MICROWAVE OVEN WITH ELECTRONIC CONTROLS COMBINED WITH GRILL

DE'LONGHI MAK605

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Data and instruction for Performance Tests according to IEC 705 and further Amendment Document 59H/69/CD

The International Electrotechnical Commission SC 59H, has developed a Standard for comparative testing of heating performances of microwave ovens. The draft of the new Edition of this standard has been circulated with Document 59H/69/CD, which also describes the tests marked with (*) in this table.

We recommend the following for this oven:

Test Nr. on standard	Item	Duration	Function	Power level	Weight	Standing time	Note
А	Egg custard	16′	only MW	5	750 gr	5 min.	The upper surface shall be evaluated after the standing time. The inner custard evaluation shall be conducted after two hours.
В	Sponge cake	6′	only MW	5	475 gr	5 min.	Use the borosilicate glass container stated in the Standard (max dia. 210 mm) or a Pyrex® glass container dia. 210 mm, height 50 mm and wall thick. 6mm.
С	Meat loaf	20′	only MW	4	900 gr	5 min.	Cover the container with cling film and pierce the film. Use the rectangular borosilicate glass container stated in the Standard or the Arcopal® Cat. nr Z1/B8 (01)10460-1
Defrosting	Defrosting minced meat	11′	only MW	* DEFROST	500 gr	15 min.	Place the frozen load directly on the turnable (G). Turn upsidedown the load after half of the defrosting time.
D (*)	Potato gratin	23′	comby Mw + grill (simult.)	5	1100 gr	5 min.	Use the borosilicate glass container stated in the Standard (max dia. 210 mm) or a Pyrex® glass container dia. 210 mm, height 50 mm and wall thick. 6mm. Put the container directly on the turnable. Do not preheat the oven.
F (*)	Poultry	40′	comby Mw + grill (simult.)	4	1200 gr	5 min.	The following instructions shall be strictly observed for this type of load: put the chicken in Pyrex® glass container dia. 210 mm, height 50 mm and wall thickness of 6 mm. Pour 1/2 glass of water in the container. put the container directly on the turnable. Do not use any wire rack or drip tray. Turn upsidedown the load after half of the cooking time.

SAFETY

READ THESE WARNINGS CAREFULLY BEFORE STARTING TO USE THE OVEN

SMOKE AND FIRE

In the event of smoke or fire, switch off the oven and **leave the door closed to contain any flames**. Remove the plug from the power socket.

Carefully follow cooking instructions for food with a high sugar or fat content, such as Christmas pudding or fruit cake. The sugar or fat can overheat and in some cases catch fire.

DELAYED BOILING

Take extra care when handling drinks heated in the microwave. Always stir liquids before, during and after cooking, and allow them to stand before serving; they can come to the boil even after the microwave has finished heating.

BABY FOOD AND DRINK

Always stir or shake feeding bottles and baby food jars, and check the temperature before feeding to the baby. When using commercially available bottle sterilisers, before turning the oven on, ALWAYS make sure the container is filled with the quantity of water indicated by the manufacturer.

DOOR

Do not use the oven if the door or door seals are damaged. Have the oven repaired by a qualified repairer. Do not attempt to operate the oven while the door is open by tampering with the safety devices.

Do not operate the oven if objects of any kind get stuck between the front panel of the oven and the oven door. Do not let dirt or food residue build up between the front of the oven and the oven door. Always keep the inside of the door clean using a damp cloth and non-abrasive detergents.

REPAIRS AND SERVICE

Do not remove any covers or attempt to carry out repairs replacement of the supply card or service. Always contact—repairer trained by the manufacturer, or—the manufacturer's Service Centre, for repairs.

COOKING CONTAINERS

Use open containers to heat food and drink. Pressure can build up in sealed containers causing them to explode. Look at the oven from time to time when food is heated or cooked in disposable containers of plastic, paper or other combustible materials.

EGGS

Do not cook eggs in their shells. Pressure can build up in the shell causing the egg to explode.

CHILDREN

This oven must only be used by adults, never allow small children to get close to the oven while it is operating (they may burn themselves).

As with any electrical appliance, whilst the instructions aim to cover as many eventualities as possible, caution and common sense should be applied when operating your microwave, particulary in the vicinity of young children.

Note:

If your oven is operated and maintained in accordance with the instructions in this booklet, it should give you many years of trouble free service.

You can arrange for your microwave to be checked in future years to ensure that it is continuing to work safely. You should always have your microwave checked if it is dropped or damaged.

CHAPTER 1 - SETTING UP

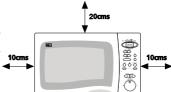
1.1 - UNPACKING AND GETTING READY

This oven is designed for home use. It should not be used for commercial catering.

After unpacking your oven, check that it hasn't been damaged whilst in the box. Make sure there are no dents, that the door closes properly, and that the seal is not damaged. A dented or damaged oven could allow microwave energy to escape.

Make sure that you've taken all the packaging from inside the oven.

Choose a flat work surface, at least 85 cm above the floor, for your microwave away from heat sources such as radiators or fires, and away from anywhere that's very cold.



You should allow a 10cm space all around the oven and 20 cm above the oven, so that warm air can escape from the vents during cooking – it is not designed to be built in.

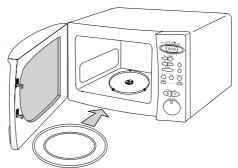
Plug your oven into a standard household electrical socket (230 volt, 10 amp rated). Check that the socket is properly earthed: the manufacturers shall not be responsible in any manner if this safety norm is not observed.

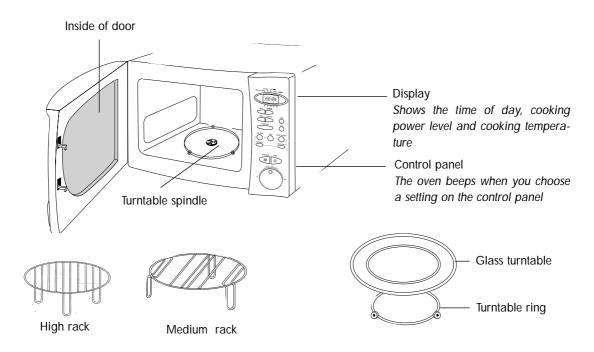
Avoid using a socket that also has an adaptor and other equipment plugged in.

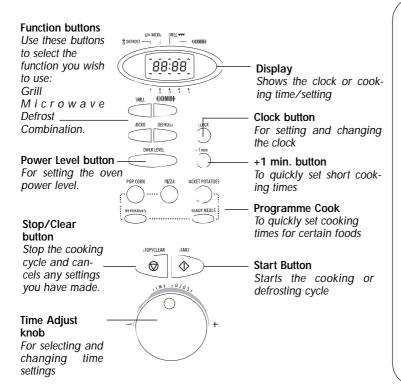
Slot the turntable spindle into its hole in the bottom/middle of your oven. Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle.

You must always use the turntable and ring whenever you use the microwave.

The first time you use your oven, there may be an odour of 'newness' and a bit of smoke for a few minutes. This is completely normal, and is caused by protective substances.







SAFETY

Moisture

Don't allow your oven to be exposed to rain, moisture or dust.

Care for youngsters

Take extra care to test the temperature of food or drink before giving it to babies or children.

Never allow children to play with the oven.

Service

Leave service and maintenance to qualified repairers. Don't remove any fixed covers as this could expose dangerous voltages.

Power

Your oven is supplied with an approved 13 amp fused mains plug. Always use a 13 Ampere (BS 1362) approved fuse. Never use this plug without the fuse cover.

1.2 - TECHNICAL SPECIFICATION AND ELECTRICAL INSTALLATION

Input	230 V AC, 50Hz
Output	850 Watts (IEC 705 rating standard – 1988, measured at 240V)
Microwave frequency	2450MHz
Outside dimensions	520mm wide x 305mm high x 400mm deep
Oven cavity dimensions	322mm wide x 193mm high x 322mm deep
Power consumption Microwave Grill	1400 Watts 1400 Watts
Combination	2800 Watts
Input current	12 A (approx. in combination)
Net weight	21.6 kg approx

Complies with EEC directive 89/336/EEC and 92/31/EEC.

Dimensions shown are approximate.

Because we continually strive to improve our products, we may change specifications without prior notice.

ELECTRICAL CONNECTION

WARNING: This appliance must be earthed.

Fuses

Your appliance comes fitted with a plug and a 13A fuse. If you need to replace the fuse, only those rated at 13A and ASTA approved to BS1362 should be used.

Changing the Plug

Cut off and dispose of the supplied plug if it does not fit your socket.

WARNING: To avoid a shock hazard do not insert the discarded plug into a socket anywhere else.

IMPORTANT: WIRES IN THE MAINS LEAD ARE COLOURED IN ACCORDANCE WITH THE FOLLOWING CODE:

Green/Yellow Earth
Blue Neutral
Brown Live **!llow (Earth)

If you change the plug, the colour of wires in the mains lead may not correspond with the colour of the markings identifying terminals in the plug. You should therefore wire it as shown.

Note: In case of your appliance is not fitted with a plug, please follow the instruction provided below:

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

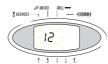
The green and yellow wire must be connected to the terminal in the plug marked with the letter E or the earth symbol \pm or coloured green or green and yellow.

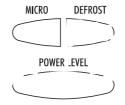
The blue wire must be connected to the terminal marked with the letter N or coloured black.

The brown wire must be connected to the terminal marked with the letter L or coloured red.

1.3 - SETTING THE CLOCK

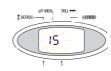
- Switch on the power supply. The display will flash "12:00" on and off.
- Press the **CLOCK** button once. "12" will flash in the hour display.







Set the desired hour by turning the **TIME ADJUST** knob; (–), backwards in time, and (+), forwards in time.





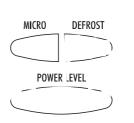
To set the minutes, press the **CLOCK** button for a second time. The minutes will flash on the display "00".

