

Panasonic®

Operating Instructions and Cookbook Microwave Oven

Model No. NN-ST45KW
NN-ST46KB
NN-ST48KS

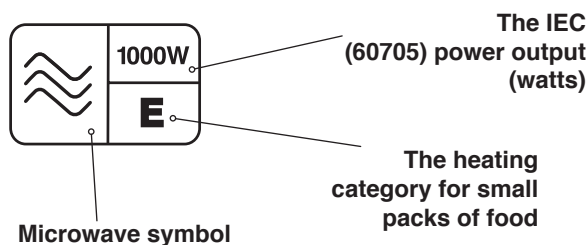
For household use only



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 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 and cooking on page **42-53** 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, press **Start** 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 9am - 12pm)
Alternatively visit our web site at **www.theideaskitchen.co.uk**

Or write to the address below:
Home Appliance Innovation Centre
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.

Contents

Safety Instructions	4-9	Auto Weight Beverage Programs . .	39
Disposal of Old Equipment	9	Auto Weight Junior Menu Programs	40
Before Using Your Oven	10	Auto Weight Melt & Soften Programs	41
Placement of Your Oven	10	Cooking and Reheating Guidelines	42-43
Care & Cleaning of Your Oven . .	11-12	Reheating Charts	44-48
Maintenance of Your Oven	12	Cooking Charts	49-53
Parts of Your Oven	13-14	Increasing and Decreasing Recipes	54
Important User Instructions	15-17	Using Recipes from Other Books . .	54
Microwaving Principles	18	Cooking for One	54
Control Panel	19	Recipes	
General Guidelines	20-21	Soups and Starters	55-56
Containers to Use	22	Fish	57-60
Quick Check Guide to Cooking Utensils	22-23	Meat and Poultry	61-64
Setting the Clock	24	Pasta and Rice	65-66
Child Lock	24	Cheese and Egg Dishes	67-68
Microwave Cooking and Defrosting	25	Vegetables and Vegetarian	69-72
Defrosting Guidelines	26	Puddings and Desserts	73-75
Defrosting Chart	27	Sauces	76
Using the Timer	28-29	Baking	77-78
Multistage Cooking	30	Preserves	79-80
Using the Quick 30 Function	31	Questions and Answers	81
Using the Add Time Function	31	Building-in Your Oven	82
Chaos Defrost	32-33	Technical Specifications	83
Auto Sensor Reheat/ Cook Programs	34-38		
Auto Weight Programs	39		

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! 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.
- Warning! Do not place this oven near an electric or gas cooker range.

Safety Instructions

- Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- 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 by a qualified service person.
- 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.
- ST45KW/ST46KB are intended for counter-top use only. They are not intended for built-in use or for use inside a cupboard.
- ST48KS is intended for counter-top use and built-in use. It is not intended for use inside a cupboard. This oven may be built into a wall cabinet by using the proper trim kit, (NN-TK612GSCP) which may be purchased from a local Panasonic dealer.

For Countertop use:

- Oven must be placed on a flat, stable surface 85 cm / 33 ½" above floor level. For proper operation, the oven must have sufficient air flow. i.e. 5 cm / 2" at one side and the other side being open; 15 cm / 6" clear over the top; 10 cm / 4" 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, press Stop/Cancel pad 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.
- 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, 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.**
- 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.
- A steam cleaner is not to be used for cleaning the appliance.
- Only use utensils that are suitable for use in microwave ovens.

Safety Instructions

- 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.
- This appliance is not intended to be operated by means of an external timer or separate remote-control system.
- In case of electronic failure, oven can only be turned off at wall socket.
- Metal containers or dishes with metallic trim should not be used during microwave cooking. Sparking will occur.
- This microwave oven is intended for heating food and beverages only. 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 poppadoms.
- Drying of food, newspapers or clothing and heating of warming pads, slippers, sponges, damp cloths, wheat bags, hot water bottles and similar may lead to risk of injury, ignition or fire.
- 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.
- Caution! In order to avoid a hazard due to inadvertent resetting of the thermal cut-out, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit that is regularly switched on and off by the utility.
- Care should be taken not to displace the glass turntable when removing containers from the appliance.



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, which may be marked, and rated, 13 amps.

A 13 amp fuse is fitted according to the type of mains plug fitted.

Should the fuse need to be replaced, please ensure that the replacement fuse has the correct rating for the type of mains plug fitted and that it is approved by ASTA or BSI to BS1362.

Check for the ASTA mark  or the BSI mark  on the body of the fuse.

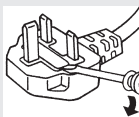


Warning!

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

How to replace the fuse

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



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

If a new plug is to be fitted, please observe the wiring code as shown below. 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.

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.

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.

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 safely.

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.



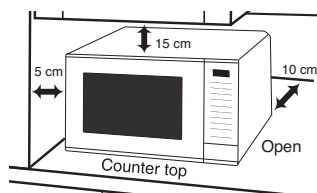
Note

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

ST45KW/ST46KB are intended for counter-top use only. They are not intended for built-in use or for use inside a cupboard.

ST48KS is intended for counter-top use and built-in use. It is not intended for use inside a cupboard. Refer to building in your oven on page 82.



1. Oven must be placed on a flat, stable surface 85 cm / 33 1/2 " above floor level. For proper operation, the oven must have sufficient air flow. i.e. 5 cm / 2 " at one side and the other side being open; 15 cm / 6 " clear over the top; 10 cm / 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 the air vents on the sides and back of the oven. If these openings are blocked during operation the oven may overheat. In this case the oven is protected by a thermal safety device and resumes operation only after cooling down. The oven will remain inoperable with a 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 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. Take care when cleaning around the waveguide cover.
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 press **Stop/Cancel pad** to clear display window.
6. 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.
7. **Keep air vents clear at all times.** Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.
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. It is occasionally necessary to remove the **glass turntable** for cleaning. Wash the glass turntable in warm soapy water.

Care & Cleaning of Your Oven

10. The **roller ring and oven cavity floor** should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water.

After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.

11. A **steam cleaner** is not to be used for cleaning.
12. Users are advised to **avoid any downward pressure** on the microwave door when in the open position. There is a safety risk that the oven will tilt forward.

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).

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.

Oven Light

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



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.

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.

Selected Spares and Accessories

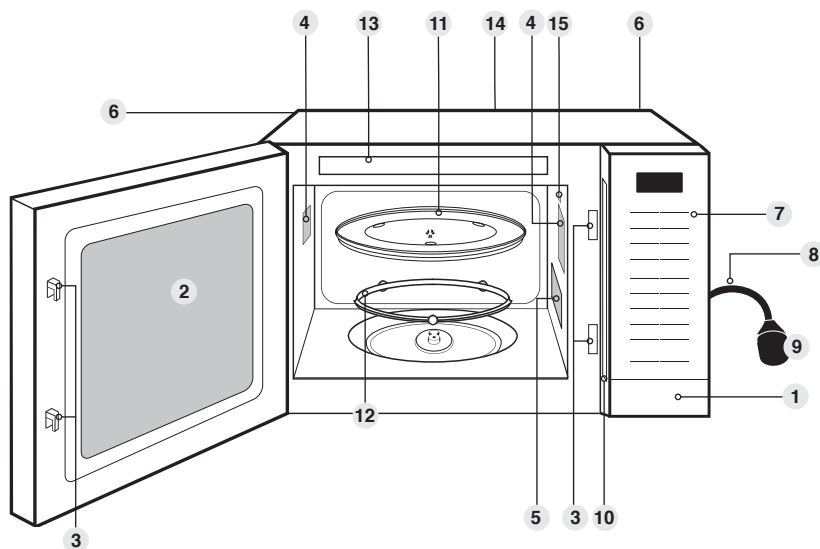
4. These may be ordered direct; on line at **www.panasonic.co.uk** or by telephoning the **Customer Communications Centre on 0344 844 3899**. Most major credit and debit cards accepted. Ensure you quote the correct model number.

Parts of Your Oven

1. Do not operate the oven without the roller ring and glass turntable in place.
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 utensils on the glass turntable touch the oven walls this will cause the turntable to stop moving. It will then 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 3 kg (6 lb 10 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.

Parts of Your Oven

- 1 Door release button**
Push 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 button is pressed.
- 2 Oven window**
- 3 Door safety lock system**
- 4 Oven air vent**
- 5 Waveguide cover**
(do not remove)
- 6 External oven air vents**
- 7 Control panel**
- 8 Power supply cord**
- 9 Plug**
- 10 Identification label**
- 11 Glass turntable**
If food or utensil on the glass turntable touches oven walls, causing the glass turntable to stop moving, the glass turntable will automatically rotate in the opposite direction. This is normal.
- 12 Roller ring**
(i). The roller ring and oven floor should be cleaned frequently to prevent excessive noise.
(ii). The roller ring must always be used together with the glass turntable for cooking.
- 13 Menu label**
- 14 Warning label**
- 15 Oven light**



Note

The illustration is for reference only.

Important User Instructions

Safety

If smoke is emitted or a fire occurs in the oven, press 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.

Never operate the oven without food inside.

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.

Foods Low in Moisture

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

We do not recommend heating foods low in moisture such as popcorn or poppadoms. The oven has been developed for food use. 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, eg. 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 hard boiled 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.

Important User Instructions



Warning!

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

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 joints 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 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 75 °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.

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.

Important User Instructions

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.

Utensils/ Containers

Before use check that utensils/ containers are suitable for use in microwave ovens. See pages 22-23.

Babies Bottles and Food Jars

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption to avoid burns. See page 43.

Arcing

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

Maximum weight on Turntable

The maximum weight that can be placed on the turntable is 3 kg (6 lb 10 oz) (this includes total weight of food and dish).

Storage of Accessories

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

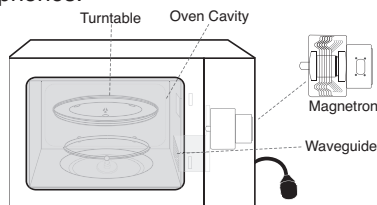


Warning!

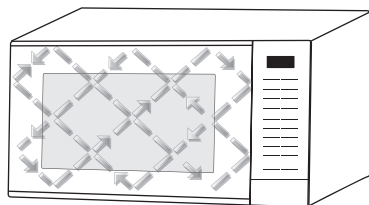
Do not operate the oven empty. The appliance must not be operated without food in the oven. Operation when empty will damage the appliance.

Microwaving Principles

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.

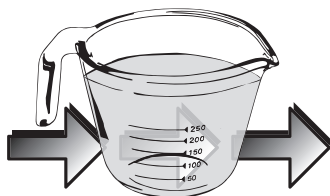


In a microwave oven, electricity is converted into microwaves by the **magnetron**.



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.



Note

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.

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 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.

Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings 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 20)

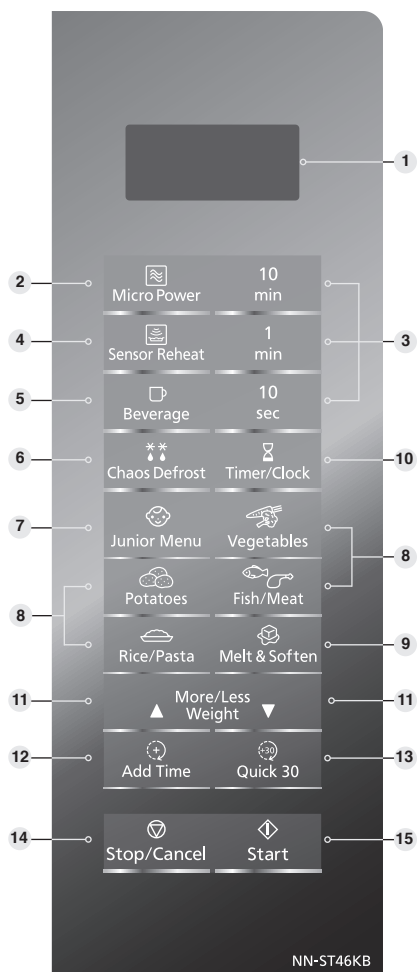


Boiled eggs

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

Control Panel

NN-ST46KB/
NN-ST45KW/NN-ST48KS



* The design of your control panel may vary from the panel displayed, but the words on the pads will be the same.



Beep sound

When a pad is pressed correctly a beep will be heard. If a pad is pressed 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.

- 1 Display window**
- 2 Microwave power levels pad** (page 25)
- 3 Time pads**
- 4 Auto Sensor Reheat programs pad** (page 34-36)
- 5 Auto Weight Beverage programs pad** (page 39)
- 6 Chaos Defrost pad** (page 32-33)
- 7 Auto Weight Junior Menu programs pad** (page 40)
- 8 Auto Sensor cook programs pads** (pages 34-35, 37-38)
- 9 Auto Weight Melt & Soften programs pad** (page 41)
- 10 Timer/Clock pad** (pages 24, 28-29)
- 11 More/Less Weight pads** (page 33, 34, 39)
- 12 Add Time pad** (page 31)
- 13 Quick 30 pad** (page 31)
- 14 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.

15 Start pad

Press to start operating the oven. If during cooking the door is opened or Stop/Cancel pad is pressed once, Start has to be pressed again to continue cooking.



Note

This oven is equipped with an energy saving function.

When in stand-by mode the brightness of the display will be reduced. The oven will enter stand-by mode, when first plugged in and immediately after the last operation has completed.

If an operation is set and Start pad is not pressed, after 6 minutes the oven will automatically cancel the operation. The display will revert back to 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 to cook the centre completely.

Jacket Potato

Stand 5 minutes wrapped in aluminium foil after cooking by microwave only.

Fish

Stand 2-3 minutes.

Egg Dishes

Stand 1-2 minutes.

Precooked Convenience Food

Stand for 1-2 minutes.

Plated Meals

Stand for 2-3 minutes.

Vegetables

Boiled potatoes benefit from standing 1-2 minutes, however most other types of vegetables can be served immediately.

