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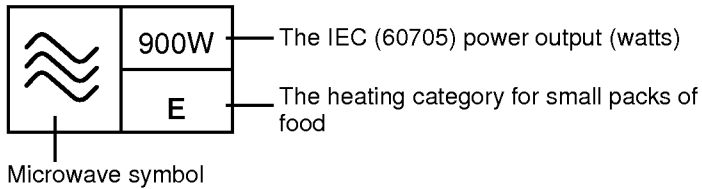
# Microwave Cookery book

And Operating Instructions



When using recipes in this book always follow metric or imperial measurements. Do not combine the two. In some recipes the conversions are not a direct equivalent due to recipe result.

## Important Notice



Your oven is rated 900 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods.

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

Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 22-26 of this book. ALWAYS check the progress of the food as it cooks or reheats by simply opening the door.

**Failure to follow the instructions given in this Cookbook and Operating Instructions, may affect the recipe result and in some instances may be dangerous.**



Customer Care Centre

**08705 357357**

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



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

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# Important safety instructions

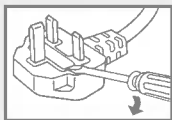
## Read carefully and keep for future reference

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

If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug. A replacement fuse cover can be purchased from your local Panasonic Dealer.

### HOW TO REPLACE THE FUSE

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




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

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

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

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

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

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

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

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

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

### Voltage & Power

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

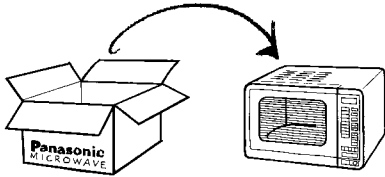
Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

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

# Unpacking your oven

## 1. Examine Your Oven

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



## 2. Guarantee

Your receipt is your guarantee, please keep safely.

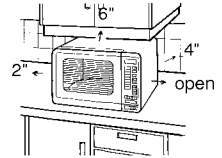
## 3. Cord

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

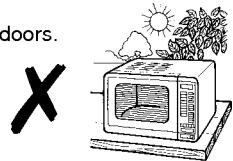
**N.B.** The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

# Placement of your oven

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



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



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# Using your oven

1. 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. **Storage of Accessories**  
Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on. In case of electronic failure, oven can only be turned off at wall socket.

**DO NOT OPERATE THE OVEN EMPTY. The appliance must not be operated WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.**

# Care & Cleaning of your Microwave Oven - IMPORTANT

**As microwaves work on food particles, keep your oven clean at all times.**

1. Switch the oven off before cleaning and unplug at socket if possible.
2. Keep the inside of the oven, door seals and door seal areas clean. When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. Your oven cavity is constructed of zinc coated steel, painted with an extremely durable coating. After use, the oven interior should be wiped out to remove any remaining water in order to reduce the risk of corrosion to the cavity and door. The cavity and door can be damaged by abrasive cleaners and sharp objects so care must be taken to avoid damage caused in this way. If the cavity or door become damaged the lining may begin to corrode. Providing the above precautions are taken regarding the cleaning and care of your oven the life of the cavity and door may be extended.
4. 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.
5. If the Control Panel becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
6. 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.
7. It is occasionally necessary to remove the glass turntable for cleaning. Wash the tray in warm soapy water.
8. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven, particularly the turntable spindle and the area surrounding this, with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels. After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.

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## Maintenance of your oven

### 1. Service

#### WHEN YOUR OVEN

#### REQUIRES A SERVICE

call your local Panasonic engineer (08705 357357 Customer Support). It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.



### 2. Door Seals

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

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

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

### 3. Oven Light

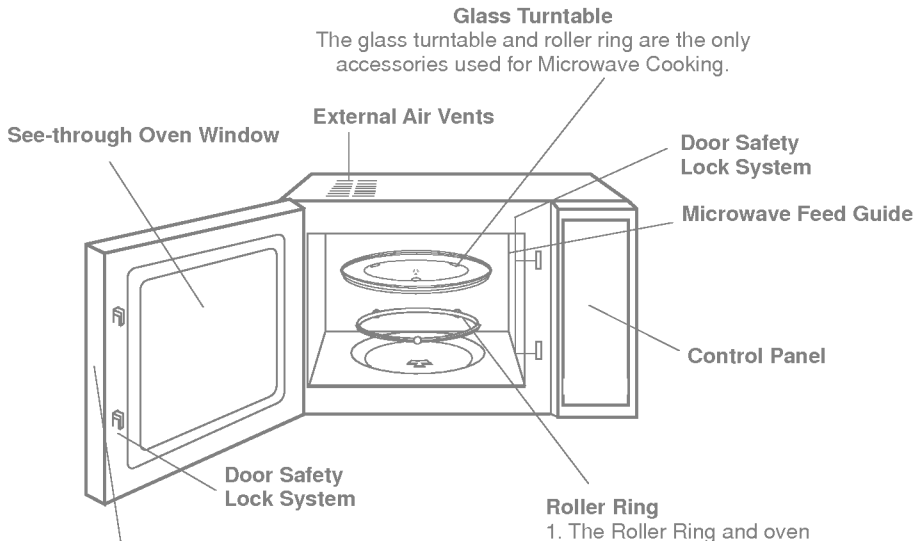
The oven lamp must be replaced by a service technician trained by the manufacturer. DO NOT attempt to remove the outer casing from the oven.

### 4. Spare Parts

These may be ordered from Customer Care Centre (08705 357357). Ensure you quote correct model number.

# Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes or Auto Program Jacket Potatoes.
5. If food or utensil on Glass Turntable touches oven walls, causing the turntable to stop moving, it will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
6. The Glass Turntable can rotate in either direction. The maximum weight that can be placed on the turntable is 4 Kg (8 lb 14 oz) (this includes total weight of food and dish).
7. While cooking by MICROWAVE the turntable may vibrate. This will not affect cooking performance.
8. Arcing may occur if the incorrect weight of food is used, or a metal container has been used accidentally. If this occurs, stop the machine immediately.



## Glass Turntable

The glass turntable and roller ring are the only accessories used for Microwave Cooking.

See-through Oven Window

External Air Vents

Door Safety Lock System

Microwave Feed Guide

Control Panel

Door Safety Lock System

## Roller Ring

1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. The Roller Ring must always be used together with the Glass Turntable for cooking.

## Pull Door

Pull to open the door  
Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and Start is pressed.



# Important Information – Read Carefully

## Safety

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

## Short Cooking Times

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

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

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

## Important.

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

### 1. Small quantities of food.

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



## NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE.

### 2. Foods low in moisture.

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



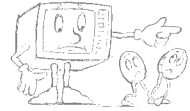
### 3. Christmas Pudding.

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



### 4. Boiled Eggs.

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



### 5. Foods with Skins.

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



### 6. Liquids.

Liquids and other foods must not be heated in sealed containers since they are liable to explode. When heating liquids, eg 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:



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

### 7. Lids.

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

### 8. Deep Fat Frying.

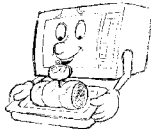
Do not attempt to deep fat fry in your oven.