Set the desired minutes by turning the TIME ADJUST knob; (-), backwards in time, and (+), forwards in time.

When the display shows the correct minutes, press ${\bf CLOCK}.$

Your oven shows the time whenever it's not being used.







Hint

This is a 24 hour clock; i.e. "3.35" p.m. will show in the display as "15:35"

Hint

It is possible to display the current time whilst cooking. Press the **CLOCK** button, the current time will flash for 3 seconds, after which time it will return to the cooking cycle time.

Note

Whenever you unplug the microwave or there has been a power failure, the clock will flash "12.00"

1.4 - START BUTTON BLOCK AND CHILD LOCK

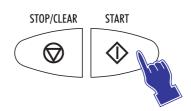
Two safety devices can be set to prevent unwanted use of the oven (Start button block) or to stop children from accidentally altering cooking times once cooking is underway (Child lock).

To set the START Button Block:

Press the **START** button for 5 seconds. A short beep is emitted: from this point the **START** button is now disabled and it will not be possible to cook with the oven.

To cancel the START Button Block:

Press the **START** button until the beep is emitted. The start button block is now cancelled: from this point the Start button can be used to commence cooking.



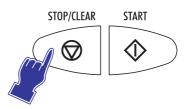
To set the Child Lock:

Press the **STOP/CLEAR** button for 5 seconds. A short beep is emitted: from this point it will no longer be possible to alter the time during cooking cycles.

To cancel the Child Lock:

Press the **STOP/CLEAR** button until the beep is heard.

From this point cooking cycles may be adjusted with the **TIME ADJUST** knob during the cooking process.



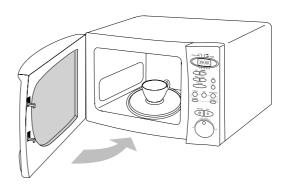
Note:

The start button block and child lock cannot be set or cancelled during a cooking cycle.

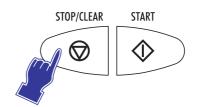
1.5 - PROCEDURE FOR CHECKING YOUR MICROWAVE

After unpacking check that your microwave is working by the following procedure:

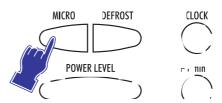
Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle. You must always use the turntable and ring whenever you use the microwave.



- Place a cup of water on the turntable. Make sure the cup is microwave-safe it shouldn't have any decorative metal trim. Close the oven door.
- Press the **STOP/CLEAR** button to cancel any settings that may have already been made.

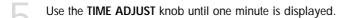


Press the MICRO button once.



Safety

For your safety, the microwave stops if the oven door is opened during cooking. Once you have shut the door, your microwave will beep twice to signal it is OK to carry on cooking. Press the start button to continue the cooking cycle.



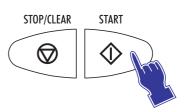




Press the **START** button. The oven light comes on during cooking and the turntable rotates.

At the end of the minute the water should be hot – be careful when you take the cup out of the oven.

When cooking finishes, 3 beeps can be heard and the word "END" will appear on the display



CHAPTER 2 - INTRODUCING MICROWAVE COOKING

Always remember the basic safeguards you would follow when using any cooking equipment or handling hot food.

This page gives some of the basic guidelines for microwave cooking.

If you are unfamiliar with using a microwave, there is more information available in chapter 3, Using the Microwave.

2.1 - GENERAL INFORMATION

- Cooking with a microwave is much faster than conventional cooking and whilst you should make sure
 that food is fully cooked, you should be careful not to overcook it. It is better to undercook at the
 beginning, allow food to stand, test, and then if it needs more cooking give it extra time. It will not
 spoil by this method but overcooked food cannot be made good.
- If you are cooking a number of individual foods at the same time, such as baked potatoes or small cakes, arrange them evenly on the turntable so that they cook evenly.
- Microwaves can heat unevenly so stirring to distribute heat is very important. Always stir from the outside towards the centre.
- Turn larger foods such as meat roasts and poultry during cooking so that the top and bottom cook evenly. It is also a good idea to turn chops and chicken pieces, especially if they contain the bone.
- Most dishes are cooked individually in the microwave. Those requiring similar cooking times and
 power settings can be cooked together. Generally speaking there is no great advantage as timings
 have to be increased with larger quantities of food.

STEAM AND CONDENSATION

When you microwave food, steam is created as water in the food heats up and evaporates. The steam formed during microwave cooking is entirely safe. It has to escape from the microwave to prevent pressure from building up inside the oven. It does this through the vents on the back of the oven and from around the door.

As the steam cools, you may find that condensation gathers in small pools inside your microwave and on the work surface beneath the door and vents. Always dry the oven after cooking foods with a high moisture content.

Your microwave is designed to let steam escape from the vents and around the door without microwave energy escaping. There is no danger of microwave energy escaping with the steam.

2.2 - UTENSILS AND COOKWARE

In microwave cooking, all types of containers in glass (preferably Pyrex), ceramics, china and terracotta may be used provided that they are undecorated and free of metal parts (i.e. gilt trimmings, handles, feet etc.). Containers in heat-resistant plastic may also be used. Paper napkins, cardboard trays and disposable plastic plates can also be used for short cooking times.

The size and shape of the containers must be such as to allow them to rotate properly inside the oven. In order to use large rectangular containers which are unable to rotate in the oven you need to prevent the rotation of the turntable. To do this remove the turntable spindle from its slot leaving the turntable ring and turntable in place. When using this method it may be necessary to turn the container during cooking to ensure even results.

It is worth remembering that - since microwaves heat the food, not the dish - it is possible to cook the food directly on the plate on which it is to be served. This means that you do not need to use, and wash up saucepans. However, remember that heat may be transferred from the food itself to the plate, making it necessary to use an oven glove.

Always follow the table for cookware:

Function	Glass	Ovenproof	Earthenware	Foil	Plastic	Paper *	Metal
Micro only	Yes	Yes	Yes	No	Yes	Yes	No
Microgrill	No	Yes	Yes	No	No	No	No
Grill only	No	Yes	Yes	Yes	No	No	Yes

^{*} Recycled kitchen paper is not suitable for microwave cooking.

The metal racks supplied with your oven are protected by a special chrome plating and are therefore safe to use in microwave, grill and microgrill cooking.

Hint

You can use aluminium foil with the grill just as you would with any other grill.

Foil container bureau

If you have any queries about using foil containers in microwave ovens, you can call the Foil Container Bureau free on 0800 413 295.

CHECKING YOUR COOKING UTENSILS

Most heat-resistant, non-metallic cooking utensils are safe to use in your microwave. If you are not sure whether you can use a utensil in your microwave, follow this simple test:

- 1 Put the utensil into the oven next to a cup of water use a cup that you know is microwave-safe.
- 2 Press the MICRO button. Set the time to 30 seconds by turning the TIME ADJUST knob, then press the START button.
- 3 At the end of the time, carefully check to see if the water has warmed up. If the water has not warmed but the utensil has, the utensil is not microwave-safe and should not be used in the oven.

Safety

Never use equipment made of metal when you microwave.

Microwave energy cannot pass through the metal so they bounce off and spark against the inside of the oven

Remember that some crockery has a metal trim around the edge. Even this trim can cause sparks. Stop the microwave immediately if any equipment does cause sparks.

Never use scratched, cracked or damaged glass in a microwave. Damaged glass can explode.

2.3 - GUIDELINES AND SAFETY

As with any cooking appliance, make sure that you use your microwave oven safely.

PREPARING FOOD FOR BABIES

- Always be very careful when preparing food and drink for babies and small children
- Remove the teat from the baby bottle before putting the bottle in a microwave oven. If the teat is left on the bottle, heat cannot escape and the bottle could burst.
- Allow a standing time before testing the temperature of food and drink.
- Take extra care when warming milk in baby bottles. Narrow necked bottles can burst if accidentally overheated in a microwave oven.

For further information see reheating guidelines on page 28

SAFE USE OF YOUR MICROWAVE

- Use your microwave for food preparation only.
 Never use it for drying clothes, sterilising or other non-food purposes
- Use containers that are wider at the top than at the bottom
 - In microwaves, liquids can heat to above their boiling point without bubbling. When the liquid is lifted out of the oven, the movement can make it boil and bubble up out of the container with the danger of scalding. Using containers that are wider at the top than at the bottom can help to prevent this from happening.
- Only heat popcorn which is labelled for microwave use.
- · Always stir liquids before, during and after cooking.
 - This gives the liquid an even temperature and helps to prevent it from boiling after it has been taken out of the microwave.
- Carefully follow the cooking instructions for food with a high sugar or fat content, such as Christmas pudding or fruit cake.
 - The sugar or fat can overheat and in some cases catch fire. In the event of a fire, switch off the oven and leave the door closed to contain any flames. Remove the plug from the power socket.
- · Never use the oven when it is empty.
 - It is a good idea to leave a cup of water inside the oven at all times in case someone should accidentally switch it on.
- Do not heat oil or fat for deep frying. The oil could overheat and catch fire.
- Do not leave a conventional meat thermometer in food during cooking. Remove the food from the oven before testing the temperature and remember to remove the thermometer before you put the food back in the microwave.

- Do not use metal objects in the microwave. These include:
 - metal cooking utensils
 - metal plates or trays
 - wire twist ties
 - crockery with metal trims
- · Do not leave the oven unattended during use.

Cooking times given in recipes should be used as a guide only. The weight, shape and starting temperature of the food will all affect the time actually needed for cooking.

Check the food during cooking.

If you are not sure whether the food is cooked, check it with a fork. Cooking for too long could cause smoking or even fire.

Do not use capped bottles, vacuum-tight containers or sealed jars in the microwave.

Do not cook eggs or nuts in their shells.

Pierce the skin of fruit and vegetables, such as apples or potatoes, and egg yolks before cooking. Pierce or slit bags before cooking.

Pressure builds up inside sealed containers, and inside foods with a shell or skin as they heat. This can cause the container or food to explode.