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

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 26-27.



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.



Cling film

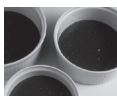
Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce before cooking to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot.



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



Dish size

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



Quantity

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



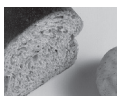
Spacing

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



Shape

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



Density

Porous airy foods heat more quickly than dense heavy foods.



Covering

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



Arranging

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



Starting temperature

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. 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. Wipe with a soft damp cloth, always wipe the oven dry after cleaning. Avoid any plastic parts, the roof of the oven and door area.

Containers to Use

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

Testing Dishes for Suitability

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 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 1000 W 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 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.



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.

Quick Check Guide to Cooking Utensils

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.

Paper

Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. covering blind pastry cases and for covering bacon to prevent splattering.

Only use for short cooking times. Never re-use a piece of kitchen towel. Always use a fresh piece of paper for each dish.

Avoid kitchen paper containing manmade fibres.

If you are using branded re-cycled paper towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt.

Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers, to stop splattering. White paper plates can be used for **short reheating times**, on microwave only.

Wicker, Wood, Straw Baskets

Dishes will crack and could ignite. Do not use wooden dishes in your microwave.

Cling film

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

Roasting Bags

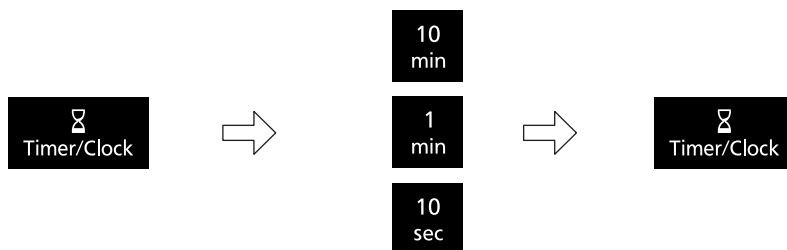
Roasting bags are useful when slit up one side to tent a joint, for roasting by power and time. Do not use the metal twists supplied, when using Microwave.

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 overdefrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven.

Setting the Clock

When the oven is first plugged in "88:88" appears in display window.



Press Timer/Clock twice

A colon starts to blink.

Press Time pads

Enter time of day by pressing Time pads. Use "10 min" pad to set the hours, and "1 min" and "10 sec" pads to set the minutes.

Press Timer/Clock

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



Note

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

Child 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:



Press Start three times

The time of day will disappear. Actual time will not be lost.

'Key Icon'  is indicated in the display.

To cancel:



Press Stop/Cancel three times

The time of day will reappear in the display.



Note

To activate child lock, Start must be pressed 3 times within a 10 second period.

Microwave Cooking and Defrosting

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



Press	Power Level	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



10
min

1
min

10
sec



Select the desired microwave power level

Set the cooking time
Maximum cooking time:
1000 W power:
up to 30 minutes,
other powers: up to
99 minutes 50 seconds.

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



Note

The oven will automatically work on 1000 W microwave power if a cooking time is entered without the power level previously being selected.



Note

1. For manual defrosting times please refer to defrost chart on page 27.
2. For multi-stage cooking refer to page 30.
3. Standing time can be programmed after microwave power and time setting. Refer to using the timer page 28.
4. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.
5. **Do not** use metal containers on microwave mode.

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 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	Defrosting Time per 450 g (1 lb)	Method	Standing Time
Meat			
Beef/Lamb/Pork Joint 450 g (1 lb)	10 - 15 mins	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins
Minced Beef 450 g (1 lb)	10 - 15 mins	Place in a suitable dish. Break up and turn 3-4 times.	30 mins
Chops 450 g (1 lb)	10 - 15 mins	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins
Sausages 450 g (1 lb)	10 - 12 mins	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins
Bacon rashers 450 g (1 lb)	8 - 10 mins	Place in a suitable dish. Turn and separate twice. Shield if necessary	10 mins
Stewing Steak 450 g (1 lb)	10 - 15 mins	Place in a suitable dish. Break up frequently.	15 mins
Whole Chicken 450 g (1 lb)	8 - 10 mins	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins
Chicken Portions 450 g (1 lb)	10 - 15 mins	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15-30 mins
Fish			
Whole 450 g (1 lb)	15 - 20 mins	Place in a suitable dish. Turn twice. Shield.	15 mins
Fillets/Steak 450 g (1 lb)	10 - 12 mins	Place in a suitable dish. Turn twice, separate and shield if necessary.	15 mins
Prawns 450 g (1 lb)	10 - 12 mins	Place in a suitable dish. Stir twice during defrosting.	10-15 mins
General			
Bread Sliced 400 g (14 oz)	4 - 5 mins	Place on a plate. Separate and rearrange during defrosting.	10 mins
Slice of bread 30 g (1 oz)	30 secs - 1 min	Place on the turntable on a plate.	1-2 mins
Pastry 450 g (1 lb)	4 - 5 mins	Place on a plate. Turn over halfway through defrosting.	10-15 mins
Soft Fruit 450 g (1 lb)	12 - 14 mins	Place in a suitable dish. Stir twice during defrosting.	10 mins

Using the Timer

The Timer can be used either before, during or after a cooking program. This feature can be used to set a standing time after cooking or to delay the start of your cooking.

1. To Set a Standing Time:

Set the desired cooking program, by selecting power level and time required.



10
min

1
min

10
sec



**Press
Timer/Clock**

Set desired standing time (max 9 hrs 59 mins. "10 min" for hours, "1 min" and "10 sec" for minutes). An "H" will appear in the display to denote hours.

Press Start
Cooking program will commence after which the standing time will count down.

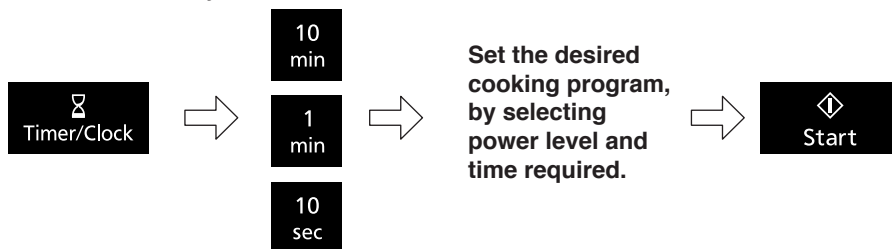


Note

1. 3 stage cooking can be programmed including standing time.
2. If the oven door is opened during the standing time or minute timer, the time in the display window will continue to count down.
3. This feature may also be used as a minute timer. In this case press the Timer/Clock, set time and press Start.
4. Standing time cannot be programmed after an auto program.

Using the Timer

2. To Set a Delay Start:



**Press
Timer/Clock**

Set desired delay time

(max 9 hrs 59 mins.
"10 min" for hours,
"1 min" and "10 sec"
for minutes). An "H" will
appear in the display to
denote hours.

Press Start

Cooking
program will
commence
after which the
delay time
will count down.

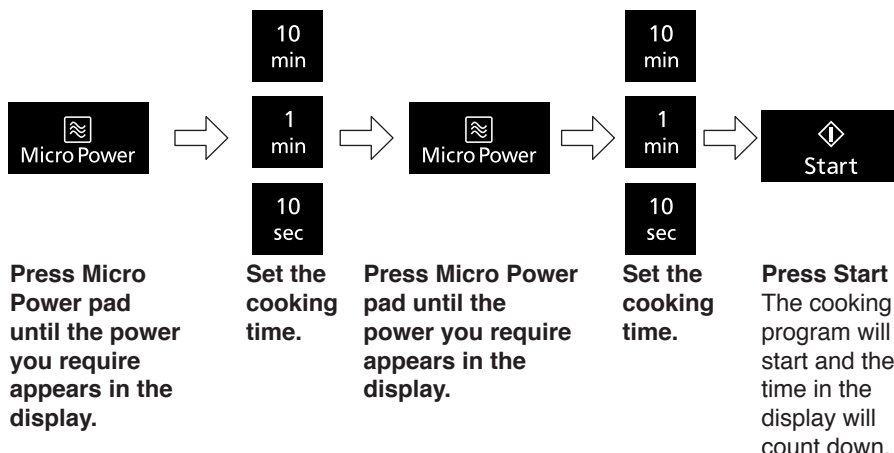


Note

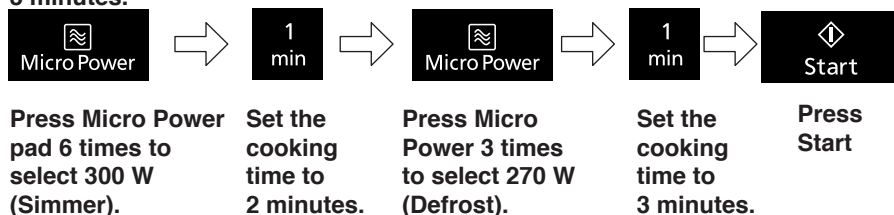
1. 3 stage cooking can be programmed including delay Start cooking.
2. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
3. Delay Start cannot be programmed before an auto program.

Multistage Cooking

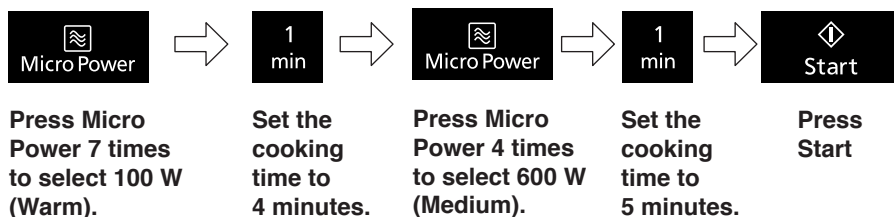
2 or 3 stage cooking



Example: To cook on 300 W (Simmer) for 2 minutes and 270 W (Defrost) for 3 minutes.



Example: To cook on 100 W (Warm) for 4 minutes and 600 W (Medium) for 5 minutes.



Note

1. For 3 stage cooking, enter another cooking program before pressing Start.
2. During operation, pressing Stop/Cancel stops the operation. Pressing Start will resume operation. A second press of Stop/Cancel will cancel the selected program.
3. Whilst not operating, one press of Stop/Cancel cancels the selected program.
4. Auto programs cannot be used with multi-stage cooking.

Using the Quick 30 Function

This function allows you to quickly set cooking time in 30 second increments.



Press Quick 30 to set the desired cooking time (up to 5 minutes).

Each press is 30 seconds. Time appears in the display. Power level is pre-set at 1000 W.

Press Start

The cooking will start and the time in the display will count down. At the end of cooking, five beeps will sound.



Note

1. If desired, you can use other power levels. Select desired power level before pressing **Quick 30**.
2. After setting the time by **Quick 30**, you can not use the time pads.

Using the Add Time Function

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



10
min

1
min

10
sec



**After cooking,
press Add
Time pad**

Press time pads to add extra cooking time. Maximum cooking time: 1000 W power: up to 30 minutes, other powers: up to 99 minutes 50 seconds.

Press Start

Time will be added. The time in the display window will count down.



Note

1. This function is only available for Micro Power function and Standing Time and it is not available for Auto programs.
2. The Add Time function will be cancelled if you do not perform any operation for 1 minute after cooking.
3. The Add Time function can be used after multi-stage cooking.
4. 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. Press Chaos defrost to select the correct defrost category and then enter in the weight of the food in grams (see page 33).

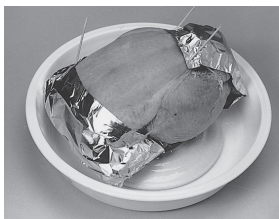
Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a microwave safe plate. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

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

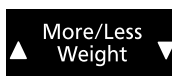


Note

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 1-2 hours for joints of meat and whole chickens).

Chaos Defrost

With this feature you can defrost frozen food according to the weight.



Select the desired Chaos Defrost program

Auto program number appears in the display. The microwave, auto and defrost indicators light.

Enter the weight by pressing the **More/Less Weight pads**. The more pad will start with the minimum weight for each food.

Press Start
Remember to stir or turn the food during defrosting.

Program	Weight Range	Suitable Foods
6. Bread	100 g - 800 g	Rolls, buns, slices of bread and loaves.
7. Meat Items	200 g - 1200 g	Chicken portions, chops, mince.
8. Meat Joints	400 g - 2000 g	Whole chicken, meat joints.

6. 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 at beeps. **This program is not suitable for cream cakes or desserts** e.g. cheesecake. Standing time 5-30 minutes.

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

Chops and chicken portions should be arranged in a single layer and turned at beeps. It is necessary for mince to be broken up at beeps and this is best carried out in a large shallow dish. Standing time 15-30 minutes. **Not suitable for sausages**, these can be defrosted manually. Please refer to Defrosting Chart on page 27.

8. Meat Joints (big joints/whole chickens)

Whole chickens and meat joints will require shielding at beeps 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.

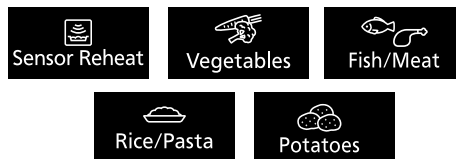


Note

1. The shape and size of the food will determine the maximum weight the oven can accommodate.
2. Allow standing time to ensure the food is completely defrosted.

Auto Sensor Reheat /Cook Programs

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 together with a suggested cooking time.



How it works

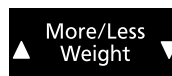
Once the food has been selected and the start pad pressed the food is heated up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in 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.

Adjust to Taste

The Sensor programs cook foods for average tastes. You are able to adjust the cooking programs to your own taste by pressing the **More/Less Weight** pad. Press more or less pad before pressing Start.



Example:



Select desired program by pressing the pad once, twice or three times.

Press Start. The food category will be repeated in the display window until the oven calculates the cooking time after detecting a burst of steam. **Do not** open the oven door until the remaining cooking time appears in the display window.



