

Panasonic®

Operating Instructions and Cookbook Steam / Convection / Grill / Microwave Oven

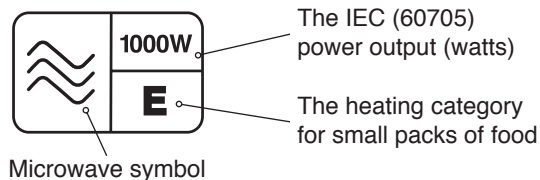
Model No. NN-CS89LB
Household Use Only



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 **90-105** 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, steam** 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, steam, 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.
- Warning! This appliance produces boiling hot steam.
- During and after cooking with steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.

Safety Instructions

- Warning! Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.
- Please refer to page 16-17 for correct installation of the shelf accessories.
- The oven has heating elements situated in top of the oven, a steamer boiler situated in the left side of the oven and a convection heater situated in the back of the oven. After using the **grill, convection, steam** 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 19 for correct installation.

Safety Instructions

- The purpose of the drip tray is to collect excess water during **steam** and **steam combination** mode. It should be emptied after each **steam** and **steam combination** operation.
- Do not use the water tank if it is cracked or broken, as leaking water could result in electrical failure and danger of electric shock. If the water tank becomes damaged, please contact your dealer.
- 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.

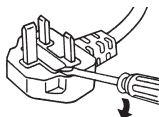


Important

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. During and after cooking with a steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
5. To prevent burns, take care of hot surfaces which may exist from the cooking process.



Caution!

Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Storage of Accessories

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

Exterior Oven Surfaces

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

Important Safety Instructions

Heater

8. The oven has heating elements situated in top of the oven, a steamer boiler situated in the left side of the oven and a convection heater situated in the back of the oven. After using the **grill, convection, steam** 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.



Caution! Hot Surfaces!

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

9. Before using **grill, convection, steam** or **combination** function for the first 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/convection**. **Do not operate the oven empty** apart from point 9 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.

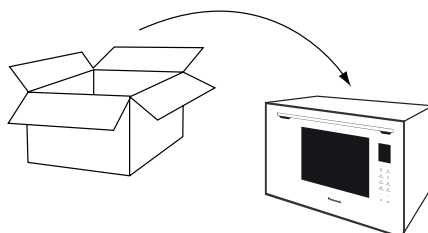
Cord

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.



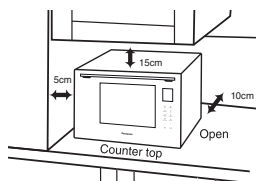
Note

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. The microwave oven shall not be placed in a cabinet.



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, steam** 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, steam** 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. After cooking with a **steam function**, check and wipe away any excess water which may have condensed within the oven cavity. Empty the drip tray (refer to page 19).
5. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they may scratch the surface, which may result in shattering of the glass.

Care & Cleaning of Your Oven

6. The **outside oven surface** should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
7. If the **control panel** becomes dirty, clean with a soft, dry cloth. **Do not** use harsh detergents or abrasives on control panel. When cleaning the control panel, unplug the socket. Leave the oven door closed.
8. If **steam accumulates** inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
9. The **oven cavity floor** should be cleaned regularly. Simply wipe the bottom surface of the oven with mild detergent and warm water then dry with a clean cloth. Cooking vapours collect during repeated use but in no way affect the bottom surface.
10. When **grilling** or cooking by **convection, steam** 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.
11. A **steam cleaner** is not to be used for cleaning.
12. Ensure all **accessories** are kept clean, especially when using microwave or combination programs.
13. Keep **air vents** clear at all times. Check that no dust or other material is blocking any of the air vents on the top 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.
14. Run the system cleaning program when the symbol shows in the display. See pages 87. Clean the water tank at least once a week to prevent build up of limescale. See page 89.

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.

Water Tank

3. Do not use the water tank if it is cracked or broken, as leaking water could result in electrical failure and danger of electric shock. If the water tank becomes damaged, please contact your dealer.

Oven Light

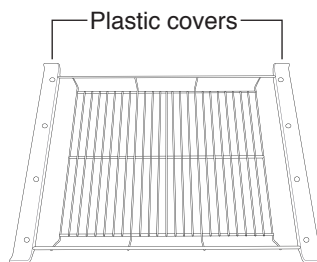
4. The oven lamp must be replaced by a service technician trained by the manufacturer. **Do not** attempt to remove the outer casing from the oven.

Selected Spares and Accessories

5. 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, steam** 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, steam** or **convection only**.
4. Always refer to instructions for correct accessories to use on all programs.
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, convection** or **steam** 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

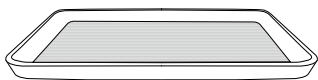
Wire Shelf

1. The wire shelf can be used in the upper and middle shelf positions for **grilling or steaming** 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**.

Oven Accessories

Glass Tray

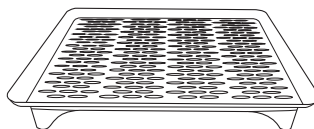
1. The glass tray can be used on the base of the oven for cooking on **microwave** mode only.
2. The glass tray is used on top of the wire shelf for cooking on **combination** mode.
3. If the glass tray is hot, let it cool before cleaning or placing in cold water, as this could crack or shatter the accessory.
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

Plastic Trivet


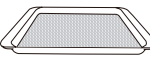


1. The plastic trivet is placed inside the enamel shelf to cook on **steam** only mode or **steam + grill** or **steam + convection** . Food can be placed directly on the plastic trivet.
2. The plastic trivet is placed on the glass tray on wire shelf for steam combination with microwave.



Plastic trivet

Oven Accessories

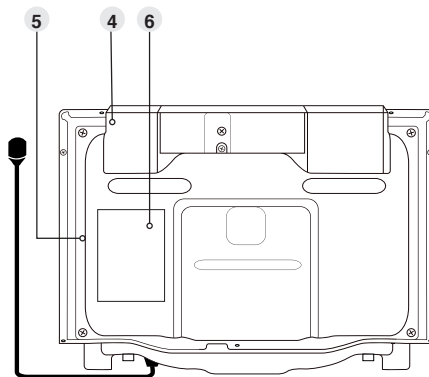
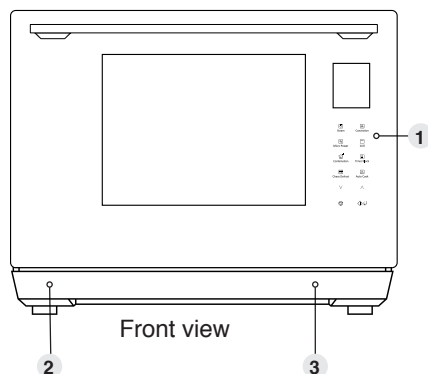
The following chart shows correct use of the accessories in the oven.

	Wire shelf	Glass tray	Enamel shelf	Plastic trivet
				
Microwave	✗	✓	✗	✗
Grill	✓	✓	✓	✗
Convection	✓	✓	✓	✗
Steam	✓	✓	✓	✓
Steam + Microwave (Combi 1)	✓*	✓	✗	✓
Steam + Grill (Combi 2)	✓	✓	✓	✓
Steam + Convection (Combi 3)	✓	✓	✓	✓
Convection + Microwave + Grill (Combi 4, 5, 6, 7, 8)	✓*	✓	✗	✗
Convection + Microwave (Combi 9, 10, 11)	✓*	✓	✗	✗
Grill + Convection (Combi 12)	✓	✓	✓	✗

* 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.

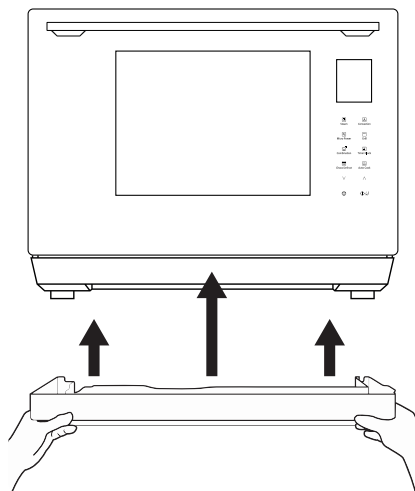
Parts of Your Oven

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

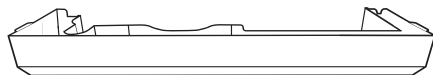


Drip Tray

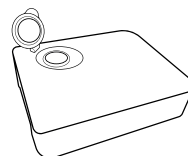
1. Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
2. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
3. To remove the drip tray, hold with both hands 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.**



Reposition the drip tray by clicking back onto the legs.



Drip tray



Water tank

Refer to guidelines for water tank on page 50.

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 38)

7 Steam outlets

8 Warning label

9 Grill elements

10 Convection heater

11 LED lights

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

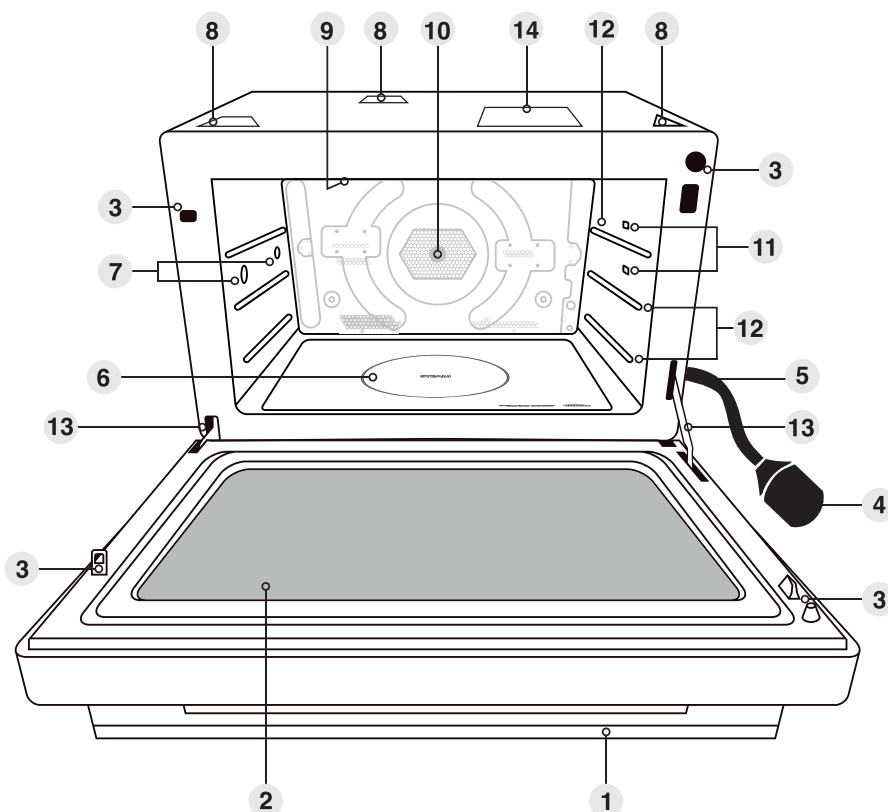
12 Shelf positions

13 Door hinges

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

14 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 30-31.

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 91.

Arcing

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

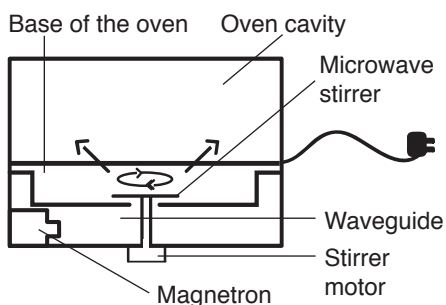
You can continue to cook by **grill, convection or steam only**.

Microwaving Principles

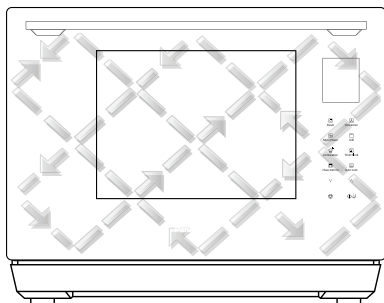
Microwave energy has been used in this country to cook and reheat food since early experiments with radar in World War II.

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

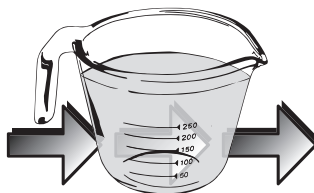


In a microwave oven, electricity is converted into microwaves by the **magnetron**. For bottom feeding, please refer to page 38.



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 27).

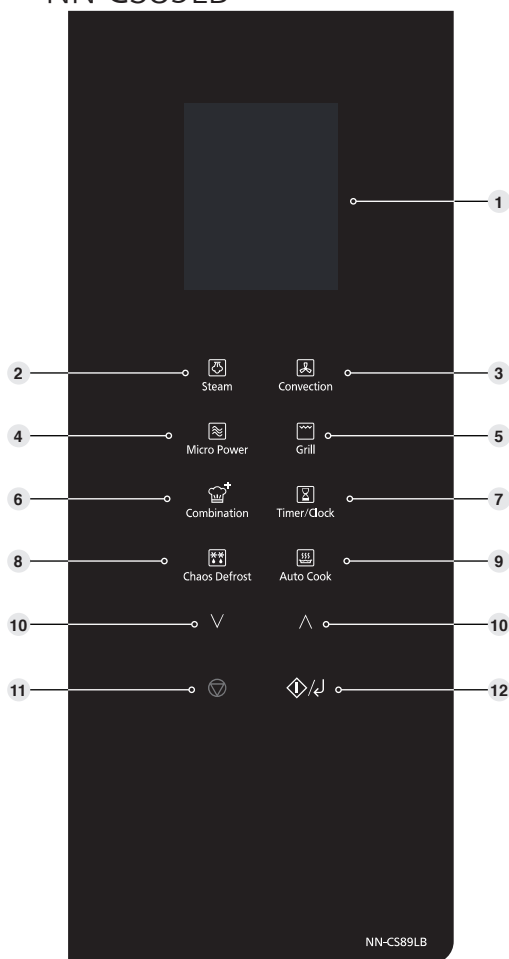


Boiled Eggs

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

Control Panel

NN-CS89LB



- 1 **Display Window**
- 2 **Steam** (pages 49-51)
- 3 **Convection** (pages 44-48)
- 4 **Micro Power** (pages 38)
- 5 **Grill** (pages 42-43)
- 6 **Combination** (pages 52-60)
- 7 **Timer/Clock** (pages 36, 62-64)
- 8 **Chaos Defrost** (pages 65-67)
- 9 **Auto Cook** (pages 68-88)
- 10 **Up/Down Selection** (page 37)
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.



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.



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 40-41.

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.