- Be careful when using paper, plastic, wooden or other combustible materials in the oven as they can catch fire
- If your cookery book instructs you to use kitchen paper towels, do not use recycled paper as it may contain metal particles.
- Leave repairs and maintenance to repairers, trained by the manufacturer.
- · Never tamper with or adjust:
 - the door; the control panel; the power cable; the door catches
- Be careful not to catch paper towels or other objects between the door and the oven when you close the
 door.

Microwave energy can escape if the door is not closed properly.

If you wear a pacemaker, consult your doctor before using a microwave.

First aid table

Treat scalding by:

- 1 Quickly place the scald under cold running water for at least 10 minutes.
- 2 Cover with a clean dry dressing. Do not use creams, oils or lotions.

Fire

In the event of fire:

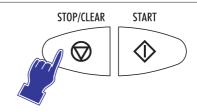
- Keep the oven door closed.
- 1 Turn off the power.
- 2 Unplug from mains.

CHAPTER 3 - USING THE MICROWAVE

3.1 - HOW TO OPERATE THE MICROWAVE

Make sure the glass turntable and turntable ring are inside the oven.

After putting your food in the oven, press STOP/CLEAR to clear any settings that may have already been made.



DEFROST

MICRO

POWER LEVEL

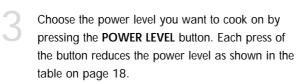
Press the **MICRO** button once to select microwave cooking.

The oven automatically selects power level 5

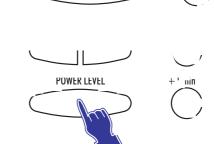


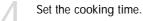
- the maximum

power level. An indicator in the display will show the currently selected power level.



There are five different power levels.





The TIME ADJUST knob allows you to precisely set the cooking time in 10 second increments up to 3 minutes,

in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.





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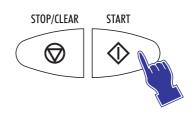
You can use the TIME ADJUST knob to alter the length of cooking time at any stage during cooking.

Press START.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly.

You can open the door to check on your food at any time during cooking. If your food is done, press the STOP/CLEAR button. If the food is not done close the door, and press the START button to begin cooking again.

When cooking finishes, 3 beeps can be heard and the word "END" will appear on the display. Open the door and take out the food: the time will appear.



Safety

Automatic cooling cycle

Your microwave is equipped with an automatic cooling cycle which comes into action whenever the oven is very hot (for example after something has been cooked for a long time or with grill). The oven light and turntable remain in operation (for a futher few minutes) while the grill element and microwave are off. In addition, when the door is opened, to remove the food, the word "LOOL" is displayed until the cycle is completed.

Hint

If you do not open the door or press STOP/CLEAR when "END" is displayed, your microwave power will stop automatically. Press STOP/CLEAR to return the display to the time.

3.2 - CHOOSING A SUITABLE POWER SETTING

Your oven has five power settings. These can be compared to the thermostat on a conventional oven. Foods such as stews and puddings are best cooked with a low heat; the same applies to microwave cooking. Most foods will be cooked on the high power setting but your oven gives you the flexibility to adjust the cooking power to get better, more even results.

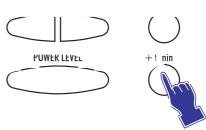
Power	Level	Suitability	Watts
5	High	Most cooking or reheating	850W
4	Medium High	Less rapid cooking of fish and eggs	650W
3	Medium	Minced or chopped meats; egg custard	425W
2	Medium Low	Simmering, milk puddings	250W
1	Low	Keeping warm only	125W

3.3 - QUICK START COOKING

This function is useful when heating small amounts of food or drink, or for adding an extra minute when cooking time has already elapsed.

- Press the STOP/CLEAR button to clear any settings that may have already been made.
- Press the +1 min button. The display will flash 1:00 and the microwave indicator will highlight full power (power level 5).





STOP/CLEAR

START

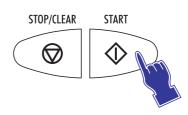
Press the +1 min button repeatedly to add further 30 seconds to your cooking time, up to a maximum of 6 minutes



Press START.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly.

When cooking finishes, 3 beeps can be heard and the word "EMD" will appear in the display. Open the door and take out the food (the time will appear).



It is possible to check the progress of the cooking at any time, by opening the door and inspecting the food. This interrupts the emission of microwave energy and the oven stops working until the door is closed again. Should it be necessary for any reason to suspend the cooking without opening the door; press the STOP/CLEAR button once (a second press will cancel the set time). To restart cooking press the START button.

If you do not open the door or press STOP/CLEAR when EMD is displayed, your microwave power will stop automatically. Press STOP/CLEAR to return the display to the time. You can use the TIME ADJUST knob to alter the cooking time at any stage during cooking (unless the child lock feature is set. See page 8).

3.4 - PROGRAMME COOKING

With programme cooking you do not need to set the power or time - your oven sets them for you. There are 5 Programme Cook buttons to choose from, each offering 5 different dishes: **BEVERAGES**, **POP CORN**, **PIZZA**, **JACKET POTATOES** and **READY MEALS**.

- 1 Press STOP/CLEAR to clear any settings that may have already been made.
 Make sure that any containers you use are microwave-safe and will not melt in the oven (see guidelines on page 12)
- 2 Press the Programme Cook button for the type of food you want to cook. Each press of the Programme Cook button will adjust the cooking time accordingly.

For example if you wanted to cook 200g of jacket potatoes you would press the **JACKET POTATOES** button once. If however, you wanted to cook 400g of jacket potatoes you would press the **JACKET POTATOES** button twice. The table on the following page gives advice for cooking the different types of food.

3 Once the microwave has set the time for the desired quantity of food to be cooked, press START to begin cooking.

PROGRAMME COOKING CHART

Instant cook typ	е	What it does	Times	Suggestions
BEVERAGES	Press "Beverage" once Press "Beverage" twice Press "Beverage" three times Press "Beverage" four times	Reheat 1 small coffee cup (60cc) Reheat 2 small coffee cups (120cc) Reheat 1 large cup (200cc) from chilled Reheat 1 soup dish (300cc) from chilled	35 sec. 55sec. 2min 10sec 3min30sec	After reheating the liquid, stir well to spread the temperature evenly
JACKET POTATOES	Press "Jacket Potatoes" once Press "Jacket Potatoes" twice Press "Jacket Potatoes" three times	Cook 200g of potatoes Cook 400g of potatoes Cook 600g of potatoes	5min 9min 13min	Wash potatoes thoroughly in their jackets, pierce them and put them on the turntable.
READY MEALS (chilled)	Press "Ready Meals" once	Reheat 100g of chilled dishes	5min 30sec	Suitable for cooked portions of food, stored in the refrigerator on the plate or dish. For pre-cooked dishes in packets, remove the food from the tubs/packets
	Press "Ready Meals" twice	Reheat 250g of chilled meat (or meat + vegetables)	9min	and place on a plate or dish. Make sure that any containers you use are microwave-safe and will not melt in the oven.
PIZZA (and frozen ready meals)	Press "Pizza"once	Reheat 1 frozen pizza of 300g	5min	Place the pizza directly on the turntable.
	Press "Pizza" twice	Reheat a packet (300g) of frozen ready meals or 300g of pre-cooked frozen dish (eg fish/meat)	7min	Place the packet on the turntable, being careful to remove any covers (film bags). If the packet is not
	Press "Pizza" three times	Reheat a packet (550g) of frozen ready meals or 550g of pre-cooked frozen dish (eg fish/meat)	13 min	suitable for microwaves, (eg. metal tubs), remove the food from the packet and place it uncovered in a suitable dish that will not melt in the oven.
POP CORN	Press "Pop Corn" once	Cook 100g packet of popcorn for microwaves	2min 30sec	Follow instructions written on the box closely. Place it on the turntable.

Hint

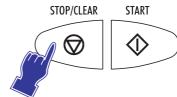
If you do not open the door or press STOP/CLEAR when end is displayed, your microwave power will stop automatically.

3.5 - AUTOMATIC DEFROST AND GUIDELINES

DEFROSTING WITH THE DEFROST FEATURE

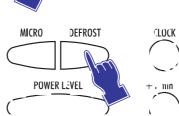
If you know the weight of the food you need to defrost, you can select the defrosting time using the chart on page 23.

Press the STOP/CLEAR button to clear any settings that may have already been made.



Press the **DEFROST** button to select auto defrosting. The display will flash "00:00" and highlight the defrost symbol.





Set the defrosting time. The TIME ADJUST knob allows you to precisely set the defrosting time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.

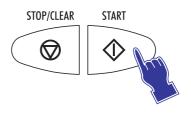


Press the START button.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly.

When defrosting finishes, 3 beeps can be heard and the word EMD will appear in the display. Open the door and take out the food (the time will appear).





DEFROST GUIDELINES

- Foods frozen in bags, plastic sheeting or in their packaging may be placed directly in the oven, as long as they have no metal parts (eg bands or closure rivets).
- Certain foods, such as greens, vegetables and fish, do not have to be completely defrosted before you begin cooking them.
- Stewed foods and meats as well as meat sauces defrost better and quicker if they are stirred from time to time, turned over or separated.
- While defrosting, meat and fish lose their liquid content. It is recommended, therefore, that you defrost such items in a tray or basin.
- It is advisable to freeze portions of meat interleaved with food film so that they may be separated easily for quicker defrosting.
- Be careful about following the cooking times printed on frozen products, because those items are not always correct. It is best to use defrosting times slightly less than those indicated. The time needed for defrosting will vary in terms of the degree to which the food has been frozen.