Note

For best results the Sensor programs should only be used when the oven is cold. It is recommended that the oven is allowed to cool between using the 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 Programs consecutively.

Auto Sensor Reheat /Cook Programs






Note






1. For the Auto Sensor Programs it is not necessary to enter the weight of the food. They must **only** be used for foods described.
2. Only cook foods within the weight ranges described (See table below).
3. Only use the accessories as indicated on pages 36-38.
4. It is essential when using the auto sensor programs to cover the food. For auto sensor programs soup, fresh vegetables, frozen vegetables, fresh fish, frozen fish cover with cling film. Pierce the cling film with a sharp knife once in the centre and four times around the edge. For programs chilled meal and frozen meal reheat in container as purchased. Pierce covering film. If transferring meals into a dish, cover with pierced cling film. For auto sensor programs rice and pasta cover with a lid. The exceptions to this rule are jacket potatoes (see page 37).
5. For foods covered with cling film, pierce the film with a sharp knife, once in the centre and four times around the edge. If the cling film is not pierced, steam can not escape and this could result in over cooking.
6. Always choose a container size that is suitable for the quantity of food, ie. do not allow a large headspace or food may not be cooked correctly.
7. For best results ensure that the oven is cold before using any Sensor program.
8. Most foods benefit from a **standing** time, after cooking 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 and piping hot before serving.

Program	Minimum Weight	Maximum Weight
Soup	150 g	800 g
Chilled Meal	200 g	1000 g
Frozen Meal	200 g	1000 g
Fresh Vegetables	200 g	1000 g
Frozen Vegetables	200 g	1000 g
Jacket Potatoes	200 g	1500 g
Boiled Potatoes	200 g	1000 g
Fresh Fish	200 g	800 g
Frozen Fish	250 g	800 g
Meat Sauce	450 g	2000 g
Casserole	800 g	2000 g
Rice	100 g	300 g
Pasta	100 g	450 g






Auto Sensor Reheat Programs

Program	Weight	Instructions
1. Soup  Sensor Reheat 1 press	150 g - 800 g	For reheating chilled and ambient soup. Place soup into a suitable sized container. Foods should be at refrigerator temperature approx +5 °C or room temperature. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press Sensor Reheat pad once then press Start. Stir at beeps and at end of program and allow a few minutes standing time.
2. Chilled Meal  Sensor Reheat 2 presses	200 g - 1000 g	To reheat a fresh pre-cooked meal or casserole. 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. Press Sensor Reheat pad twice then press Start. 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.
3. Frozen Meal  Sensor Reheat 3 presses	200 g - 1000 g	To reheat a frozen pre-cooked meal or casserole; All foods must be pre-cooked and frozen (-18 °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. Press Sensor Reheat pad 3 times then press Start. Stir at beeps and cut the blocks into pieces. Stir again at end of program and allow a few minutes standing time. Check temperature and cook further minutes if necessary before eating. This program is not suitable for portionable frozen foods.

Auto Sensor Cook Programs

Program	Weight	Instructions
12. Fresh Vegetables  1 press	200 g - 1000 g	To cook fresh vegetables. Place prepared vegetables into a suitable sized container. Sprinkle with 1 tbsp water per 100 g vegetables. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Vegetables pad once. Press Start. For larger weights stir at beeps. Drain after cooking and season to taste.
13. Frozen Vegetables  2 presses	200 g - 1000 g	To cook frozen vegetables. Place vegetables into a suitable sized container. Sprinkle with 1-3 tbsp water. If cooking vegetables with high water content, such as spinach or tomatoes, do not add water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Vegetables pad twice. Press Start. Stir at beeps. Drain after cooking.
14. Jacket Potatoes  1 Press	200 g - 1500 g	To cook jacket potatoes. Choose medium sized potatoes 200-250 g (7-9 oz). Wash and dry and prick with a fork several times. Arrange around edge of turntable. Press auto sensor cook Potatoes pad once, then press Start. Wrap in aluminium foil and allow to stand for 5 minutes after cooking.
15. Boiled Potatoes  2 Presses	200 g - 1000 g	Cut into even size pieces. Add 15ml (1 tbsp) water per 100 g potatoes. Cover with cling film. Pierce cling film with a sharp knife once in centre and four times around edge. Press the sensor cook potatoes pad twice. Press Start. Stir at beeps.
16. Fresh Fish  1 Press	200 g - 800 g	To cook fresh fillets or steaks of fish. Place in a suitable sized container, add 2 tbsp (30 ml) water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Fish/Meat pad once. Press Start.

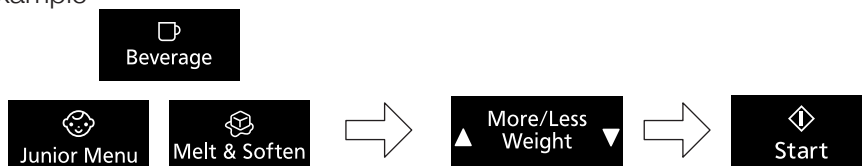
Auto Sensor Cook Programs

Program	Weight	Instructions
17. Frozen Fish  Fish/Meat 2 Presses	250 g - 800 g	To cook frozen fillets or steaks of fish. Place in a suitable sized container, add 1 tbsp (15 ml) water. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press auto sensor cook Fish/Meat pad twice. Press Start.
18. Meat Sauce  Fish/Meat 3 Presses	450 g - 2000 g	To cook raw mince beef based sauce i.e. Bolognese sauce and also very finely diced chicken or pork fillet to be cooked in a sauce. Ensure a minimum quantity of 300 ml of liquid or sauce. If using a cook-in sauce add equal quantity of water to cook-in sauce. Cover with a lid. Place on base of oven. Press auto sensor cook Fish/Meat 3 times. Press Start. Stir at beeps.
19. Casserole  Fish/Meat 4 Presses	800 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. Press auto sensor cook Fish/Meat 4 times. Press Start. Stir at beeps.
20. Rice  Rice/Pasta 1 Press	100 g - 300 g	For cooking rice for savoury dishes not rice puddings. (Thai, Basmati, Jasmine, Suriname, Arborio or Mediterranean rice). Rinse the rice thoroughly before cooking. Use a large bowl. Add 2 times boiling water to rice. Cover with a lid. Press auto sensor cook Rice/ Pasta pad once. Press Start. Allow to stand for 5 minutes after cooking. Drain after cooking.
21. Pasta  Rice/Pasta 2 Presses	100 g - 450 g	For cooking dried pasta. Use a large bowl. Add 1 tsp salt, 1 tbsp oil and boiling water. For 100 g - 290 g pasta add 1 litre of boiling water. For 300 g - 450 g pasta add 1½ litre of boiling water. Cover with a lid. Press auto sensor cook Rice/ Pasta pad twice. Press Start. Drain after cooking.

Auto Weight Programs

With this feature food can be cooked or reheated according to the weight. The weight has to be entered in grams.

Example



Select desired category

The microwave and auto indicator lights, frozen indicator also lights for frozen food auto programs. The program number appears in the display.

Enter the weight by pressing the More/Less Weight pads. The more pad will start with the minimum weight for each food.



Press Start



Notes




1. The Auto weight programs must be used for foods described.
2. Only cook foods within the weight ranges described pages 39-41.
3. Always weigh the food rather than relying on the package information.
4. Most foods benefit from a standing time, after cooking with an Auto program, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly melted and piping hot before serving.

Auto Weight Beverage Programs





Program	Weight	Instructions
4. Beverage  Beverage 1 press	200 ml or 400 ml	For reheating one beverage with a fixed weight of 200 ml or two beverages of 200 ml each from room temperature eg. coffee, tea or hot chocolate. Press Beverage pad once, select 200 ml for 1 beverage or 400 ml for two beverages and press Start. Stir before and after heating.
5. Milk  Beverage 2 presses	200 ml or 600 ml	For reheating one mug of milk with a fixed weight of 200 ml or one jug of milk with a fixed weight of 600 ml from fridge temperature. This program is suitable for full fat, semi-skimmed and skimmed milk. The hot milk can be used for making milky coffee or hot chocolate. Press Beverage pad twice, select 200 ml for 1 mug or 600 ml for one jug and press Start. Stir before and after heating for one mug of milk. Stir at beeps during heating and after heating for one jug of milk.

Auto Weight Junior Menu Programs

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.

Program	Weight	Instructions
9. Purée Vegetables  Junior Menu 1 press	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. 155 g - 300 g vegetables 100 ml water. 305 g - 400 g vegetables 150 ml water.</p> <p>Cover with lid. Press the Junior Menu pad once. Enter the weight of the vegetables. Press Start. Stir halfway during cooking. 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>
10. Purée Fruits  Junior Menu 2 presses	100 g - 400 g	<p>This program is suitable for cooking apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable when weaning babies. Peel and chop the fruit into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:</p> <p>100 g - 150 g fruit 75 ml water. 155 g - 300 g fruit 100 ml water. 305 g - 400 g fruit 150 ml water.</p> <p>Cover with lid. Press the Junior Menu pad twice. Enter the weight of the fruit. Press Start. Stir halfway during cooking. 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>
11. Porridge  Junior Menu 3 presses	50 g - 200 g	<p>This program is suitable for cooking porridge using plain oats. Use back of pack instructions for quantity of oats to milk. Use whole, semi skimmed or skimmed milk. This program is not suitable for making porridge with water only. Do not cover. Press the Junior Menu pad 3 times. Enter the weight of the oats only. Press Start. Stir at beeps. Allow to stand for 2 minutes. Stir before serving.</p>

Auto Weight Melt & Soften Programs

Program	Weight	Instructions
22. Cream Cheese  Melt & Soften 1 press	50 g - 300 g	For softening cream cheese. Place in a Pyrex® dish. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press Melt & Soften pad once. Enter the weight, then press Start. After softening beat with a wooden spoon.
23. Chocolate  Melt & Soften 2 presses	50 g - 300 g	For melting milk or dark chocolate with cocoa solids up to 50%. This program is not suitable for white chocolate or chocolate with cocoa solids over 50%. Place in a Pyrex® dish. Press Melt & Soften pad twice. Enter the weight, then press Start. Stir halfway during melting and again at end of melting.
24. Butter  Melt & Soften 3 presses	50 g - 300 g	For melting butter. Place in a Pyrex® dish. Cover with cling film. Pierce cling film with a sharp knife once in the centre and four times around the edge. Press Melt & Soften pad 3 times. Enter the weight, then press Start. Stir two thirds during melting and again at end of melting.
25. Ice Cream  Melt & Soften 4 presses	300 g - 1100 g	For softening ice cream. Keep in container purchased and remove lid. Press Melt & Soften pad 4 times. Enter the weight, then press Start.

Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by **1000 W**. 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, jacket potatoes, etc.

The charts on pages 44-53 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 4-7 minutes on 1000 W 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

Place soup in 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.

Caution! Mince pies

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.

Caution! Christmas puddings and liquids

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

Cooking and Reheating Guidelines



Caution!

Babies bottles

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 **1000 W** for 30-50 seconds **check carefully**. For 3 fl oz of milk from fridge temperature, remove top and teat. Heat on **1000 W** power for 10 or 20 seconds **check carefully**.



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.

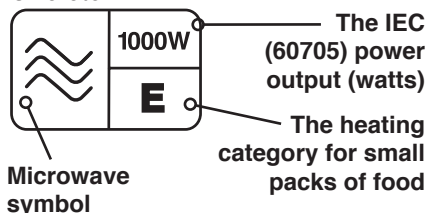
We do not recommend that you use your microwave to sterilise babies' bottles. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

Reheating Charts

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

Heating Category

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



Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Babies bottles – caution				
For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on 1000 W for 20-30 seconds. Check carefully				
For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on 1000 W for 30-40 seconds. Check carefully				
N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. 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.				
Bread - precooked - fresh - N.B. Breads reheated by microwave will have a soft base.				
Croissants	1	1000 W	20-30 secs	Place on microwave safe plate on glass turntable. Do not cover.
	4	1000 W	30-50 secs	
Canned pasta				
Ravioli in sauce	400 g	1000 W	3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Macaroni	410 g	1000 W	2 mins 30 secs - 3 mins	
Spaghetti in Tomato Sauce	205 g	1000 W	1 min 30 secs	
	410 g	1000 W	2 mins 30 secs - 3 mins	
Canned puddings				
Rice puddings	213 g	1000 W	1 min 30 secs	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	425 g	1000 W	3 mins	
Custard	150 g	1000 W	1 min	
	425 g	1000 W	2 mins 30 secs - 3 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.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Sponge Pudding	300 g	1000 W	1min - 1 min 10 secs	Place in a heatproof bowl on glass turntable.
Canned soups				
Condensed	295 g	1000 W	4 mins	Place in a heatproof bowl and stir in one can of water. Cover and place on glass turntable and stir halfway.
Healthy option	415 g	1000 W	3 mins	
Luxury/Vegetable/ Broth/Creamed	400 g	1000 W	3 mins	
Canned Vegetables				
Baked Beans	200 g	1000 W	1 min 30 secs - 2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	400 g	1000 W	2 mins 30 secs - 3 mins	
Baked Beans with Sausages	425 g	1000 W	3 mins	
Broad Beans	300 g	1000 W	2 mins - 2 mins 30 secs	Place in a heatproof bowl and cover. Place on glass turntable.
Butter Beans	220 g	1000 W	1 min 30 secs - 2 mins	
Carrots, Sliced	300 g	1000 W	2 mins	
Kidney Beans	420 g	1000 W	3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Mushrooms	290 g	1000 W	1 min 30 secs - 2 mins	Place in a heatproof bowl and cover. Place on glass turntable.
Peas, mushy	140 g	1000 W	1 min	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
	300 g	1000 W	2 mins 30 secs	
Peas, petit pois	200 g	1000 W	1 min 30 secs	Place in a heatproof bowl and cover. Place on glass turntable.
Peas, garden	300 g	1000 W	2 mins	
Peas, marrowfat	300 g	1000 W	2 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.