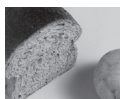
Spacing

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

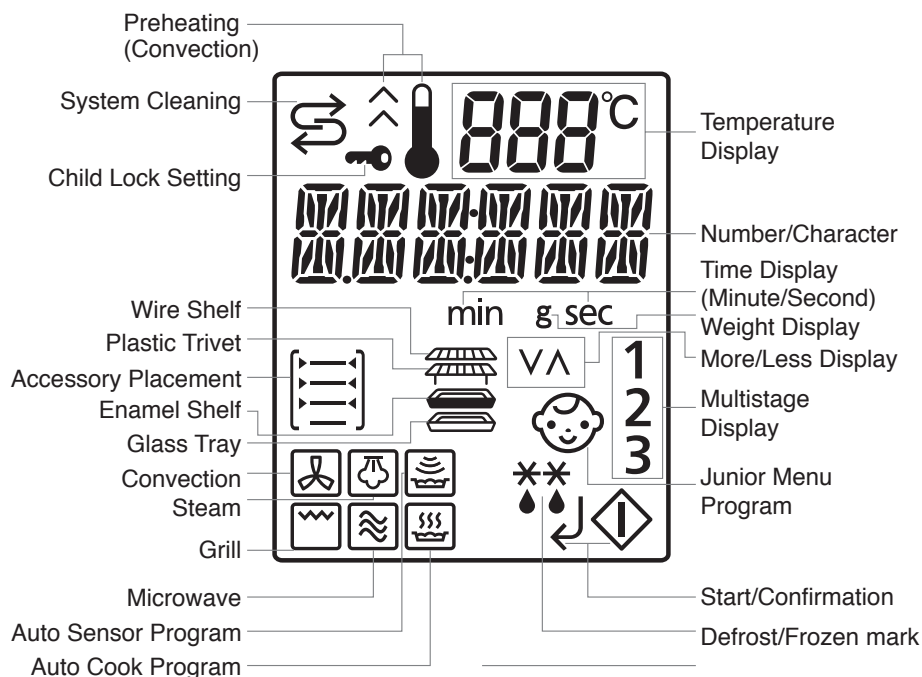
Small amounts of smooth aluminium foil can be used to **shield** joints of meat during defrosting and cooking by Microwave, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or over defrosting. Take care that the foil does not touch the sides or roof of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



Roasting Bags

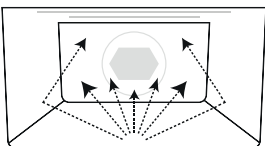
Roasting bags are useful when slit up one side to tent a joint, for roasting by microwave and time. Do not use the metal twists supplied, when using microwave or combination.

Microwave Display Window

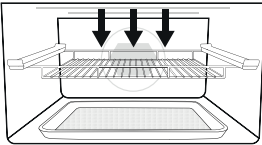
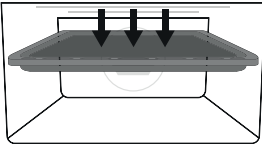
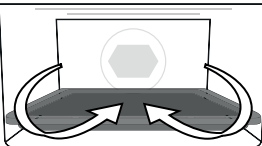
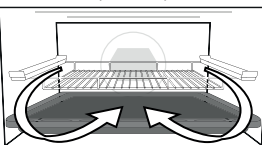
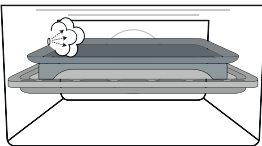
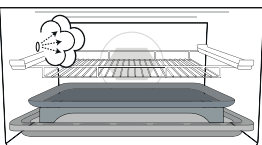


Cooking Modes

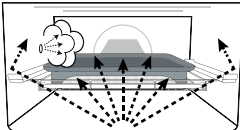
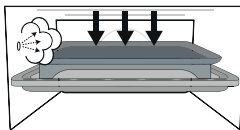
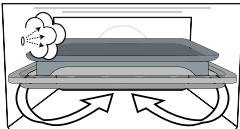
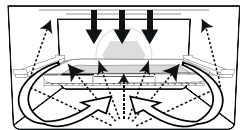
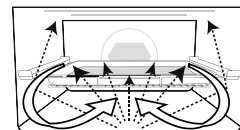
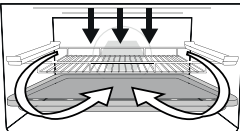
The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used. Further information can be found in the cookbook.

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.

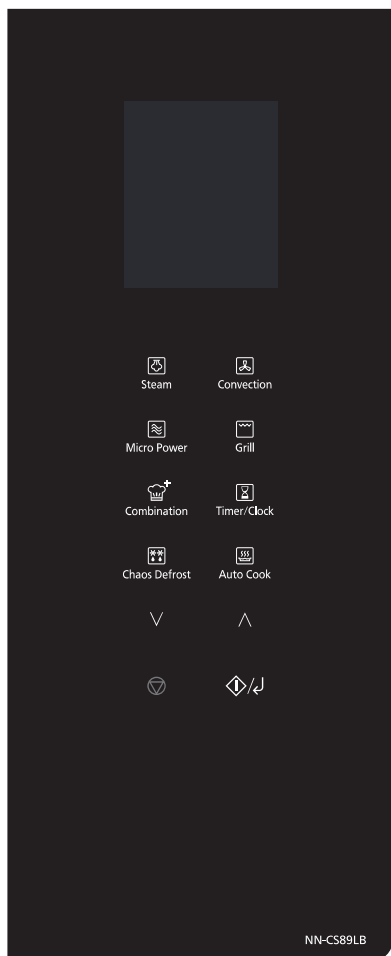
Cooking Modes

Cooking modes	Uses	Accessories to use	Containers
<p>Grill</p>  	<ul style="list-style-type: none"> Grilling of meat or fish. Toast grilling. Colouring of gratin dishes or meringue pies. <p>Preheating advised</p>	<p>Wire shelf or enamel shelf. If using wire shelf, glass tray can be placed on base of oven to catch fat and drips.</p>	<p>Heatproof, metal tin can be used.</p>
<p>Convection</p>  <p>(1 level)</p>  <p>(2 level)</p>	<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>	<p>Enamel shelf, wire shelf and glass tray.</p>	<p>Heatproof, metal tin can be used.</p>
<p>Steam</p>  <p>(1 level)</p>  <p>(2 level)</p>	<ul style="list-style-type: none"> Cooking fish, vegetables, chicken, rice and potatoes. <p>No preheating</p>	<p>Plastic trivet inside enamel shelf, wire shelf and glass tray.</p>	<p>Metal tin, Pyrex[®] and plastic containers suitable for steaming.</p>

Combination Cooking Modes

Cooking modes	Uses	Accessories to use	Containers
Steam + Microwave  (Combi 1)	<ul style="list-style-type: none"> Cooking fish, vegetables, chicken, rice and potatoes. No Preheating	Plastic trivet on glass tray on wire shelf.	Microwaveable.
Grill + Steam  (Combi 2)	<ul style="list-style-type: none"> Cooking gratins. Kebabs. No preheating	Enamel shelf or plastic trivet inside enamel shelf.	Heatproof, metal tin can be used.
Convection + Steam  (Combi 3)	<ul style="list-style-type: none"> Baking cakes. Pastry tarts. Souffles. Whole fish Preheating advised	Enamel shelf or plastic trivet inside enamel shelf.	Heatproof, metal tin can be used.
Convection + Grill + Microwave  (Combi 4, 5, 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. Preheating if advised	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.
Convection + Microwave  (Combi 9, 10, 11)			
Grill + Convection  (Combi 12)	<ul style="list-style-type: none"> Roasting red meats, thick steak (rib or beef, T-bone steaks). Cooking of fish. Preheating advised	Wire shelf and enamel shelf, glass tray on base of oven used as 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 36 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.



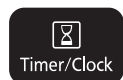
Note

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



- **Time Setting:**
To set cooking time or clock. Use this pad for the Add Time Function (see page 64).
- **Weight Setting:**
To set weight of food for Chaos Defrost Programs and Auto Cook Programs (see pages 65-67 and 70-74,78-85).
- **Auto Programs Setting:**
To select auto menu.
- **More/Less Setting:**
To set more/less for Auto Sensor Programs (see pages 68-69 and 75-77).

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.

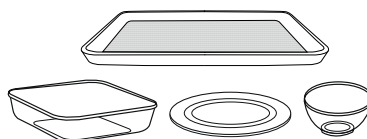
Select the cooking time by tapping “√” / “^”.

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 “√” / “^” 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 40-41.
6. For multi-stage cooking refer to pages 61.
7. Stand time can be programmed after microwave power and time setting. Delay start cooking can be programmed before microwave power and time setting. Refer to using the timer pages 62-64.

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 92-105.

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 on an a 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 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 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 g - 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.	20 mins
Fish Fillets	120 g - 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.

There are 3 different Grill settings available.



- 1 tap Grill 1 (high)
- 2 taps Grill 2 (medium)
- 3 taps 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 1 hour 30 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 43).



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 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.

Oven Accessories to Use



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.



For grilling small foods use the enamel shelf in the upper or middle shelf positions.

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 46-47 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.

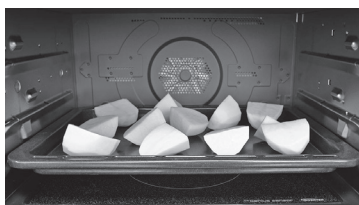


Baking: Enamel shelf in lower shelf position.



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

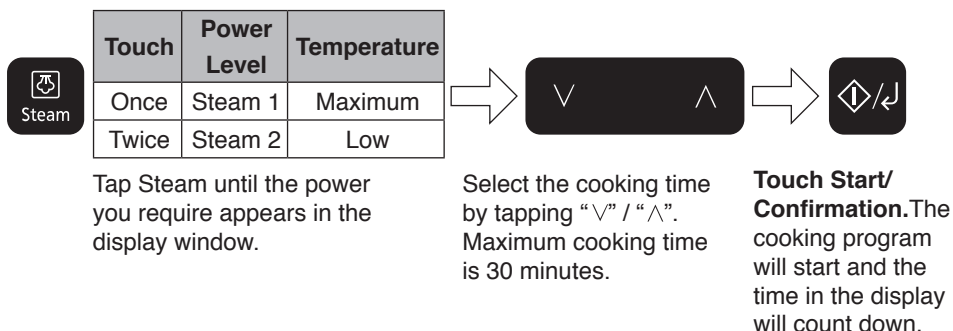
Guideline to Oven Temperatures

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.
	160/170 °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.

Steam Cooking

The oven can be programmed as a steamer to cook vegetables, fish, chicken and rice. There are 2 different steam settings available.



Oven Accessories to Use:

Steam 1 level

When steaming food the plastic trivet is placed inside the enamel shelf in the middle shelf position. Food can be placed directly on the plastic trivet.



Steam 2 level

For the first level, place food on the plastic trivet inside the enamel shelf in the lower shelf position. For the second level, place food on the wire shelf in the upper shelf position.



Note

1. Fill the water tank before using the **Steam** function.
2. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, touch **Start/Confirmation**. The oven will not continue cooking until the water tank has been re-filled and Start/Confirmation touched.
4. You can change the cooking time during cooking if required. Tap “√” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill water tank at any time during cooking, without having to touch Stop/Cancel first.
6. It is necessary to wipe the excess water in the cavity after Steam cooking.

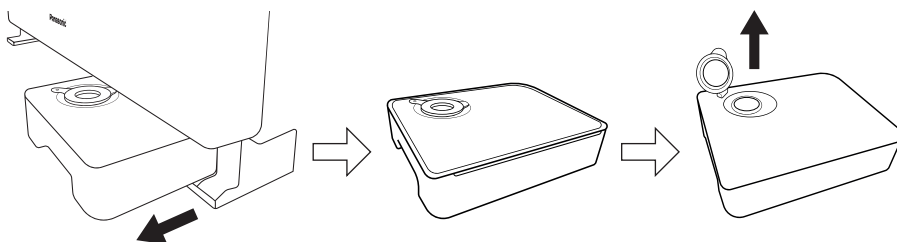
Steam Cooking



Caution!

1. The accessories and surrounding oven will get very hot. Use oven gloves.
2. When removing the food or cooking accessories, hot water may drip from the oven top.
3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.
4. Take care when removing the drip tray. Wipe any water that drips from inside the oven. This is normal.

Guidelines for Water Tank



Carefully remove the water tank from the oven. Remove the lid and fill with tap water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week.



Guidelines

1. There is no microwave power on the **steam** only program.
2. Use the accessories provided, as explained above.
3. The **steam** will only operate with the oven door closed.
4. **During and after cooking with steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.**
5. **Always use oven gloves when removing the food and accessories after steaming as the oven and accessories will be very hot.**
6. After each steam operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs (see page 19).

Steam Shot

This feature allows you add steam during cooking (up to 3 minutes). Adding steam during cooking enhances heat distribution and aids the rising process of breads, cakes and pastries.

Steam shot is available to use in the following cooking modes: - microwave, grill, convection and combination levels 4-12.

Set and operate the desired program.



Optional

As required during operation, hold steam for 2 seconds and 1 minute steam will be added.

If you want to add 2 or 3 minutes steam, tap Steam once or twice within 3 seconds after step 2. The remaining time displayed includes steam shot time.



Note

1. Steam shot is not available during preheating mode.
2. Fill the water tank before use.
3. The original program still counts down when operating steam shot.
4. The steam shot time can not exceed the remaining cooking time.
5. If adding 2 or 3 minutes, steam must be tapped once or twice within a 3 second time period.
6. It is not possible to change the convection temperature and cooking time during steam shot.



Caution!

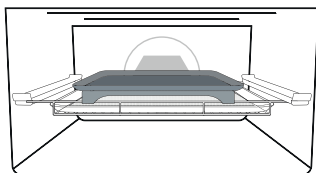
1. **The accessories and surrounding oven will get very hot. Use oven gloves.**
2. **When removing the food or cooking accessories, hot water may drip from the oven top.**
3. **Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.**

Food	Cooking Mode	Steam Shot
Pastries	Convection	$\frac{2}{3}$ total time add 3 minutes steam shot
Breads	Convection	$\frac{2}{3}$ total time add 3 minutes steam shot
Sponge cakes	Convection	$\frac{1}{2}$ total time add 3 minutes steam shot
Part baked rolls	Combi 12	$\frac{2}{3}$ of total time add 3 minutes steam shot

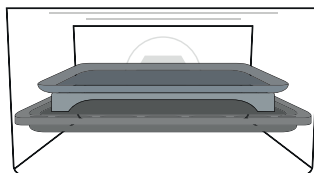
Combination: Cooking with Steam

Steam can be used to cook foods simultaneously with microwave, grill or convection mode. This can often reduce traditional oven cooking times and keep the food moist.

Oven Accessories to Use:



Combi 1: Steam + microwave
Plastic trivet on glass tray on wire shelf in middle shelf position



Combi 2: Steam + grill
Combi 3: Steam + convection
Plastic trivet inside enamel shelf in middle shelf position.



Touch combination

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

Touch if preheating (Combi 3 only)

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.**

Tap	Combination Level	Combination Type	Uses
Once	Combi 1	Steam 1 + MW 440 W (Low)	Fresh vegetables, frozen vegetables, fruits, mash, tinned vegetables, puddings.
Twice	Combi 2	Steam 1 + Grill 1 (High)	Fish and chicken with skin
3 times	Combi 3	Steam 1 + Convection 190 °C	Homemade bread and choux pastry



Select the cooking time by tapping "V" / "Λ". Maximum cooking time is 30 minutes.

Touch Start/Confirmation

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

Combination: Cooking with Steam



Note

1. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, refill the water tank and repeat the above operation for the remaining time.
2. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After refilling the water tank and positioning back in the oven, touch **Start/Confirmation**. The oven will not continue cooking until the water tank has been refilled and **Start/Confirmation** touched.
3. Preheating is not available with Combi 1 or Combi 2.
4. You can change the cooking time during cooking if required. Tap “√” / “^” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill water tank at any time during cooking, without having to touch **Stop/Cancel** first.
6. It is necessary to wipe the excess water in the cavity after Steam cooking.

Guidelines

1. **During and after cooking with steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.**
2. **Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.**
3. **After each steam operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To reposition, click back into position on the oven legs (see page 19).**



Caution!