# Important Information – Read Carefully

## 9. **Meat Thermometer.**

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



## 10. **Paper, Plastic.**

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

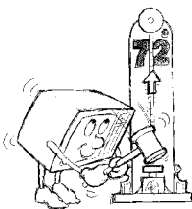


Do not use re-cycled paper products, eg Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

## 11. **Reheating.**

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

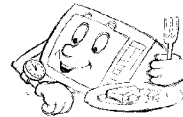
Remove the food from the oven and check that it is "piping hot", ie steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72°C with a food thermometer – but remember do not use this thermometer inside the microwave.)



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

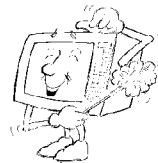
## 12. **Standing Time.**

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



## 13. **Keeping Your Oven Clean.**

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

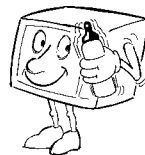


## 14. **Utensils.**

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

## 15. **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.



## 16. **Arcing.**

Arcing may occur if a metal container has been used accidentally or if the incorrect weight of food is used. 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.

## 17. **Maximum Weight on Turntable**

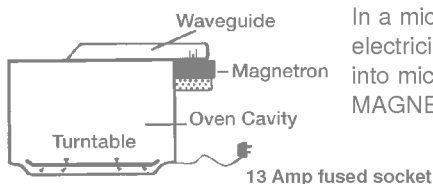
The maximum weight that can be placed on the turntable is 4 Kg (8 lb 4 oz) (this includes total weight of food and dish).

# Microwaving Principles

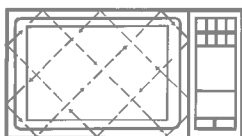
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

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

## HOW MICROWAVES COOK FOOD



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



### REFLECTION

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



### TRANSMISSION

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



Microwave      Water Molecule      Absorption      Vibration

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

## IMPORTANT NOTES

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

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

### Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

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

Foods that require deep fat frying cannot be cooked either.

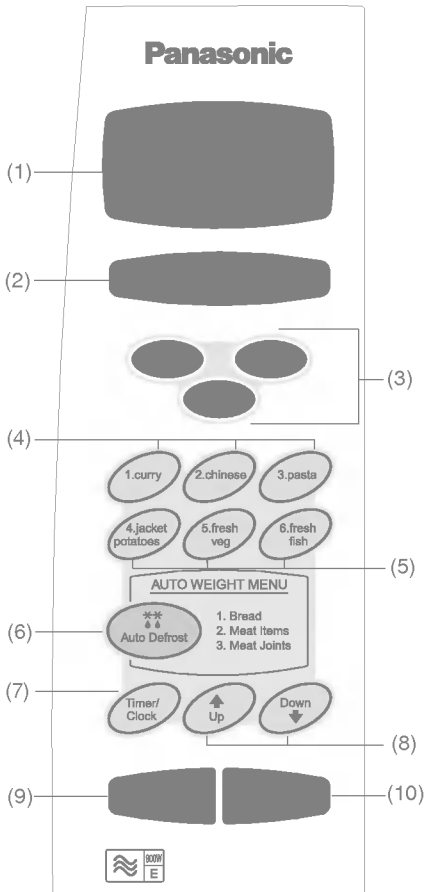
### Boiled Eggs

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

### STANDING TIME

When a microwave oven is switched off, the food will continue to cook by conduction – **NOT BY MICROWAVE ENERGY**. Hence **STANDING TIME** is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (Refer to page 10).

# Control Panel



- (1) **Display Window**
- (2) **Microwave Power Levels**
- (3) **Time Pads**
- (4) **Auto Weight Reheat Programs**
- (5) **Auto Weight Cook Programs**
- (6) **Auto Weight Defrost Pad**
- (7) **Timer / Clock Pad**
- (8) **Weight Selection Pads**
- (9) **Stop/Cancel Pad:**

### **Before Cooking:**

one press clears your instructions.

### **During Cooking:**

one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.

- (10) **Start Pad**

### **Beep Sound:**

When a pad is touched correctly a beep will be heard. If a pad is touched and no beep is heard, the unit has not or cannot accept the instruction. At the end of any complete program, the oven will beep 5 times.

# General Guidelines

## STANDING TIME

Dense foods e.g. meat, jacket potatoes and cakes, require standing time (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely. Wrap meat joints and jacket potatoes in aluminium foil while standing. Meat joints need approx. 10-15 minutes, jacket potatoes 5 minutes. Other foods such as plated meals, vegetables, fish etc require 2-5 minutes standing. After defrosting food, standing time should also be allowed. If food is not cooked after standing time, return to the oven and cook for additional time.



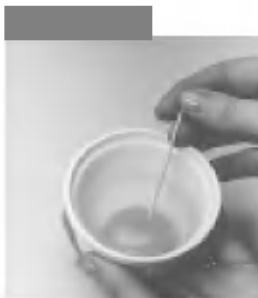
Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.



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

## MOISTURE CONTENT

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season, particularly jacket potatoes. For this reason cooking times may have to be adjusted. Dry ingredients e.g. rice, pasta, can dry out during storage so cooking times may differ.



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.**



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

## DENSITY

Porous airy foods heat more quickly than dense heavy foods.

## CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce 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.

# General Guidelines

## SHAPE

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



## ARRANGING

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



## STARTING TEMPERATURE

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

## LIQUIDS

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



## CHECKING FOOD

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

## 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.



## TURNING AND STIRRING

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

## 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 microwave spray cleaner, sprayed onto a soft cloth. Always wipe the oven dry after cleaning.

# 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



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

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

## Result

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

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

## QUICK CHECK GUIDE TO COOKING UTENSILS



### OVEN GLASS

Glass that is heat resistant e.g. Pyrex®, is ideal. Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.



### CHINA AND CERAMIC

Glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and

ceramic are also ideal. Fine bone china should only be used for reheating for short periods, otherwise the change in temperature may crack the dish or craze the finish. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.

### POTTERY, EARTHENWARE, STONEWARE

Only use if completely glazed. Do not use if partially glazed or unglazed, as they are able to absorb water which will absorb microwave energy, making the container very hot and slowing down the cooking of food.



### FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven. Small items in shallow foil containers can be REHEATED in the microwave, but take care that containers do not touch the oven walls or door. Use wooden kebab sticks instead of metal skewers. DO NOT RE-USE FOIL CONTAINERS AS THEY MAY BECOME DENTED OR DAMAGED AND ARCING MAY OCCUR.



# Containers to use

## PLASTIC



Many plastic containers are designed for microwave use. Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine as it will scorch. Do not use plastic for cooking foods high in sugar or fat or foods that require long cooking times e.g. brown rice. Never cook in margarine containers or yogurt pots, as these will melt with the heat from the food.