AUTOMATIC DEFROST CHART

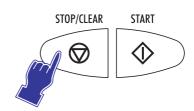
Type of food	Quantity	Defrost time	Instructions	Standing time
MEAT Roasts (pork, beef, veal, etc.) Steaks, chops Cubed meat Mince Mince Hamburger Sausages	1 kg 200 gr 500 gr 500 gr 250 gr 200 gr 300 gr	21 - 23 5 - 7 12 - 14 10 - 12 6 - 8 6 - 8 8 - 10	Turn over halfway through defrosting	20 5 10 15 10 10
POULTRY Duck, turkey Whole chicken Pieces of chicken Chicken breasts	1,5 kg 1,5 kg 500 gr 200 gr	27 - 29 27 - 29 12 - 14 10 - 12	Turn over halfway through defrosting	20 20 10 10
VEGETABLES Peas Broccoli Brussel sprouts Mixed vegetables	500 gr 500 gr 500 gr 300 gr	11 - 13 13 - 15 13 - 15 7 - 9	Stir the vegetables occasionally to speed up the defrosting process.	5 5 5 5
FISH Fillets Steaks Whole Prawn, Shrimps	300 gr 400 gr 500 gr 400 gr	8 - 10 9 - 11 11 - 13 9 - 11	Fish is better cooked from frozen if it does not require further preparation.	e 7 7 7 7
DAIRY PRODUCTS Butter Cheese Cream	250 gr 250 gr 200 ml	5 - 7 6 - 8 8 - 10	Remove the silver foil. Do not defrost completely Observe the standing time. The cream should be removed from its container and placed in a dish.	15
BREAD PRODUCTS 2 average-size rolls 4 average-size rolls Sliced bread	150 gr 300 gr 250 gr	1 - 3 3 - 5 3 - 5	Put the bread directly on the turntable	3 3 3
FRUIT Strawberries, prunes, cherries, currants, apricots Raspberries Blackberries	500 gr 300 gr 250 gr	9 - 11 6 - 8 4 - 6	Stir every 2-3 minutes.	10 10 6

It is possible to check the progress of the defrosting at any time, by opening the door and inspecting the food. This interrupts the emission of microwave energy and the oven stops working. To restart cooking, close the door and press the **START** button.

3.6 - AUTOMATIC DEFROST AND COOK SEQUENCE

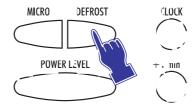
Food can be defrosted and cooked without needing to reset your microwave

Press the STOP/CLEAR button to clear any settings that may have already been made.



Press the **DEFROST** button to select auto defrosting. The display will flash 0:00, and the defrost symbol will be selected.



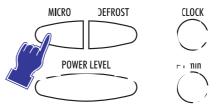


Set the defrosting time. The TIME ADJUSRT knob allows you to precisely set the defrosting time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.





Press the MICRO button to select microwave cooking.

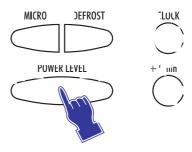


Set the cooking time

The TIME ADJUST knob allows you to precisely set the cooking time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minute and in 60 second increments from 15 minutes to 59 minutes.



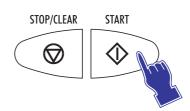
Choose the power level you want to cook on by pressing the **POWER LEVEL** button. Each press of the button reduces the power level according to the table given on page 18.



Press the **START** button.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly.

When cooking finishes, the oven will beep 3 times, and the word *EYID* will appear in the display. Open the door and take out the food (the time will appear in the display).



Hint

If you do not specify which power level you require the oven will automatically operate at full power.

3.7 - COOKING ON TWO LEVELS

Most dishes are cooked individually in the microwave. Some requiring similar cooking times and power levels can be cooked together though timings have to be increased with larger quantities of food. Cooking on two levels enables you to cook an entire meal in one go and can overcome the problem of keeping one dish hot while cooking a second dish.

By using the medium wire rack provided you can defrost, reheat or cook on two levels at the same time. The special double-emission system makes this possible.

When you cook two food dishes at the same time, all you have to do is keep these basic rules in mind:

- The cooking times for food dishes cooked at the same time are different from those for the cooking of single dishes.
- As a rule of thumb the timing will be a little less than the combined times if cooked separately.
- Remember to place the food that requires less cooking time on top of the rack: it will be easier to remove the upper dish and the rack to finish the cooking of the food underneath.
- · Always check that food being reheated is very hot before serving.
- Vegetables, such as potatoes, will cook more quickly if cut into smaller chunks.

Below is a chart giving some examples of the times required for food types when cooked with a second dish. For example place potatoes on the turntable with carrots placed above on the rack, set for a cooking time of 16 minutes, remove carrots, test if cooked and continue to cook potatoes for a further 4 minutes

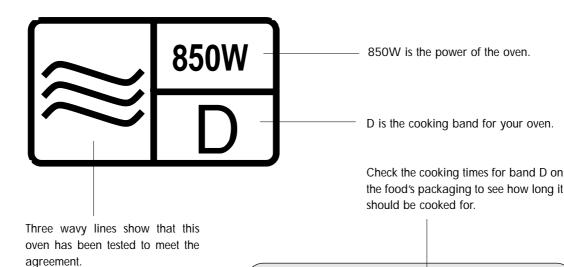
Process	Food Type	Quantity	Time in min	Guidelines (cook on high power)
Reheat	Meat portion	150g	6	Cover with cooking film
	Lasagne	500g	9	As above
Cooking	Potatoes	500g	20	Cut into even size chunks, add water and cover
	Carrots	500g	16	Cut into pieces, add water, cover
	Cabbage	500g	22	Cut in strips, add water, cover
	Brussel sprouts	500g	20	Peel away outer leaves, add water and cover
	Rice	300g	22	Cover, stir twice during cooking
	Whole fish	200g	11	Cover with cooking film
	Meatloaf	500g	30	Turn over half way
	Pork roast	700g	36	Start upside down, turn half way

3.8 - REHEATING FOODS AND GUIDELINES

MORE ABOUT GETTING THE MOST FROM MICROWAVE COOKING

MICROWAVE HEATING CATEGORIES

Your oven has been tested and labelled to meet the government's voluntary agreement on the reheating of pre-cooked food.



Remember

Always check that the food is evenly cooked and piping hot before you serve it.

To Microwave: Remove outer packaging. Pierce film lid SEVERAL TIMES. Place on a microwaveable plate. Heat on full power. Turn halfway through heating.

$\overline{\mathbb{R}}$		iting egory	Wattage (IEC 705)	
	В	D	650W	750W
Fu ll Power	2	2	2	2
Turn	Tu	rn	Turn	
Fu ll Power	2	1.5	2	1.5
Standing Time	1	1	1	1
	Minutes		Minu	utes

To Microwave from Frozen: Remove outer packaging. Pierce film lid SEVERAL TIMES. Place on a microwaveable plate. Heat on full power. Turn halfway through heating.

	Heating Category		Wattage (IEC 705)	
	В	D	650W	750W
Fu ll Power	3	2.5	3	2.5
Turn	Turn		Turn	
Full Power	4	3.5	4	3.5
Standing Time	1	1	1	1
	Minutes		Minu	utes

The heating characteristics and output power levels of microwave ovens are usually calculated using a relatively large portion of food (a 1000 gram load, IEC 705) but many packs of pre-cooked food are sold in smaller packs, often about 350 grams. The government, in partnership with food companies and microwave manufacturers, have set up a system of heating categories to help you choose the reheating time for precooked food.

REHEATING FOODS AND GUIDELINES

- 1 Most foods need to be covered with microwave film or a plate to hold in heat and moisture during reheating; the exception is food which requires stirring, such as soups and beverages or pastry products.
- 2 The temperature of your food will effect timings, food straight from the refrigerator will take longer than food stored at room temperature. It must also be remembered that standing time is required after heating and before serving.
- 3 Make sure food is hot and not just warm to ensure that any harmful bacteria that may be present are destroyed. Liquids should be stirred during heating and should bubble (i.e. come to the boil). If using a thermometer to check the temperature of the food it should read at least 75(C in all parts of the food.
- 4 Plated meals should be reheated with thinner or smaller pieces of food in the centre and denser food around the outside as the centre takes longer to heat than the outer edges. For plated meals with which you are serving sauce or gravy, heat them separately in a small container and pour it over the heated meal. This will ensure a more even heating and a better end result.
- 5 Do not over heat pastry products remember the filling contains more water than the pastry and will become hot quickly whilst the pastry may still feel cool. Overheating causes the filling to create steam under the pastry which then becomes soggy. For good results heat pastry products on a rack or piece of kitchen paper and allow to stand a minute or two after cooking.
- 6 It is NOT RECOMMENDED TO STERILISE BABIES BOTTLES in the microwave. Boiling water in bottles can cause pressure to build up inside the bottle and cause an explosion.
- 7 Babyís feeding bottle can be warmed in the microwave using MEDIUM POWER 425 watt to control the rapid rise in temperature. Remove teats and all bottle lids before heating. Times will vary according to the quantity of milk but a guideline is set out below. The bottle should then be well shaken BEFORE FEED-ING TO THE BABY.
- 8 Likewise baby foods can be reheated in the microwave, again using MEDIUM POWER 425 watt. For a jar of baby food, remove the lid and heat using the guidelines below, stir well and test BEFORE FEED-ING. Canned food needs transferring to a suitable container BEFORE REHEATING.