1. **The accessories and surrounding oven will get very hot. Use oven gloves.**
2. **When removing the food or cooking accessories, hot water may drip from the oven top.**
3. **Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.**

Combination: Cooking with Microwave

Your oven has 2 methods of cooking by combination with microwave.

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**, **convection** or **steam** only. To cook successfully by **combination** you should always use a minimum of 200 g food. Small quantities should be cooked by **convection**, **grill** or **steam**.



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
4 Times	Combi 4	Convection 230 °C + Grill 1 (High) + MW 300 W (Simmer)	Lasagne, gratins, pizza
5 Times	Combi 5	Convection 230 °C + Grill 2 (Medium) + MW 300 W (Simmer)	Meat pies and pastries
6 Times	Combi 6	Convection 230 °C + Grill 2 (Medium) + MW 100 W (Warm)	Sausage rolls, spring rolls, breaded fish
7 Times	Combi 7	Convection 220 °C + Grill 1 (High) + MW 300 W (Simmer)	Ready meals with gratin tops
8 Times	Combi 8	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



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 98-150.

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
9 times	Combi 9	Convection 220 °C + MW 300 W (Simmer)	Quiche, tarts
10 times	Combi 10	Convection 190 °C + MW 300 W (Simmer)	Whole chicken, fish steaks, whole fish, whole turkey
11 times	Combi 11	Convection 160 °C + MW 100 W (Warm)	Casseroles



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.



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!

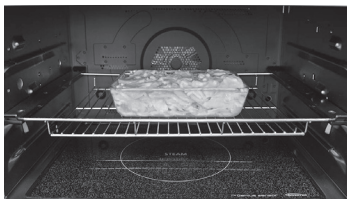
Always use oven gloves when removing dishes from the oven - especially when turning or stirring foods, as the accessories and surrounding oven will get very hot.

Combination: Convection and Microwave

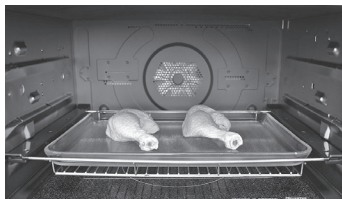
Oven Accessories to Use

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

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

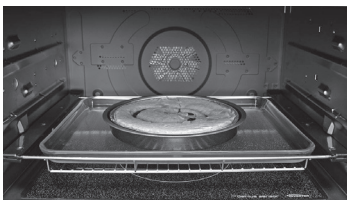


Non-metallic dishes or items of food can be placed directly onto wire shelf in the lower or middle shelf position.



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
12 Times	Combi 12	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 “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. 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 “V” / “^” 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 the oven.

Suggested Cooking Options

Food	Weight	Traditional Oven	Convection + Grill (Combi 12)
Chicken legs	800 g	40 mins 200 °C	30-35 mins Combi 12
Duck breast fillets	350 g	30-35 mins 220 °C	25 mins Combi 12
Thick Sausages	300 g	25-30 mins 190 °C	15 mins Combi 12
Pork Chops	800 g	20-25 mins 200 °C	18 mins Combi 12
Chicken Thighs	800 g	40 mins 200 °C	25 mins Combi 12

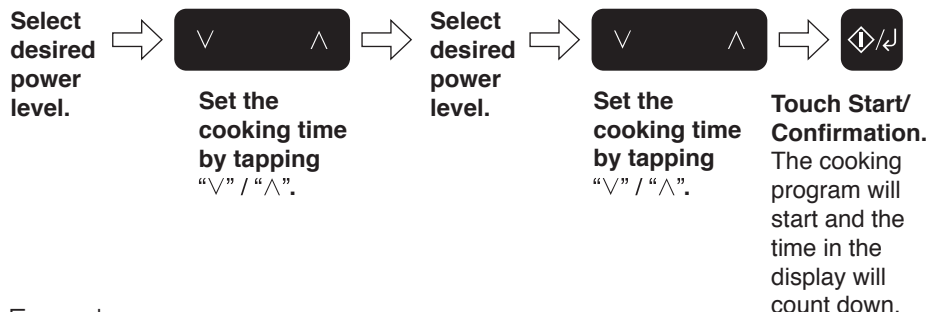


Guidelines

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

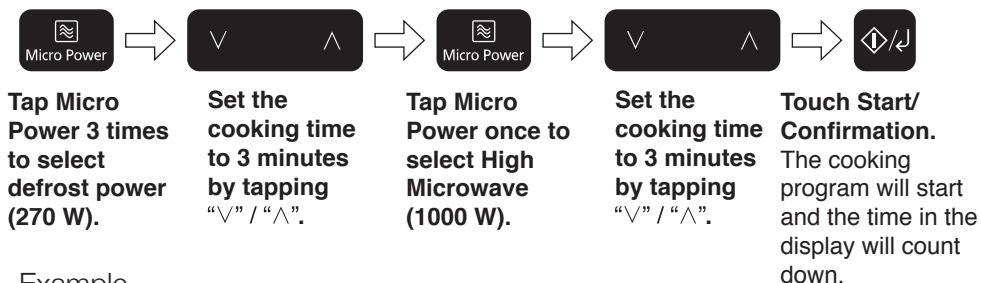
Multi-Stage Cooking

2 or 3 Stage Cooking



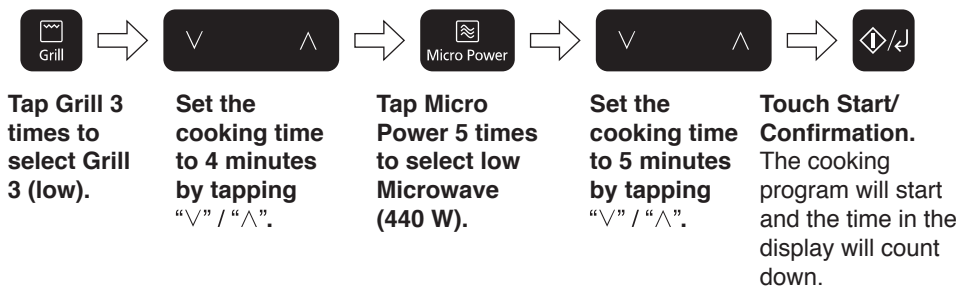
Example

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



Example

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



Note

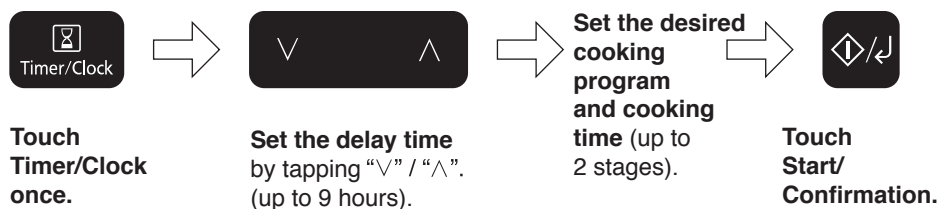
1. For 3 stage cooking, enter another cooking program before touching Start.
2. During operation, touching **Stop/Cancel** once will stop the operation. Touching **Start/Confirmation** will re-start the programmed operation. Touching **Stop/Cancel** twice will stop and clear the programmed operation.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

Using the Timer

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.

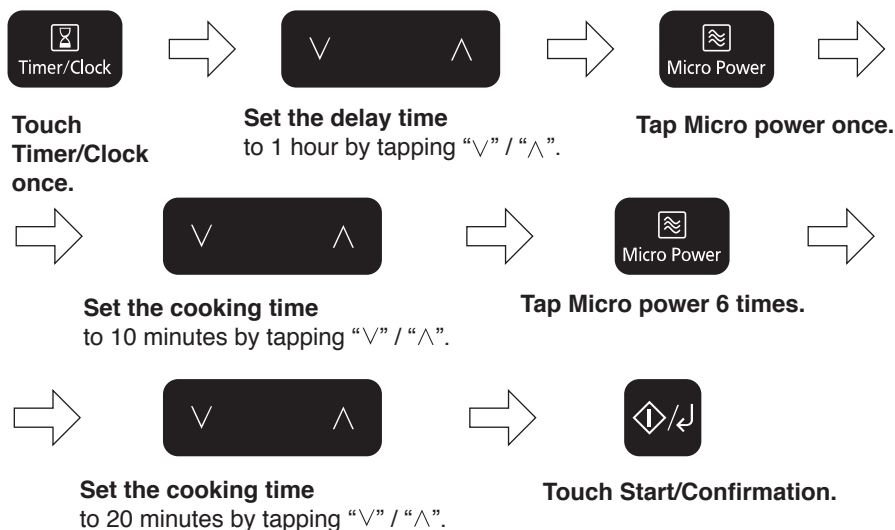
1. Delay Start Cooking

By using the timer, you are able to program 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 High	30 minutes
Steam	30 minutes
Combi 1-3	30 minutes
Grill	1 hour and 30 minutes
Other microwave powers	1 hour and 30 minutes
Convection	9 hours
Combi 4-12	9 hours
Timer	9 hours



Note

1. This function is only available for Micro Power, Grill, Convection, Steam, 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 66).

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.

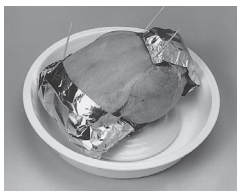
The **Chaos theory** principle is used in auto weight defrost programs to give you a quick and more even defrost. The **Chaos** system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check the food. **It 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

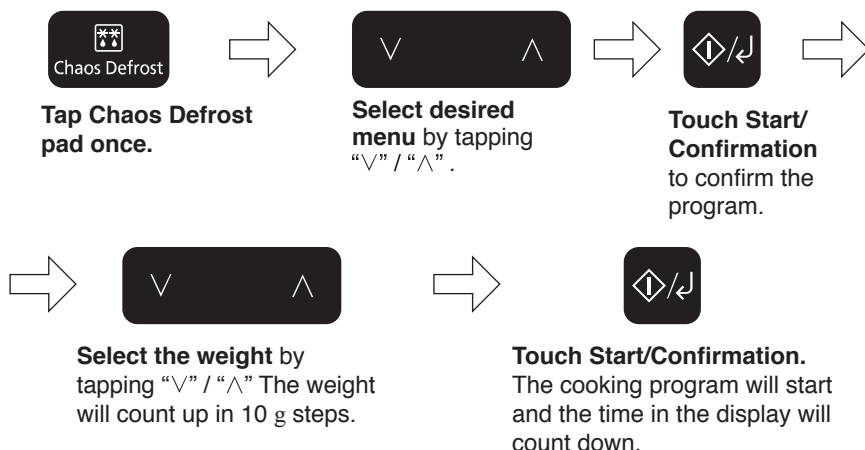














Note



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 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 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 in a shallow dish on 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 40-41. 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 Auto 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 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 touching Start/Confirmation, “√” / “^” 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.

Auto Steam Programs

This feature allows you to steam some of your favourite foods by setting the weight only. The oven determines the steam level and the cooking time automatically. Select the category and set the weight of the food. The weight is programmed in grams. For quick selection, the weight starts from the minimum weight for each category.



Tap Auto Cook pad once.

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

Touch Start/Confirmation. Skip this step for programs No. 11 and 12.



Select the weight by tapping “V” / “^”.

The weight will count up in 10 g steps.

Skip this step for programs No. 11 and 12.

Touch Start/Confirmation.





















Guidelines for Use

1. The auto steam programs must **only** be used for foods described.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package weight information.
4. Only use the accessories as indicated on pages 71-73.
5. Do not cover foods on the auto steam programs.
6. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
8. 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	Minimum Weight	Maximum Weight
5. Fresh Vegetables	200 g	1000 g
6. Frozen Vegetables	200 g	1000 g
7. Steamed Potatoes	200 g	1000 g
8. Rice	100 g	200 g
9. Fresh Fish Fillets	200 g	600 g
10. Frozen Fish Fillets	200 g	600 g
11. Fish Fillets and Green Vegetables	Approx. 210 g - 250 g fish fillets and 200 g vegetables	
12. Whole Fish and Green Vegetables	Approx. 200 g - 300 g whole fish and 200 g green vegetables	

















Auto Steam Programs

Program	Weight*	Accessories	Instructions
5. Fresh Vegetables 	1 level (200 g - 500 g)	1 Level:   	1 Level: To steam fresh vegetables 200 g - 500 g. Fill water tank. Place prepared vegetables onto plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. Select program number 5, Fresh Vegetables. Touch Start/Confirmation to confirm the program. Select the weight of the fresh vegetables. Touch Start/Confirmation.
	2 level (510 g - 1000 g)	2 Level:     	2 Level: To steam fresh vegetables 510 g - 1000 g. Fill water tank. Place half of prepared vegetables onto plastic trivet. Place plastic trivet inside enamel shelf in the lower shelf position. Place remaining half of the prepared vegetables onto wire shelf in the upper shelf position. Small vegetables are not suitable for 2 level steaming. Select program number 5, Fresh Vegetables. Touch Start/confirmation to confirm the program. Select the weight of the fresh vegetables. Touch Start/Confirmation.
6. Frozen Vegetables 	1 level (200 g - 500 g)	1 Level:   	1 Level: To steam frozen vegetables 200 g - 500 g, e.g. carrots, broccoli, cauliflower, green beans. Fill water tank. Place vegetables onto plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. Select program number 6, Frozen Vegetables. Touch Start/confirmation to confirm the program. Select the weight of the frozen vegetables. Touch Start/Confirmation.
	2 level (510 g - 1000 g)	2 Level:     	2 Level: To steam frozen vegetables 510 g - 1000 g e.g. carrots, broccoli, cauliflower, green beans. Fill water tank. Place half of vegetables onto plastic trivet. Place plastic trivet inside enamel shelf in the lower shelf position. Place remaining half of vegetables on wire shelf in upper shelf position. Small vegetables are not suitable for 2 level steaming. Select program number 6, Frozen Vegetables. Touch Start/confirmation to confirm the program. Select the weight of the frozen vegetables. Touch Start/Confirmation.

 Wire Shelf
  Plastic Trivet
  Enamel shelf
 Accessory Placement
  Steam
  Frozen

*Recommended weight range

Auto Steam Programs










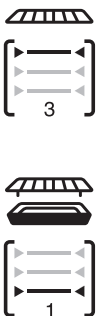
Program	Weight*	Accessories	Instructions
7. Steamed Potatoes 	1 level (200 g - 650 g)	1 Level:   	1 Level: To steam potatoes 200 g - 650 g. Fill water tank. Peel potatoes and cut into even sized pieces. Place prepared potatoes onto plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. Select program number 7, Steamed Potatoes. Touch Start/confirmation to confirm the program. Select the weight of the potatoes. Touch Start/Confirmation.
	2 level (660 g - 1000 g)	2 Level:     	2 Level: To steam potatoes 660 g - 1000 g. Fill water tank. Peel potatoes and cut into even sized pieces. Place half of prepared potatoes onto plastic trivet. Place plastic trivet inside enamel shelf in the lower shelf position. Place remaining half of the prepared potatoes on the wire shelf in upper shelf position. Select program number 7, Steamed Potatoes. Touch Start/confirmation to confirm the program. Enter the weight of the potatoes. Touch Start/Confirmation.
8. Rice 	100 g - 200 g	 	To cook rice 100 g - 200 g. Fill water tank. Place rice in a Pyrex® bowl. Add 3 parts water to 2 parts rice. Do not cover. Place dish on enamel shelf in the middle shelf position. Select program number 8, Rice. Touch Start/confirmation to confirm the program. Select the weight of the rice only. Touch Start/Confirmation.
9. Fresh Fish Fillets 	200 g - 600 g	  	To cook fresh fish fillets 200 g - 600 g. Fill water tank. Place fresh fish onto plastic trivet. Place plastic trivet on enamel shelf in the middle shelf position. Select program number 9, Fresh Fish Fillets. Touch Start/confirmation to confirm the program. Select the weight of the fresh fish. Touch Start/Confirmation.