Points for checking

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Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Sweetcorn	200 g	1000 W	1 min - 1 min 30 secs	Place in a heatproof bowl and cover. Place on glass turntable.
	325 g	1000 W	2 mins - 2 mins 30 secs	
Tomatoes	400 g	1000 W	3 mins	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
Chilled Soup				
1 Portion	250 ml	1000 W	2 mins 30 secs	Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.
2 Portion	500 ml	1000 W	5 mins	
Plated Meal - room temperature				
Small-child portion	1	1000 W	3 mins 30 secs - 4 mins	Place on a heatproof plate and cover. Place on glass turntable and stir halfway.
Large-adult portion	1	1000 W	5 mins	
Drinks				
1 Mug Cold Milk	235 ml	1000 W	1 min 30 secs	Place in a heatproof mug on glass turntable. Stir halfway and after reheating.
1 Jug Cold Milk	568 ml (1 pt)	1000 W	4 mins	
1 Mug Cold Coffee /Tea	235 ml	1000 W	1 min 40 secs	
1 Mug Cold Milky Coffee	235 ml	1000 W	1 min 40 secs	
Puddings and Desserts - where microwave only is involved transfer food from foil container to a similar sized heatproof dish.				
Chilled Custard	500 g	1000 W	4 mins	Place in a large jug on glass turntable. Cover and stir halfway.
Chilled Rice Pudding	150 g	1000 W	1 min 30 secs	Place on glass turntable. Stir halfway.

Points for checking

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

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Fruit Pie - Individual	x1	1000 W	20 secs	Place on micro-safe plate on glass turntable.
Mince Pies	x2	1000 W	30-40 secs	
Sweet Pancakes x2	120 g	1000 W	40-50 secs	
Spotted Dick/ Sponge puddings	120 g	1000 W	40-50 secs	
Christmas pudding - Do not leave unattended as overheating can cause the food to ignite.				
Small	100 g	1000 W	30 secs	Pierce film lid and place on glass turntable.
Medium	454 g	1000 W	1 min 40 secs	
Large	906 g	1000 W	3 mins 20 secs	
Ready Meal - chilled - Transfer food from foil container to a smaller sized heatproof dish.				
Cottage/ Shepherds Pie	450 g	1000 W	8 mins	Place on glass turntable. Pierce lid.
Fish/Veg Bake	450 g	1000 W	5 mins 30 secs - 6 mins	Pierce lid. Place on glass turntable.
Lasagne	400 g	1000 W	6 mins - 6 mins 30 secs	
Chilled Mashed Potato	425 g	1000 W	4 mins 30 secs - 5 mins	Pierce lid and place on glass turntable. Stir halfway.
Ready meals - frozen - Transfer food from foil container to a smaller heatproof dish. Remove any covering / film lid.				
Cauliflower Cheese	350 g	1000 W	7 mins 30 secs - 8 mins 30 secs	Pierce lid. Place on glass turntable.
Cottage/Fish/ Shepherds Pie	450 g	1000 W	9 mins 30 secs - 10 mins 30 secs	
Lasagne/ Cannelloni	400 g	1000 W	10 mins	
Macaroni Cheese	400 g	1000 W	7 mins - 7 mins 30 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.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Pastry products - precooked - N.B. Pastries reheated by microwave will have a soft base.				
Pasties/Slices	150-165 g	1000 W	1 min 30 secs - 2 mins	Place on heatproof plate on glass turntable.
Meat Pies	165 g	1000 W	1 min - 1 min 30 secs	
Sausage/Cheese and Onion rolls	165 g	1000 W	1 min	
Rashers - From Raw Caution: Hot Fat! Remove with care				
Rashers	240 g (8)	1000 W	4-6 mins or 40 secs per rasher	Place on micro-safe rack or plate on glass turntable and cover with kitchen towel to minimise splatter.
Beans and pulses - Should be pre-soaked in cold water overnight (boiling water split yellow peas) except lentils which do not need to be pre-soaked. Place in a large 3 litre (6pt) bowl				
Chick peas	250 g	1000 W then 300 W	10 mins then 40-42 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage.
Red Lentils	250 g	600 W	10 mins	
Marrowfat peas	250 g	1000 W then 300 W	3 mins then 22-25 mins	
Red Kidney Beans	250 g	1000 W then 300 W	15 mins then 40 mins	
Split Yellow peas	250 g	1000 W then 300 W	10 mins then 20 mins	
Chicken from raw - Caution: Hot Fat! Remove with care.				
Breast, boneless and skinless	300 g (2)	600 W	6 mins 30 secs - 7 mins	Place in shallow dish. Cover, and place on glass turntable.
	800 g (3)	600 W	14 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
Chicken - from raw caution : Hot Fat! Remove with care				
Chicken Legs	1.0 kg	600 W	12 mins	Place in shallow dish. Cover and place on glass turntable.
Drumstick/Thighs	500 g	600 W	8-9 mins	
Eggs - Poached.				
1 egg	100 ml water	1000 W then 600 W	1 min	<ul style="list-style-type: none">Place water in a shallow dish. Place on glass turntable and heat for 1st cooking time.Add egg (medium size).Pierce yolk and white.Cover.Cook for 2nd cooking time.
			30 secs - soft 40 secs - firmer	
2 eggs	200 ml water	1000 W then 600 W	2 mins	
			1 min - soft 1 min 20 secs - firmer	
4 eggs	400 ml water	1000 W then 600 W	3 mins	
			1 min 30 secs - soft 1 min 40 secs - firmer	
Fish - Fresh from raw				
Fillets	300 g	600 W	4 mins - 4 mins 30 secs	Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable.
Steaks	300 g	600 W	5 mins	
Whole x1	400 g	600 W	6 mins - 6 mins 30 secs	
Whole x2	800 g	600 W	7-8 mins	
Fish - Frozen from raw				
Fillets	200 g	600 W	9 mins 30 secs	Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable.
Boil in the Bag	140 g	600 W	6 mins 30 secs	Snip corner of the bag and place bag sauce side down in micro-safe dish on glass turntable. Shake bag halfway.

Points for checking

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

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Fruit - Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on glass turntable.				
Baked Apple - cored	200 g	600 W	3 mins - 3 mins 30 secs	Place in shallow heatproof dish on glass turntable.
Apples - stewed	500 g	1000 W	5-6 mins	Add 15 ml (1 tbsp) water. Cover and place on glass turntable.
Apricots - stewed	300 g	600 W	6 mins	
Pears - stewed	500 g	1000 W	5-6 mins	
Plums - Poached	400 g	1000 W	6-7 mins	
Plums - stewed	500 g	1000 W	5-6 mins	
Rhubarb - stewed	500 g	1000 W	6 mins	
Pasta - NB: use a 3 litre (6 pt) bowl.				
Fusilli/Macaroni/ Penne	250 g	1000 W	12 mins	Use 700 ml (1¼ pt) boiling water. Add 15 ml (1 tbsp) oil. Cover, place on glass turntable and stir halfway.
Linguine/ Tagliatelle	250 g	1000 W	13 mins	Use 700 ml (1¼ pt) boiling water. Add 15 ml (1 tbsp) oil. Cover, place on glass turntable and stir halfway.
Spaghetti	250 g	1000 W	11 mins	Use 700 ml (1¼ pt) boiling water. Add 15 ml (1 tbsp) oil. Cover, place on glass turntable and stir halfway.

Points for checking

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

Cooking Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Porridge - NB: use a large bowl.				
1 serving	25 g (1 oz) Oats 140 ml (¼) pt milk	1000 W	2 mins	Place bowl on glass turntable and stir halfway.
2 servings	50 g (2 oz) Oats 275 ml (½ pt) milk	1000 W	4 mins - 4 mins 30 secs	
4 servings	100 g (4 oz) Oats 500 ml (1 pt) milk	1000 W	7 mins - 7 mins 30 secs	
Quorn®				
Burgers	160 g (2)	1000 W	2 mins	Place on micro-safe plate on glass turntable.
Rice - N.B - Use a 3 litre (6 pt) bowl.				
Basmati	250 g	1000 W	10 mins	Use 550 ml (1 pt) boiling water. Cover, place on glass turntable and stir halfway.
Basmati - Brown	250 g	1000 W	18-19 mins	Use 700 ml (1¼ pt) boiling water. Cover, place on glass turntable and stir halfway.
Easy Cook long Grain	250 g	1000 W	15 mins	Use 550 ml (1 pt) boiling water. Cover, place on glass turntable and stir halfway.
Long Grain White	250 g	1000 W	10-11 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 - Place in shallow dish (except jacket potatoes).				
Asparagus	200 g	1000 W	2 mins 30 secs - 3 mins	Add 3 tbsp (45 ml) water. Cover and place on glass turntable.
Baby Corn	200 g	1000 W	5-6 mins	
Runner Beans	200 g	1000 W	5-6 mins	
Beetroot	450 g	1000 W	12 mins	
Broccoli	250 g	1000 W	5 mins - 5 mins 30 secs	
Brussel Sprouts	200 g	1000 W	5 mins	Add 3tbsp (45 ml) water. Cover and place on glass turntable.
Butternut Squash	400 g	1000 W	8-9 mins	
Cabbage - sliced	300 g	1000 W	6-7 mins	
Carrots - sliced	200 g	1000 W	6-7 mins	
Cauliflower - florets	400 g	1000 W	4-5 mins	
Courgettes	250 g	1000 W	5-6 mins	
Corn on the Cob	x 2	1000 W	12 mins	
Leeks - Sliced	400 g (4)	1000 W	5 mins - 5 mins 30 secs	
Mushrooms	250 g	1000 W	5 mins	
Parsnips Sliced	300 g	1000 W	4 mins	
Peas	300 g	1000 W	4 mins - 4 mins 30 secs	
Potatoes - boiled	500 g	1000 W	8 mins 30 secs - 9 mins	
Potatoes - par-boiled	500 g	1000 W	4-5 mins	
Jacket Potatoes 200-250g each	x 1	1000 W	6-7 mins	
	x 2	1000 W	8-9 mins	
	x 4	1000 W	15 mins	
	x 6	1000 W	20 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
Spinach	300 g	1000 W	3 mins - 3 mins 30 secs	Add 3 tbsp (45 ml) water. Cover and place on glass turntable.
Sugar Snap peas	300 g	1000 W	4 mins	
Swede - cubed	450 g	1000 W	7-8 mins	
Swede - diced for mashing	450 g	1000 W	13 mins	
Sweet Potato	400 g	1000 W	8 mins	
Turnip	300 g	1000 W	10 mins	
Frozen Vegetables - place in a shallow dish.				
Beans - broad	200 g	1000 W	6 mins	Add 30 ml (2 tbsp) water. Cover and place on glass turntable.
Beans - Green	250 g	1000 W	5 mins - 5 mins 30 secs	
Broccoli - florets	250 g	1000 W	5 mins	
Carrots - sliced	200 g	1000 W	5 mins - 5 mins 30 secs	
Cauliflower	250 g	1000 W	6 mins	
Mixed Vegetables	250 g	1000 W	5 mins - 5 mins 30 secs	
Peas	200 g	1000 W	4 mins 20 secs	
Soya Beans	200 g	1000 W	4 mins 30 secs	
Spinach	250 g	1000 W	5 mins 30 secs - 6 mins	
Sweetcorn	200 g	1000 W	4-5 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.
- Always check the recipe during cooking.
- When increasing the ingredients to 6 servings, add an extra one third of the original cooking time, ie. 30 minutes on **600 W** for 4 servings will become 40 minutes on **600 W** for 6 servings.
- **When doubling a recipe from 4 to 8** add on half the original cooking time, ie. 30 minutes on **600 W** for 4 servings will become 45 minutes on **600 W** for 8 servings.

Using Recipes from Other Books

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, ie. 30 minutes on **600 W** for 4 servings will become 15-20 minutes on **600 W** for 2 servings.

Cooking for One

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

Many cookbooks refer to 650 W ovens, however since 1990 oven output powers have been set by a new standard (IEC). When using other cookbooks, the 1000 W output power of your oven must be allowed for. Use the same power level suggested e.g. **1000 W** or **800 W** and select the same cooking time suggested, however **check** the progress of the food during cooking and adjust the time if necessary.

- 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.

Garlic Mushrooms with Herbs

ingredients

SERVES 4

8 field mushrooms, approx. 250 g
(5 oz) total weight
50 g (2 oz) butter
10 ml (2 tsp) chopped mixed herbs
1 garlic clove, crushed seasoning

Dish: large flan dish

Arrange the mushrooms in a large flan dish. Dot with butter and sprinkle with the herbs and garlic. Cover, place on glass turntable and cook on **1000 W** for 4-5 minutes or until mushrooms are just tender. Season and serve.

Coarse Pork Pâtés

ingredients

SERVES 4

8 rashers streaky bacon,
stretched and halved
450 g (1 lb) minced pork
60 ml (4 tbsp) breadcrumbs
5 ml (1 tsp) sage
1 onion, finely chopped
15 ml (1 tbsp) lemon juice
30 ml (2 tbsp) parsley, chopped
salt and pepper to taste

Dish: 4 ramekin dishes
8 cm (3") diameter

Line each ramekin with 4 half rashers of bacon. Mix all ingredients together and press into ramekins. Place 4 ramekins on glass turntable and cook on **600 W** for 12-14 minutes or until cooked through. Pour off excess liquid, and serve hot or cold with crusty French bread.

