pyrex bowl.

Do not attempt to use jam pans or saucepans in your microwave.

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

Stirring - Important

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

Covering

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

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

Do not seal preserving jars in your microwave.

Setting Point

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

Plum Jam

ingredients

Makes approx. 2-2½ lb jam

675 g plums or damsons
200 ml water
675 g jam sugar
2 tbsp lemon juice
1 tsp butter

Dish: 1 x large casserole dish

1. Prick the plums and place in a large casserole dish with the water. Place on base of oven and cook on **Medium Microwave** for 10 minutes or until the fruit is soft.
2. Add the rest of the ingredients and cook on **High Microwave** for 5 minutes stirring frequently. Wash down any sugar crystals from around the bowl and bring to the boil on **High Microwave**.
3. Continue to cook on **High Microwave** until setting point is reached - approx. 25-30 minutes. Leave to cool slightly, remove the stones, then pot, seal and label.

Tomato Chutney

ingredients

Makes approx. 2 lb

675 g tomatoes
225 g cooking apples,
peeled and sliced
1 medium onion, chopped
100 g granulated sugar
2 tbsp tomato puree
1 tsp salt
200 ml white wine vinegar
10 ml (2 tsp) ground ginger
¼ tsp cayenne pepper
½ tsp mustard powder

Dish: 1 x large Pyrex® casserole dish

1. Prick the tomatoes and place in a casserole dish. Cover with boiling water and leave for 5 minutes. Drain. Peel off skin and roughly chop flesh.
2. Blend apple and onion in a food processor to a thick puree. Combine all ingredients together in the casserole dish. Cover, place on base of oven and cook on **High Microwave** for 25-30 minutes. Stirring occasionally, or until the mixture is thick with no excess liquid.
3. Leave to stand for 10 minutes then stir and pour into sterilized jars. Cover and label.

Red Onion Marmalade

ingredients

Makes approx. 1½ lb

3 tbsp (45 ml) olive oil
4 large red onions halved
and thinly sliced
50 g Demerara sugar
100 g sultanas
300 ml (½ pint) red wine
125 ml red wine vinegar

Dish: 1 x large Pyrex® casserole dish

1. Put oil in a casserole dish with onions and cover with a lid. Place on the base of the oven and cook on **Medium Microwave** for 10 minutes stirring halfway.
2. Add all other ingredients and mix well. Cover and cook on **Medium Microwave** for 30-35 minutes.
3. Cool slightly, then pour into a clean, sterilized jar. Allow to cool thoroughly before chilling.

Soft Fruit Jam

ingredients

Makes approx. 2-2½ lbs

450 g soft fruit, washed
450 g caster sugar
2 tbsp (3 ml) lemon juice
1 tsp butter

Dish: 1 x large Pyrex® casserole dish

1. Place all ingredients in a large cassserole dish. Cook on **High Microwave** for 5 minutes (10-15 minutes if using frozen fruit). Stir occasionally.
2. Continue to cook until sugar has dissolved. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil on **High Microwave**. Continue to cook until setting point is reached approx. 15-20 minutes. Leave to cool slightly, stir then pot, seal and label.

Lemon Curd

ingredients

Makes 2 jars

4 untreated lemons,
the juice and zest of
400 g crystallised sugar
4 beaten eggs
100 g butter

Dish: 1 x large Pyrex® casserole dish

1. Place all the ingredients in a casserole dish and mix together well. Cook on **High Microwave** for 5-6 minutes, stirring every minute to begin with then every 30 seconds once the mixture starts to thicken.
2. When the mixture stays on the back of the spoon, stop cooking, before the eggs cook too much. The mixture will continue to thicken as it cools.
3. Fill the jars while the curd is hot, close them and turn them over. Keep the lemon curd in the fridge.

Questions & Answers

Q: Why won't my oven turn on?

A: When the oven does not turn on, check the following:

1. Is the oven plugged in securely? Remove the plug from the outlet, wait 10 seconds and reinsert.
2. Check the circuit breaker and the fuse. Reset the circuit breaker or replace the fuse if it is tripped or blown.
3. If the circuit breaker or fuse is all right, plug another appliance into the outlet. If the other appliance works, there probably is a problem with the oven. If the other appliance does not work, there probably is a problem with the outlet.