 Wire Shelf
  Plastic Trivet
  Enamel shelf

 Accessory Placement
  Steam

*Recommended weight range

Auto Steam Programs

Program	Weight*	Accessories	Instructions
10. Frozen Fish Fillets   + 	200 g - 600 g		To cook frozen fish fillets 200 g - 600 g. Fill water tank. Place frozen fish onto plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. Select program number 10, Frozen Fish Fillets. Touch Start/confirmation to confirm the program. Select the weight of the fish. Touch Start/Confirmation.
11. Fresh Fish Fillets and Green Vegetables  	Approx. 210 g - 250 g (for 2 fish fillets) and 200 g green vegetables		To steam fresh fish fillets (salmon, cod, plaice) and green vegetables (broccoli, green beans or asparagus) at the same time. Fill the water tank. Place 2 fillets approximately 210 g - 250 g (for 2 fish fillets) on the plastic trivet inside the enamel shelf in the lower shelf position. Prepare the green vegetables and place approximately 200 g on the wire shelf in the upper shelf position. Select program number 11, Fresh Fish Fillets and Green Vegetables. Touch Start/Confirmation.
12. Whole Fish and Green Vegetables  	Approx. 200 g - 300 g whole fish and 200 g green vegetables		To steam fresh whole fish and green vegetables (Sea bass or Mackerel and broccoli, green beans or asparagus) at the same time. Fill the water tank. Oil the plastic trivet to prevent the fish sticking. Place whole fish approximately 200 g - 300 g on the plastic trivet inside the enamel shelf in the lower shelf position. Prepare the green vegetables and place approximately 200 g on the wire shelf in the upper shelf position. Select program number 12, Whole Fish and Green Vegetables. Touch Start/Confirmation.

 Wire Shelf
  Plastic Trivet
  Enamel shelf

 Accessory Placement
  Steam
  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	 	To steam and grill chicken breasts to give moist juicy meat and brown crispy skin. Each chicken breast should be 150 g - 200 g. Fill water tank. Place chicken breasts skin side up on plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. 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	 	To steam and grill salmon fillets to give moist juicy fish and crispy skin. Each salmon fillet should weigh 125 g. Fill water tank. Place salmon fillets skin side up on plastic trivet. Place plastic trivet inside enamel shelf in the middle shelf position. 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	 	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
 Plastic Trivet
 Glass Tray
 Enamel shelf
 Accessory Placement
 Convection
 Grill
 Microwave
 Steam *Recommended weight range

Auto Sensor Programs

the **Genius sensor**

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 Auto Cook Key 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
16. Jacket Potatoes	400 g	1500 g
17. Roast Potatoes	400 g	800 g
18. Roast Vegetables	400 g	700 g
19. Casserole	900 g	2000 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 page 77.
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. To prevent any mistakes during Auto Sensor Programs ensure that the base of the oven and container are dry.
7. The room temperature should not be more than 35 °C and not less than 0 °C.
8. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
9. To allow for some variations that occur in food, check that food is thoroughly cooked before serving.
10. 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. Jacket Potatoes   + 	400 g - 1500 g	  1	To cook jacket potatoes 400 g - 1500 g with a crisper drier skin. Choose medium sized potatoes 200 g -250 g per potato, for best results. Wash and dry potatoes and prick with a fork several times. Place on wire shelf in lower shelf position. Select program number 16, Jacket Potatoes. Touch Start/Confirmation.
17. Roast Potatoes   +  + 	400 g - 800 g	   2	To cook roast potatoes 400 g - 800 g. 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 17, Roast Potatoes. Touch Start/Confirmation. Turn/Stir twice during cooking at beeps.
18. Roast Vegetables   +  + 	400 g - 700 g	   2	To roast assorted vegetables 400 g - 700 g (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 18, Roast Vegetables. Touch Start/Confirmation. Turn/Stir twice during cooking at beeps.
19. Casserole   + 	900 g - 2000 g		To cook casserole from raw ingredients 900 g - 2000 g. For cubed meat (e.g. braising steak, lamb, pork, not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 400 ml of stock. If you use a cook-in sauce, also add the same quantity of water. Cover with lid. Place on base of oven. Select program number 19, Casserole. Touch Start/Confirmation. Stir twice during cooking at beeps.

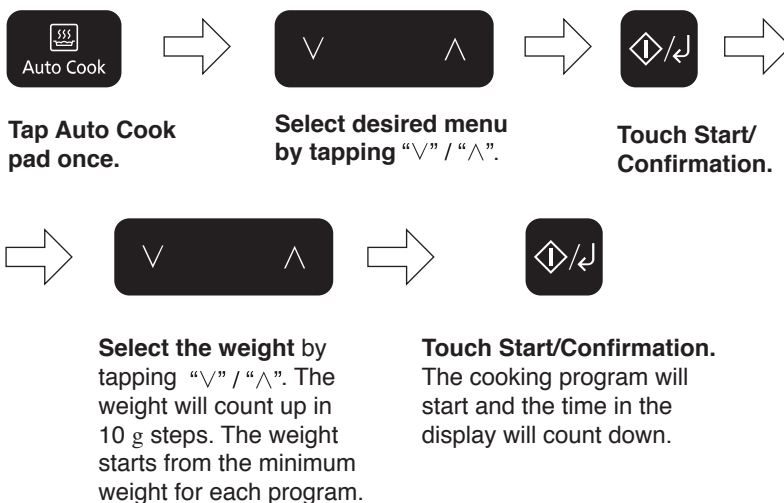
 Wire Shelf  Glass Tray  Accessory Placement

 Grill  Microwave  Convection

*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 79-85.
4. Do not cover food, as the programs use a combination of Microwave and/ or 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.

Auto Cook Programs

Program	Weight*	Accessories	Instructions
20. 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 20, Chilled Pizza. Touch Start/Confirmation to confirm the program. Select the weight, Touch Start/Confirmation. This program is not suitable for deep pan pizzas, stuffed crust pizzas or very thin pizzas.
21. Frozen Pizza   + 	200 g - 430 g	 	For reheating and browning frozen, purchased pizza. Remove all packaging and place on wire shelf in middle shelf position. Select program number 21, Frozen Pizza. Touch Start/Confirmation to confirm the program. Select the weight. Touch Start/Confirmation. This program is not suitable for deep pan pizzas, stuffed crust pizzas or very thin pizzas.
22. Whole Chicken   +  + 	1000 g - 1900 g	 	To cook a whole fresh unstuffed chicken. Cook stuffing separately. Brush wire shelf 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 22, 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.

 Wire Shelf

 Glass Tray

 Accessory Placement

 Convection



















 Grill

 Microwave

 Frozen

*Recommended weight range

Auto Cook Programs

Program	Weight*	Accessories	Instructions
23. Fish and Chips    +  + 	200 g - 500 g	   2	<p>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 23, 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.</p>
24. Cake   + 	400 g - 1300 g	   1	<p>To bake cakes from raw ingredients. A range of medium textured cakes can be cooked. See recipes in baking section, pages 136-138. 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 24, Cake. Touch Start/Confirmation to confirm the program. Select the weight of the cake mixture (excluding tin). Touch Start/Confirmation.</p>
25. Beef Rare  	500 g - 2000 g	  1	<p>For cooking rare fresh roast beef (top side, rump or silverside). Place on enamel shelf in lower shelf position. Select program number 25, 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.</p>

 Wire Shelf

 Glass Tray

 Enamel shelf

 Accessory Placement

 Convection

















 Grill

 Microwave

 Frozen

*Recommended weight range

Auto Cook Programs

Program	Weight*	Accessories	Instructions
26. 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 26, 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.
27. 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 27, 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.
28. 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 28, 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.
29. 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 29, 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 Start/Confirmation 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
30. 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/rolls is no more than 5 cm. Place baguette/crusty rolls on wire shelf in middle shelf position. Select program number 30, 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.
31. Croissants 	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 31, Croissants. Select weight and touch Start/Confirmation. After cooking place on a wire rack for a few minutes.

Wire Shelf



Accessory Placement






Grill



Microwave

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. For operation refer to page 78.

Program	Weight*	Accessories	Instructions
32. Mug Cake  Auto Cook 	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 it on the base of the oven. Select auto program number 32, 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																
33. 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 33, 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																
34. 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 34, 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
35. 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 35, 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>
36. 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 for 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 36, 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

Cleaning Programs

F1. Drain Water

Water is pumped through the system to clean the pipes. The water is drained into the drip tray.



Add 100 g of water to the water tank. Ensure drip tray is empty.



Tap Auto Cook pad once.



Select F1 (Drain Water) by tapping “V” / “^”.



Touch Start/Confirmation. Empty the drip tray after the program has finished.



Note

1. Only run this program with 100 g of water in the tank.
2. Do not remove the drip tray during the drain water program.
3. Empty the drip tray and rinse with running water after the program has finished.



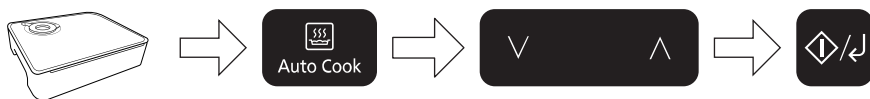
Caution!

If the Drain Water program is used directly after a steam cooking program, hot water may be drained into the drip tray.

Cleaning Programs

F2. System Cleaning

The first stage of this program cleans the system with a citric acid solution. The second stage runs water through the system to rinse the pipes.

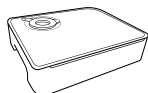


Make a solution of 20 g citric acid and 250 g of water, add the solution to the water tank. Ensure drip tray is empty.

Tap Auto Cook pad once.

Select F2 (System Cleaning) by tapping “V” / “^”.

Touch Start/Confirmation.
The program will run for 29 minutes.




After the program has paused, fill the water tank with water (to max level).



Touch Start/Confirmation.
The program will run for approx. 1 minute. Empty the drip tray after the program has finished.



Note

1. When  appears in the display, run the 'system cleaning' program.
2. If the system cleaning program is not used regularly, the pipe will get blocked and the steaming performance will be less effective.
3. Do not remove the drip tray during the drain program.
4. Empty the drip tray and rinse with running tap water after the program has finished.

Cleaning Programs

F3. Deodorization

This feature is recommended for eliminating any odours from the oven.



Tap Auto Cook pad once.

Select F3 (Deodorization) by tapping “V” / “^”.

Touch Start/Confirmation.
The program time appears in the display window and begins to count down. The program will run for 30 minutes.

F4. Cavity Cleaning

This feature is suitable for removing the build up of fat or grease in the cavity.



Tap Auto Cook pad once.

Select F4 (Cavity Cleaning) by tapping “V” / “^”.

Touch Start/Confirmation.
The program time appears in the display window and begins to count down. The program will run for 20 minutes.

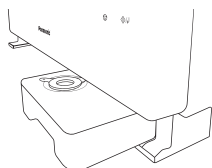


Note

1. Fill the tank with water before using.
2. After cleaning, open the door and wipe with a damp cloth and empty the drip tray.

Cleaning the Water Tank

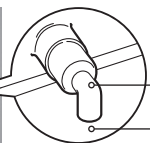
Clean with a soft sponge in water.



Remove the water tank and clean the compartment where the water tank is inserted.



Open the water supply cap, remove the lid and pipe cap and clean.



Pipe Cap

Ensure it faces downwards

If the pipe cap is difficult to remove, wiggle from side to side. When re-fitting, make sure that the pipe faces down (see diagram).

The rubber seal of the tank can also be removed for cleaning.

Removing the Rubber Seal



*Inside
(flat)*

*Outside
(protruding side)*



Ensure that the rubber seal is not inside out when re-fitting. If the seal is not fitted correctly the lid will not close securely and it will leak.



Note

1. Clean the water tank at least once a week to prevent build up of limescale.
2. Do not use a dishwasher to clean the water tank or parts of the water tank.

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 91-105 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 g / 415 g		3 mins	
Creamed	400 g		3 mins	
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	



Points for Checking

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Reheating Charts






Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Canned vegetables				
Baked beans	200 g	High 	1 min 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 min 30 secs	
Carrots, baby	300 g	Combi 1	4 mins	
Green beans	400 g		5 mins	
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	Combi 1	6 mins	
Sweetcorn	200 g		3 mins	
	330 g		5 mins	
Tomatoes	400 g		5 mins	
Plated meal - Chilled				
Small - child portion	1	Combi 1	4-5 mins	Cover and place on base.
Large - adult portion			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	
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 6	7-8 mins	Place on glass tray on wire shelf in lower shelf position.
	300 g (2)	Combi 5		



Points for Checking

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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.				
Meat pies	150 g	High 	1 min - 1 min 30 secs	Place on a plate on the base of oven.
	165 g	Combi 5	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 5	6-7 mins	
	550 g		12 mins	
Quiche	170 g	Combi 5	5 mins	Remove product from foil container and place on glass tray on wire shelf in lower shelf position.
	400 g	Combi 9	7 mins	
Sausage roll x 1	150 g	High 	1 min 30 secs	Place in glass dish on base.
		Combi 6	6-7 mins	
Snack size sausage roll x 5	300 g	Combi 6	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 6	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 6	12-13 mins	Place on glass tray on wire shelf in lower shelf position.
Fruit crumble	540 g	Combi 8	13-15 mins	Place on wire shelf in lower shelf position.
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.



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Reheating Charts





Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Mince pies - x 2	110 g	High 	10- 20 secs	Place on micro-safe plate on base. Remove foil.
Pancakes	500 g	Combi 1	8 mins	Pierce packet and place on glass tray on wire shelf in lower shelf position.
Spotted dick	105 g	Combi 1	1 min 30 secs	Pierce film lid and place on glass tray on wire shelf in lower shelf position.
Sponge pudding - large	300 g	Combi 1	5 mins	Pierce film lid and place on glass tray on wire shelf in lower shelf position.
Sponge pudding - Individual	95 g		2 mins	
Christmas pudding - Do not leave unattended as overheating can cause the food to ignite.				
Small/slice	100 g	Combi 1	1 min 40 secs	Pierce film lid and place on glass tray on wire shelf in lower shelf position.
Medium	400 g		4 mins	
Large	800 g		6 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 7	13-14 mins	Remove lid. Place on glass tray on wire shelf in lower shelf position.
Cottage/ shepherds pie	450 g	Combi 4	13 mins	Remove lid. Place on glass tray on wire shelf in lower shelf position.
	1.5 kg		25 mins	
Fish/veg bake	450 g	High  or	6 mins	Place on base.
		Combi 4	14 mins	Remove lid. Place on glass tray on wire shelf in lower shelf position.
	720 g	Combi 7	17-18 mins	
Onion bhajis/ samosas	240 g	Combi 12	14-15 mins	Place on enamel shelf in lower shelf position. Turn halfway.