Cream of Mushroom soup

ingredients

SERVES 4

125 g (4½ oz) onion, chopped
1 clove garlic, crushed
225 g (8 oz) mushrooms, sliced
25 g (1 oz) butter
25 g (1 oz) plain flour
300 ml (½ pint) milk
450 ml (¾ pint) hot
vegetable stock
2.5 ml (½ tsp) dried basil
salt and pepper to taste
150 ml (¼ pint) double cream

Dish: large bowl

Place the onion, garlic, mushrooms and butter in a large bowl, cover, place on glass turntable and cook on **1000 W** for 3 minutes. Stir in the flour to form a paste, gradually add the milk and stock. Stir in the basil, salt and pepper to taste. Cook on **1000 W** uncovered, for 8 minutes, stir after 4 minutes. Blend and add the cream, cook on **1000 W** for 6 minutes.

Wild Mushroom and Basil Risotto

ingredients

SERVES 6

40 g (1½ oz) dried Cep mushrooms
50 g (2 oz) butter
1 clove garlic, finely chopped
1 small onion, finely chopped
freshly ground black pepper
250 g (9 oz) Arborio rice
300 ml (½ pt) hot vegetable stock
12 basil leaves, torn
Parmesan cheese
shavings to garnish

Dish: *Dish: large bowl*

Soak mushrooms in 300 ml (½ pt) warm water. Place the butter, garlic and onion in a large bowl. Cover with pierced cling film place on glass turntable and cook on **1000 W** for 3 minutes, or until softened. Season with freshly ground black pepper. 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 minutes on **1000 W**. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 minutes. on **1000 W**. Stir and add the basil. Continue to cook for the final 5-7 minutes on **1000 W**. Leave to stand for approx. 5 minutes and then stir with a fork.

Serving suggestion:

Place the cooked risotto in greased dariole moulds, press in firmly. Then turn out and serve garnished with shavings of Parmesan cheese.

Broccoli and Stilton Soup

ingredients

SERVES 4

25 g (1 oz) butter
15 ml (1tbsp) olive oil
1 onion, finely chopped
350 g (12 oz) potatoes, diced
500 g (1 lb 2 oz) broccoli, cut into florets
850 ml (1½ pts) vegetable stock
3 ml (½ tsp) grated nutmeg
150 ml (¼ pt) semi skimmed milk
100 g (4 oz) stilton cheese, cubed
Salt and pepper

Dish: *large bowl*

Place the butter, oil and onion in a large bowl. Place on glass turntable, cover and cook on **1000 W** for 3 minutes or until soft. Add the potatoes, cover and cook on **1000 W** for 3-4 minutes or until softened. Add the broccoli, hot vegetable stock and nutmeg. Cover and cook on **600 W** for 13-14 minutes or until the broccoli is cooked. Allow to cool and then blend in a food processor until smooth. Stir in the milk and stilton cheese. Season to taste. Reheat the soup on **1000 W** for 4-5 minutes or until hot and smooth. Stir frequently.

Smoked Haddock Pâté

ingredients

SERVES 4

225 g (8 oz) smoked haddock
30 ml (2 tbsp) lemon juice
15 ml (1 tbsp) single cream
15 ml (1 tbsp) horseradish
100 g (4 oz) cream cheese
15 ml (1 tbsp) parsley, chopped

Garnish:

4 slices of lemon
sprigs of parsley

Dish: *shallow dish + 4 x 3" diameter ramekins*

Place haddock and lemon juice in dish. Place on glass turntable, cover and cook on **1000 W** for 2 minutes or until fish flakes easily. Remove bones and flake. Blend the fish with all other ingredients to form a smooth pâté. Divide mixture between 4 ramekins. Smooth over top.

Decorate with lemon twists and parsley. Pâté can be topped with 30 ml (2 tbsp) of melted butter if desired.

Fish

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

When is fish cooked?

Fish is cooked when it flakes easily and becomes opaque.

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 **300 W** 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 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.



Paella

ingredients

SERVES 4

200 g (7 oz) white long grain rice
600 ml (1 pint) hot chicken stock
2.5 ml (½ tsp) paprika
salt and pepper to taste
1 red pepper, seeded and sliced
100 g (4 oz) prawns, peeled and cooked
100 g (4 oz) peas
100 g (4 oz) cockles, cooked
100 g (4 oz) mussels, cooked
100 g (4 oz) tin sweetcorn
225 g (8 oz) chicken, cooked and chopped
400 g (14 oz) can chopped tomatoes

Dish: large bowl

Place the rice in a large bowl and add the stock, paprika and seasoning. Cover, place on glass turntable and cook on **600 W** for 14-15 minutes, until the rice is tender, stir 2-3 times during cooking. Drain. Cook peppers in 1 tbsp water, covered on **1000 W** for 3 minutes. Drain. Stir in the pepper, prawns, peas, cockles, mussels, sweetcorn, chicken and tomatoes into the rice. Cover and cook on **1000 W** for 8 minutes stirring halfway through cooking.

Salmon and Vegetable Mornay

ingredients

SERVES 4

100 g (4 oz) broccoli
100 g (4 oz) cauliflower
1 medium red pepper, diced
198 g (7 oz) can salmon, drained
25g (1 oz) butter
30 ml (2 tbsp) plain flour
300 ml (½ pt) milk
50 g (2 oz) grated tasty cheese
150 ml (¼ pt) cream (optional)
salt and pepper to taste
15 g (oz) butter
75 g (3 oz) fresh white breadcrumbs
15 ml (1 tbsp) chopped fresh parsley
pinch paprika

Dish: 20 x 25 cm (8" x 10") dish

Break broccoli and cauliflower into florets, add red pepper and 2 tbsp (30 ml) water. Cover, place on glass turntable and cook on **1000 W** for 5 minutes or until soft. Drain. Flake salmon and mix with vegetables. Melt butter in a jug on **1000 W** for approx. 20-30 seconds. Stir in flour then milk. Cook on **1000 W** for 2 minutes or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon. Melt extra butter in a small bowl on **1000 W** for approx. 10-20 seconds. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture. Cook on **600 W** for 7-8 minutes or until piping hot.

Poached Smoked Haddock

ingredients

SERVES 4

450 g (1 lb) smoked haddock cut into 4 portions
300 ml (½ pt) milk
knob of butter

Dish: *casserole dish*

Place haddock in single layer in casserole dish and cover with milk and butter. Cover, place on glass turntable, and cook on **1000 W** for 7 minutes. Serve on its own or with poached eggs on top.

Family Fish Pie

ingredients

SERVES 4

450 g (1 lb) smoked haddock
30 ml (2 tbsp) lemon juice
15 ml (1 tbsp) oil
1 large onion, sliced
40 g (1½ oz) butter
40 g (1½ oz) flour
3 ml (½ tsp) mustard
600 ml (1 pt) milk
salt and pepper
100 g (4 oz) Red Leicester cheese
600 g (1¼ lb) cooked jacket potatoes, sliced (see page 37 or 52)
50 g (1.8 oz) wholemeal breadcrumbs

Dish: *shallow dish*

Arrange fish in a shallow dish. Add lemon juice, cover, place on glass turntable and cook on **1000 W** for 3 minutes or until it flakes easily. Place oil and onion in a bowl. Cover and cook on **1000 W** for 3 minutes or until the onion is soft. Melt the butter on **1000 W** for 30 seconds. Stir in the flour and mustard and cook for a further 20 seconds. Add milk and seasoning, gradually stirring to a smooth paste. Cook on **1000 W** for 5 minutes or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3 oz) of grated cheese to the sauce and stir well. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese. Cook on **600 W** for 8-10 minutes or until the mixture has been completely reheated.

Plaice Provencal

ingredients

SERVES 4

25 g (1 oz) butter
2 onions, peeled and quartered
1 clove of garlic, crushed
2 courgettes, sliced
1 yellow pepper, sliced
3 ml (½ tsp) cumin
3 ml (½ tsp) paprika
15 ml (1 tbsp) tomato purée
400 g (14 oz) can tomatoes
8 plaice fillets, diced
15 ml (1 tbsp) lemon juice

Dish: *large bowl, oval dish*

Place the butter, onions and garlic in a large bowl. Place on glass turntable, cook on **1000 W** for 2 minutes or until softened. Add the courgettes and yellow pepper. Cover and cook on **1000 W** for 2 minutes or until softened. Add the spices, purée and tomatoes. Cover and cook on **1000 W** for 4 minutes or until piping hot. Pour into serving dish. Roll each fillet and arrange on top of the sauce. Sprinkle with lemon juice. Cover and cook on **1000 W** for 17-18 minutes or until the fish is cooked. Garnish with parsley and serve with French bread.

Fish Kebabs

ingredients

SERVES 4

1 small sweetcorn, cut into slices
1 red pepper, cut into chunks
350 g (12 oz) cod or huss, cubed
8 button mushrooms

Marinade:

½ small onion, grated
60 ml (4 tbsp) olive oil
60 ml (4 tbsp) lemon juice
2 cloves of garlic, crushed
30 ml (2 tbsp) parsley, chopped

Dish: *shallow dish + wooden skewers*

Cook sweetcorn on **1000 W** for 5 minutes. Place pieces of red pepper in a bowl with 30 ml (2 tbsp) of water. Cover, place on glass turntable and cook on **1000 W** for 1-2 minutes, or until slightly softened. Prepare 4 kebabs by threading fish and vegetables alternately. Place in a shallow dish. Mix together the marinade ingredients. Pour over the kebabs, cover and leave to marinate in the fridge for at least 2 hours. Place dish on glass turntable and cook on **1000 W** for 8 minutes or until cooked. Rearrange the kebabs halfway through cooking. Fish should be white and flake easily when cooked. Serve on a bed of wild rice.

Fish Balti

ingredients

SERVES 4

15 ml (1 tbsp) oil
1 onion, finely chopped
175 g (6 oz) okra, topped and tailed
1 green pepper, deseeded and sliced
30 ml (2 tbsp) Balti curry paste
400 g (14 oz) can chopped tomatoes
75 ml (5 tbsp) water
350 g (12 oz) cod fillet, cubed
12 large king prawns, cooked

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

Place the oil and onion in a dish. Place on glass turntable and cook on **1000 W** for 3 minutes or until the onion is softened. Add the okra and pepper and cook on **1000 W** for 3 minutes or until softened. Stir in the curry paste, tomatoes and the water. Cover and cook on **1000 W** for 5 minutes. or until boiling. Add the cod and cook on **1000 W** for 3-5 minutes. Stir in the prawns and cook on **1000 W** for a further 2-4 minutes or until the fish is cooked.

Meat and Poultry

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.

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 **1000 W** 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.



Bolognese Sauce

ingredients

SERVES 4

1 onion, diced
1 clove of garlic, crushed
1 green pepper, diced
30 ml (2 tbsp) oil
100 g (4 oz) mushrooms, sliced
225 g (8 oz) lean minced beef
150 ml (½ pt) red wine
15 ml (1 tbsp) mixed herbs
100 g (4 oz) garlic sausage or bacon, diced
400 g (14 oz) can chopped tomatoes
30 ml (2 tbsp) tomato purée
salt and pepper

Dish: large bowl

Mix onion, garlic, pepper and oil in a bowl. Cover, place on glass turntable and cook on **1000 W** for 2 minutes or until the onion is soft. Stir in all the other ingredients. Cover and cook on **1000 W** for 10 minutes then **600 W** for 15-20 minutes or until vegetables are soft.

Lamb in a Spicy Cream and Almond Sauce

ingredients

SERVES 4

3-4 cloves garlic
1 cm (¼") piece fresh ginger, grated
50 g (2 oz) ground almonds
3x15 ml (3 tbsp) water
3 whole cardamom 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
1 x 5 ml (1 tsp) ground coriander
1 x 5 ml (1 tsp) ground cumin
1.5 ml (¼ tsp) garam masala
1.5 ml (¼ tsp) cayenne pepper
150 ml (¼ pt) single cream
salt and pepper

Dish: large casserole dish

Mix together the garlic, ginger, almonds and water to make a thick paste. Place the cardamom pods, cloves, cinnamon, onion and oil in the casserole dish. Place on glass turntable and cook on **1000 W** for 2 minutes. Add the lamb and cook for 5 mins on **1000 W** or until light brown in colour. Stir halfway. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on **300 W** for 40-50 minutes or until the meat is tender. Stir the casserole 2-3 times during the cooking time. Remove the whole cardamom pods, cloves and cinnamon before serving with rice or other vegetables.

Lamb Casserole

ingredients

SERVES 4

675 g (1½ lb) lamb, cubed
1 large onion, chopped
450 ml (¾ pt) hot chicken stock
15 ml (1 tbsp) dried rosemary
450 g (1 lb) potatoes, peeled and coarsely chopped
200 g carrots, peeled and cut into chunks
salt and pepper
10 ml (2 tsp) cornflour
50 g (2 oz) tasty cheese grated

Dish: 3 litre (6 pt) casserole dish

Place all the ingredients except cornflour and cheese into casserole dish. Place plate on top of meat to prevent meat drying out during cooking. Cover, place on glass turntable and cook on **1000 W** for 10 minutes, then **300 W** for 40 minutes or until meat is tender. Mix cornflour with a little water and stir into casserole to thicken gravy. Sprinkle with cheese and reheat on **1000 W** for 2 minutes or until cheese melts.

Belgian Beef Casserole

ingredients

SERVES 4

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

Dish: large casserole with lid

Combine all the casserole ingredients in dish. Cover with lid, place on glass turntable and cook on **1000 W** for 10 minutes. Stir then use **300 W** for 90 minutes or until meat is tender, stir every 30 minutes. Remove bay leaves.

Teriyaki Chicken

ingredients

SERVES 4

60ml (4 tbsp) light soy sauce
45ml (3 tbsp) spring onion, finely sliced
30ml (2 tbsp) soft brown sugar
15ml (1 tbsp) rice vinegar or sherry
10ml (2 tsp) fresh ginger,
finely grated
450 g chicken, cubed

Dish: small glass bowl, Pyrex® dish

Mix marinade in a small glass bowl, heat on **1000 W** for 30 seconds - 1 minute, or until sugar has dissolved. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight. Cover with pierced cling film and place on glass turntable. Cook on **600 W** for 10-15 minutes. Stirring halfway.