## PAPER

Plain white kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering **ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL.** Avoid kitchen paper containing manmade fibres. Check that branded re-cycled kitchen towel is recommended for microwave use. Do not use waxed or plastic coated cups as the finish may melt in the oven. Greaseproof paper can be used to line the base of dishes and to cover fatty foods. White paper plates can be used for **SHORT REHEATING TIMES.**



## WICKER, WOOD, STRAW BASKETS

Do not use these items in your microwave. With continued use and with prolonged exposure they will crack and could ignite. Do not use wooden dishes in your microwave.



## CLING FILM

Use microwave cling film to cover food that is to be reheated, or cooked, taking care to avoid the film being in direct contact with the food.



## ALUMINIUM FOIL

Small amounts of smooth aluminium foil can be used to **SHIELD** joints of meat during defrosting and cooking. As the microwaves cannot pass through the foil this prevents the shielded parts from overcooking or overdefrosting. The foil must not touch the sides or roof of the oven, as this may cause arching and damage your oven.



## ROASTING BAGS

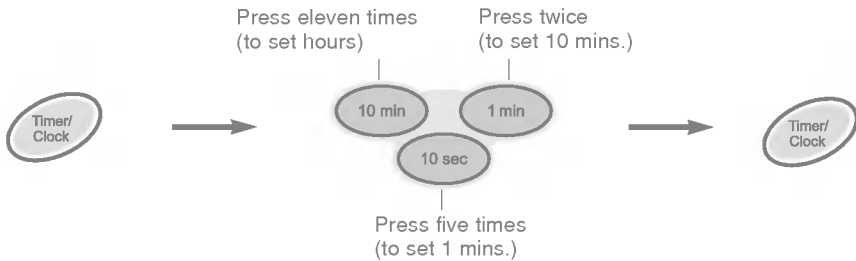
These are useful when slit up one side to tent a joint of meat when roasting by power and time. Do not use the metal twists supplied.



# Setting the Clock

When the oven is first plugged in "88.88" appears in display window.

eg. 11.25pm



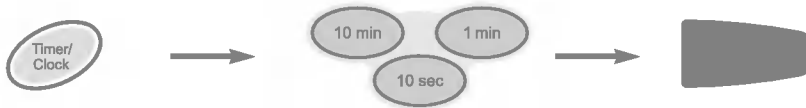
- **Press Timer/Clock Pad twice.** The dot starts blinking.
- **Press Time Pads** - Enter time of day by pressing appropriate Time pads. The time appears in the display. If the pad (10 min / 1 min / 10 sec) is pressed and held, the time will increase rapidly.
- **Press Timer/Clock Pad once.** The time of day is entered.

## N.B.

1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 12 hour clock, ie 2pm = 2:00 not 14:00. The oven will not function if a 24 hour clock is set.

# Timer

This feature operates as a minute timer. During operation there is no microwave energy.



- **Press Timer/Clock Pad once.** Display is blank.
- **Set desired time.** Maximum time is 99 minutes, 50 seconds.
- **Press Start.** The time in the display will count down.

# 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:



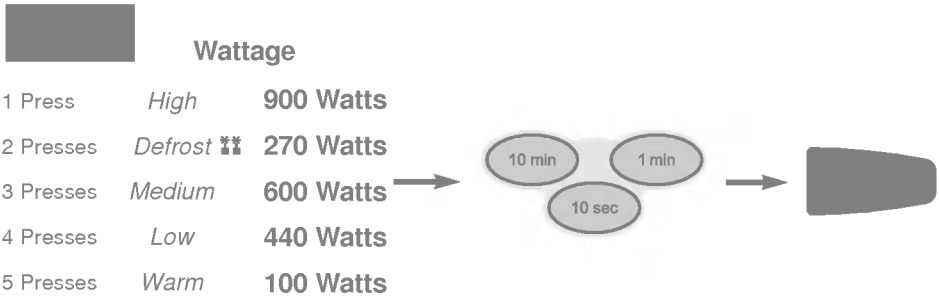
To Cancel:



- **Press Start Pad three times.** The time of day will disappear. Actual time will not be lost. 'L' is indicated in the display.
- **Press Stop/Cancel Pad three times.** The time of day will reappear in the display.

# Microwave Cooking and Defrosting

The glass turntable must always be in position when using the oven.



- **Press the microwave power pad.** Select desired power level.

- Select cooking time by pressing appropriate pads. Your oven can be programmed for up to 99 minutes 50 seconds.

- **Press Start.** The cooking program will start and the time in the display will count down.

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

## Multi-Stage Cooking

The oven has 2 stage memory, so you can program up to 2 different instructions and the oven will switch automatically from power to power (Repeat steps 1 and 2 above but only press Start after both stages have been entered).

### N.B.

1. Timer Pad can be programmed in multi-stage cooking.
2. Auto Weight / Defrost Pad can be programmed in first stage only.

# Auto Weight Defrost

This feature allows you to defrost bread, meat items and joints of meat automatically once you have entered in the weight of the food.



- **Select desired program.** Press the pad once to select bread, twice to select meat items and 3 times to select meat joints. The program number will appear in the display.
- **Set Weight.** Using the Up and Down pads. If the up / down pad is pressed and held, the weight will increase / decrease rapidly.
- **Press Start.** Remember to stir or turn the food during defrosting.

1 Bread	100g - 800g	Rolls, buns, slices of bread + loaves.
2 Meat Items	200g - 1200g	Chicken portions, chops, mince.
3 Meat Joints	400g - 2000g	Whole chicken, meat joints.

## 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.

## Meat Items (mince / chops / chicken portions)

It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish.

This PROGRAM IS NOT SUITABLE FOR SAUSAGES, these can be defrosted manually using Defrost power and time. Chops and chicken portions should be arranged in a single layer and turned frequently during defrosting.

## 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.

# Defrosting Guidelines

## 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 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 Foods Using Defrost Power & Time

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

<b>Meat</b>	<b>Defrosting Time</b>	<b>Method</b>	<b>Standing Time</b>
Beef/Lamb/Pork Joint 450g (1lb)	5-7 mins.	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Minced Beef 450g. (1lb)	7-8 mins.	Place in a suitable dish. Break up and turn 3-4 times.	15 mins.
Chops 450g. (1lb)	5-6 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Sausages 450g. (1lb)	5 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Bacon 450g. (1lb)	4-5 mins.	Place in a suitable dish. Turn and separate twice. Shield if necessary.	10 mins.
Stewing Steak 450g. (1lb)	7-8 mins.	Place in a suitable dish. Break up frequently.	15 mins.
Chicken 450g. (1lb)	5 mins.	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Chicken Portions 450g. (1lb)	5-6 mins.	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15-30 mins.
<b>Fish</b>			
Whole 450g. (1lb)	6-7 mins.	Place in a suitable dish. Turn twice. Shield.	15 mins.
Fillets/Steak 450g. (1lb)	6-7 mins.	Place in a suitable dish. Turn twice, separate and shield if necessary.	15 mins.
Prawns 450g. (1lb)	6 mins.	Place in a suitable dish. Stir twice during defrosting.	10 mins.
<b>General</b>			
Bread Sliced 400g (14oz)	1 - 1½ mins.	Place on the turntable. Separate and rearrange during defrosting.	10 mins.
Slice of bread 30g. (1oz)	10-20 sec.	Place on the turntable on a piece of kitchen paper.	1-2 mins.
Pastry 450g. (1lb)	1 min. 1 min. rest 30 sec. - 1 min.	Place on a plate. Turn over after 1 min. resting time.	10-15 mins.
Soft Fruit 450g. (1lb)	5-6 mins.	Place in a suitable dish. Stir twice during defrosting.	10 mins.