Points for Checking

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Reheating Charts

Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Lasagne	450 g	High  or	4 mins	Place on base.
		Combi 4	12-13 mins	Place on glass tray on wire shelf in lower shelf position.
	700 g	Combi 5	21-23 mins	
	1.5 kg	Combi 4	21-22 mins	
Macaroni cheese	450 g	Combi 7	8-9 mins	
Chilled mashed potato	450 g	Combi 1	7-8 mins	Pierce lid and place on base. Stir halfway.
Carrot and swede mash			8 mins	
Spring rolls x 4	240 g	Combi 6	8-9 mins	Place on glass tray on wire shelf in lower shelf 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 9	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 6	25 mins	Place on glass tray on wire shelf in lower shelf position.
Lasagne/cannelloni	400 g	High  or	10 mins	Place on base.
		Combi 6	24-26 mins	Place on glass tray on wire shelf in lower shelf position.
Macaroni cheese	400 g	High  or	8-10 mins	Place on base.
		Combi 9	18 mins	Place on glass tray on wire shelf in lower shelf position.
Quorn®				
Burgers	200 g (4)	Combi 1	8 mins	Place on glass tray on wire shelf in lower shelf position.
Escalopes	240 g (2)	Combi 7	9-10 mins	
Nuggets	300 g	Combi 7	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.



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Reheating Charts








Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Bread				
Part-baked baguettes	220 g (2)	Combi 12	6 mins	Place on glass tray on wire shelf in middle shelf position.
Part-baked garlic baguette/ciabatta	215 g	Combi 6	10-11 mins	
Garlic doughballs x 12	165 g	Combi 6	9 mins	
Bacon and pork - from raw - Caution: Hot fat! Remove accessories with care.				
Bacon rashers	300 g (8)	Combi 1	5 mins	Place on glass tray on wire shelf in lower shelf position.
		Grill 1	10 mins	Place on enamel shelf in upper shelf position.
Gammon steaks x 2	500 g	Combi 1	9 mins	Place on glass tray on wire shelf in lower shelf position.
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	-	180 °C	30 mins per 500 g plus 30 mins extra	Preheat oven. Place joint on enamel shelf in lower shelf position.



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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	250 g	High 	12 mins	
Split yellow peas	250 g	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	14 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Beef burgers (frozen raw)	227 g (4)		15 mins	
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	500 g	High  then Medium 	10 mins then 15 mins	Place in micro safe dish with enough stock 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 11	1 hour - 1 hour 30 mins	Place steak (450 g - 675 g) in a casserole dish with lid. Add stock (min. 400 ml) and vegetables. Cover, place on base and stir halfway.
Steak with carrots	230 g - 250 g	Steam 1	11-13 mins	Place the steak on the trivet on the enamel shelf in lower position. Place the carrots on the glass tray on wire shelf in the upper shelf position. Fill water tank.



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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	300 g (2)	Combi 1	11-12 mins	Place on plastic trivet on glass tray on wire shelf in the lower shelf position.
	600 g (4)		13-14 mins	
	600 g (4)	Combi 12	25 mins	Place on enamel shelf in lower shelf position.
Breaded chicken	350 g	Combi 4	12 mins	Place on glass tray on wire shelf in the lower shelf position.
Chicken legs	1.0 kg	Combi 12	35-40 mins	Place on enamel shelf in lower shelf position. Turn halfway.
Drumsticks/ thighs	600 g (6)		22 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Kiev (fresh)	260 g (2)	Combi 4	8 mins	Place on glass tray on wire shelf in the lower shelf position.
Whole Chicken	-	Combi 10	14-15 mins per 450 g	Place chicken breast side down on an upturned saucer in glass dish on base of oven. Turn halfway.
Chicken with Potatoes	320 g - 400 g	Steam 1	10 mins then 30 mins	Place chicken on the trivet on the enamel shelf in lower shelf position. Cook for 10 minutes. Then add the potatoes to the oven on the wire shelf in upper position for an additional 30 minutes. Fill water tank, refill after 30 minutes cooking time.



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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	1 min 10 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.
		Medium 	1 min	
2 Eggs	90 ml water	High  then	1 min 40 secs	
		Medium 	1 min 30 secs	
4 Eggs	180 ml water	High  then	3 mins	
		Medium 	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 6	11-12 mins	Place on glass tray on wire shelf in lower shelf position.
Breaded Fillets	320 g (2)	Combi 6	12-14 mins	
Cakes	290 g (2)	Combi 6	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 10	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 10	15-17 mins	Place on glass tray on wire shelf in lower shelf position.



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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 5	10 mins	Place on glass tray on wire shelf in lower shelf position. Turn halfway.
Cakes	270 g (2)	Combi 6	18 mins	
Fish fingers	110 g (4)	Combi 5	6-8 mins	Place on glass tray on wire shelf in lower shelf position.
	230 g (8)		8-10 mins	
Fillets	200 g	Combi 1	8-10 mins	Place on plastic trivet on glass tray on wire shelf in middle shelf position.
Scampi	280 g	Combi 5	10 mins	Place on glass tray on wire shelf in lower shelf position.
Boil in the bag	150 g	High 	6 mins	Place bag sauce side down in a glass dish. Pierce top. Shake bag halfway through.
Fruit - Peel, slice, chop into even sized pieces.				
Baked apple -cored	x 1	Combi 1	3-4 mins	Place on glass tray on wire shelf in lower shelf position.
Apples - stewed	500 g		8 mins	
Apricots-stewed	300 g		4-5 mins	
Pears - stewed	500 g		7 mins	
Plums - poached	400 g	High 	6 mins	Add 300 ml (½ pt) of water. Only half fill dish. Cover. Place on base.
Plums - stewed	400 g	Combi 1	7 mins	Place on glass tray on wire shelf in lower shelf position.
Rhubarb - stewed	500 g			
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.



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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	Place on enamel shelf in upper shelf position. Turn halfway.
Casserole/ stewing Lamb	1 kg - 2 kg	Combi 11	1hr 20 mins - 1hr 30 mins	Place lamb (450 g - 675 g) in a casserole dish, add stock (minimum 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	Stir halfway.
Pizza - Fresh chilled - N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.				
Deep pan	385 g	Combi 4	8-9 mins	Place pizza directly on wire shelf in middle shelf position
Thin and crispy	245 g		6 mins	
	290 g		7 mins	
	475 g		9 mins	
Pizza - Frozen - N.B. Remove all packaging.				
Deep pan	385 g	Combi 4	12 mins	Place directly on wire shelf in middle shelf position.
Individual deep	320 g (2)	Combi 5	11 mins	
Thin and crispy	335 g	Combi 4	9-10 mins	



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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 12	10-12 mins	Place on enamel shelf in upper shelf position. Turn halfway.
Hash browns			12-14 mins	
Oven fries			16 mins	
Potato wedges		230 °C	17 mins	
Sweet potato fries		230 °C	15 mins	
Waffles		Combi 12	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		Combi 1	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	300 g (2)	Combi 1	11 mins	Place on plastic trivet on glass tray on wire shelf in lower shelf position.
Whole		Combi 10	12-13 mins per 450 g	Place breast down in a glass roasting dish on an upturned saucer on base of oven. Turn halfway.



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Cooking Charts

Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions / Guidelines
Fresh vegetables				
Asparagus	200 g	Combi 1	5 mins	Place on plastic trivet on glass tray on wire shelf in lower shelf position.
Baby corn	200 g		7 mins	
Broad beans	200 g		6 mins	
Runner beans	150 g		6 mins	
Beetroot	450 g		13 mins	
Broccoli	250 g		7 mins	
Brussel sprouts	200 g		6 mins	
Butternut squash	300 g		7 mins	
Cabbage - sliced	300 g		10 mins	
Carrots - sliced	200 g		7 mins	
Cauliflower - florets	400 g		8 mins	
Courgettes	200 g		8 mins	
Corn on the cob	2 x 300 g		12-14 mins	
Parsnips	300 g		7 mins	
Parsnips - par-boiled	300 g		5 mins	
Peas	200 g		5-6 mins	
Potatoes - boiled	500 g	13 mins		
Potatoes - par-boiled	500 g	10 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 4	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	
Spinach	200 g	Combi 1	4 mins	Place on plastic trivet on enamel shelf in middle shelf position.
Sugar snap peas	200 g		7 mins	
Swede - cubed	350 g		12 mins	
Sweet potato	400 g		10-13 mins	
Turnip	300 g		10 mins	
Fresh vegetables - Steamed				
Asparagus	200 g	Steam 1	8 mins	Place plastic trivet on enamel shelf in middle shelf position.
Baby corn	200 g		8 mins	
Broad beans	200 g		8 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 - Steamed				
Runner beans	150 g	Steam 1	10-12 mins	Place on plastic trivet on enamel shelf in middle shelf position.
Beetroot	250 g		15-17 mins	
Broccoli	250 g		12 mins	
Brussel sprouts	200 g		11 mins	
Butternut squash	300 g		15 mins	
Cabbage - sliced	300 g		15 mins	
Carrots - sliced	200 g		8-10 mins	
Cauliflower - florets	250 g		10-12 mins	
Courgettes	250 g		12-14 mins	
Corn on the cob	x 2		30 mins	
Parsnips-sliced	200 g		9 mins	
Peas	200 g		5-6 mins	
Potatoes - boiled	500 g		25 mins	
Potatoes - par-boiled	500 g		8 mins	
Spinach	200 g		5-6 mins	
Sugar snap peas	160 g		8 mins	
Swede - cubed	300 g		30 mins	
Sweet potato	400 g	15 mins		
Turnip	200 g	15 mins		
Frozen vegetables				
Battered onion rings	250 g	230 °C	20 mins	Place on enamel shelf in upper shelf position.
Beans - broad	200 g	Combi 1	6 mins	Place on plastic trivet on glass tray on wire shelf in middle position.
Beans - green	200 g		6 mins	
Broccoli - florets	250 g		7 mins	
Carrots - sliced	200 g		5 mins	
Cauliflower	250 g		8-9 mins	
Mixed vegetables	200 g		6 mins	
Peas	200 g		5 mins	
Soya beans	200 g		4 mins	
Steam vegetables	160 g		6 mins	
Sweetcorn	200 g		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 lb (450 g).
- 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** power for 4 servings will become 40 minutes on **medium** power 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

Fill water tank

1. Place the onion, oil and garlic into a large casserole dish. Place on the base of the oven and cook on **Combi 1** for 4 minutes.
2. Add the sweet potato and pepper. Cook on **Combi 1** for 10 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.

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.

Stuffed Mushrooms

ingredients

Serves 4

2 streaky bacon rashers
25 g grated cheese
½ 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

Accessory: Glass tray, wire shelf

Fill water tank

1. Cook bacon rashers on a plate on **Combi 1** for 2 minutes. 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 cavities with mixture. Cut cheese slices into 1 cm squares and place on top of filling.
4. Place mushrooms on the glass tray on wire shelf and cook in the middle shelf position on **Combi 1** for 6 minutes, then **Grill 1** for 3 minutes or until cheese starts to melt and mushrooms are just cooked.

Onion & Feta Tarts

ingredients

Serves 6

320 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 capers
salt and pepper
Fresh oregano to garnish

Dish: 1 x Pyrex® bowl

Accessory: Enamel shelf

Fill water tank

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 Pyrex® bowl. Cook on **Combi 1** for 8 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 lower shelf position **Convection 220 °C** for 10-12 minutes or until golden. Garnish with fresh oregano.

Red Pepper & Mushroom Bruschetta

ingredients

Serves 4

200 g or 3-4 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
125 g firm goat's cheese

Dish: 1 x Pyrex® bowl

Accessory: Wire shelf

Fill water tank

1. Slice mushrooms, place in a bowl and drizzle with olive oil. Place on base of oven and cook on **Combi 1** 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 4 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 upper shelf position and cook on **Combi 10** for 9 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 in the lower shelf position on **Convection 200 °C** for 8-10 minutes until golden. Repeat with another portion of dough. Cool on a wire rack. Sprinkle with sea salt.

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

When is Fish Cooked?

Fish is cooked when it flakes easily and becomes opaque.

For fish with a strong odour, eliminate the smell after cooking by placing 600 ml (1 pt) of boiling water and 1 sliced lemon in a large bowl, cook on **Simmer 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. Bake for a final 15 minutes on **Convection 200 °C** in the lower shelf position until the fish is cooked through.

Thai Steamed 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

Accessory: Wire shelf

Fill water tank

1. Place fish fillets into a shallow dish, sprinkle the remaining ingredients on the top of the fish.
2. Place dish on wire shelf in the middle shelf position, and cook on **Combi 1** for 7 minutes, or until the fish is cooked through. Serve with rice.

Mediterranean Fish Bake

ingredients

Serves 4

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

Dish: 1 x large Pyrex®
rectangular dish

Accessory: Wire shelf

Fill water tank

1. Mix lemon juice, pesto and seasoning together and spoon over the fish in a large Pyrex® rectangular dish. Leave to marinade in the fridge for 1-2 hours.
2. Cut vegetables into even sized chunks and toss with the garlic and oil. Place in dish on the wire shelf in lower shelf position and cook on **Combi 3** for 30 minutes. Refill water tank. Cook on **Combi 3** for a further 10 minutes.
3. Scatter the black olives over the vegetables and place the fish and marinade on top of the vegetables. Cook on **Combi 6** for 15-20 minutes or until cooked through.

Steamed 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

Accessory: Wire shelf

Fill water tank

1. Scrub mussels and pull off any beards discarding any broken or open shells.
2. Place oil, onion and garlic in a large rectangular Pyrex® 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 cook on **Steam 1** for 8-10 minutes on wire shelf in lower shelf position.
4. Discard any unopened shells. Add the parsley and stir before serving.

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 the 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** for 6-7 minutes, stirring halfway through cooking time.
3. Season to taste 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
Fill water tank

1. Mix the marinade ingredients together. Pour marinade over salmon in a shallow Pyrex® dish and leave to marinate for 2-3 hours in the fridge.
2. Mix all the salsa ingredients together and chill in fridge.
3. Place the salmon in the Pyrex® dish directly on base of oven. Cook on **Steam 1** for 30 minutes. Refill water tank. Cook on **Steam 1** for a further 10-15 minutes.. Serve salmon with the salsa.

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 medium (250 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: 1 x large casserole dish with lid,

1 x large shallow Pyrex® dish

Accessory: Wire shelf

Fill water tank

1. Pierce skin of potato and cook on **Medium Microwave** for 7-9 minutes, leave to cool slightly then slice. Place oil, garlic and onion in a casserole dish.
2. Place on wire shelf in lower shelf position and cook on **Combi 1** for 3 minutes. Add lamb, tomatoes, purée, herbs, season and mix well. Remove wire shelf from oven. Cover and cook on **High Microwave** for 10 minutes on base of oven.
3. Place aubergine in a Pyrex® dish with 3 tbsp water. Place on the base and cook on **Steam 1** for 5 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 10** 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 tsp olive oil
salt and pepper
375 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: Plastic trivet, glass tray, wire shelf, enamel shelf

Fill water tank

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. Place the chicken on the plastic trivet on the glass tray on wire shelf in the middle shelf position. Cook on **Combi 1** for 10 minutes. Remove chicken from the plastic trivet and allow to cool slightly.
3. 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 lined enamel shelf and brush with beaten egg. Sprinkle with parmesan cheese. Cook on **Convection 200 °C** for 15-20 minutes in lower shelf position until the pastry is crisp and golden.

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.
4. Cook on **Convection 220 °C** for 15 minutes on the enamel shelf in lower shelf position.
5. 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.

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 134)
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 8** for 10 minutes. Then **Grill 1** for 5 minutes or until golden brown.

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 10** for approximately 20 minutes or until top is crisp and golden.

Bolognese

ingredients

Serves 4

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

Dish: 1 x large Pyrex® casserole dish with lid
Fill water tank

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

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 breast, 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 a Pyrex® casserole dish. Place on base of oven and cook on **High Microwave** for 2 minutes.
3. Stir chicken into onions. 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.