Chicken Satay

ingredients

SERVES 4

100 g (4 oz) creamed coconut
90 ml (6 tbsp) crunchy peanut butter
45 ml (3 tbsp) lemon juice
30 ml (2 tbsp) soy sauce
large pinch of chilli powder
4 chicken breast fillets, skinned
approx 600 g (1 lb 5 oz)
30 ml (2 tbsp) vegetable oil
2 garlic cloves, crushed
5 ml (1 tsp) ground turmeric
5 ml (1 tsp) five-spice powder
5 ml (1 tsp) coriander seeds
5 ml (1 tsp) cumin seeds

Dish: large jug, bowl, 4-8 wooden skewers + large shallow dish

For the serving sauce: Crumble 50 g (2 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1 tbsp) of the lemon juice, 15 ml (1 tbsp) of the soy sauce, the chilli powder and 300 ml (½ pt) water. Place on glass turntable and cook on **1000 W** for 5-6 minutes or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl. 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. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight. Thread the chicken onto wooden skewers. Place on a shallow dish, cover with any remaining marinade and cook covered on **1000 W** for 7-8 minutes or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.

Paprika Pork Casserole

ingredients

SERVES 4

15 ml (1 tbsp) sunflower oil
450 g (1 lb) pork, cubed
1 onion, sliced
1 clove garlic, crushed
1 green pepper, deseeded and cut into strips
15 ml (1 tbsp) paprika
3 ml (½ tsp) ground cumin
400 g (14 oz) can chopped tomatoes
15 ml (1 tbsp) tomato purée
150 ml (¼ pt) hot pork or chicken stock
175 g (6 oz) button mushrooms
black pepper
10 ml (2 tps) cornflour
30 ml (2 tbsp) crème fraîche

Dish: large casserole with lid

Place all the ingredients except the cornflour and crème fraîche in a casserole. Cover, place on glass turntable, and cook on **1000 W** for 10 minutes. Stir the casserole, cover and cook on **300 W** for 50 minutes, or until the meat is cooked. Stir once during cooking. Blend the cornflour with a little water and stir into the casserole. Cover and cook for a further 5 minutes on **300 W** or until thickened. Swirl in the crème fraîche and serve immediately.

Chicken Casserole

ingredients

SERVES 4

25 g (1 oz) butter
2 medium onions, sliced
2 sticks celery, trimmed and chopped
100 g (4 oz) mushrooms, sliced
4 chicken breasts
300 ml (½ pt) hot chicken stock
400 g (14 oz) can tomatoes
salt and pepper
30 ml (2 tbsp) cornflour

Dish: 3 litre (6 pt) casserole

Place vegetables and butter in casserole. Cover, place on glass turntable and cook on **1000 W** for 3-5 minutes or until soft. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste. Cover and cook on **1000 W** for 10 minutes then **300 W** for 35-40 minutes or until well cooked through. Mix cornflour with a little water. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on **1000 W** for 2 minutes. Serve chicken with sauce poured over.

Sweet and Sour Pork

ingredients

SERVES 4

Sauce

15 ml (1 tbsp) cornflour
15 ml (1 tbsp) caster sugar
15 ml (1 tbsp) white wine vinegar
15 ml (1 tbsp) orange juice
15 ml (1 tbsp) tomato sauce
15 ml (1 tbsp) sherry
juice from pineapple
seasoning to taste
450 g (1 lb) pork fillet, diced and trimmed
1 green pepper sliced
225 g (8 oz) can pineapple chunks, drained (reserve juice)

Dish: 20 cm (8") casserole

Mix all sauce ingredients together. Layer pork, pepper and pineapple in casserole, pour over sauce. Cover, place casserole on glass turntable and cook on **1000 W** for 5 minutes then **440 W** for 10-15 minutes or until meat is tender. Stir halfway through cooking time.

Pesto Spaghetti

ingredients

SERVES 4

275g (10 oz) spaghetti
400g (14 oz) new potatoes, cubed
225g (8 oz) green beans, halved
120g (4½ oz) tub fresh pesto
olive oil, for drizzling
salt and fresh ground black pepper

Dish: large bowl

Place spaghetti in a large bowl, add 1 litre (1¼ pt) of boiling water. Cover, place on glass turntable and cook on **1000 W** for 10-13 minutes or until cooked. Drain and keep warm. Place the potatoes in a bowl with 90 ml (6 tbsp) of water, cover and cook on **1000 W** for 5-6 minutes, add the green beans and cook for a further 3-4 minutes or until tender. Combine the spaghetti and vegetables together with 60 ml (4 tbsps) of the liquid, from the potatoes and beans. Stir in the fresh pesto, season to taste and serve drizzled with a little olive oil.

Tuna Pasta Bake

ingredients

SERVES 4

225 g (8 oz) mixed dried pasta i.e. tagliatelle, twists, shells
1½ litre (3 pt) boiling water
15 ml (1 tbsp) oil
3 ml (½ tsp) salt
25 g (1 oz) butter
100 g (4 oz) mushrooms, peeled and sliced
198 g (7 oz) can tuna, drained

Sauce:

40 g (1½ oz) butter
40 g (1½ oz) flour
600 ml (1 pt) milk
30 ml (2 tbsp) Dry Vermouth (optional)
salt & pepper
100 g (4 oz) prawns to garnish

Dish: large bowl, shallow dish, jug

Cook pasta in large bowl with water, oil and salt. Cover, place on glass turntable and cook on **1000 W** for 10-12 minutes (or Sensor Pasta, see page 38) or until soft. Leave to stand for 2-3 minutes. Drain. Melt butter in small dish on **1000 W** for approx 40 seconds. Add mushrooms and cook on **1000 W** for 3-4 minutes or until soft. To make sauce, melt butter in a jug on **1000 W** for 30-40 seconds. Stir in flour to make a roux. Gradually whisk in milk until well combined. Cook on **1000 W** for 3-5 minutes or until smooth and glossy. Stir halfway through cooking. Add Vermouth and season. Combine pasta, tuna and mushrooms in dish. Pour sauce over and stir to mix thoroughly. Garnish with prawns.

Kedgeree

ingredients

SERVES 2

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

Dish: large casserole, shallow dish, small bowl

Place the rice and chicken stock in casserole. Cover, place on glass turntable and cook on **1000 W** for 20-25 minutes or until cooked. Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on **1000 W** for 5-6 minutes or until cooked. Skin and flake. Place onion and oil in a small bowl, cover and cook on **1000 W** for 3-4 minutes or until softened. Combine sour cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on **1000 W** for 3-5 minutes until piping hot.

Fruity Chicken Risotto

ingredients

SERVES 4

30 ml (2 tbsp) olive oil
1 onion, finely chopped
2 cm (¾") fresh root ginger, peeled and chopped
10 ml (2 tsp) cumin seeds
3 ml (½ tsp) turmeric
1 cinnamon stick, broken in half
4 boneless chicken breasts, cubed
275 g (10 oz) risotto rice
475 ml (1 pt) hot chicken stock
75 g (3 oz) ready to eat dried apricots, chopped
50 g (2 oz) sultanas
salt and pepper

Dish: large bowl

Place the oil, onion and ginger in a large bowl. Cover, place on glass turntable, and cook on **1000 W** for 3 minutes or until softened. Add the cumin, turmeric, cinnamon and chicken. Cover and cook on **1000 W** for 1 minute. Add the rice, stock, apricots and sultanas. Cover and cook on **1000 W** for 10 minutes and then **600 W** for 8 minutes or until the chicken and rice are cooked. Season to taste, cover and allow to stand 5 minutes before serving.

Tagliatelle Toscana

ingredients

SERVES 4

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

Dish: large bowl

Place the pasta in a large bowl with 600 ml (1 pt) boiling water. Cover, place on glass turntable and cook on **1000 W** for 7-8 minutes or until tender. Drain. Place onion, garlic and oil in a bowl, cover and cook on **1000 W** for 2 minutes or until soft. Add the remaining ingredients except the mozzarella, parmesan cheese and pasta, cover and cook on **1000 W** for 6 minutes. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan. Cover and cook on **1000 W** for 4-5 minutes until piping hot.

Vegetable Couscous

ingredients

SERVES 4

1 large onion, sliced
225 g (8 oz) courgettes, thickly sliced
225 g (8 oz) green beans, chopped
225 g (8 oz) carrots, thickly sliced
1 small cauliflower, broken into florets
396 g (14 oz) can chick peas, drained
5 ml (1 tsp) turmeric
3 ml (½ tsp) cinnamon
salt
1 clove garlic, crushed
300 ml (½ pt) hot vegetable stock
350 g (12 oz) couscous

Dish: large casserole

Place all the vegetables in a large casserole with the spices, salt, garlic and chick peas. Add the hot vegetable stock. Cover, place on glass turntable and cook on **1000 W** for 16-18 minutes or until the vegetables are tender. Drain. Pour 450 ml (¾ pt) of boiling water over the couscous. Allow to stand for 10 minutes. Cover and cook on **600 W** for 5 minutes or until warm and fluffed. Separate the grains with a fork and stir in the vegetables.

Cheese and Eggs

Piercing

Always pierce egg yolk and white to stop them exploding when poaching or frying in a microwave.

Boiled eggs in shells

Never attempt to cook a boiled egg by microwave. They can explode dangerously.

Quiches

Always cook quiches on **300 W** to avoid curdling the egg filling.

Swiss Cheese Fondue

ingredients

SERVES 4 - 6

1 garlic clove, halved
300 ml (½ pt) dry white wine
450 g (1 lb) Gruyère cheese, grated
25 g (1 oz) plain flour
Pinch of pepper
Pinch of grated nutmeg
Paprika for sprinkling

Dish: large 2 litre (4 pt) bowl

Place garlic and wine in the bowl. Place on glass turntable and cook on **1000 W** for 4 minutes, or until wine is just boiling. In another bowl mix the cheese and flour together, until evenly combined. Remove the garlic from the wine and discard. Add half of the cheese mixture, stirring constantly until the cheese melts. Cook on **1000 W** for 1 minute, then stir in the rest of the cheese mixture. Return to the microwave and cook again for 2 minutes 30 seconds on **1000 W**. Season with pepper and nutmeg. Sprinkle with Paprika, if desired. Serve with chunks of french bread, or vegetables.

Cheesey Risotto

ingredients

SERVES 4

2 onions, finely chopped
50 g (2 oz) butter or margarine
225 g (8 oz) long grain rice
600 ml (1 pt) hot chicken stock
800 g (1½ lb) tin tomatoes
100 g (4 oz) mature cheddar cheese, grated
25 g (1 oz) Parmesan cheese, grated
salt and pepper
1 bunch of chives, chopped

Dish: large casserole

Place the onions and butter in a large casserole. Cover, place on glass turntable and cook on **1000 W** for 3 minutes or until softened. Stir in the rice, cover and cook on **1000 W** for 1 minute. Add the hot stock and tomatoes, cover and cook on **1000 W** for 5 minutes and then **600 W** power for 20 minutes or until the rice is cooked. Stir halfway during cooking. Season and stir in 75 g (3 oz) cheese. Cover and leave to stand for 5 minutes (this enables the rice to absorb any excess stock). Serve the Risotto sprinkled with remaining cheese and chives.

Piperade

ingredients

SERVES 2

15 ml (1 tbsp) olive or vegetable oil
½ red pepper, deseeded & diced
½ green pepper, deseeded & diced
1 onion finely chopped
4 eggs
3 ml (½ tsp) basil
salt and pepper to taste

Dish: large 2 litre (4 pt) bowl, dinner plate

Place oil and vegetables in a bowl. Cover, place on glass turntable and cook on **1000 W** for 3-4 minutes or until soft. Grease the plate and spread with vegetables. Beat the eggs with salt and pepper and pour over the vegetables. Cook on **1000 W** for 3-4 minutes or until eggs are softly set, but still moist, beating with a fork several times during cooking. Allow to stand covered for 2 minutes before serving.

Quiche Lorraine

ingredients

SERVES 4

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

Dish: 20 cm (8") flan dish, small bowl

Roll out pastry and use to line the flan dish. Prick base of pastry with a fork, chill for 15 minutes. Line base of pastry with kitchen towel. Place on glass turntable and cook on **1000 W** for 3-4 minutes or until pastry is starting to dry. Place the onion, bacon and oil in a small bowl. Cover and cook on **1000 W** for 2 minutes or until onion is soft. Drain onion and bacon, then place in bottom of flan case. Beat the eggs, cream, salt and pepper and pour over the bacon. Sprinkle with cheese and cook uncovered on **440 W** for 11-12 minutes or until just set.

Creamy Cheese, Potato & Broccoli Bake

ingredients

SERVES 4

675 g (1½ lb) new potatoes
225 g (8 oz) broccoli florets
150 ml (¼ pt) soured cream
75 g (3 oz) Gruyère cheese, grated
seasoning

Dish: large bowl + shallow oval dish

Cut potatoes in half (or quarters if large). Place in a bowl with 90 ml (6 tbsp) of water. Cover, place on glass turntable and cook on **1000 W** for 8-10 minutes. Add the broccoli to the potatoes and cook for a further 4-6 minutes on **1000 W** or until tender. Mix together half the cheese and the cream. Arrange the potato and broccoli in a heatproof dish in a single layer, pour the cream mixture over them and sprinkle the rest of the cheese on top. Cook on **1000 W** for 2-3 minutes until cheese melts.

Macaroni Cheese

ingredients

SERVES 4

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

Dish: large dish + jug

Place macaroni in 450 ml (¾ pt) boiling water. Cover, place on glass turntable and cook on **1000 W** for 7-8 minutes or until soft. Drain. Place butter, onion and bacon in a jug. Cook on **1000 W** for 5 minutes or until onion is soft. Stir halfway through cooking. Stir in flour and cook for 30 seconds on **1000 W**. Gradually add milk stir well and season. Cook on **1000 W** for 5-7 minutes or until sauce is thick and bubbling. Stir twice during cooking. Add mustard and 100 g (4 oz) grated cheese. Place the macaroni in a large dish and pour over the sauce. Sprinkle with breadcrumbs and remaining cheese. Cook on **1000 W** for 2-3 minutes until the cheese starts to melt.