# Auto Weight Reheat / Cook Programs

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

eg.



- Select desired program by pressing the pad. The program number will appear in the display.
- **Set Weight** using the Up and Down pads. If the up / down pad is pressed and held, the weight will increase / decrease rapidly.
- Press Start.

## Guidelines for Use

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

To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

## Auto Weight Reheat Programs

### 1. Reheat Curry (200-800g)

This program is for reheating a curry convenience meal that can be stirred. Foods must be in a suitable single selection microwaveable container and have the film

pierced. Place on

turntable, press the pad once.

Enter the weight then press

START. Stir halfway. Allow to stand for 1 minute. Ensure

that the food is piping hot. Stir the food before serving.



### 2. Reheat Chinese (200-500g)

This program is for reheating a chinese style convenience meal that can be stirred. Foods must be in a suitable microwaveable container and have the film pierced. Press the pad once.

Enter the weight.

Press START. Stir halfway. Allow to stand for 1 minute.

Ensure food is piping hot. Stir again before serving.



**Important Note:** for Auto Weight curry, chinese style and pasta meals.

1. Large pieces of fish / meat in a thin sauce, may require longer cooking.
2. These programs are not suitable for foods that cannot be stirred.
3. Meals in bowl shaped containers will need extra cooking time.

# Auto Weight Reheat Programs

## 3. Reheat Pasta (200-1500g)

This program is for reheating a pasta style convenience meal that can be stirred. Foods must be in a suitable single selection microwaveable container and have the film pierced. Place on turntable, press the pad once. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.



**Important Note:** for Auto Weight curry, chinese style and pasta meals.

1. Large pieces of fish / meat in a thin sauce, may require longer cooking.
2. These programs are not suitable for foods that cannot be stirred.
3. Meals in bowl shaped containers will need extra cooking time.

# Auto Weight Cook Programs

## 4. Cook Jacket Potatoes (200-1500g)

To cook jacket potatoes choose medium sized potatoes 200-250g (7-9oz). Wash and dry and prick with a fork several times. Arrange around edge of turntable. Press pad once. Enter weight. Press START. DO NOT COVER.



## 5. Cook Fresh Vegetables (100-800g)

To cook FRESH vegetables. Place prepared vegetables into a shallow container on turntable. Add 15 ml (1tbsp) water per 100g vegetables. Cover with pierced cling film or lid. Press the pad once. Enter the weight. Press START.



## 6. Cook Fresh Fish (100-800g)

To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15-45ml (1-3 tbsp) liquid. Cover with pierced cling film or lid. Press the pad once. Enter the weight. Press START.



# Cooking and Reheating Guidelines

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

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

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

The charts on pages 22-26 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

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

## When is food reheated?

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

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

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

## PLATED MEALS

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 4-6 mins. on HIGH power will reheat an average portion. If stacking two meals, heat on HIGH power for 6-9 mins. and change the meals over halfway.

## CANNED FOODS

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

## SOUPS

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

## CASSEROLES

Stir halfway through and again at the end of heating.

## MINCE PIES - CAUTION

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

## CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

Take great care when reheating these items.

**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.

For 7-8 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 30-40 secs.

**CHECK CAREFULLY.**

For 3 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 20-30 secs.

**CHECK CAREFULLY**

N.B. Liquid at top of bottle will be much hotter than at bottom and bottle must be shaken thoroughly.



# Reheating Charts

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

## HEATING CATEGORY

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



Microwave symbol

The IEC (60705) power output (watts)

The heating category for small packs of food

<b>BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.</b>				
Croissants	2	HIGH	15 secs.	Place on microwave safe plate on turntable. Do not cover.
	4	HIGH	15-20 secs.	
Rolls	1	HIGH	10-15 secs.	
	4	HIGH	15-20 secs.	
<b>CANNED BEANS, PASTA</b>				
Baked Beans, Ravioli in sauce	225 g	HIGH	2 mins.	Place in a microwave safe bowl on turntable. Cover.
	447 g	HIGH	4 mins.	
Spaghetti in Tomato Sauce	213 g	HIGH	2 mins.	
<b>CANNED SOUPS</b>				
Cream of Tomato	425 g	HIGH	3-3½ mins.	Place in a microwave safe bowl on turntable. Cover.
Minestrone	300 g	HIGH	2½ mins.	
<b>CANNED PUDDINGS</b>				
Creamed Rice	425 g	HIGH	1½-2 mins.	Place in a microwave safe bowl on turntable. Cover.
	624g	HIGH	2-3 mins.	
Sponge Pudding	300 g	HIGH	1½ mins.	
<b>CHRISTMAS PUDDINGS - Overheating may cause pudding to ignite</b>				
Slice	150 g	HIGH	10-20 secs.	Place in a microwave safe dish on turntable. Cover.
Small	450 g	HIGH	1-1½ mins.	
Medium	900 g	HIGH	2-2½ mins.	
<b>DRINKS – COFFEE</b>				
1 mug	235 ml	HIGH	2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
2 mugs	470 ml	HIGH	3 mins.	
<b>DRINKS – MILK</b>				
1 mug	235 ml	HIGH	1 - 1½ mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
1 jug	600 ml	HIGH	3 - 3½ mins.	