Madras Curry

ingredients

Serves 4

15 ml (1 tbsp) oil
1 large onion, sliced
3 cloves garlic, crushed
10 ml (2 tsp) ground coriander
3 ml (½ tsp) chilli powder,
ground cardamom, ground cloves
15 ml (1 tbsp) garam masala
15 ml (1 tbsp) ground turmeric
5 ml (1 tsp) ground cumin
25 g flour
15 ml (1 tbsp) tomato puree
450 g shoulder of lamb, cubed
juice of 1 lemon
5 ml (1 tsp) sugar
pinch of salt
450 ml (3/4 pt) hot stock

Dish: 1 x large Pyrex® casserole with lid

Fill water tank

1. Place the oil, onion and garlic in a large Pyrex® casserole dish. Place on base of oven and cook on **Steam 1** for 3 minutes.
2. Blend in all the spices and stir in the flour and tomato puree. Add all other ingredients and blend in hot stock. Cover and cook on **Combi 11** for 1 hour - 1 hour 30 minutes, or until meat is tender.
3. Serve with boiled rice and lemon or lime wedges and poppadoms.

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 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 12** for 10-15 minutes until golden spreading over the remaining glaze halfway through cooking time.

Marinated Chicken Breasts

ingredients

Serves 4

4 x chicken breasts 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 shallow Pyrex® dish

Accessory: Wire shelf

Fill water tank

1. Mix the selected marinade ingredients together. Pour marinade over chicken directly in shallow Pyrex® dish and leave to marinate for 2-3 hours in the fridge.
2. Place the dish on the wire shelf in the middle shelf position. Cook chicken on **Combi 1** for 18-20 minutes, or until the chicken is cooked through.

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 casserole dish and cover. Place on base of oven and cook on **Combi 11** 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

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 square Pyrex® dish

Accessory: Wire shelf

Fill water tank

1. Slice the leeks and place in a casserole dish with the butter. Place on base of oven and cook on **Combi 1** for 6 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 dish. Place on wire shelf in lower shelf position and cook on **Combi 5** for 15-20 minutes or until piping hot and golden.

Sticky Ribs

ingredients

Serves 4

800 g pork spare ribs
150 ml (¼ pt) water

For the glaze

150 g orange marmalade
preferably shred less or fine shred
25 g dark muscovado sugar
100 ml fresh orange juice
5 cm (2 inch) piece fresh root
ginger, peeled and coarsely grated
5 tbsp (75 ml) tomato ketchup
2 tbsp (30 ml) white wine vinegar

Dish: 1 x rectangular dish
20 cm x 25 cm (8" x 10"),
1 x large bowl

Accessory: Wire shelf

Fill water tank

1. Place the ribs in a single layer in rectangular dish with the water. Place on base of oven and cook on **Combi 1** for 10 minutes. Drain.
2. Meanwhile, mix together all the ingredients for the glaze in a large bowl. Place on base of oven and cook on **High Microwave** for 5 minutes.
3. Pour glaze over ribs and place dish on wire shelf in lower shelf position. Cook on **Combi 6** for 15 minutes. Turn halfway and baste.

Spicy Lamb Tagine

ingredients

Serves 6

¾ tbsp (10 ml) ground ginger
½ tsp coarsely ground black pepper
1½ tsp ground cinnamon
¾ 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
¾ tbsp (10 ml) honey
150 ml (¼ pint) tomato juice
400 g can chopped
tomatoes
300 ml (½ pint) vegetable stock

Dish: 1 x large bowl,
1 x Pyrex® casserole

Fill water tank

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 **Combi 1** for 5 minutes.
3. Add lamb mixture and mix thoroughly. Stir in remaining ingredients and cover. Cook on **Combi 11** for 1-1½ hours or until tender, stir halfway.

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®

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. Stir the pesto into the potatoes and put aside to keep warm.
2. Place oil and onion in a shallow oval dish and cook on **High Microwave** for 2-3 minutes to soften the onion. Add chicken, cover and cook on **Medium Microwave** for 4 minutes. Add the tomatoes, tomato puree and the Tabasco to the chicken. Cover and cook on **Medium Microwave** for 3 minutes. Stir and cook for a further 5-6 minutes on **Medium Microwave**. Add potatoes.
3. Mix the breadcrumbs with the garlic and Parmesan cheese and sprinkle over the chicken. Place dish on wire shelf in lower shelf position and cook on **Combi 7** 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 dish with lid

Accessory: Wire shelf

1. Coat chicken with flour and place in fridge. Place oil, butter, garlic, shallots and mushrooms into a Pyrex® casserole dish with lid. Place on base of the oven and cook on **High Microwave** for 3 minutes.
2. 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 11** for 50 minutes stirring halfway. Stir in asparagus, broad beans and cream and cook on **Combi 11** for a further 10-15 minutes on the wire shelf in the lower shelf position. Stir in herbs and serve with crusty bread.

Pork & Potato Bake

ingredients

Serves 4

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

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

Accessory: Wire shelf

1. Mix the carrots, celery and oil together in the shallow dish. Cover, place on the base of the oven and cook on **High Microwave** for 4-5 minutes. Arrange the chops in a single layer on top of the vegetables, spread mustard over evenly.
2. Make onion sauce by cooking the onion with half the butter on **High Microwave** for 2-3 minutes in a large bowl. Add the flour and stir well. Gradually add the milk and cook on **High Microwave** for 1 minute 30 seconds. Stir and cook for a further 1-2 minutes or until thick and cooked. Season to taste.
3. Pour sauce over chops. Arrange potato slices on top, cover and cook on **High Microwave** for 5 minutes. Uncover, dot with remaining butter. Place on wire shelf in lower shelf position and cook on **Combi 10** for 25-30 minutes or until potatoes are golden.

Croque Monsieur

ingredients

Serves 2

4 slices bread, buttered
1 tsp Dijon mustard
2 slices smoked ham
100 g sliced cheese

Accessory: Wire shelf

1. Preheat oven on **Grill 1**. Place the bread, buttered side up on the wire shelf in the upper shelf position and cook on **Grill 1** for 3-4 minutes or until it starts browning.
2. On 2 slices of the bread, spread the untoasted sides with mustard and top with ham and cheese. Cover with the other slices, browned side uppermost.
3. Place back on the wire shelf in upper shelf position and cook on **Combi 5** for 1½ -2 minutes or until the cheese has melted.

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
2 tbsp (30 ml) seasoned flour
1 bay leaf
1 tsp 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 dish with lid, 1 x bowl

Accessory: Wire shelf

Fill water tank

1. Place oil, onion, green pepper and carrots in a casserole dish. Place on base of oven and cook on **Combi 1** for 6 minutes. Toss pork in seasoned flour and add to onion mixture.
2. Stir in all other ingredients. Place on wire shelf in lower shelf position, cover and cook on **Combi 11** for 1 hour or until pork is tender.
3. Whilst cooking make the dumplings by combining the flour, suet, salt, mustard and parsley in a bowl. Add the water to make a stiff dough. Shape dough into 8 round dumplings.
4. When pork is cooked, uncover and place dumplings around the edge of dish. Cook uncovered on **Combi 11** 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

Accessory: Wire shelf

Fill water tank

1. Place the lamb and onion in a casserole dish. Place on wire shelf in lower shelf position and cook on **Combi 1** for 10 minutes.
2. Split the chilli along its length leaving the top intact, (remove seeds) - this adds flavour to the stew without too much heat. Stir the chilli, garlic, rosemary, wine and tomatoes into the lamb, cover. Cook on **Low Microwave** for 40 minutes stirring halfway.
3. 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. Remove the chilli and rosemary, and discard. Stir in feta cheese and mint before serving.

Normandy Style Chicken

ingredients

Serves 4

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

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

1. Cut the chicken fillets into pieces. Sweat the chopped shallots in butter, covered, for 2 minutes on **High Microwave**. Add the chicken pieces, the white wine or cider, salt, pepper and the apples, peeled, cored and cubed. Cover and cook on **High Microwave** for 14-16 minutes, stirring halfway through cooking time.
2. Drain the chicken pieces and keep them to one side, covered in aluminium foil. Add the cream and the sauce thickener with Calvados in the dish and cook, uncovered, a further 3-4 minutes on **High Microwave**.
3. Season to taste and put the chicken pieces back into the sauce.

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 Casserole dish,
1 x shallow Pyrex® dish

Accessory: Wire shelf
Fill water tank

1. Place the butter and leeks in a casserole dish. Place on the base of the oven and cook on **High Microwave** for 8 minutes or until soft. Add the flour, stir well then gradually add the milk and cook on **High Microwave** for 4 minutes or until the sauce has thickened.
2. Preheat the oven on **Convection 190 °C**. Finely chop the cheese and add to the sauce, mix in the chicken. Pour the mixture into a shallow Pyrex® dish. Roll the pastry for a lid and place on top of the chicken mixture. Brush with beaten egg.
3. Place dish on wire shelf in lower shelf position and cook on **Combi 3** for 4 minutes then **Combi 9** for 16 minutes, or until cooked and browned.

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 (¼ pt) single cream

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

Accessory: Wire shelf

1. Place potatoes in a casserole dish with lid 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. Scatter over half of the onion, bacon and cheese. Lightly season with salt and pepper. Repeat layers, then pour cream evenly over the top.
3. Place on the wire shelf in the lower shelf position and cook on **Combi 5** for 15-20 minutes or until golden brown.

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 canned, 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 Pyrex® casserole
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 and immediately stir in the soured cream.

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 the middle shelf position. Cook on **Convection 220 °C** for 5-8 minutes, turn 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 in a bowl. 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 the 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 **Convection 220 °C** on the enamel shelf in the lower shelf position 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

Fill water tank

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 on **Convection 200 °C** for 20-25 minutes until the carrots are soft. Add a **Steam Shot** (see page 51 of Operating Instructions) for 3 minutes halfway through cooking time.
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 (8")

Accessory: Wire shelf

Fill water tank

1. Rub halves of garlic around inside of dish and discard. Place potatoes in dish with 45 ml (3 tbsp) water. Place on base of the oven and par-boil on **Combi 1** for 10-12 minutes. Drain. Slice thinly.
2. Layer the potato slices in the dish, seasoning with salt, pepper and nutmeg between each layer. Pour the cream evenly over the top of the potatoes and dot with butter.
3. Place dish on wire shelf in lower shelf position and cook on **Combi 10** for 25 minutes or until potatoes are cooked.

Mexican Potatoes

ingredients

Serves 4

700 g potatoes, cut into cubes
1 tbsp olive oil
1 onion, finely chopped
1 garlic clove, finely chopped
½ tsp mild chilli powder
½ tsp paprika
1 tsp cumin
½ tsp cayenne

Dish: 1 x shallow Pyrex® dish

Accessory: Plastic trivet, glass tray, wire shelf

Fill water tank

1. Place potatoes on plastic trivet on glass tray on wire shelf in the middle shelf position, cook on **Combi 1** for 8 minutes.
2. Place oil and onion into shallow Pyrex® dish, place on the base and cook on **Combi 1** for 6 minutes, add garlic and spices and cook on **Combi 1** for 1 minute.
3. Drain the potatoes and tip into the onion mix. Mix well, place Pyrex® dish on wire shelf in middle shelf position and cook on **Combi 5** for 20 minutes.

Cauliflower Cheese

ingredients

Serves 4

1 cauliflower, 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: Plastic trivet, glass tray, wire shelf

Fill water tank

1. Place cauliflower florets on plastic trivet on glass tray on wire shelf in middle shelf position. Cook on **Combi 1** for 10 minutes. Drain. Melt butter in a jug on **High Microwave** for 50 seconds. Stir in flour and mustard. Cook 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. Stir in 90 g grated cheese.
2. Put the cauliflower in a shallow Pyrex® dish. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs. Place dish on wire shelf in lower shelf position and cook on **Combi 5** 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

Fill water tank

1. Combine all ingredients in a casserole dish. Place on base of the oven and cook on **Combi 1** for 20-25 minutes, or until vegetables are soft. Stir halfway through cooking time.

Steamed Carrots with Orange, Cumin and Thyme

ingredients

Serves 4-5

1 pinch sugar
¼ orange, finely grated zest
1 pinch cumin seeds
15 ml thyme
60 g unsalted butter, softened
500 g carrots

Accessory: Wire shelf, enamel shelf, glass tray, plastic trivet
Fill water tank

1. Use a pestle and mortar, to press sugar, zest, cumin seeds and thyme together. Then add the butter and mix well. Spoon the mixture onto a sheet of greaseproof paper and roll into a cylinder, twisting both ends to seal. Place in the fridge to firm up.
2. Wash, peel and slice carrots. Place half sliced carrots on the glass tray on the wire shelf in the upper shelf position. Place remaining carrots on the plastic trivet on enamel shelf in the lower shelf position. Cook on **Steam 1** for 18 minutes, until carrots are tender. Slice the flavoured butter, and serve the carrots with butter melted over the top.

Steamed Courgettes with Tomato and Chilli

ingredients

Serves 4-5

1 clove garlic, chopped
½ red chilli, deseeded finely chopped
2 sun-dried tomatoes in oil, drained and finely chopped
60 g unsalted butter
600 g courgettes

Accessory: Wire shelf, enamel shelf, plastic trivet, glass tray
Fill water tank

1. Use a pestle and mortar, to press garlic, chilli and sun-dried tomatoes to a paste. Add butter and mix well. Spoon the mixture onto a sheet of greaseproof paper and roll into a cylinder, twisting both ends to seal. Place in the fridge to firm up.
2. Wash and slice the courgettes and place half courgettes on the glass tray on the wire shelf in the upper shelf position. Place remaining courgettes on the plastic trivet on enamel shelf in the lower shelf position. Cook on **Steam 1** for 16-17 minutes, until soft. Slice the flavoured butter, and serve the courgettes with butter melted over the top.

Steamed Mangetout with Citrus Butter

ingredients

Serves 4-5

½ lemon, finely grated zest
15 ml lemon juice
seasoning
60 g unsalted butter
300 g mangetout

Accessory: Plastic trivet, enamel shelf, wire shelf, glass tray
Fill water tank

1. Mix all ingredients except the mangetout together. Spoon the mixture onto a sheet of greaseproof paper and roll into a cylinder, twisting both ends to seal. Place in the fridge to firm up.
2. Wash and trim the mangetout and place half of the mangetout on the glass tray on the wire shelf in the upper shelf position. Place remaining mangetout on the plastic trivet on enamel shelf in the lower shelf position. Cook on **Steam 1** for 13 minutes, until tender. Slice the flavoured butter, and serve the mangetout with butter melted over the top.

- 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 Pyrex® rectangular dish 25 x 18 cm

Accessory: Enamel shelf

1. In a large Pyrex® casserole dish with lid, cook the onions and oil on **High Microwave** for 5 minutes. Add the soya mince, garlic and spices and cook for on **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 large 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 dish on the enamel shelf in the lower shelf position. Brown 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 of the oil to a Pyrex® casserole dish with lid. Heat 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 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, add 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, prove in the oven 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 to **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 the oven to **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 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 for a further 10 minutes on **High Microwave** 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 oven on **Grill 1**. Toss the drained pasta and broccoli in the sauce. Transfer to shallow Pyrex® dish, scatter with breadcrumbs and parmesan. Place Pyrex® dish on enamel shelf in the middle shelf position, grill for 10 minutes on **Grill 1**.