Vegetables and Vegetarian

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



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

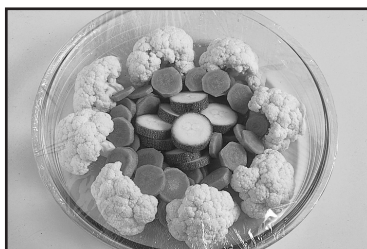


- Fresh vegetables require 45 ml (3 tbsp) water.
- If cooking potatoes with other vegetables, only cook with other **Root** vegetables.



- 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 **600 W** power for 10 minutes approx. 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 (7-9 oz).

Before Cooking

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

After Cooking

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

Ratatouille

ingredients

SERVES 4

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

Dish: large dish + jug

Combine all ingredients in a casserole. Cover, place on glass turntable and cook on **1000 W** for 20 minutes or until vegetables are soft. Stir halfway through cooking time.

Gratin Dauphinois

ingredients

SERVES 4

1 clove of garlic, halved
675 g (1½ lb) potatoes, sliced very thinly
pinch nutmeg
pepper and salt
150 ml (¼ pt) double cream
25 g (1 oz) butter

Dish: 20 cm (8") shallow dish

Rub halves of garlic around inside of dish and discard. Layer the potato slices in the dish, seasoning with salt and pepper and nutmeg between each layer. Pour the cream evenly over the top of the potatoes and dot with butter. Place on glass turntable, cook on **600 W** for 15-18 minutes.

Vegetable Lasagne

ingredients

SERVES 4-6

1 large onion, chopped
25 g (1 oz) butter
1 clove of garlic, crushed
225 g (8 oz) each of diced carrots, diced leeks, diced courgettes
1 green pepper, chopped
150 ml (¼ pt) hot vegetable stock
salt and pepper to taste
500 ml (½ pt) prepared tomato sauce
175 g (6 oz) fresh lasagne
225 g (8 oz) Mozzarella cheese

Dish: large bowl, large shallow rectangular or Pyrex® heatproof dish

Place onion, butter and garlic in a bowl, cover, place on glass turntable and cook on **1000 W** for 3 minutes. Add vegetables and stock, re-cover and cook on **1000 W** for 8-10 minutes or until vegetables are soft. Season to taste. Cover base of dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175 g (6 oz) of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer. Grate remaining cheese and arrange over top in 3 diagonal bands. Cook on **1000 W** for 20 minutes or until piping hot. (Brown under a preheated grill if desired).

Stuffed Sweet Potatoes

ingredients

SERVES 4

4 medium sweet potatoes
1 large tomato, sliced
75 g (1.8 oz) spicy sausage, sliced
30 ml (2 tbsp) coriander, chopped
100 g (3.5 oz) cheddar cheese, grated
salt and pepper

Dish: *shallow heatproof dish*

Wash and prick the potato skins. Cook on the Jacket Potato auto sensor program, see page 37. Split the potatoes horizontally, keeping the edge joined. Place in dish. Layer the tomatoes and the sausage alternately over the potatoes. Season and sprinkle with coriander and the grated cheese. Place on glass turntable and cook on **1000 W** for 3-5 minutes until the cheese melts.

Cauliflower Cheese

ingredients

SERVES 4

1 cauliflower, cut into florets
90 ml (6 tbsp) water
25 g (1 oz) butter
25 g (1 oz) flour
3 ml (½ tsp) French mustard
300 ml (½ pt) milk
seasoning to taste
Topping:
75 g (3 oz) grated cheese
15 ml (1 tbsp) brown
breadcrumbs

Dish: *large bowl, shallow
casserole, jug*

Place cauliflower in a bowl. Add water. Cover, place on glass turntable and cook on **600 W** for 10 minutes or until tender. Drain and place in casserole. Melt butter on **1000 W** in jug for 20-30 seconds. Stir in flour and mustard. Cook for a further 10 seconds. Add milk gradually. Stir well and season. Cook on **1000 W** for 2-3 minutes or until sauce is thick and bubbling. Stir once halfway during cooking. Stir in 50 g (2 oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs. Cook on **1000 W** for 3-4 minutes or until piping hot.

Red Lentil Casserole

ingredients

SERVES 4

2 onions, chopped
15 ml (1 tbsp) olive oil
2 cloves garlic, crushed
1 large aubergine, chopped
2 courgettes, sliced
1 large red pepper, deseeded and
sliced
1 large green pepper,
deseeded and sliced
400 g (14 oz) can chopped tomatoes
300 ml (½ pt) vegetable stock
5 ml (1 tsp) chopped rosemary
10 ml (2 tsp) chopped thyme
100 g (4 oz) red lentils

Dish: *large casserole + lid*

Place onions, oil, and garlic in the casserole. Place on glass turntable and cook on **1000 W** for 3 minutes. Add chopped aubergine, courgettes, and peppers to the casserole. Cook on **1000 W** for 4-5 minutes. Add the tomatoes, vegetable stock, herbs and lentils. Cook on **1000 W** for 5 minutes. Stir and then cook covered on **440 W** for 20 minutes or until lentils are tender.

Vegetable Chilli

ingredients

SERVES 4-6

30 ml (2 tbsp) olive oil
1 onion, chopped
2 cloves garlic, crushed
75 g (3 oz) tomato purée
3 carrots, chopped
1 red and 1 green pepper, seeded and sliced
150 g (5 oz) tinned sweetcorn,
4 sticks celery, sliced
2 courgette, sliced
5 ml (1 tsp) ground cumin
10 ml (2 tsp) mild chilli powder
2.5 ml (½ tsp) cayenne pepper
400 g (14 oz) canned, chopped tomatoes
225 g (8 oz) canned haricot beans, drained
400 g (14 oz) canned red kidney beans in chilli sauce
300 ml (½ pint) hot vegetable stock
15 ml (1 tbsp) cornflour blended with water

Dish: large bowl

Place the oil, onion, garlic and tomato purée in a large bowl. Place on glass turntable and cook on **1000 W** for 2-3 minutes. Add the carrots, red and green pepper and sweetcorn, mix well. Cover and cook on **1000 W** for 5 minutes. Stir in the remaining ingredients (apart from the cornflour), mix well. Cook on **600 W** for 35 minutes, stir 3-4 times during cooking. Add the blended cornflour, mix well and cook on **1000 W** for 5 minutes.

Rosemary Potatoes

ingredients

SERVES 4-6

10 g butter
2 cloves garlic, crushed
5 ml (1 tsp) dried rosemary
3 ml (½ tsp) salt
1.5 ml (¼ tsp) black pepper
700 g (1½ lbs) red potatoes

Dish: (8 inch) 20 cm square dish

Place the butter and garlic in dish. Place on glass turntable and cook on **600 W** for 40 seconds or until the butter melts. Add rosemary, salt, black pepper and potatoes and toss well. Cover and cook on **1000 W** for 15 minutes or until potatoes are tender.

Spicy Bean Goulash

ingredients

SERVES 4-6

100 g (4 oz) black-eye beans, soaked overnight
100 g (4 oz) adzuki beans, soaked overnight
15 ml (1 tbsp) vegetable oil
1 garlic clove, crushed
1 yellow pepper, chopped
10 ml (2 tsp) caraway seeds, lightly crushed
15 ml (1 tbsp) paprika
397 g (14 oz) can chopped tomatoes
175 g (6 oz) mushrooms, thickly sliced
60 ml (4 tbsp) natural yoghurt
salt and pepper

Garnish:

fresh parsley, chopped

Dish: large bowl

Drain the beans, rinse well and place in a large bowl. Add 600 ml (1 pt) boiling water. Cover, place on glass turntable and cook on **1000 W** for 15 minutes then **440 W** for 30 minutes or until tender. Place the oil, garlic, yellow pepper, caraway seeds and paprika in a large casserole. Cover and cook on **1000 W** for 2 minutes or until softened. Add drained, rinsed beans, tomatoes and mushrooms. Cover and cook on **1000 W** for 8-10 minutes or until piping hot and the mushrooms are soft. Stir once during cooking. Stir in 30 ml (2 tbsp) yoghurt and season to taste. Drizzle remaining yoghurt on top and sprinkle with parsley.

Almond Eve's Pudding

ingredients

SERVES 4-6

385 g (13 oz) can apple slices
100 g (4 oz) margarine
100 g (4 oz) light muscovado sugar
2 eggs, beaten
50 g (2 oz) ground almonds
50 g (2 oz) self raising flour
5 ml (1 tsp) ground mixed spice
60 ml (4 tbsp) flaked almonds

Dish: 22 cm (8½") Pyrex® or
microwave safe dish

Arrange the apple slices in the base of the dish. Beat together the remaining ingredients except the flaked almonds until smooth. Spread over the top of the apples and sprinkle with flaked almonds. Place dish on glass turntable and cook on **600 W** for 9-11 minutes or until cooked. Test with a skewer to ensure the middle is cooked.

Apple Crisp

ingredients

SERVES 4-6

3 Granny Smith apples, peeled, cored
and sliced
125 g (4½ oz) butter,
175 g (6 oz) light brown sugar
175 g (6 oz) porridge oats
125 g (4½ oz) plain flour
5 ml (1 tsp) ground cinnamon
2.5 ml (½ tsp) mixed spice

Dish: 20cm (8inch) square dish,
bowl

Spread the apples evenly over the base of the dish. Melt the butter in bowl on glass turntable on **600 W** for 1 minute. Add the sugar, oats, flour and spices and mix. Sprinkle the topping mixture over the apples. Cook on **1000 W** for 10-12 minutes until the apples can be easily pierced with a knife.

Date Pudding and Butterscotch Sauce

ingredients

SERVES 6

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

For the sauce:

150 g (6 oz) soft muscovado sugar
75 ml (5 tbsp) double cream
75 g (3 oz) butter

Dish: Large bowl, large jug

Pour 175 ml (6 fl oz) boiling water over the chopped dates and set aside to cool. Sift together flour and baking powder. Add vanilla and coffee essence to the milk. Cream the butter and sugar until light and fluffy. Add eggs a little at a time. Fold in the flour and flavoured milk, then pour in the date mixture. Place on glass turntable and cook on **1000 W** for 7 minutes and leave to stand for 10 minutes.

Sauce: Place all ingredients in a large bowl. Place on the base of the oven. Cook on 1000 W for 1 minute. Stir and continue cooking on 1000 W in 1 minute intervals until smooth and hot.

Lemon Brulee

ingredients

SERVES 6

grated rind of 2 lemons
500 ml (18 fl oz.) full fat milk
1 cinnamon stick
½ tsp nutmeg
4 medium egg yolks
50 g (2 oz) caster sugar
30 ml (2 tbsp) cornflour
80 g (2.8 oz) demerara sugar

Dish: 6 individual *heatproof* ramekins, large jug

Place the grated rind of the lemons with the milk, cinnamon and nutmeg in a large jug, place on glass turntable and cook on **1000 W** for 4 minutes. Allow to cool. Whisk the egg yolks and caster sugar until pale and foamy, then stir in the cornflour. Strain the milk into the egg mixture and then cook on **1000 W** for 4-5 minutes or until thickened. Stir frequently. Pour into 6 ramekin dishes and allow to cool for 4 hours or overnight. Sprinkle with remaining sugar and place under a hot grill to caramelise the top.

Steamed Suet Sponge Pudding

ingredients

SERVES 4-6

150 g (5 oz) self-raising flour
pinch of salt
50 g (2 oz) caster sugar
50 g (2 oz) suet
1 egg
150 ml (¼ pt) milk
30 ml (2 tbsp) jam or golden syrup

Optional:

add 1 tbsp of sultanas to dry ingredients

Dish: 1 litre (2 pt) pudding basin, greased

In a mixing bowl, sift together the flour and salt. Stir in the sugar and suet. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Place on glass turntable, cook on **1000 W** for 5 minutes until firm.

Christmas Pudding

ingredients

SERVES 6-8

1 cooking apple, peeled and grated
1 carrot, peeled and grated
1 orange, juice and grated rind of
400 g (14 oz) mixed dried fruit
45 ml (3 tbsp) brandy
15 ml (1 tbsp) black treacle
50 g (2 oz) self-raising flour
pinch of salt
15 ml (1 tbsp) cocoa
5 ml (1 tsp) mixed spice
3 ml (½ tsp) nutmeg
100 g (4 oz) shredded suet
150 g (5 oz) fresh breadcrumbs
50 g (2 oz) mixed peel
50 g (2 oz) flaked almonds
2 eggs, beaten

Dish: large bowl, 1.3 litre (2½ pt) pudding basin lightly greased

Place apple and carrot in a large bowl. Cover, place on glass turntable and cook on **1000 W** for 5 minutes. Beat well to make a thick purée. Stir in juice, rind and mixed fruit. Cook on **1000 W** for 2 minutes. Stir in brandy and treacle. Stand for 5 minutes. Beat in rest of ingredients. Press into the pudding basin. Cover, place on glass turntable with greaseproof paper and cook on **1000 W** for 4 minutes. Stand for 5 minutes. Cook on **1000 W** for another 2 minutes. Stand for 5 minutes.

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

Baked Apples

ingredients

SERVES 4

4 medium sized apples
30 ml (2 tbsp) sugar
25-50 g (1-2 oz) mixed dried fruit
25 g (1 oz) butter

Dish: 20cm (8") shallow dish

Core the apples and score the skin around the middle. Mix together the sugar and fruit and fill the centres of the apples. Dot the top with butter. Stand the apples in a suitable dish, place on glass turntable and cook on **1000 W** for 5-7 minutes before serving.