# Reheating Charts

<b>PASTRY PRODUCTS - PRECOOKED - N.B. Pastries reheated by microwave will have a soft base.</b>				
Chicken Pie	480 g	HIGH	3½-4 mins.	Place on microwave safe plate on turntable. Do not cover.
Cornish Pastie	255 g (1)	HIGH	1½-2 mins.	
Quiche	400 g (1)	HIGH	2½-3½ mins.	
Steak & Kidney Pie	325 g (1)	HIGH	1½-2½ mins.	
Sausage Rolls	260 g (4)	HIGH	1-1½ mins.	
Samosas	200 g (4)	HIGH	1-1½ mins.	Place on microwave safe plate on turntable. Do not cover. Turn halfway.
Spring Roll	230 g (4)	HIGH	1-1½ mins.	
Christmas Mince Pies	90 g (2)	HIGH	5-10 secs.	Place on a microwave safe plate on turntable.
<b>PLATED MEALS - HOMEMADE - CHILLED</b>				
Child Size	1	HIGH	2-2½ mins.	Place on a microwave safe plate on turntable. Cover.
Adult Size	1	HIGH	4-6 mins.	
<b>PUDDINGS &amp; DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish</b>				
Bread & Butter Pudding	340 g	HIGH	2-3 mins.	Place in a microwave safe dish on turntable. Do not cover.
Fruit Crumble	400 g	HIGH	3 mins.	
Fruit Pie, individual	1	HIGH	5-10 secs.	
	4	HIGH	20-30 secs	
Milk Pudding for 1		HIGH	30-40 secs.	
<b>PURCHASED CONVENIENCE FOODS - CHILLED N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.</b>				
Cauliflower Cheese	450 g	HIGH	5½-6 mins.	Place in microwave safe dish on turntable. Do not cover.
Cottage Pie	450 g	HIGH	6-6½ mins.	
Lasagne	300 g	HIGH	4½-5 mins.	
Vegetable Bake	400 g	HIGH	5-6 mins.	
<b>PURCHASED CONVENIENCE FOODS - FROZEN N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.</b>				
Lasagne	400 g	HIGH	6 mins. + rest for 1 min.	Place in a microwave safe dish on turntable. Do not cover.
		+ HIGH	5-6 mins.	
Salmon Crumble	340 g	HIGH	4 mins. + rest for 1 min.	
		+ MED	6 mins.	
Shepherd's Pie	460 g	HIGH	6 mins. + rest for 1 min.	
		+MED	9 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

BACON – from raw				
Rashers	130 g (4)	HIGH	2 mins. or 40-50 secs. per rasher.	Place on microwave safe rack or plate on turntable and cover with kitchen towel to minimise splatter.
BEANS & PULSES – should be pre-soaked (except lentils)				
Chick Peas	225 g	HIGH + LOW	10 mins. ----- 35 mins.	Use 600 ml (1 pt) boiling water in a large bowl. Cover.
Lentils	225 g	LOW	12-15 mins.	
Red Kidney Beans	225 g	HIGH + LOW	15 mins. ----- 30 mins.	Use 600 ml (1 pt) boiling water in a large bowl. Cover. <b>Must boil for at least 12 minutes to destroy toxic enzymes.</b>
BEEF – Joints from raw – Caution: Hot fat! Remove dish with care.				
Medium Rare		MEDIUM	7-8 mins. per 450 g (1 lb)	Place on upturned saucer in flan dish or rack on turntable. Cover and turn halfway. Drain off fat during cooking.
CHICKEN from raw – Caution: Hot fat! Remove dish with care.				
Breasts, boneless	500 g	LOW	13-14 mins.	Place on microwave safe rack or plate on turntable. Cover.
Drumsticks	450 g (4)	LOW	10-12 mins.	
Quarters	700 g (2)	LOW	16-18 mins.	
Whole		HIGH	7-9 mins. per 450 g (1 lb)	Place on upturned saucer breast side down in flan dish on turntable. Cover, turn over halfway.
EGGS – Poached.				
Water	45 ml	HIGH	50 secs.	<ul style="list-style-type: none"> <li>•Place in a small bowl and heat for 1st cooking time.</li> <li>•Add egg (medium sized).</li> <li>•Pierce yolk and white.</li> <li>•Cover.</li> <li>•Cook for 2nd cooking time.</li> <li>•Then leave to stand for 1 min.</li> </ul>
Egg	1	HIGH	30-40 secs.	
Water	90 ml	HIGH	1 min.	
Eggs	2	HIGH	50 sec.	
EGGS – Scrambled.				
1 Egg		HIGH	30 secs.	<ul style="list-style-type: none"> <li>•Add 1 tbsp of milk for each egg used.</li> <li>•Beat eggs, milk and knob of butter together.</li> <li>•Cook for 1st cooking time then stir.</li> <li>•Cook for 2nd cooking time then stand for 1 min.</li> </ul>
		HIGH	20 secs.	
2 Eggs		HIGH	50 secs.	
		HIGH	30-40 secs.	

**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

<b>FISH – FRESH from raw</b>					
Fillet, Steak, Whole	450 g	HIGH	5-6 mins.	Place in microwave safe dish. Add 30 ml of liquid. Cover.	
<b>FISH – FROZEN from raw</b>					
Haddock Fillets	380 g (4)	HIGH	7 mins.	Place in microwave safe dish. Add 30 ml of liquid. Cover.	
Whole	450 g (2)	HIGH	10-12 mins.		
Boil in the Bag	170 g (1)	DEFROST + rest + LOW	4 mins. 2 mins. 6 mins.	Place bag sauce side down on a microwave safe plate. Slash top of bag with a knife.	
<b>FRUIT – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.</b>					
Apples, Rhubarb, stewed	450 g	HIGH	4-5 mins.	Only half fill dish. Cover.	
Plums – stewed	450 g	HIGH	8-10 mins.	Add 30 ml (2 tbs) of water. Only half fill dish. Cover.	
<b>LAMB – from raw – CAUTION: Hot Fat! Remove dish with care.</b>					
Chops, loin	600 g (4)	HIGH + LOW	1-2m per 450g (1lb) 2-3m per 450g (1lb)	Place on microwaveable safe dish or rack on turntable. Cover.	
Joints		HIGH + LOW	2-3m per 450g (1lb) 6-7m per 450g (1lb)	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn joint over halfway. Drain off fat during cooking.	
<b>PASTA – Place in a large 2 litre (4 pint) microwave safe bowl.</b>					
Macaroni	225 g	HIGH	7-8 mins.	Use 1 litre (1½ pint) boiling water in a large 2 litres (4 pints) bowl. Cover.	
Spaghetti, Tagliatelli	225 g	HIGH	8 mins.		
<b>PIZZA – FRESH CHILLED – N.B. Remove all packaging. Pizzas will have a soft base.</b>					
Thin & Crispy	400 g	HIGH	3-3½ mins.	Place on heatproof plate on turntable. Do not cover.	
Deep Pan	475 g	HIGH	3-4 mins.		
<b>PORK – from raw – CAUTION: Hot Fat! Remove dish with care.</b>					
Chops	360 g (2)	HIGH + LOW	2-3 mins. 4-5 mins.	Place in microwave safe dish or rack on turntable. Cover.	
Joints		HIGH + LOW	5-6 mins. per 450 g (1lb) 8-9 mins. per 450 g (1lb)	Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn joint over halfway. Drain off fat during cooking.	
<b>PORRIDGE – N.B. Use a large bowl.</b>					
1 serving	½ cup oats	HIGH	2½-3 mins.	Add 1 cup of water or milk. Stir halfway.	
2 servings	1 cup oats	HIGH	4-5 mins.	Add 2 cups of water or milk. Stir halfway.	
<b>RICE – Place in a large microwave safe bowl.</b>					
Basmati	250 g	LOW	11-12 mins.	Use 600 ml (1 pt) - 800 ml (1½pt) boiling water. Cover.	
Easycook White	250 g	HIGH	12-13 mins.		
<b>SAUSAGES from raw - CAUTION: HOT FAT! Remove dish with care.</b>					
Thick	240 g (4)	HIGH	2-2½ mins.	Place on microwave safe plate or microwave rack on turntable. Cover.	
Thin	110 g (4)	HIGH	1½-2 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