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 the 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 **Convection 180 °C** for 20 minutes.
4. Add the tomato sauce to the top of 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
30 ml paprika powder
5 ml cayenne pepper
5 ml marjoram
2 baking 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 shallow Pyrex® dish
20 cm x 20 cm, 1 x small 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 at **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 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.

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 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 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.

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 7** for 30 minutes. Turn halfway, mix the tomato sauce with the cooked vegetables and pine nuts.
3. Preheat oven on **Convection 220 °C**. In a small bowl mix together the gruyere cheese, Boursin and single cream. Roll out pastry until it measures approx 30 cm (12") square. Divide into 4 equal squares.
4. 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. Seal with water and glaze with beaten egg, repeat 3 times.
5. 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.

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 x 22 cm

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. Cover and bring to the boil on **High Microwave** for 8-10 minutes then cook on **Simmer Microwave** for 10 minutes, stirring occasionally.
3. Spread a thin layer of the mixture over the base of the square Pyrex® dish. Fill each tortilla with a few tbsp of the mixture, fold over the ends and roll up to seal. Place into the dish seal side down. Cover with the remaining mixture.
4. 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
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 bowl,
1 x large casserole dish with lid

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

Tagliatelle Toscana

ingredients

Serves 4-6

350 g tagliatelle, fresh
1 onion
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.
2. Drain. Place onion, garlic and oil in a casserole dish, cover and cook on **High Microwave** for 2 minutes or until soft. Add the remaining ingredients except the mozzarella, tagliatelle and parmesan cheese, cover and cook on **High Microwave** for 6-8 minutes.
3. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on the base of the oven on **Combi 4** for 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 Pyrex® dish

Accessory: Wire shelf

1. Put pasta in a 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 Pyrex® dish. Sprinkle with sugar, drizzle over the oil and season well with salt and pepper. Place on wire shelf in lower shelf position and cook on **Combi 12** for 15 minutes. Add tomatoes, stir and cook on **Combi 12** for 10 minutes or until golden and starting to soften.
3. Remove the vegetables from the oven. Stir in the pasta and cook on the base of the oven on **Combi 6** for 10 minutes. Tear the basil leaves on top and sprinkle with parmesan to serve.

Butternut Squash and Sage Risotto with Spinach

ingredients

Serves 4

1 butternut squash,
peeled and cut into chunks
15 ml olive oil
1 onion, chopped
40 g butter
250 g risotto rice
450 ml hot vegetable stock
15 g sage
salt and pepper
45 ml white wine
50 g parmesan, finely grated
130 g spinach

Dish: 1 x large Pyrex® casserole dish

Accessory: Enamel shelf, wire shelf, glass tray

Fill water tank

1. Preheat oven on **Convection 220 °C**. Toss the squash with the oil, scatter onto enamel shelf in lower shelf position. Cook on **Convection 220 °C** for 35-40 minutes.
2. Place onion and butter in a casserole dish on base of oven. Cook on **Combi 1** for 6 minutes. Add rice and stock, cover and cook on **High Microwave** for 10 minutes, stir and return to oven and cook on **High Microwave** for 10 minutes.
3. Add squash, sage, seasoning, wine and parmesan, stir. Return to base of oven, uncovered. Place spinach on glass tray on wire shelf in upper shelf position. Cook on **Combi 1** for 4 minutes.

Lentil Biryani

ingredients

Serves 4-6

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

Garnish

hard boiled egg slices and
coriander leaves

Dish: 2 x large casserole dish
with lid

Fill water tank

1. Place rice in a casserole dish with 550 ml (1 pt) boiling water. Cover, place on the base of the oven and cook on **High Microwave** for 8-10 minutes and stir halfway.
2. Place the oil and onion in a casserole dish with lid. Place on base of oven and cook on **High Microwave** for 3 minutes or until softened. Add the ginger, garlic, turmeric, chilli and curry powder and cook on **High Microwave** for 2 minutes.
3. Add the yoghurt, mushrooms, tomatoes and lentils. Cover and cook on **Medium Microwave** for 15 minutes or until the lentils are tender and the liquid has evaporated.
4. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Heat on **Combi 1** for 3-4 minutes. Garnish and serve.

Macaroni Cheese

ingredients

Serves 4

200 g quick cooking 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. Cover, place on the base of the oven and cook on **High Microwave** for 5-6 minutes or until soft. Drain.
2. 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. 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.
3. Add macaroni and season. Place the macaroni mixture in a shallow Pyrex® dish. Sprinkle with breadcrumbs and remaining cheese. Place dish on the wire shelf in the lower shelf position and cook on **Combi 5** for 10-15 minutes or until cheese starts to melt.

Cheese & Red Pesto Tartlet

ingredients

Makes 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. Place circles in two lightly greased bun tins. Chill pastry for 30 minutes.
2. Preheat oven on **Convection 200 °C** with both 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. Sprinkle the parmesan and oregano over the tartlets.
4. Place bun tins on shelves and cook on **Convection 200 °C** for 15-20 minutes or until golden brown.

Courgette, Pine Nut and Ricotta Tart

ingredients

Serves 4-6

1 tbsp olive oil
2 large courgettes, thinly sliced
250 g tub of ricotta
2 eggs
basil leaves
½ tsp nutmeg
50 g parmesan, grated
1 garlic clove, crushed
320 g ready rolled puff pastry
25 g pine nuts

Dish: 2 x medium Pyrex® bowls

Accessory: Enamel shelf

Fill water tank

1. Place oil and courgettes in Pyrex® bowl, cook on **Combi 1** for 5 minutes. In a separate bowl, beat the ricotta with the eggs, basil, nutmeg, half the parmesan and garlic. Set aside.
2. Roll out pastry onto lined enamel shelf, spread the ricotta mix onto the pastry, leaving a 2 cm border. Press the courgette slices into the ricotta, then scatter over the pine nuts and parmesan.
3. Place enamel shelf in lower shelf position and cook on **Combi 3** for 4 minutes then, **Convection 200 °C** for 20 minutes.

Swiss Cheese Flan

ingredients

Serves 6

100 g butter or margarine
200 g plain flour
water to mix

Filling:

250 g Gruyere cheese, grated
30 ml plain flour
2 eggs
300 ml milk
60 ml white wine
1 clove garlic, crushed
1/2 tsp celery salt
nutmeg to sprinkle

Dish: 1 x shallow Pyrex® dish 23 cm

1 x large Pyrex® bowl

Accessory: Wire shelf

1. Rub butter into flour until it resembles fine breadcrumbs. Add water to form a dough. Roll out and line dish. Prick base all over with a fork. Chill for 15 minutes.
2. Preheat oven on **Convection 180 °C**. Cover pastry with parchment and baking beans and cook on **Convection 180 °C** for 15-20 minutes on wire shelf in the lower shelf position. Toss together the grated cheese and flour together in a plastic bag.
3. Mix remaining ingredients in a large bowl. Add the cheese and stir well. Pour into flan case and sprinkle with nutmeg. Cook on **Combi 10** for 30 minutes or until set and brown.

Spinach & Ricotta Lasagne

ingredients

Serves 4-6

2 onions, chopped
2 cloves garlic, crushed
30 ml oil
2 deseeded red peppers, chopped
400 g canned chopped tomatoes
15 ml tomato puree
salt and pepper
450 g spinach
450 g fresh ricotta cheese
6 sheets lasagne
300 ml natural yoghurt
parmesan cheese

Dish: 2 x large Pyrex® bowls

1 x large shallow dish

Fill water tank

1. Place half the onions and garlic in a Pyrex® bowl with 15 ml oil, cook on the base of the oven for 2-3 minutes on **Combi 1** or until soft.
2. Add the red peppers, tomatoes and tomato puree, season and cook on **High Microwave** for 5-6 minutes.
3. In another Pyrex® bowl, place the rest of the onion and garlic with 15 ml oil. Cook on **Steam 1** for 10 minutes until soft.
4. Add the spinach and stir well. Cook on **High Microwave** for 3-5 minutes or until cooked. Drain. Place a layer of spinach in the shallow dish.
5. Top with ricotta cheese, then lasagne followed by the tomato sauce and a further layer of pasta. Spoon yoghurt onto the top and sprinkle with parmesan cheese. Place the dish on the base of the oven and cook on **Combi 7** for 30 minutes then **Grill 1** for 3-5 minutes or until golden and piping hot.

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 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 on both sides with oil, then cook half in the oven on the enamel shelf in the middle shelf position on **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 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 60ml water on **Medium Microwave** for 1-2 minutes. Allow to cool slightly.
3. Preheat oven on **Convection 170 °C**.
4. In a bowl, put the flour, ground almonds, cocoa powder, golden caster sugar, baking powder and desiccated coconut. 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, cubed, 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 casserole dish with a lid, 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 fruit to a 20 cm shallow Pyrex® dish. 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.

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
400 x 2 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 500 ml

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 on **Medium Microwave** in a jug on base of oven. Add the flour, stir, and cook for a further 1 minute on **Medium Microwave**. Set aside.
2. Heat the milk in a jug on **High Microwave** 2 minutes 30 seconds - 3 minutes. 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.
3. 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**. Add flour, mix, cook again for 1 minute on **High Microwave** and add stock, 1 tbsp vinegar and 2 tsp of white pepper.
2. Cook uncovered at **High Microwave** for 3 minutes. Remove from the oven and add a dash of cognac, a knob of butter and crème fraîche. Mix well and add plenty of salt before serving.

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 the jug on base of oven. and melt on **High Microwave** for 30-40 seconds. Stir in sugars, cocoa powder and vanilla essence.
2. Gradually add milk, stirring well. Cook on **High Microwave** for 2 minutes. Stir well. Cook on **High Microwave** for 1 minute. 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 litre

1. Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Place jug on the base of the oven and cook on **High Microwave** for 30 seconds. Whisk.
2. 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 casserole dish
Fill water tank

1. Place onion, celery, carrot, butter and garlic in a casserole dish. Place on the base of the oven and cook on **High Microwave** for 4 minutes.
2. Add the tomatoes, herbs and wine or stock. Cook on **Combi 1** 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 bowl

1. Beat eggs with sugar and 45 ml (3 tbsp) milk. Place remaining milk with vanilla essence. Place on the base of the oven and cook on **High Microwave** for 40 seconds. Add heated milk to eggs and stir well.
2. 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 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 (¾ pt) stock
salt and pepper

Dish: 1 x Pyrex® jug 1 litre

1. Scrape dripping and sediment from roasting dish into the jug. Stir flour into dripping and then gradually blend in stock.
2. 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 136-138 are suitable for the Cake Auto program. Please see page 80.

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 bowls, 1 x round tin
23 cm (9"), greased and lined

Accessory: Glass tray, wire shelf

1. Place chocolate and butter in a bowl. 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. Fold in the flour and almonds. Spoon the mixture into the tin.
2. Place tin on glass tray on wire shelf in lower position and cook on **Cake Auto Program** (see page 80). Allow to cool.
3. To make the topping, place butter in a bowl on the base of the oven and melt on **High Microwave** for 30-40 seconds. Stir in the remaining ingredients and beat well until smooth. Spread the topping over the top of the cake.

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: Glass tray, wire shelf

1. Place all the cake ingredients in a large Pyrex® bowl and mix well. Spoon into tin. Place tin on glass tray on the wire shelf in the lower shelf position and cook on the **Cake Auto Program** (see page 80). Allow to cool.
2. To make the topping, in a small bowl, cream the butter and cream cheese until smooth. Stir in sieved icing sugar. Decorate the cooled cake with the cream cheese topping and walnuts.

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 bowls, 1 x square tin 18 cm
(7") 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. Place the sugar, butter, treacle and syrup in a bowl on the base of the oven and cook on **High Microwave** for 1 minute.
2. 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.
3. Pour the mixture into the cake tin. Place tin on glass tray on wire shelf in lower shelf position and cook on **Cake Auto Program** (see page 80), or until just firm.

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: Glass tray, wire shelf

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.
3. Stir in the flour, salt and bicarbonate of soda. 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 shelf position and cook on **Cake Auto Program** (see page 80), or until cooked.

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: 1 x round cake tin 20 cm (8"), lined, 1 x 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 the lower shelf position and cook on **Cake Auto Program** (see page 80).

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: Glass tray, wire shelf

1. In a bowl, mix the chopped nuts, fruit, peel and flour together. In another bowl, cream the butter or margarine, sugar and lemon rind until pale and fluffy. Beat in the eggs one at a time. Fold in the dry ingredients.
2. Spoon mixture into tin and hollow out the centre slightly. Split the reserved almonds, and arrange on top. Place tin on glass tray on wire shelf in lower shelf position and cook on **Cake Auto Program** (see page 80).

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: Glass tray, wire shelf

1. In a bowl, cream margarine and sugar until light and fluffy. Gradually beat in the eggs. Fold in the dry ingredients. Add coffee essence, milk, treacle and walnuts. Stir well and spoon into tin.
2. Place tin on glass tray on wire shelf in lower shelf position and cook on **Cake Auto Program** (see page 80). Cool and cut in half.
3. 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.

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.

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: 2 x bowls,
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. 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.
2. 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 another 10 minutes, until golden. Allow to cool.
3. 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. Stir and cook on **High Microwave** for 2 minutes or until smooth, glossy and thickened. Add sugar. Cool slightly. Add egg yolks. Mix well.
4. Preheat oven on **Convection 150 °C**. Pour filling into pastry case. Whisk egg whites stiffly. Add sugar gradually – whisking after each addition. Pile meringue onto lemon filling.
5. 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 bowls

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

Steamed Jam Roly Poly Pudding

ingredients

Serves 8

1 quantity of suet pastry (see page 146)
5 tbsp (75 ml) seedless raspberry jam
milk to glaze

Dish: 1 x large bowl

Accessory: Wire shelf, enamel shelf

Fill water tank

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. Brush the edges with milk and roll the pastry up evenly, starting at one long side and sealing the edges well.
2. Slice roll into 8 even slices and place each slice in a ramekin. Brush tops with milk and cover ramekins with foil.
3. Place 4 ramekins on the wire shelf in upper shelf position and 4 ramekins on the enamel shelf in the lower shelf position. Cook on **Steam 1** for 30 minutes.

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
260 g filo pastry
50 g butter,
melted icing sugar to serve

Dish: 1 x Pyrex® bowl

Oven accessory: Enamel shelf

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

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

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. Remove baking beans and continue cooking for a further 10 minutes. Remove wire shelf.
3. Mix the milk and vanilla in a jug and heat on **High Microwave** for 3 minutes on base of oven. Mix together eggs and sugar. Gradually add the milk to the egg mixture and stir well. Strain the egg mixture into the flan case and sprinkle with nutmeg.
4. Place dish on the wire shelf in lower shelf position and cook on **Combi 11** for 20-25 minutes or until set.

Chocolate and Pecan Tart

ingredients

Serves 6-8

375 g pack sweet short crust pastry
185 g dark chocolate
50 g salted butter
3 eggs, beaten
200 ml maple syrup
100 g whole pecan nuts

Dish: 1 x Pyrex® flan dish 20 cm (8"), 1 x large Pyrex® bowl

Accessory: Wire shelf

1. Roll out pastry on lightly floured surface and use it to line a 20 cm Pyrex® flan dish. Prick pastry with a fork and chill for 15 minutes.
2. Fill the tart with baking paper and baking beans, place on wire shelf in middle shelf position, bake on **Convection 180 °C** for 15 minutes, remove the baking paper and beans, continue to bake for 10 minutes. Remove from the oven and leave to cool.
3. Melt the chocolate and butter together in a large bowl, cook on **High Microwave** for 1 minute. Whisk the eggs and maple syrup together, then stir into the chocolate with most of the nuts.
4. Pour the mixture into tart shell, top with the remaining nuts and place on the wire shelf in the lower shelf position, bake on **Combi 11** for 30 minutes until set.