REMEMBER THAT THESE ARE GUIDELINES ONLY

REHEATING BOTTLES BABY MILK	power	time
140 ml/4oz feed	425 watt	30 seconds
250 ml/8oz feed	425 watt	40 -50 seconds
SHAKE WELL AND TEST BEFORE FEEDING		
These timings are given for milk stored in a refrigerator. Less time is required if milk is already at room temperature.		
Remember the milk only needs to be at blood heat and not		
as warm as we expect drinks to be.		
Babymeals in a jar		
110 g/4oz 1st stage feed	425 watt	30 seconds
150 g/5oz 2nd stage feed	425 watt	40 seconds
Timings are for food at room storage temperatures		
Remember to remove lids from jars or transfer canned food	•••••	
to a suitable dish BEFORE REHEATING.		
Stir well and test BEFORE FEEDING		

REHEATING TABLE

Food and weight	Time on 850 watts	Guidelines
Individual pastry pie/Cornish pasty	40-60 seconds	Place on kitchen paper on turntable. Stand 2 minutes
Large pastry pie/Savoury flan - per 450g/1lb	3 mins	Remove from foil, pace in dish. Stand 2-3 minutes
Pizza - small	2 mins	Place on low rack. Stand 1-2 minutes
Pizza - large	3 mins	As above
Lasagne/Moussaka - per 450g/1lb	5-6 mins	Remove from any foil container and place in a suitable dish. Stand 3-4 minutes
Pasta/Rice dishes - per 225g/8oz	2-3 mins	Place on turntable. Stand for 2 minutes
Chilli/Minced beef - per 450g/1lb	4-5 mins	Stir halfway through heating. Stand 2-3 minutes
Sausage roll/Mince pie x 1 Sausage rolls/Mince pies x 4 Sausage rolls/Mince pies x 12	10 seconds 30-40 seconds 50-60 seconds	Place on kitchen paper. Stand 1 minute
Canned rice pudding per 425g/15oz	2 mins	Turn into a bowl before heating - stir halfway
Plated meal	2-3 mins	See guidelines on reheating. Stand 1-2 minutes
Canned spaghetti/Baked beans - per 225/8oz	1-2 mins	Turn into a bowl and stir halfway - cover to prevent splattering. Stand 1-2 minutes
Soup per 300ml/10fl oz	2-3 mins	Turn into a bowl and stir halfway
Soup per 600ml/20fl oz	3-4 mins	Turn into a bowl and stir halfway
Christmas pudding per 450g/1lb Christmas pudding per portion	2 minutes 30-40 seconds	Remove from any foil wrapping - stand 2 minutes Stand 1 minute
Melting chocolate per 100g/4oz	40-60 seconds	Stir well after melting
Dissolving jelly per 135g/5oz	40-50 seconds	Place in measuring jug, stir well and add liquid up to required amount and leave to set
Dissolving gelatine per 15g	30 seconds	Sprinkle gelatine onto 3 tablespoons of water before heating - stir well to dissolve

3.9 - COOKING FOODS AND GUIDELINES

MICROWAVE COOKING

- Use the cooking times and food quantities as a guide. The more food you are cooking, the longer you should cook it for.
- · Cook in microwave-safe containers.
- If you use cling film to cover your food, turn back a corner or pierce the film before you begin to cook.

a) SOUPS, STARTERS, SNACKS AND SAVOURY DISHES

There is little evaporation when cooking in the microwave so when making soups reduce the amount of liquid required in the recipe. Canned soups can be reheated quickly and conveniently in individual bowls for approximately two minutes. Packet soups should be mixed with water and left to soften for 15-20 minutes before cooking for around seven minutes for 1 litre/30fl oz.

If you are using cream in soups, reheat on MEDIUM POWER 425 watt so as not to curdle the cream. Stock can be made in the microwave by cooking about 1kg/2.2lbs bones with seasoning and water in a covered, deep container for 14-15 minutes. Leave to stand for 20 minutes before straining for use in soups.

Like soup, rice and pasta dishes generally require less liquid than usual as there is less evaporation when cooking in the microwave. The time taken to cook rice and pasta in a microwave is about the same as traditional cooking as the rice or pasta has to rehydrate. The advantage is a steam free kitchen, food not sticking to the bottom of the pan or boiling over the hob. Allow a large enough container to allow for boiling up. Leave to stand for 5-10 minutes before draining.

The microwave is ideal for defrosting and reheating cooked rice and pasta. From frozen allow 5 minutes per 450g/1lb cooked rice/pasta on defrost then reheat on 850 watt for about 3 minutes.

Food containing cheese or eggs are high in fat and attract microwaves, therefore care is needed to prevent overcooking.

Eggs can be cooked in most ways except boiling in their shells, which due to build up of pressure could explode and create a very messy oven! If poaching eggs, pierce the yolks with the point of a sharp knife to break the membrane. Egg yolks cook more quickly than the egg white, so a better result will be obtained if cooked on MEDIUM POWER 425 watt. Scrambled eggs are ideal cooked in the microwave giving a light fluffy texture.

b) FISH

Fish cooks quickly and with excellent results in the microwave. It can cook frozen fish, fresh fish, boil-in-the-bag fish, fish in sauce, in fact most methods of cooking with the exception of frying.

Fish can be cooked, thawed or from frozen with just a little lemon juice and melted butter or with a prepared sauce. Fillets should be arranged evenly with tail end folded underneath to give a good result. When cooking whole fish the skin should be slit to prevent bursting. In most instances fish should be covered.

To test if fish is cooked, the centre should just be firm enough to flake. Small whole fish can be cooked on 850 watt but for the best result and to cook larger whole fish cook on MEDIUM POWER 425 or MEDIUM HIGH POWER 625 watt.

Whole fish too large to lay out flat can be cooked by arranging it in a curve in a covered round dish.

COOKING FISH

Food and weight	Time	Guidelines	
Fish fillets per 450g/1lb	6-7 minutes on 650 watt	Lay in dish with thickest part to the outside, sea son as required and cover. Stand 3 minutes.	
Fish steaks per 450g/1lb	3-4 minutes on 850 watt	As above	
Flat fish per 450g/1lb	3-4 minutes on 425 watt cover. Stand 3 minutes.	Arrange in dish with thin ends folded underneath,	
Whole fish per 450/1lb	4-5 minutes on 650 watt	When cooking several fish together, lay head to tail. Make slits in skin cover. Stand 3 minutes.	
Whole fish over 450g/1lb	8-10 minutes on 425 watt per 450g/1lb	Lay flat or curve in a dish, cover. Stand 5-10 minutes.	

c) MEAT

The time required for cooking meat depends very much on the size and shape. Joints of meat will generally take about a third of the conventional cooking time when cooked by microwave alone.

Do not salt the meat as it attracts moisture and has a toughening effect. The only exception to this is pork, when you rub salt into the skin only to produce crackling. Regular shaped joints cook the best and may be cooked in a roasting bag loosely closed or on a rack in a covered container.

Most larger joints, with a cooking time over 15 minutes, will brown automatically otherwise sprinkle them with microwave seasoning or paprika pepper before cooking. Start cooking joints with the fat side down then turn over half way through cooking. Larger joints may need turning several times.

Most joints are better cooked on MEDIUM HIGH POWER 650 watt . If meat is stuffed, calculate the time from the stuffed weight.

When cooking pork, for the best result by microwave alone, score the skin well then remove it from the joint and rub with a little oil and sprinkle with salt. Lay it back on the joint and cook together. Remove the rind at the end of cooking and give it 2-3 minutes on 850 watt on its own to crisp it.

Always make sure that the meat is fully cooked before serving.

Hint

Remember that size and shape affect cooking time. Larger portions take longer than smaller portions and larger cuts take longer than smaller ones.

d) POULTRY

Cooking poultry by microwave will give you a superb flavour with a moist and tender flesh.

It is important to defrost poultry properly before cooking.

Boned poultry is particularly good when cooked by microwave as it is a compact shape. Chicken breasts in sauce are better cooked by microwave as they do not dry up through evaporation as in a conventional oven.

Small birds can be cooked on high power but those over 1.5kg/3lbs are better cooked on 650 watt medium power. Start cooking larger birds breast side down and turn over halfway through cooking or turn several times.

If stuffing is used it is recommended to stuff the neck cavity only; calculate the cooking time with the combined weight of stuffing and bird. To check if it is cooked, pierce the bird between the leg and the body and when the juices are no longer pink and run clear the bird is cooked.

Always make sure that poultry is fully cooked before serving. Pierce the thickest part with a sharp knife. If the juice runs clear and the meat is firm, the meat is cooked.

Hint

Remember that size and shape affect cooking time. Larger portions take longer than smaller portions and larger cuts take longer than smaller ones.

COOKING MEAT AND POULTRY

Food and weight per 450g/1lb	Time 650 watt	Guidelines
Beef (rare)	7-8 minutes	When cooked, wrap in foil and stand for 15-30 minutes
Beef (medium)	8-9 minutes	As above
Beef (well done)	10 minutes	As above
Pork/Lamb	9-10 minutes	As above
Ham	7-8 minutes	When cooked, wrap in foil and stand for 15-30 minutes before serving or leave to go cold.
Casserole	14-16 minutes	Cook in covered dish on turntable, stir halfway through cooking
Meat sauce		See recipes
Chicken - whole	8-10 minutes	Cook in roasting bag or covered dish. For larger birds start cooking breast side down - turn over halfway through cooking. Stand 15-20 minutes
Chicken/Turkey pieces	8 minutes	Arrange evenly in covered dish - turn bones pieces halfway through cooking

e) VEGETABLES

Fresh vegetables are superb when cooked by microwave; they require very little water so they maintain more nutrients and have a better flavour, colour and texture than if they were conventionally cooked.

Frozen vegetables may be cooked from their frozen state and most require no extra water. For the best results trim vegetables to a uniform size and remember that the larger the quantity the longer the cooking time required.

It is important to allow vegetables to stand for 2-3 minutes before testing as, like other foods cooked by microwave, they continue to cook after the oven has switched off. If after testing they are not done to your liking then give them a little extra time.

Do not sprinkle salt on vegetables before cooking as this has a toughening effect. You can salt the water they are cooked in or add the salt when they have finished cooking.

When cooking whole vegetables such as tomatoes and potatoes you need to prick or slice the skins to prevent them from bursting. Cook them in a covered container and preferably stir them halfway through cooking.

VEGETABLE COOKING CHART

The following charts give timings for cooking FULL POWER 850 watt and are only guidelines as the time will vary depending on weight, the initial temperature of the vegetables (refrigerated, frozen or room temperature) and the density of the food.