FRESH VEGETABLES – Place in shallow microwave safe dish.				
Green Beans	450 g	HIGH	7-8 mins.	Add 90 ml (6 tbsp) water. Cover.
Beetroot	450 g	HIGH	10-12 mins.	
Broccoli + Cauliflower - florets	450 g	HIGH	6-7 mins.	
Brussel Sprouts	450 g	HIGH	8-9 mins.	
Cabbage – sliced	450 g	HIGH	7-9 mins.	
Carrots, Leeks	450 g	HIGH	7-8 mins.	
Corn on the Cob	450 g	HIGH	6-7 mins.	
Courgettes, Mange Tout	450 g	HIGH	4-5 mins.	
Peas	450 g	HIGH	4-6 mins.	
Potatoes – boiled	450 g	HIGH	5-6 mins.	
Potatoes – jacket (225 g / 8 oz each)	1	HIGH	5 mins.	Wash and prick skins. Place directly on turntable. After cooking stand for 5 mins wrapped in foil.
	2	HIGH	8 mins.	
FROZEN VEGETABLES – Place in shallow microwave safe dish.				
Beans – green, Carrots	450 g	HIGH	7-8 mins.	Add 30 ml (2 tbsp) water. Cover.
Cauliflower	450 g	HIGH	9-10 mins.	
Peas	450 g	HIGH	6-7 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.

# Soup and Snacks

## Ingredients

25 g (1oz) butter  
1 small onion, chopped  
600 ml (1pt) hot chicken stock  
225 g (8oz) button mushrooms, sliced  
bouquet garni  
15 ml (1tbsp) cornflour  
300 ml (1/2 pt) milk  
salt and pepper  
60 ml (4tbsp) single cream

## Ingredients

100 g (4oz) quick cook macaroni  
225 g (8oz) courgettes, sliced  
100 g (4oz) bacon, chopped  
50 g (2oz) butter  
50 g (2oz) plain flour  
600 ml (1pt) milk  
100 g (4oz) cheese, grated  
5 ml (1tsp) mustard  
salt and pepper

## Topping

30 ml (2tbsp) Parmesan cheese  
30 ml (2tbsp) wholemeal breadcrumbs

## Ingredients

50 g (2oz) green lentils  
10 ml (2tsp) oil, 1 small onion, sliced  
3 ml (1/2 tsp) grated root ginger  
1 garlic clove, crushed  
3 ml (1/2 tsp) turmeric  
3 ml (1/2 tsp) chilli powder  
5 ml (1tsp) curry powder  
150 ml (1/4pt) natural yoghurt  
50 g (2oz) mushrooms, sliced  
2 tomatoes, peeled and chopped  
150 ml (1/4pt) hot water  
25 g (1oz) cashew nuts  
225 g (8oz) cooked basmati rice

## Garnish

hard boiled egg slices and  
coriander leaves

## *Cream of Mushroom Soup*

Serves 4

### Dish: large bowl

1. Place the butter and chopped onion in a large bowl. Cover and cook on HIGH power for 3 mins or until soft.
2. Add the stock, mushrooms and bouquet garni. Cover and cook on HIGH power for 13-15 mins, or until mushrooms are soft.
3. Remove the bouquet garni and blend until smooth. Mix the cornflour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
4. Cover and cook on HIGH power for 5-6 mins, or until thickened. Season and serve with cream swirled on top.

## *Macaroni Cheese with Courgettes and Bacon*

### Dish: 20 cm (8") casserole

Serves 2

1. Cook macaroni in 450 ml (3/4pt) boiling water on HIGH power for 6-8 mins, or until soft. Drain.
2. Place courgettes and bacon in a bowl. Cover and cook on HIGH power for 3-4 mins, or until soft. Drain.
3. Place the butter in a large jug. Cook on HIGH power for 30-40 secs. Stir in the flour and cook for 30-40 secs, on HIGH power. Gradually add milk, stir well and cook on HIGH power for 4-5 mins, or until the sauce is thick and bubbling. Stir frequently.
4. Add mustard and cheese. Mix in the macaroni, courgettes and bacon. Pour into a casserole dish, sprinkle over the topping and cook on HIGH power for 2-3 mins, or until the cheese has melted.

## *Lentil Biryani*

Serves 2

### Dish: large casserole

1. Soak the lentils in cold water for 1 hour then drain.
2. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3-4 mins, or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on HIGH power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on HIGH power for 15-20 mins, or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on HIGH power if necessary. Garnish and serve.

# Meat and Poultry

## Ingredients

3-4 cloves garlic, crushed  
1 cm (1/4") piece fresh ginger, grated  
50 g (2 oz) ground almonds  
3x15 ml (3 tbsp) water  
3 whole cardamen pods  
2 cloves  
2.5 cm (1") stick of cinnamon  
1 onion chopped  
2x15 ml (2 tbsp) oil  
450 g (1 lb) boned lamb, trimmed and cut into cubes  
1x5 ml (1 tsp) ground coriander  
1x5 ml (1 tsp) ground cumin  
1.5 ml (1/4 tsp) garam masala  
1.5 ml (1/4 tsp) cayenne pepper  
150 ml (1/4 pt) single cream  
salt and pepper

## Ingredients

25 g (1 oz) butter  
2 medium onions, sliced  
2 sticks celery, trimmed and chopped  
100 g (4 oz) mushrooms, sliced  
4 chicken quarters, skinned  
300 ml (1/2 pt) hot chicken stock  
296 g (14 oz) can tomatoes  
salt and pepper  
30 ml (2 tbsp) cornflour

## Lamb in a Spicy Cream and Almond Sauce

Serves 4

### Dish: Large casserole dish

1. Mix together the garlic, ginger, almonds and water to make a thick paste.
2. Place the cardamen pods, cloves, cinnamon, onion and oil in the casserole dish cook on HIGH power for 2 mins.
3. Add the lamb and cook for 5 mins. on HIGH power or until light brown in colour. Stir halfway.
4. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on LOW power for about 30-35 mins. or until the meat is tender. Stir the casserole 2-3 times during the cooking time.
5. Remove the whole cardamen pods, cloves and cinnamon before serving with rice or other vegetables.