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 small bowl, 1 x large bowl,
1 x souffle dish 20 cm

Fill water tank

1. Melt margarine in a small bowl 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. Pour mixture into souffle dish. Mix together brown sugar and cocoa and sprinkle over mixture.
3. Pour over hot water. Cook on **High Microwave** for 6-7 minutes, after 4 minutes of cooking set **Steam Shot** (see page 51 of Operating Instructions) for 1-2 minutes. The pudding will separate on cooking, giving a chocolate fudge sauce at the bottom.

Steamed Vanilla Sponge Puddings with Custard

ingredients

Serves 8

250 g butter,
250 g caster sugar
4 eggs
5 ml vanilla extract
250 g flour
5 g bicarbonate soda
50 ml milk

Custard:

250 ml milk
2 egg yolks
25 g caster sugar
10 g cornflour
Few drops vanilla extract

Dish: 1 x bowl, 8 x plastic lidded steamed pudding basins

Accessory: Wire shelf, enamel shelf

Fill water tank

1. To make the sponge, cream the butter and the sugar in a mixing bowl until pale and fluffy. Add the eggs, one at a time, mixing well between each addition, then add the vanilla extract. Stir the flour and bicarbonate of soda in the bowl and fold into the sponge mixture. Finally, stir the milk into the mixture. Fill the basins with the sponge mixture and cover with lids.
2. Place 4 basins on wire shelf in upper shelf position and place 4 basins on enamel shelf in lower shelf position. Cook on **Steam 1** for 30 minutes. Refill water tank. Cook on Steam 1 for a further 15 minutes.
3. To make the custard, bring the milk to the boil, this should take 3-4 minutes on the base of the oven and cook on **High Microwave**.
4. In a bowl, beat together the yolks, sugar, cornflour and vanilla extract. Pour the scalded milk over the egg mix and whisk well. Cook on **Medium Microwave** for 1 minute, whisk, then cook for another 1 minute, the mix should have thickened. Serve over the sponge puddings.

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 Pyrex® pudding basin
1.2 litre, 1 x bowl, 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. Stir and continue to cook on **High Microwave** for 1-2 minutes or until smooth and hot.
5. Drizzle the hot sauce over the sponge and serve with whipped cream.

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,
1 x small 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. Blend the cornflour, vinegar and vanilla extract to a smooth paste, in a separate bowl and then whisk into egg whites.
3. Spread the mixture inside the circle on the parchment paper. Place enamel shelf in lower shelf position and cook pavlova on **Convection 150 °C** for 1 hour. Turn the oven off and leave the pavlova inside for another hour to dry out.
4. When cool spread cream all over the meringue and scatter the strawberries on top.

Coconut Tart

ingredients

Serves 8

½ tsp ground cinnamon
175 g desiccated coconut
225 g caster sugar
375 g short crust pastry
1 egg, beaten

Dish: 1 x large pyrex® bowl,
1 x flan tin 23 cm

Accessory: Enamel shelf

1. Place cinnamon, coconut and sugar into a large bowl with 150 ml water and cook on **Low Microwave** for 5 minutes, stirring frequently. Set aside to cool.
2. Roll out the pastry out on a lightly floured surface and use it to line 23 cm flan tin. Prick pastry with a fork and chill for 15 minutes. Fill the tart with baking paper and baking beans, place on enamel shelf in middle shelf position, bake on **Convection 180 °C** for 15 minutes, remove the baking paper and beans, and continue to bake for 10 minutes. Remove from the oven.
3. Beat the egg into the cooled coconut mixture, then spoon into the pastry case and smooth the top. Place tart on enamel shelf in the lower shelf position, bake on **Convection 180 °C** for 18-20 minutes.

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® bowls,
1 x flan tin 23 cm, greased

Accessory: Enamel shelf

1. Place butter in bowl on the base of the oven and melt on **High Microwave** for 40-50 seconds. Stir in biscuits and press into base of flan tin.
2. Melt chocolate with milk on **Medium Microwave** for 1-2 minutes. Leave to cool slightly.
3. Preheat oven on **Convection 150 °C**. Mix all the remaining ingredients and stir in chocolate. Pour over biscuit base.
4. 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 x 24 cm
each with 12 holes + 12 individual
paper cases

Accessory: Enamel shelf

Fill water tank

1. Preheat oven on **Convection 170 °C** with the enamel shelf in the lower shelf position. Beat the butter, which has been kept at room temperature, and the sugar until a light and fluffy consistency is achieved. Add the eggs one at a time, beating well after each egg is added. Mix in the flour.
2. Fill individual paper cases two thirds full with the mixture. Place baking tray on enamel shelf. Cook on **Convection 170 °C** for 8 minutes, **Combi 3** for 3 minutes, **Convection 170 °C** for 8 minutes.

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

Fill water tank

1. Place the plums, cherries and blueberries in dish. Place on the base of the oven and cook on **Combi 1** for 10 minutes.
2. Stir in the strawberries and cook on **Combi 1** for a further 5 minutes.
3. Stir the raspberries and sugar into the hot fruit and allow to cool before serving.

Christmas Pudding

ingredients

Serves 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 mixed spice
½ tsp 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, 8 x individual plastic lidded steamed pudding basins

Accessory: Enamel shelf

Fill water tank

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. Place pudding basin on wire shelf in middle shelf position. Cook on **Steam 1** for 30 minutes. Refill the water tank. Cook on **Steam 1** or a further 15 minutes or until just firm.

Note: This traditional pudding can be made the week before Christmas and stored in a cool dry place.

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: 1 x bowl, baking sheet

Accessory: Enamel shelf, wire shelf

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

Individual Steamed Chocolate and Orange Puddings

ingredients

Serves 4

6 small oranges (approx.)
120 g soft brown sugar
4 medium eggs, lightly beaten
170 g plain flour
70 g cocoa powder
5 ml baking powder
5 ml vanilla essence
pinch of salt
80 g chocolate chips

Dish: 1 x mixing bowl, 8 x individual plastic lidded steamed pudding basins

Accessory: Wire shelf, enamel shelf

Fill water tank

1. Grease pudding basins with butter. Cut skin and pith from oranges and cut into thick slices. Pat dry with kitchen towel then place an orange slice in the base of each pudding basin.
2. Place all remaining ingredients, except chocolate chips into mixing bowl. Beat until light and fluffy.
3. Stir in chocolate chips. Spoon mixture between basins. Place 4 basins on wire shelf in upper shelf position and 4 basins on enamel shelf in lower shelf position. Cook on **Steam 1** for 30 minutes. Refill water tank. Cook on **Steam 1** for a further 15 minutes.
4. Allow to stand for 5-10 minutes before serving. Serve with a chocolate sauce (see page 134).

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
20 cm, greased and lined

Accessory: Enamel shelf, wire shelf
Fill water tank

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. Fold in half the flour, using a metal spoon, then fold in the remaining flour.
2. Spoon the mixture into the tins and level with a knife. Preheat oven on **Convection 180 °C**. Place one tin in the centre of the enamel shelf in the lower shelf position and one tin in the centre of the wire shelf in the upper shelf position.
3. Cook on **Convection 180 °C** for 20-25 minutes or until cooked. Add **Steam Shot** (see page 51 of Operating Instructions) for 3 minutes 2/3 of the way through cooking time.
4. 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. Carefully fold in half of the sifted flour, and then fold in the other half. Fold in 15 ml (1 tbsp) of hot water.
2. Add the mixture to the tin. Tip the tin to allow mixture to run into corners. Preheat oven on **Convection 200 °C** with wire shelf in lower shelf position. Place tin on wire shelf and cook on **Convection 200 °C** for 10 minutes.
3. Place sheet of greaseproof paper on a damp tea towel and dredge paper with caster sugar. Quickly turn the Swiss roll out onto the greaseproof and carefully remove the baking parchment. Spread with jam or desired filling. Roll up from short side with the aid of the greaseproof paper. Dredge with icing sugar.

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. Add sugar and sultanas. Make a well in the centre and stir in enough milk to form a soft dough. Knead lightly.
2. Roll out to 2 cm thick and cut into 10 rounds with a 5 cm (2") cutter.
3. Preheat oven on **Convection 210 °C** with wire shelf in upper shelf position. Place the rounds on the baking sheet and enamel shelf and brush with beaten egg.
4. 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.

Sticky Plum Flapjack

ingredients

Serves 18

450 g fresh plums, halved,
stoned and roughly sliced
½ tsp mixed spice
300 g light muscovado sugar
350 g butter, plus extra for greasing
300 g rolled porridge oats
140 g plain flour
50 g chopped walnut pieces
3 tbsp golden syrup

Dish: 1 x Pyrex® baking tin 20 cm x
20 cm, 2 x large bowls

Accessory: Enamel shelf

1. Tip the plums into a bowl. Toss with the mixed spice and 50 g of the sugar then set aside. Melt butter in bowl on **High Microwave** for 1 minute 30 seconds.
2. In a large bowl, mix the oats, flour, walnut pieces and the remaining sugar together, then stir in the butter and golden syrup until everything is combined into a loose flapjack mixture.
3. Grease a baking tin, press half the oaty mix over the base of the tin, then tip over the plums and spread to make an even layer. Press the remaining oats over the plums so they are completely covered.
4. Place tin on enamel shelf in lower shelf position, cook on **Convection 200 °C** for 30-35 minutes. Leave to cool completely.

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, 1 x Pyrex® cake tin
24 cm x 19 cm, greased and lined

Accessory: Enamel shelf

1. Place flour and sugar in a bowl and rub in butter. Press dough into tin. Preheat oven on **Convection 170 °C** with enamel shelf in lower shelf position. 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.
2. 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. Stir mixture every minute to prevent burning. Caramel should have thickened, allow to cool slightly. Pour caramel over shortbread.
3. 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
30 g sundried tomatoes, chopped
30 g olives
50 g mozzarella, roughly chopped
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 the enamel shelf lined with baking paper. Place the enamel shelf in the middle shelf position and cook on **Convection 200 °C** for 13 minutes 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. Gradually add the olive oil, passata and 3-5 tbsp of warm water until you have soft dough.
2. Turn onto a floured surface and knead for 10 minutes. Divide dough into 6 and place on lined enamel shelf. Prove in the lower shelf position until dough has doubled in size on **Convection 40 °C** for 30 minutes.
3. 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 **Convection 220 °C** for 12-15 minutes or until golden.

Bread Rolls

ingredients

Makes 16 rolls

900 g strong bread flour
2 sachets dried yeast
10 ml salt
30 g butter or margarine
550 ml warm water

Dish: 1 x large bowl

Accessory: Enamel shelf,
glass tray, wire shelf

Fill water tank

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 dough into 16 and shape into rolls. Place 8 on the lined enamel shelf and 8 on the lined glass tray. Prove in the oven on **Convection 40 °C** for 30 minutes. The enamel shelf can be placed in the lower shelf position and the glass tray on wire shelf in the upper shelf position. Ensure you cover with cling film.
3. Preheat oven on **Convection 190 °C**. Glaze rolls with beaten egg and sprinkle with seeds, if desired. Place enamel shelf in oven in the lower shelf position and glass tray on wire shelf in upper shelf position. Cook on **Convection 190 °C** for 20-25 minutes with a **Steam Shot** (see page 51 of Operating Instructions) for 3 minutes 2/3 of the way through cooking time or until golden

Pizza

ingredients

Serves 2

2 small onions, finely sliced
3 garlic cloves, crushed
15 ml olive oil
2 rolls of pizza dough
100 ml passata
15 g oregano
100 g ricotta
salt, pepper

Dish: 1 x bowl

Accessory: Enamel shelf, glass tray,
wire shelf

Fill water tank

1. Cook the finely sliced onions and garlic in a bowl, with the olive oil, for 4-5 minutes on **High Microwave**. Allow to cool. Preheat oven on **Convection 220 °C**.
2. Using your hands, spread out one roll of the dough on the enamel shelf without making a raised edge. Spread out the second dough on the glass tray. Spread on the passata, onions, oregano and season, covering both of the doughs well.
3. Place enamel shelf in lower shelf position. Place glass tray on wire shelf in upper shelf position. Cook on **Convection 220 °C** for 12 minutes.
4. Then add other ingredients according to taste, cheese, anchovies, olives, bacon pieces etc. and continue cooking on **Convection 220 °C** for 12-14 minutes with a **Steam Shot** (refer to page 51 of Operating Instructions) for 3 minutes at the start of this cooking stage.

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 round tin 25 cm,
1 x large bowl

Accessory: Enamel shelf

Fill water tank

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. Turn onto a floured surface and knead for 10 minutes.
2. Place in a greased bowl, cover and prove until the dough has doubled in size on **Convection 40 °C** for 30 minutes. 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.
3. Preheat oven on **Convection 190 °C** with the enamel shelf in the lower shelf position. Dimple the surface of the dough. Drizzle with a little extra olive oil and sprinkle with coarse sea salt.
4. Cook on **Convection 190 °C** for 20-25 minutes with a **Steam Shot** (refer to page 51 of Operating Instructions) for 3 minutes 2/3 of the way through cooking time. 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 8

800 g rhubarb, cut into chunks
90 ml honey
1 lemon, juiced
100 g oats
50 g hazelnuts, roughly chopped
50 g coconut chips
800 g Greek yoghurt

Dish: 8 x small bowls

Accessory: Enamel shelf

Fill water tank

1. Put half the rhubarb and 30 ml honey and half the lemon juice on the glass tray on wire shelf in a single layer. Place the remaining rhubarb, 15 ml honey and lemon juice on the enamel shelf. Place glass tray on wire shelf in upper shelf position and place enamel shelf in lower shelf position. Cook on **Steam 1** for 20 minutes, until the rhubarb is very soft. Transfer rhubarb to a bowl to cool completely.
2. Preheat the oven to **Convection 180 °C**. Put the oats and hazelnuts on the enamel shelf. Mix the remaining honey with 30 ml water, add to the oats and nuts, and toss. Cook on **Convection 180 °C** for 15-20 minutes in the upper shelf position, until lightly browned. Add the coconut chips to the mix and cook for a further 5 minutes.
3. In 8 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 a 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 casserole dish with onions cover with a lid film. 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. 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 casserole 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. Bring mixture to the boil on **High Microwave**.
3. 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 granulated sugar
4 beaten eggs
100 g butter

Dish: 1 x large Pyrex® casserole dish

1. Place all the ingredients in the 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.

Questions & Answers

- Q: The oven stops cooking by microwave and 'H97' or 'H98' appears in the display. Why?
- A: This display indicates a problem with the microwave generation system. Please contact an authorised Service Centre.
- Q: The fan continues to rotate after cooking. Why?
- A: After using 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 touching Microwave 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 oven stops cooking by steam or combination with steam and U14 appears in the display.
- A: The water tank is empty and the operation guide has been turned off. Re-fill the water tank, position back in the oven and touch **Start/Confirmation** to resume cooking.
- 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-CS89LB
Power Supply		230-240V/50Hz
Operating Frequency:		2450 MHz
Input Power:	Maximum	2030 W
	Microwave	960 W
	Grill	1350 W
	Convection	1380 W
	Steam	1330 W
Output Power:	Microwave	1000 W
	Grill	1300 W
	Convection	1350 W
	Steam	1300 W
Outside 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)		21.5 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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