FRESH VEGETABLES

Food and weight	Time in mins 850 watt	Guidelines
Asparagus - 250g/9oz	4-5	Remove woody part and lay in a dish with tips towards the centre or lay alternately. Dot with butter and cover. Stand 3 minutes.
Broad beans - 450g/1lb	5-6	Shell and cook in a covered dish with 4 tablespoons water. Stir halfway, stand 3 minutes.
Green beans - 450g/1lb	10-12	String and slice. Cook in a covered dish with 4 table spoons water. Shake or stir during cooking. Stand 3 minutes.
Broccoli/Calabrese/ Cauliflower - 450g/1lb	7-8	Trim ends off stalks and lay in dish with stalks towards outside. Cook covered with 3 tablespoons water. Stand 3 minutes.
Brussel sprouts - 450g/1lb	8-9	Remove outer leaves and pierce or cut stalk ends. Cook in covered dish with 5 tablespoons water, stir or shake during cooking. Stand 3 minutes
Cabbage - 450g/1lb	8-9	Trim and shred. Cook in covered dish with 5 tablespoons water. Stir or shake three times during cooking. Stand 3 minutes.
Carrots - 450g/1lb	8-9	Scrape and leave baby one whole, slice larger ones. Cook in covered dish with 4 tablespoons water. Stir during cooking. Stand 3 minutes.
Corn-on-the-cob x 2	4-6	Remove husks. Do not add water, just a knob of butter. Cook covered, turn halfway. Stand 3 minutes.
Courgettes - 450g/1lb	8-9	Trim and slice, sprinkle with pepper and dot with butter -do not add water. Shake during cooking, stand 2 minutes.
Leeks - 450g/1lb	8-9	Trim and slice or leave whole. Cook in covered dish with 4 tablespoons water. Turn during cooking. Stand 3 minutes.
Mange Tout/Baby	3	Trim end, add knob butter- do not add water. Cook covered.
Sweetcorn - 250g/9oz		Stand 2 minutes.
Mushrooms - 450g/1lb	4-5	Trim stalks and wipe. Do not add water just knob of butter. Stand 2 minutes.
Onions - whole - 250g/9oz	9-10	Place in covered dish with no water. Stand 3 minutes.
Onions - sliced - 250g/9oz	6-7	As above
Parsnips - 450g/1lb	8-9	Peel and slice. Cook in covered dish with 4 tablespoons water. Shake or stir during cooking. Stand 3 minutes.
Peas - Fresh - 450g/1lb	4-6	Shell. Cooking time varies according to age. Cook covered with 3 tablespoons water. Shake during cooking. Stand 2 minutes.
Potatoes - New - 450g/1lb	7-8	Wash and scrub. Cook in covered dish with 4 tablespoons water. Shake during cooking. Stand 4-5 minutes.
Potatoes - Old - 450g/1lb	8-9	Peel and cut into even size pieces. Cook in covered dish with 4 tablespoons water. Shake during cooking. Stand 5 minutes.
Potatoes 8 Jacket 200g/6oz	5-6	Scrub potato, prick all over with fork, wrap loosely in kitchen
Jacket x 2		nanor and apply on turntable. Stand F 10 minutes before testing
Spinach - 450g/1lb	6-7	Wash and discard wilted leaves. Cook in covered dish without extra water. Stand 3 minutes. Press out excess water and chop.
Swede - 450g/1lb	12-14	Cut into small chunks and cook with 150ml/5fl oz water in covered container. Stand 5 minutes, drain, mash and season to taste.
Tomatoes whole x 2	1-2	Slit skin to avoid bursting, place in shallow dish uncovered. Stand 2 minutes.

FROZEN VEGETABLES

Food and weight	Time in mins 850 watt	Guidelines
Asparagus - 225g/8oz	4-5	Place in shallow dish, cover and cook. Stand 2 minutes.
Beans, Broad - 225g/8oz	3-4	Place in covered dish with 3 tablespoons water. Stand 3 minutes.
Beans, Green - 225g/8oz	3	As above
Broccoli - 225g/8oz	4-5	Cook in covered dish without extra water. Stand 2 minutes.
Brussel sprouts - 225g/8oz	5-6	Cook in covered dish with 4 tablespoons water. Stand 3 minutes.
Cauliflower florets - 225g/8oz	4-5	Cook in covered dish with 2 tablespoons water. Stand 3 minutes.
Carrots - 225g/8oz	4-5	As above
Corn-on-the-cob x 2 ears	4-5	Lay in shallow dish, dot with butter and cover. Stand 2 minutes.
Courgette slices - 225g/8oz	3-4	Place in covered, shallow dish with no extra water. Stand 2 minutes
Mange Tout - 225g/8oz	3-4	As above
Mixed vegetables - 225g/8oz	4-5	Cook in covered dish with no extra water or slit bag and cook. Stand 2 minutes.
Onion slices - 225g/8oz	3-4	Cook in covered dish. Stand 3 minutes.
Peas - 225g/8oz	4-5	Cook in covered dish with no extra water or slit bag and cook. Stand 2 minutes.
Sweetcorn - 225g/8oz	4-5	As above
Spinach - 225g/8oz	4-5	Place in shallow covered dish with no extra water. Stand 2 minutes

f) PUDDINGS, DESSERTS AND CAKES

Traditional puddings which are so time consuming to cook conventionally can be cooked in only minutes by microwave, such as steamed puddings, milk puddings and egg custard. Fresh and frozen fruits can be cooked and retain a good colour and superb flavour.

Cakes will not brown using microwave only but using brown sugar, treacle or cocoa powder will give colour naturally.

Most cake mixtures need to be rather softer than usual so add a little extra water when using your own recipes.

Sponges and cakes need to be removed from the oven when the surface is still moist, as cooking will continue during standing time.

Remember not to use metal tins when cooking by microwave only.

Dissolving gelatine, melting chocolate, cooking custard and making sponge bases for gateaux are just some of the ways in which your microwave will be more efficient than conventional cooking.

CHAPTER 4 - USING MICROGRILL AND GRILL

4.1 - HOW TO USE MICROWAVE AND GRILL (MICROGRILL)

The microwave and grill function offers all the advantages of microwave cooking plus the ability to brown and crispen food as in conventional cooking.

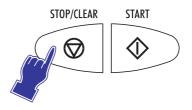
It is particularly good for all gratin dishes with a cheese or sauce topping as the microwaves deal quickly with depth of food and the grill simultaneously browns the top.

Choose dishes that are suitable to withstand grill heat and place on the medium or high rack. Some food can be placed directly on the medium or high racks provided with this oven.

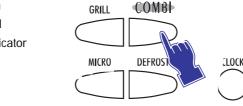
Selecting which rack to use depends greatly on the depth of the dish you are cooking with and the type of food being cooked. Positioning the food the ideal distance from the grill will come with practice, generally the medium rack will be the most used.

Press the STOP/CLEAR button to clear any settings that may have already been made.

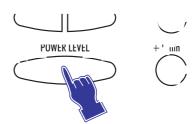
Make sure that any containers you use are oven-proof and will not melt under the grill. (For guidelines see page 12).



Press the **COMBI** button to select combination microwave and grill cooking. The display will flash "0:00" and the micro & grill **COMBI** indicator will be selected.



Choose the power level you want to microwave on by pressing the **POWER LEVEL** button. Each press of the button reduces the power level from 5 to 1.



Set the cooking time by rotating the TIME ADJUST knob. The TIME ADJUST knob allows you to precisely set the cooking time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15

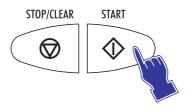
ond increments from 15 minutes to 59 minutes.





Press the **START** button.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly. When cooking finishes, 3 beeps can be heard and the word "END" will appear on the display. Open the door and take out the food: the time will appear, or if the oven is hot, the word EDDL will be displayed (see automatic cooling cycle on page 17).



Note

Remember to use oven gloves when removing dishes or racks from the oven as they and the oven itself will be hot.

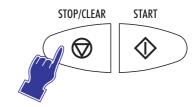
Hint

If you do not open the door or press STOP/CLEAR when EMB is displayed, your microwave power will stop automatically.

4.2 - HOW TO USE GRILL ONLY

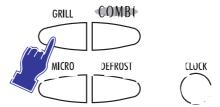
Selecting which rack to use depends greatly on the depth of the dish you are cooking with and the type of food being cooked. Positioning the food the ideal distance from the grill will come with practice, generally the medium rack will be the most used.

Press the STOP/CLEAR button to clear any settings that may have already been made.



Press the **GRILL** button to select grilling.





Set the grilling time by rotating the **TIME ADJUST** knob.

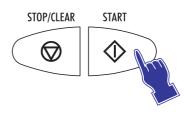
The TIME ADJUST knob allows you to precisely set the grilling time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.



Press the **START** button.

The oven light comes on during grilling and the turntable rotates to help the food cook evenly.

When cooking finishes, 3 beeps can be heard and the word <code>END</code> will appear on the display. Open the door and take out the food: the time will appear, or if the oven is hot, the word "<code>EDDL</code>" will be displayed (see automatic cooling cycle on page 17).



Hint

Always pre-heat the grill for 5 to 8 minutes before starting the cooking process, this will ensure that the food is cooked properly when following cooking times/recipe instructions.

Note

Remember to use oven gloves when removing dishes or racks from the oven as they and the oven itself will be hot.

CHAPTER 5

5.1 - QUESTIONS AND ANSWERS

Why doesn't food seem to cook?

Check that:

- the cooking time has been set
- the door is closed
- the power socket is not overloaded causing a fuse to blow.

Why does the food seem undercooked or overcooked?

Check that:

- the correct cooking time has been set
- the correct power setting has been used.

How can I stop eggs from popping?

When you bake or poach eggs in the microwave, the yolk can sometimes pop as steam builds up inside it. You can stop the egg from popping by piercing the yolk with a toothpick before cooking. Never cook eggs that are still in their shells.

Why is it so important that I allow standing time after cooking?

With microwave cooking, many foods build up enough heat inside them to continue cooking even after they've been taken out of the oven. Because microwave cooking works from the outside of food inwards, standing time lets you cook the centre of the food just right without the outside being overcooked.