## Chicken Casserole

Serves 4

### Dish: 3 litre (6 pt) casserole

1. Place vegetables and butter in dish. Cover and cook on HIGH power for 2-4 mins. or until soft.
  2. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste.
  3. Cover and cook on HIGH power for 5 mins. then LOW power for 25-30 mins. or until well cooked through.
  4. Mix cornflour with a little water. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on HIGH power for 2 mins. Serve chicken with sauce poured over.
- N.B.** If diced boneless breast is used in place of the quarters, reduce 2nd cooking time to 10-14 mins. on LOW power or until well cooked through. Stir halfway.

### **Ingredients**

225 g (8oz) pork fillet, diced

#### **Sweet & Sour Sauce:**

15 ml (1tbsp) oil

1 small carrot cut into matchsticks

1 spring onion, thinly sliced

small green pepper, cut into strips

225 g (8oz) can pineapple chunks, drained (reserve juice)

10 ml (2tsp) soft brown sugar

5 ml (1tsp) cornflour

pinch garlic salt

5 ml (1tsp) cider vinegar

10 ml (2tsp) soy sauce

5 ml (1tsp) tomato ketchup

### **Ingredients**

1 small onion, diced

1 clove garlic, crushed

5 ml (1tsp) oil

200 g (7oz) can chopped tomatoes

15 ml (1tbsp) tomato puree

5 ml (1tsp) mixed herbs

225 g (8oz) minced beef

salt and pepper

### **Ingredients**

50 g (2oz) creamed coconut

45 ml (3tbsp) crunchy peanut butter

45 ml (3tbsp) lemon juice

30 ml (2tbsp) soy sauce

large pinch of chilli powder

2 chicken breast fillets, skinned

15 ml (1tbsp) vegetable oil

1 garlic clove, crushed

3 ml (1/2tsp) ground turmeric

3 ml (1/2tsp) five-spice powder

3 ml (1/2tsp) coriander seeds

3 ml (1/2tsp) cumin seeds

### *Pork with Sweet & Sour Sauce*

Serves 2

#### **Dish: small casserole**

1. Place pork in dish, cover and cook on LOW power for 7-9 mins. or until juices run clear.
2. Place oil, carrot, onion and green pepper in a bowl. Cover and cook on HIGH power for 2 mins. or until vegetables are tender.
3. Mix half the reserved juice with the remaining ingredients except pineapple. Cover and cook on HIGH power for 1-2 mins. or until clear and thickened. Stir halfway.
4. Add the sauce to the vegetables. Stir in the pineapple. Mix well.
5. Cook on HIGH power for 1 min. or until heated through. Spoon over cooked pork. Reheat for 1-2 mins. on HIGH power or until piping hot.

### *Savoury Mince*

Serves 2

#### **Dish: 1.5 litre (3pt) casserole dish**

1. Place onion, garlic and oil in casserole, cover and cook on HIGH power for 2-3 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on HIGH power for 5 mins. then LOW power for 8-14 mins. or until the meat is cooked.

### *Chicken Satay*

Serves 2

#### **Dish: 4 wooden skewers + shallow dish**

1. For the serving sauce: Crumble 25 g (1oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1tbsp) of the lemon juice, 15 ml (1tbsp) of the soy sauce, the chilli powder and 150 ml (1/4pt) water. Cook on HIGH power for 3-4 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
3. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
4. Thread the chicken onto wooden skewers. Place in a shallow dish, cover with any remaining marinade and cook covered on HIGH power for 6-8 mins. or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.



# Fish

## ARRANGING

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

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

## Ingredients

25 g (1 oz) butter  
1 clove garlic, crushed  
1 small onion, finely chopped  
15 ml (1tbsp) plain flour  
15 ml (1tbsp) curry powder  
grated rind and juice of ½ lemon  
300 ml ( ½pt) hot fish stock  
25 g (1oz) sultanas  
10 ml (2tsp) tomato puree  
30 ml (2tbsp) sweet chutney  
450 g (1lb) haddock, skinned and chopped  
salt and pepper  
75 g (3oz) creamed coconut

## Ingredients

450 g (1 lb) smoked haddock  
30 ml (2tbsp) lemon juice  
15 ml (1tbsp) oil  
1 large onion, sliced  
600 g (1¼lb) cooked jacket potatoes, sliced  
40 g (1½oz) butter  
40 g (1½oz) flour  
3 ml (½tsp) mustard  
600 ml (1pt) milk  
salt and pepper  
100 g (4oz) Red Leicester cheese  
75 g (3oz) wholemeal breadcrumbs

## LIQUID

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

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 the fish if the skin and flesh is pierced several times with a cocktail stick.

## Fish Curry

Serves 2

### Dish: casserole dish (1.5 litre (3pt))

1. Melt the butter in the casserole dish on HIGH power for 30-40 secs. or until melted.
2. Stir in the garlic and onion and cook covered on HIGH power for 3-4 mins.
3. Stir in the flour, curry powder, lemon rind and juice and fish stock. Cover and cook on HIGH power for 3 mins. stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on HIGH power for 4-5 mins. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry.

## Family Fish Pie

Serves 4

### Dish: large casserole

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on HIGH power for 3-4 mins. or until it flakes easily.
2. Place onion and oil in a bowl. Cover and cook on HIGH power for 3-4 mins. or until the onion is soft.
3. Melt the butter on HIGH power for 30-40 secs. Stir in the flour and mustard and cook for a further 20 secs. Add milk and seasoning, gradually stirring to a smooth paste. Cook on HIGH power for 5-6 mins. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on LOW power for 8-10 mins. or until the mixture has been completely reheated.

# Vegetables

## Ingredients

40 g (1½oz) dried Cep mushrooms  
50 g (2oz) butter  
1 clove garlic, finely chopped  
1 small onion, finely chopped  
freshly ground black pepper  
250 g (8oz) Arborio rice  
300 ml (½pt) hot vegetable stock  
12 basil leaves, torn

## Ingredients

1 medium aubergine, diced  
salt, 15 ml (1tbsp) oil  
1 clove of garlic, chopped  
pinch cayenne pepper  
5 ml (1tsp) ground coriander  
3 ml (½tsp) ground cumin  
3 ml (½tsp) turmeric  
2.5 cm (1") root ginger, peeled & sliced  
½ small cauliflower, divided into florets  
1 medium potato, diced  
50 g (2oz) green beans, sliced  
½ fresh chilli, deseeded and sliced  
150 ml (⅓pt) vegetable stock  
200 g (7oz) can chopped tomatoes  
50 g (2oz) cashew nuts

## Ingredients

1 cauliflower, trimmed and cut into florets  
90 ml (6tbsp) water  
25 g (1oz) butter  
25 g (1oz) flour  
3 ml (½tsp) French mustard  
300 ml (½pt) milk  
seasoning to taste

## Topping:

75 g (3oz) grated red cheese  
15 ml (1tbsp) brown breadcrumbs

## *Wild Mushroom and Basil Risotto* Serves 4

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

1. Soak mushrooms in 300 ml (½pt) warm water.
2. Place the butter, garlic and onion in a large bowl, cover with cling film and cook on HIGH power for 3-4 mins. or until softened. Season with freshly ground black pepper.
3. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms. Cover and cook for a further 5 mins on HIGH power.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 mins. on HIGH power.
5. Stir and add the basil. Continue to cook for the final 5 mins. on HIGH power. Leave to stand for approx. 10 mins. and then stir with a fork.