If it seems that there is a problem with the oven, contact an authorized Service Centre.

Q: My oven causes interference with my TV. Is this normal?

A: Some radio and TV interference might occur when you cook with the oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

Q: The oven won't accept my program. Why?

A: The oven is designed not to accept an incorrect program. For example, the oven will not accept a fourth stage.

Q: Sometimes warm air comes from the oven vents. Why?

A: The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There are no microwaves in the air. The oven vents should never be blocked during cooking.

Q: I can't set an auto cook program and 'HOT' appears in the display. Why?

A: If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Q: Can I use a conventional oven thermometer in the oven?

A: Only when you are using **Grill/Convection** cooking mode. The metal in some thermometers may cause arcing in your oven and should not be used on **Microwave** and **Combination with Microwave** cooking modes.

Q: There are humming and clicking noises from my oven when I cook by **Combination**. What is causing these noises?

A: The noises occur as the oven automatically switches from one power to another to create the combination setting. This is normal.

Q: My oven has an odour and generates smoke when using the **Combination** and **Grill** function. Why?

A: After repeated use, it is recommended to clean the oven and then run the oven without food. This will burn off any food, residue or oil which may cause an odour and/or smoking.

Q: The oven stops cooking by microwave and 'H97' or 'H98' appears in the display. Why?

A: This display indicates a problem with the microwave generation system. Please contact an authorised Service Centre.

Questions & Answers

- Q: The fan continues to rotate after cooking. Why?
- A: After using the oven, the fan motor may rotate to cool the electrical components. This is normal and you can continue using the oven at this time.
- Q: "DEMO MODE PRESS ANY KEY" appears in the display and the oven does not cook. Why?
- A: The oven has been programmed in DEMO MODE. This mode is designed for retail store display. Deactivate this mode by touch Micro Power once and Stop/Cancel 4 times.
- Q: The operation guide has disappeared on my display, I can only see numbers?
- A: The operation guide was turned off by tapping Timer/Clock 4 times. When colon or time of day is displayed, touch Timer/Clock 4 times to turn the operation guide back on.
- Q: The control panel keys do not respond when tapped. Why?
- A: Ensure the oven is plugged in. The oven may be in stand-by mode. Open and close the door to activate.

Technical Specifications

Manufacturer		Panasonic
Model		NN-CF87LB
Power Supply		230-240V/50Hz
Operating Frequency:		2450 MHz
Input Power:	Maximum	1960 W
	Microwave	960 W
	Grill	1350 W
	Convection	1380 W
Output Power:	Microwave	1000 W
	Grill	1300 W
	Convection	1350 W
External Dimensions W x D x H (mm)		500 (W) x 437 (480*) (D) x 391 (H)
Interior Dimensions W x D x H (mm)		410 (W) x 320 (D) x 240 (H)
Uncrated Weight (approx. without accessories)		20.2 kg

* 437 mm is the dimension without handle

480 mm is the dimension with handle.

Weight and Dimensions shown are approximate.

This product is an equipment that fulfills the European standard for EMC disturbances (EMC = Electromagnetic Compatibility) EN 55011. According to this standard this product is an equipment of group 2, class B and is within required limits. Group 2 means that radio-frequency energy is intentionally generated in the form of electromagnetic radiation for purpose of warming or cooking food. Class B means that this product may be used in normal household areas.

Manufactured by: Panasonic Appliances Microwave Oven (Shanghai) Co., Ltd.

888, 898 Longdong Road. Pudong, Shanghai, 201203, China.

Imported by: Panasonic Marketing Europe GmbH

REP. EU: Panasonic Testing Centre

Winsbergring 15, 22525 Hamburg, Germany



Visit Panasonic's **The Ideas Kitchen** website for Microwave advice, recipes, cooking tips and offers:

www.theideaskitchen.co.uk



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**Or order spares direct on line at
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