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

Orange and Chocolate Drop Pudding

ingredients

SERVES 4-6

1 whole orange
175 g (6 oz) self-raising flour, sifted
100 g (4 oz) soft margarine
100 g (4 oz) caster sugar
1 orange, juice and grated rind of
2 eggs, beaten
100 g (4 oz) chocolate drops

Dish: 1.2 litre (2 pt) pudding basin

Cut one orange into slices and arrange around the sides of the basin. Mix flour, margarine, sugar, grated rind and orange juice and eggs and beat well until thoroughly mixed. Stir in chocolate drops. Spoon mixture into pudding basin, place on glass turntable and cook on **1000 W** for 6-7 minutes or until just set.

Hot Chocolate Cake

ingredients

SERVES 8

175 g (6 oz) butter, softened
175 g (6 oz) light brown sugar
few drops vanilla essence
4 eggs, beaten
200 g (7 oz) self raising wholemeal flour
25 g (1 oz) cocoa powder
75 g (3 oz) white chocolate, roughly chopped
Sauce:
150g g (5.3 oz) white chocolate
210 ml (14 tbsp) single cream

Dish: 675 g (1-1½ lb), microwavable loaf dish, greased, medium sized bowl

Cream the butter, sugar and vanilla essence together until light and fluffy, then gently beat in the eggs and half the flour. Fold in remaining flour and cocoa. Stir in the chopped chocolate and spoon mixture into a dish. Place on glass turntable and cook on **600 W** for 8-9 minutes. The cake is cooked when a skewer inserted into the centre of the cake comes out clean. Leave to stand, covered while sauce is made.

For the sauce: place the chocolate and cream into a bowl. Cook on **600 W** for 3-4 minutes, stirring well after each minute, until chocolate has melted. Allow to cool a little. Serve the cake sliced with a little of the sauce poured over.

Sauces

Container size

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

Covering

Do not cover sauces when cooking.

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 **1000 W** and stir halfway.

Power level

Most sauces require **1000 W** for cooking. Sauces containing eggs should be cooked on **300 W**.

Wooden spoons

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

White Pouring Sauce

ingredients

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

Dish: 1 litre (2 pt) jug

Place butter in jug, place on glass turntable and cook on **1000 W** for 20-40 seconds. Stir in the flour to make a roux. Add the milk gradually stirring continuously until well combined. Cook for 2 minutes on **1000 W**. Stir and cook for a further 3 minutes. Sauce should be smooth and glossy and coat the back of a spoon.

Custard

ingredients

45ml (3 tbsp) custard powder
15 ml (1 tbsp) sugar
600 ml (1 pt) cold milk

Dish: 1 litre (2 pt) jug

Mix together the custard powder, sugar and a little milk to form a smooth paste. Blend in the remaining milk, whisking well. Place jug on glass turntable and cook on **1000 W** for 4-6 minutes. Whisk well halfway through cooking time and again at the end.

Hollandaise Sauce

ingredients

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

Dish: 1 litre (2 pt) jug

Place egg yolks and vinegar in a jug. Beat well. Drop cubes of butter on top. Place on glass turntable cook on **1000 W** for 10 seconds. Whisk. Cook on **1000 W** for 10 seconds. Whisk again and cook on **1000 W** for 10 seconds. Repeat 10 second stages until sauce is thick and creamy. Season and serve immediately with salmon steaks or asparagus spears.

Baking

Dish shape

Ring moulds are ideal for baking cakes in, especially dense cakes. They help prevent the outside edge of the cake overcooking before the dense centre is cooked through.

Keeping quality

Light sponge type cakes cook very quickly by microwave and so should be cooked as required, since their keeping quality is not as long as those baked traditionally.

Consistency

Generally cakes to be cooked by microwave should have a softer consistency than those baked traditionally. As a general rule add 15-30 ml (1-2 tbsp) of milk or water to the mixture.

Covering

Just as you wouldn't cover a cake baked in a traditional oven, **never** cover your cakes cooked by microwave.

Dish size

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

Mixing/beating

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

Eggs

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

Sponge Cake

ingredients

100 g (4 oz) self raising flour
100 g (4 oz) soft margarine
100 g (4 oz) caster sugar
2 eggs
30 ml (2 tbsp) milk

*Dish: 18 cm (7") soufflé dish,
based lined with greaseproof
paper*

Combine all ingredients together in a large bowl. Mix well until smooth. For best results use an electric whisk. Tip into prepared dish and smooth the top. Place on glass turntable and cook on **600 W** for 6 minutes. Cool for 10 minutes before turning out onto a rack. The cake is cooked when it has just dried on the top. Do not overcook as overcooked cakes stale quickly.

N.B. Flavourings can be mixed in e.g. dried fruit, or toppings (Max. 30 ml 1-2 tbsp) can be placed in the bottom of the bowl e.g. jam/treacle/pineapple rings. It is important not to use too much as this will cause the pudding to undercook.

Boston Brownies

ingredients

100 g (4 oz) plain chocolate
100 g (4 oz) butter
100 g (4 oz) soft dark brown sugar
100 g (4 oz) self-raising flour
10 ml (2 tsp) cocoa powder
pinch salt
2 eggs, beaten
3 ml (½ tsp) vanilla essence
100 g (4 oz) walnuts, chopped

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

Place chocolate and butter in a bowl, place on glass turntable and cook on **1000 W** for 1 minute or until chocolate has melted. Stir in all other ingredients and beat well. Pour into dish and cook on **600 W** for 4-5 minutes or until just slightly sticky. Allow to cool and then cut into squares.

Chevy Flapjacks

ingredients

MAKES: 8 slices

75 g (3 oz) butter or margarine
30 ml (2 tbsp) golden syrup
75 g (3 oz) light brown sugar
150 g (5 oz) porridge oats
50 g (2 oz) raisins

Dish: bowl, 20 cm (8") round flan dish

Place butter, syrup and sugar in a bowl, place on a glass turntable and cook on **1000 W** for 1-2 minutes or until melted. Stir in the oats and raisins. Press into dish. Cook on **1000 W** for 3-4 minutes or until firm. Allow to cool slightly then cut into pieces.

Ginger Cake

ingredients

100 g (4 oz) butter or margarine
100 g (4 oz) golden syrup
100 g (4 oz) black treacle
75 g (3 oz) soft brown sugar
100 g (4 oz) self-raising flour
100 g (4 oz) plain wholemeal flour
5 ml (1 tsp) mixed spice
30 ml (2 tsp) ground ginger
5 ml (1 tsp) bicarbonate of soda
pinch salt
150 ml (¼ pt) milk
2 eggs beaten

Dish: bowl, 20 cm (8") Soufflé dish base lined with greaseproof

Place butter, syrup, treacle and sugar in a bowl and heat on **1000 W** for 1-2 minutes or until fat has melted. Place flours, spices, bicarbonate and salt in a large bowl. Stir in treacle mixture and mix well. Stir in milk and eggs and beat until smooth. Pour into dish, place on glass turntable and cook on **600 W** for 8-9 minutes or until set around edges. The cake will appear slightly wet in centre, but will continue cooking as it cools.

Carrot Cake

ingredients

2 eggs beaten
150 ml (¼ pt) vegetable or corn oil
150 g (5 oz) self-raising wholemeal flour
100 g (4 oz) soft light brown sugar
10 ml (2 tsp) cinnamon
75 g (3 oz) raisins
100 g (4 oz) carrots, grated
Icing
50 g (2 oz) cream cheese
50 g (2 oz) butter
100 g (4 oz) icing sugar
10 ml (2 tsp) lemon juice
50 g (2 oz) walnuts, chopped

Dish: 25 cm (10") ring mould, based lined with greaseproof paper

Mix eggs and oil together. Combine flour, sugar, cinnamon, raisins and carrots in a mixing bowl. Pour egg mixture into flour and stir well until well combined. Pour into ring mould place on glass turntable and cook on **600 W** for 8 minutes or until firm. Stand for 10 minutes before turning out. Beat cream cheese and butter until smooth. Gradually beat in icing sugar and lemon juice. Spread over sides and top of cake and sprinkle with walnuts.

Preserves

Sterilizing jars

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on **1000 W** 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.

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.

Soft Fruit Jam

ingredients

Makes approx 1½ lbs jam
450 g (1 lb) soft fruit, washed
450 g (1 lb) caster sugar
15 ml (1 tbsp) lemon juice
5 ml (1 tsp) butter

Dish: large bowl

Place all ingredients in a large bowl and stir. Place on glass turntable, cook on **1000 W** for 5 minutes (10-15 minutes if using frozen fruit), stirring frequently. Continue to cook in one minute intervals until sugar has dissolved. Wash down any sugar crystals from around the bowl. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-25 minutes. Test regularly for setting point.

Lemon Curd

ingredients

Makes 2 lbs
4 lemons, grated rind and juice of
450 g (1 lb) caster sugar
4 eggs, well beaten
100 g (4 oz) butter

Dish: large bowl

Place all ingredients in bowl. Mix well. Place on glass turntable, cook on **1000 W** for 1 minute. Stir. Continue to cook in 1 minute stages until mixture starts to thicken, then cook for 30 seconds at a time until mixture coats back of spoon. (The eggs will curdle if overcooked). The mixture will thicken on cooling. Pot into warm jars. Cover with a circle of waxed paper and a jam pot cover.

Red Onion Chutney

ingredients

Makes approx 1½ - 2 lbs
45 ml (3 tbsp) olive oil
4 large red onions halved and thinly sliced
50 g (2 oz) demerara sugar
100 g (4 oz) sultanas
300 ml (½ pint) red wine
125 ml (4 fl oz) red wine vinegar

Dish: large bowl

Put oil in bowl with onions. Place on glass turntable and soften on **1000 W** for 10-12 minutes, stirring halfway. Add all other ingredients and mix well. Cook on **600 W** for 20 minutes, or until onions are soft. Cool slightly, then pour into a jar. Allow to cool thoroughly before chilling.

Orange Marmalade

ingredients

Dish: 6 pt bowl

450 g (1 lb) seville oranges
1 lemon
900 ml (1½ pts) water
450 g (1 lb) sugar
knob of butter

Dish: 6 pt bowl

Zest oranges and lemon ensuring all the pith is left on the fruit. Set the rind aside. Place the peeled fruit in a food processor and chop until the pips are broken. Place the chopped mixture in a large bowl and pour over the boiling water. Cover and cook on **1000 W** for 10 minutes. Strain the mixture through a sieve into another large bowl pressing the pulp well until all the juice is extracted. Discard the pulp. Stir the shredded rind into the hot juice and cook uncovered on **1000 W** for 10 minutes until rind is tender, stirring occasionally. Stir in the sugar until dissolved. Cook on **1000 W** for 8 minutes covered. Stir in the butter and cook for 30-40 minutes or until setting point. Leave to stand for 10 minutes then pour into warmed sterilized jars.

NB: Do not double this recipe because it will boil over.

Tomato Chutney

ingredients

Makes approx 2 lbs

675 g (1½ lb) tomatoes
225 g (8 oz) cooking apples, peeled and sliced
1 medium onion, chopped
100 g (4 oz) granulated sugar
30 ml (2 tbsp) tomato purée
5 ml (1 tsp) salt
200 ml (7 fl. oz) white distilled vinegar
10 ml (2 tsp) ground ginger
2 ml (¼ tsp) cayenne pepper
3 ml (½ tsp) mustard powder

Dish: large bowl

Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 minutes. Drain. Peel off skin and roughly chop flesh. Blend apple and onion in a food processor to a thick purée. Combine all ingredients together in a bowl. Place on glass turntable and cook on **1000 W** for 30 minutes, stirring occasionally. Cook on 1000 W for a further 5-10 minutes, or until the mixture is thick with no excess liquid. Leave to stand covered for 10 minutes then stir and pour into sterilised jars. Cover and label.

Plum Jam

ingredients

Makes approx 2-2½ lbs

675 g (1½ lb) plums or damsons
200 ml (7 fl. oz) water
675 g (1½ lb) jam sugar
15 ml (1 tbsp) lemon juice
5 ml (1 tsp) butter

Dish: large bowl

Prick the plums and place in a large bowl with the water. Place on glass turntable, cook on **1000 W** for 10 minutes or until the fruit is soft. Add the rest of ingredients. Cook on **1000 W** for 5 minutes, stirring frequently. Wash down any sugar crystals from around the bowl and bring to the boil on **1000 W**. Continue to cook. Do not cover until setting point is reached - approx. 20-25 minutes, opening the door and testing regularly. Leave to cool slightly, remove the stones, then pot, seal and label.

Questions and 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 microwave oven causes interference with my TV. Is this normal?

A: Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, 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, and will not accept an Auto Weight Program after Delay Start.

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: The oven stops cooking and 'H00', '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.

Building-in Your Oven (For NN-ST48KS only)

1. In case of fitting into an oven housing, please use Panasonic's Trim Kit. NN-TK612GSCP-Stainless.
2. Microwave ovens should not be built into a unit directly above a top front venting a conventional cooker. This will invalidate your one year guarantee.
3. A microwave which is built in must be more than 850 mm above floor level. Read Trim- Kit instructions carefully before installation. It is recommended that the microwave oven is placed below a conventional oven to avoid heat damage to the fascia of the microwave.

Technical Specifications

Manufacturer		Panasonic
Model		NN-ST46KB, NN-ST45KW, NN-ST48KS
Power Supply		230-240 V 50 Hz
Operating Frequency:		2450 MHz
Input Power:	Initial Maximum	1550 W
	Microwave	950 W
Output Power:	Microwave	1000 W (IEC-60705)
External Dimensions		525 mm (W) x 388 mm (D) x 310 mm (H)
Overall Cavity Dimensions		355 mm (W) x 365 mm (D) x 251 mm (H)
Uncrated Weight (approx.)		11.5 Kg

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



learn



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**Or order spares direct on line at
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