## *Vegetable Curry* Serves 2

### Dish: 3 litre (6pt) casserole

1. Sprinkle the aubergine liberally with salt in a colander. Stand for 30 mins. to remove bitter juices. Rinse well under cold water and drain.
  2. Combine oil, garlic and spices in the casserole, cover and cook on HIGH power for 2 mins.
  3. Add all other ingredients to casserole, except cashews. Cover and cook on HIGH power for 5 mins. then LOW power for 25-30 mins. or until vegetables are soft. Stir occasionally.
  4. Sprinkle with cashews and serve with boiled rice.
- N.B.** This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

## *Cauliflower Cheese* Serves 2

### Dish: large bowl + shallow casserole

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on HIGH power for 8 mins. or until tender. Drain.
2. Melt butter on HIGH power for 30-40 secs. Stir in flour and mustard. Cook for a further 20-30 secs. Add milk gradually. Stir well and season. Cook on HIGH power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50 g (2oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on HIGH power for 1-2 mins. or until cheese melts.

# Desserts / Cakes

## Ingredients

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

## Ingredients

15 ml (1tbsp) golden syrup  
2 pineapple slices, drained  
2 glacé cherries  
50 g (2oz) margarine  
50 g (2oz) caster sugar  
1 egg  
50 g (2oz) self raising flour  
15 ml (1tbsp) milk

## Ingredients

75g (3 oz) self-raising flour  
3 ml (1/2tsp) baking powder  
3 ml (1/2tsp) mixed spice  
25 g (1oz) butter  
1 egg  
30 ml (2tbsp) treacle  
60 ml (2fl.oz) stout  
15 ml (1tbsp) rum or brandy  
200 g (7oz) mincemeat  
25 g (1oz) apple, grated  
75 g (3oz) currants  
25 g (1oz) chopped nuts

## *Steamed Suet Sponge Pudding* Serves 4

### Dish: 1 litre (2 pt) pudding basin

1. In a mixing bowl, sift together the flour and salt. Stir in the sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on HIGH power for 4-5 mins. until firm.

## *Individual Pineapple*

## *Upside Down Pudding* Serves 2

### Dish: 2 ramekin dishes, base lined

1. Put 1/2 tbsp golden syrup in the base of each ramekin; arrange pineapple slice and cherry on top of the syrup in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the egg gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple and cook on HIGH power for 2-3 mins. or until cooked. Leave to cool slightly before turning upside down onto a serving plate.

## *Christmas Puddings* Serves 4

### Dish: 4 ramekins, base lined

1. Place all ingredients into a large mixing bowl and stir until thoroughly mixed.
2. Divide mixture equally between the ramekins.
3. Place towards outer edge of the turntable and cook on HIGH power for 3-4 mins. or until cooked.

### **Ingredients**

200 g (7 oz) fresh dates, stoned and finely chopped

175 g (6 oz) self-raising flour

5 ml (1 tsp) baking powder

5 ml (1 tsp) vanilla essence

15 ml (1 tbsp) Camp coffee essence

100 ml (3½ fl. oz) milk

75 g (3 oz) butter

150 g (5 oz) caster sugar

2 eggs lightly beaten

### **Butterscotch sauce**

45 g (1¼ oz) butter

120 ml (8 tbsp) soft brown sugar

200 ml (7 fl. oz) whipping cream

15 ml (1 tbsp) vanilla essence

### **Ingredients**

75 g (3oz) butter or margarine

30 ml (2tbsp) golden syrup

75 g (3oz) light brown sugar

150 g (5oz) porridge oats

50 g (2oz) raisins

### **Ingredients**

100 g (4oz) plain chocolate

100 g (4oz) butter

100 g (4oz) soft dark brown sugar

100 g (4oz) self-raising flour

10 ml (2tsp) cocoa powder

pinch salt

2 eggs, beaten

3 ml (½ tsp) vanilla essence

100 g (4oz) walnuts, chopped

## *Date Puddings and Butterscotch Sauce*

Serves 6

### **Dish: Individual microwave proof moulds**

1. Pour 175 ml (6 fl. oz) boiling water over the chopped dates and set aside to cool.
2. Sift together flour and baking powder. Add vanilla and coffee essence to the milk.
3. Cream the butter and sugar until light and fluffy. Add eggs a little at a time.
4. Fold in the flour and flavoured milk, then pour in the date mixture.
5. Place in six moulds. Cook on HIGH power for 8-10 mins. and leave to stand for 10 mins.

### **Sauce**

1. Place butter in a large jug and cook on HIGH power for 50 sec. to 1 minute, or until bubbling.
2. Add sugar and stir until it has dissolved, cooking for 1 minute at a time on HIGH power. Continue to cook until liquid is foaming and bubbling 30 sec. at a time on HIGH power.
3. Slowly pour in the cream and bring to the boil on HIGH power for 2-3 mins. Add essence. Stir, continue to boil on HIGH power 30 sec. at a time until it starts to thicken.

## *Chewy Flapjacks*

### **Dish: 20 cm (8") round dish**

1. Place butter, syrup and sugar in a bowl and cook on HIGH power for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on HIGH power for 2-3 mins. or until the centre is bubbling. Allow to cool slightly then cut into 8 pieces.

## *Boston Brownies*

### **Dish: 20 cm (8") square dish lined with greaseproof**

1. Place chocolate and butter in a bowl and cook on HIGH power for 1 min. or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on LOW power for 6 mins. or until just slightly sticky. Allow to cool and then cut into squares.

# Sauces

## **Ingredients**

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

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

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on HIGH power for 4-5 mins. Whisk well halfway through cooking time and again at the end.

## **Ingredients**

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

## *White Pouring Sauce*

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

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

# Jam

## **Ingredients**

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

## *Soft Fruit Jam*

Makes approx. 1½ lbs jam

## **Dish: large bowl**

1. Place all ingredients in a large bowl and stir. Cook on HIGH power for 5 mins. (10-15 mins. if using frozen fruit), stirring frequently. Continue to cook in one minute intervals until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-25 mins. Test regularly for setting point.

# Technical Specifications

Rated Voltage:	230 V 50 Hz
Operating Frequency:	2,450 MHz
Input Power:	Microwave 1250 W
Output Power:	Microwave 900 W (IEC-60705)
Outer Dimensions:	530 mm (W) x 404 mm (D) x 322 mm (H)
Oven Cavity Dimensions:	348 mm (W) x 366 mm (D) x 222 mm (H)
Weight:	17 Kg

Weight and Dimensions shown are approximate.