Why does my oven sometimes take longer to cook than it says in the recipe?

First check that the oven was set just as the recipe said.

Cooking times and heat settings are guidelines to help prevent overcooking but differences in the weight, size, shape and starting temperature of food will all affect how long it takes to cook – just as it does with a conventional oven.

Use your judgement along with the recipe to check whether food has been cooked properly.

Why do I get condensation on the inside of the oven door?

Condensation is perfectly normal, especially when you're cooking food with a high moisture content such as potatoes, or children.

Does the microwave energy get through the window on the door?

No. The door has a special metal screen with holes in that lets you see inside but stops microwave energy from getting out.

Steam comes out of the side of the door and vents. Can microwave energy get out too?

No. The door and vents are carefully designed to let steam out during cooking but keep microwave energy in. The gaps are not big enough for microwave energy to escape.

What happens if the microwave is switched on while the oven is empty?

The microwave oven will be damaged. Don't switch the microwave on when there's nothing inside the oven. It's a good idea to keep a cup of water in the oven just in case someone accidentally starts the microwave.

Why won't the oven light come on?

Open the door. If the light doesn't come on, the bulb has probably blown. Call a qualified repairer – don't try to change the bulb yourself.

There are sparks inside the oven when I use the microwave. Will this cause any damage?

Yes. Make sure that you are not using any metal utensils and that your containers don't have a metal trim. You must not use metal in your microwave, except the accessories provided with the oven, when you cook.

Light is showing through the vents and door. Does this mean the microwave energy can escape? No. It's normal for the light to be visible and is nothing to be concerned about.

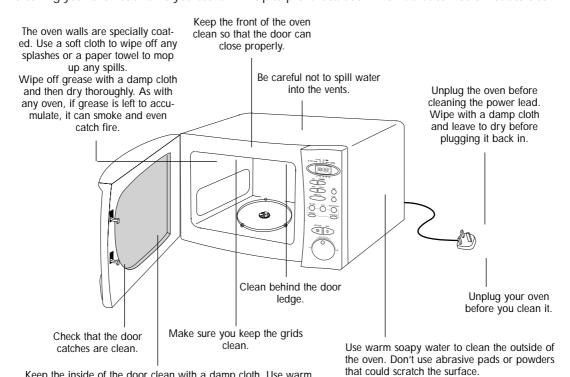
TWO. It's normal for the light to be visible and is nothing to be concerned about

Why do I get interference on my TV and radio when I use the microwave?

Microwave ovens use radio waves similar to those received by TVs and radios. You can lessen the interference by moving your microwave further away from the TV or radio.

5.2 - CLEANING YOUR MICROWAVE

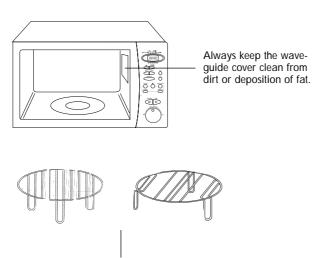
Cleaning your oven each time you use it will help to prevent stubborn marks that can be difficult to clean.



Keep the inside of the door clean with a damp cloth. Use warm soapy water for stubborn marks and dry thoroughly.

The inside of the door has a special coating and must not be cleaned with abrasive pads or cleaning powders.

Do not use alcohol, ammonia-based detergents, abrasive pads or powders to clean the outside of the door.

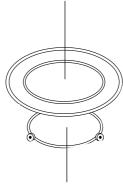


Use warm soapy water to wash the racks and dry thoroughly.

Treat the turntable as you would any glass plate. After you've used it for more than 15 minutes, allow it to cool down before you use it again. Don't wash the turntable in very hot water that could crack it. Likewise, do not wash a hot turntable in cold water.

Make sure the turntable is dry before you put

Make sure the turntable is dry before you put it back in the oven.



Wash the rotating ring in warm water. Don't use very hot water which could make it warp.

CHAPTER 6

6.1 - MICROWAVE TIPS

- Plates can be warmed by placing under a dish being cooked or reheated in the microwave. The conduction of heat will then warm the plates.
- Plates can also be warmed by stacking them with a little water sprinkled between each one and microwaving on high power - two plates with take about 60 seconds, four plates will take about 1(minutes.
- Bread rolls can be warmed in a napkin-lined basket ready to serve. Half a dozen rolls will take 20-30 seconds on full power.
- During cooking, food has to be stirred to redistribute the heat. Move items inwards from the edge of a
 dish or casserole.
- A pastry flan case can be cooked quickly in the microwave; line it with kitchen paper and weigh down
 with ceramic beans (or uncooked macaroni), cook for 3-4 minutes on full power. Remove the beans and
 paper, then cook for a further minute until cooked.
- Cheese stored in a refrigerator can be brought back to room temperature in the microwave. Remove any foil wrapping and microwave for 1-1(minutes on low power.
- Commercially frozen vegetables or boil-in-bag dishes can be cooked in the bags in the microwave. Make sure the bag is slit on top with a knife to prevent ballooning.
- To crisp up crackers or crisps which have softened, place them on absorbent kitchen paper on the turntable and microwave on full power for 30-50 seconds.
- Place almost empty jars of honey or syrup, with the lids removed, in the microwave on high for 15-30 seconds you will be surprised at how much this will yield. Crystallised honey will also soften in the microwave on full power for 40-60 seconds.
- Dissolve a jelly tablet by placing the whole tablet in a measuring jug. Microwave on full power for 50 seconds, stir well until dissolved then add the required amount of cold water (or ice cubes and water) and stir. Pour into a dish and leave to set.
- To soften brown sugar when it has become hard, add an apple wedge to the sugar and microwave on high for 30-50 seconds. Leave to stand for a few minutes before removing apple and stirring the sugar to break up the lumps.
- Pancakes can be reheated by wrapping in a clean tea towel and microwaving on full power. Eight will take about 1-2 minutes.
- Citrus fruit will yield more juice if they are heated in the microwave on full power for 20-30 seconds before squeezing.

Hint

How to cook a complete meal in the microwave and serve it hot

Meat and poultry dishes usually require 10-20 minutes standing time and hold their heat well so begin cooking with these and progress to the vegetables. Wrap meat or poultry in foil to keep hot during standing time. A general rule of thumb is to start with the root or ëbelow groundí vegetables as they require the most cooking time. Next cook ëabove groundí vegetables such as greens etcÖ and finally frozen vegetables. Fish does not hold its heat as well as meat and is often better cooked after vegetables. When cooking is complete you may wish to reheat the first dish for a minute or two to bring it back to heat, then you are ready to serve.

6.2 - MICROWAVE RECIPES

COOKING PLAIN EGG DISHES

Serve - 1 portion		
Scambled egg	Ingredients 2 eggs 3 tbsp milk salt and pepper knob of butter	Method Beat eggs, milk and seasoning in a bowl, add butter and cook on full power for 1 ¹ / ₂ minutes, stirring halfway and at the end of cooking
Baked egg	1 egg salt and pepper	Break egg into a ramekin or small dish, pierce yolk with point of knife. Season, cover and cook on 650watt for 1 minute.
Fried egg	knob of butter 1 egg salt and pepper	Melt butter in a shallow bowl on high for 20 seconds. Break in egg and pierce yolk, season to taste, cover and cook on 650watt for 50 seconds.
Poached egg	1 egg 1 tbsp vinegar 3 tbsp water	Place water and vinegar in a ramekin or small dish and heat on full power for 1-1 ¹ / ₂ minutes until boiling. Break in egg, pierceyolk and cook on 650watt 40 seconds. Stand for 1 minute

BAKED EGG CUSTARD

300ml	Milk	10fl oz
3	Eggs	3
1	Egg yolk	1
75g	Caster sugar	3oz
¹ / ₂ tsp	Vanilla essence	¹ / ₂ tsp
	Pinch of nutmea	

- 1. Place the milk in a 600ml/1 pint straight sided dish.
- 2. Heat on full power for 2 minutes.
- 3. Beat together the eggs and yolk and strain into the warm milk.
- 4. Stir in the sugar and vanilla and sprinkle with the nutmeg
- 5. Cover and cook on 425 watts for 4-5 minutes until the custard is set
- 6. Stand for 10 minutes before serving.

TRADITIONAL CUSTARD

Makes 600ml/ 1 pint

600ml	milk	1 pint
2-3 drops	vanilla essence	2-3 drops
2	eggs	2
2	egg yolks	2
50g	caster sugar	2oz
25g	cornflour	1oz

Method

- 1. Heat the milk on FULL POWER for 2 minutes.
- 2. Beat the eggs, egg yolks and sugar into the cornflour.
- 3. Stir in the warmed milk and mix well.
- 4. Heat on FULL POWER for 11/2-2 minutes stirring several times, until the custard thickens.

Instant custard can also be made in the microwave by following the instruction on the pack for quantities and proceed as follows:

- 1. Blend a little milk into the custard powder to create a smooth paste.
- 2. Blend in the remaining milk and stir in the sugar.

Heat on FULL POWER for 3-31/2 minutes stirring halfway through and at the end to thicken.

Sauces

Once you have mastered the techniques of sauce making in the microwave you will never use a saucepan again. Often they can be cooked in the jug in which they are served, so you do not have to wash up sticky saucepans.

For a successful, smooth sauce make sure the ingredients are blended well together before cooking, then it is usually only necessary to stir briskly halfway through cooking and again at the end.

Instant packet sauces can also be cooked in the microwave. Blend the contents of the packet with a little water and make up to the required amount according to the instructions on the packet. Cook on FULL POWER for 2-2¹/₂ minutes, stirring well halfway and at the end. Leave to stand 1-2 minutes before serving. Instant gravy using granules can be cooked in the microwave using the same method as packet sauce.

BASIC WHITE SAUCE

Makes 300ml/ 1/2 pint

25gmargarine or butter1oz25gplain flour1oz300mlmilk10fl oz

salt and pepper

Method

- 1. Melt the margarine or butter in a jug or bowl on high for 40 seconds.
- 2. Stir in the flour and cook on high for 40 seconds, blend in the milk gradually, whisking or stirring well.
- 3. Cook uncovered, on FULL POWER for 2 minutes, stirring well halfway through cooking time and at the end.
- 4. Season to taste and use as required.

Variations

Parsley Sauce - Stir in 2 tablespoons freshly chopped parsley with the seasoning.

Cheese sauce - Stir in 2oz grated cheese with the seasoning.

APPLE SAUCE

Makes about 350g/12 oz

350g Cooking apples, peeled, 12oz

cored and quartered

1tbspwater1tbsp25gbutter1oz1tbsplemon juice1tbsp

sugar to taste

- 1. Combine the apples and water in a covered dish and cook on FULL POWER for 3-4 minutes.
- 2. Beat until smooth and stir in the remaining ingredients.
- 3. Serve with roast pork or duck.

BREAD SAUCE

Makes about 300ml/ 1/2 pint

1	onion	1
6	whole cloves	6
300ml	milk	10 fl oz
50g	white breadcrumbs	2oz
25g	butter	1oz
	salt and pepper	

Method

- 1. Stud the onion with the cloves and place in a bowl with the milk.
- 2. Cover and cook on FULL POWER for 3 minutes. Leave to stand for 15 minutes
- 3. Remove the onion and cloves, stir in the butter, breadcrumbs and seasoning to taste.
- 4. Reheat for 1-2 minutes if necessary. Serve with roast poultry.

REDCURRANT SAUCE

Makes about 300ml/ 1/2 pint

225g	redcurrant jelly	8oz
6tbsp	cider	6tbsp
3tbsp	red wine vinegar	3tbsp
2tbsp	demerara sugar	2tbsp
1tsp	prepared mustard	1tsp
	salt and pepper	

Method

- 1. Combine the redcurrant jelly, cider, vinegar and sugar.
- 2. Heat on FULL POWER for 1-2 minutes to dissolve the jelly.
- 3. Stir well and cook on FULL POWER for 3-4 minutes to reduce by a third.
- 4. Stir in the remaining ingredients and allow to cool and thicken.
- 5. Serve with cold meats.

CHOCOLATE SAUCE

Makes 250ml/8fl oz

175g	soft brown sugar	60Z
50g	butter	2oz
1tbsp	drinking chocolate	1tbsp
2-3tbsp	milk	2-3tbsp

Method

1. Combine all the ingredients and cook on FULL POWER for 1-2 minutes, stirring twice during cooking. Do not allow to boil. Serve with ice cream or steam puddings.

BOLOGNESE SAUCE

Serves 4-6

2	medium onions chopped	2
2	cloves garlic crushed	2
50g	streaky bacon chopped	2oz
1tbsp	oil	1tbsp
2	medium carrots finely chopped	2
2	celery sticks finely chopped	2
2tbsp	plain flour	2tbsp
450g	minced beef	1lb
50g	mushrooms chopped	2oz
1	beef stock cube	1
150ml	boiling water	8fl oz
50ml	red wine	2fl oz
400g	can chopped tomatoes	14oz
2tbsp	tomato puree	2tbsp
1tsp	dried basil or oregano	1tsp
	salt and pepper	

- 1. Combine onions, garlic, celery, bacon and oil in a covered dish and cook on FULL POWER for 3 minutes
- 2. Add beef and break up with a wooden spoon to incorporate it with onion mixture, cook on FULL POWER for 5 minutes stirring several times during cooking
- 3. Stir in the flour, mushrooms and crumbled stock cube
- 4. Blend in the boiling water and the wine, stir well
- 5. Add chopped tomatoes, puree, herbs and seasoning, stir well, cover and cook on FULL POWER for 4 minutes then reduce power to 425 watt and cook for a further 20 minutes. Leave to stand for 10 minutes
- 6. Serve with freshly cooked spaghetti and sprinkle with Parmesan cheese.

MEATBALLS IN TOMATO SAUCE

Sa	r۱	٥٥	/

lean minced beef	1lb
sausage meat	8oz
fresh breadcrumbs	2oz
small onion finely chopped	1
freshly chopped parsley	2tbsp
Salt	¹ / ₂ tsp
Pepper	1/4 tsp
Nutmeg	1/4 tsp
small beaten eggs	2
Tomato Sauce:	
Butter	$1^{1}/_{2}0Z$
mushrooms chopped	4oz
plain flour	$1^{1}/_{2}0Z$
tomato puree	1tbsp
hot beef stock	5fl oz
can of chopped tomatoes	14oz
salt and pepper	
	sausage meat fresh breadcrumbs small onion finely chopped freshly chopped parsley Salt Pepper Nutmeg small beaten eggs Tomato Sauce: Butter mushrooms chopped plain flour tomato puree hot beef stock can of chopped tomatoes

Method

- 1. Combine all the ingredients for the meatballs and form into 16 balls
- 2. Arrange in ovenproof dish provided and cook uncovered on FULL POWER for 3-4 minutes
- 3. Turn each one over and cook a further 3 minutes, cover and leave on one side
- 4. For the sauce combine butter and mushrooms in a bowl and cook on FULL POWER for 1-2 minutes, stir in flour, puree, stock and mix well
- 5. Stir in the tomatoes, season to taste, cover and FULL POWER for 5 minutes
- 6. Liquidise in a blender or food processor until smooth, pour over the meatballs and heat through on FULL POWER for 2 minutes

TIP: This sauce can be used for burgers or for freshly cooked pasta

CHILLI CON CARNE

Serves 4

450g	lean minced beef	1lb
1	large onion chopped	1
2	cloves garlic crushed	2
400g	can tomatoes	14oz
1tbsp	tomato puree	1tbsp
1tbsp	mild chilli powder	1tbsp
1tsp	ground cumin	1tsp
1tsp	Sugar	1tsp
	salt and pepper	
425g	can red kidney beans,	15oz
	drained and rinsed	

Method

- 1. Put beef in large casserole dish and break up with a fork
- 2. Add onion and garlic and cook on FULL POWER for 4-5 minutes stirring once or twice to brown meat
- Add tomatoes, puree, spices and seasoning and stir well. Cover and cook on FULL POWER watt for 10 minutes
- 4. Stir in the kidney beans, cover and cook a further 2 minutes on FULL POWER Stand for 10 minutes and serve with boiled rice

FISH IN MUSHROOM SAUCE

Serves 4

450g	haddock or cod	1lb
1	small onion chopped	1
1tbsp	Oil	1tbsp
290g	can condensed mushroom soup	$10^{1}/_{2}$ oz
1tbsp	freshly chopped parsley	1tbsp
	salt and pepper	

- 1. Place fish in shallow dish with 2 tablespoons of water, cover and cook on FULL POWER for 6 minutes, stand for 2 minutes
- 2. Drain, skin, bone and flake the fish and set on one side
- 3. Combine onion and oil, cover and cook on FULL POWER for 3 minutes
- 4. Add the soup and heat on FULL POWER for 2-3 minutes stirring half way
- 5. Add parsley and fish and seasoning to taste, cook a further 1-2 minutes on FULL POWER
- 6. Serve hot

GOLDEN FRUIT PUDDING

Serves 4

1	large cooking apple, peeled,	1
	cored and chopped	
75g	mixed dried fruit	3oz
4	glace cherries chopped	4
1tbsp	chopped dates	1tbsp
1tbsp	demerara sugar	1tbsp
¹/₂tsp	ground cinnamon	¹ / ₂ tsp
50g	soft margarine	2oz
50g	caster sugar	2oz
75g	self raising flour	3oz
¹/₂tsp	baking powder	¹ / ₂ tsp
1	Egg	1
1tbsp	Milk	1tbsp

Method

- 1. Combine the fruit, demerara sugar and cinnamon and set to one side
- 2. Beat together the remaining ingredients
- 3. Spoon half the fruit mixture into the bottom of a greased 1.15litre/2 pint pudding basin
- 4. Cover with half the sponge mix and repeat layers
- 5. Cook on MEDIUM HIGH POWER 650watt for 5 minutes
- 6. Stand 3-4 minutes before turning out. Serve hot with custard

CREAMED PASTA

Serves 4

225g	Cooked pasta shells	8oz
4-6	rashers streaky bacon chopped	4-6
275g	can condensed chicken	$10^{1}/_{2}$ oz
	or mushroom soup	
100g	frozen peas thawed	4oz
	slat and pepper	
100g	Grated cheese	4oz
2tbsp	Toasted breadcrumbs	2tbsp

- 1. Cook bacon in a dish on FULL POWER for 2-3 minutes
- 2. Combine pasta , bacon, condensed soup, peas and seasoning, turn into a shallow dish
- 3. Mix together the grated cheese and breadcrumbs and sprinkle over the surface
- 4. Cook uncovered on FULL POWER for 4 minutes. Leave to stand for 2-3 minutes before serving

6.3 - MICROGRILL RECIPES

LEEK AND PASTA GRATIN

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125g	Pasta - cooked	4oz
275g	leeks washed and sliced	10oz
25g	Margarine	1oz
25g	Flour	1oz
600ml	Milk	20fl oz
175g	Grated cheese	60Z
	Salt and pepper	
25a	Fresh breadcrumbs	107

Method

- 1. Cook leeks with 3 tablespoons of water in a covered dish on MICRO 850 watt for 5-6 minutes until cooked, leave to stand
- 2. In a separate dish melt margarine on MICRO 850 watt for 40 seconds, stir in flour and cook for 40 seconds on MICRO 850 watt
- 3. Blend in milk gradually and cook on MICRO 850 watt for 5 minutes, stirring half way
- 4. Drain leeks and stir into sauce with pasta, seasoning and 125g/4oz grated cheese
- 5. Turn into a shallow ovenproof dish and smooth surface
- 6. Combine remaining cheese and breadcrumbs and scatter over surface

Place on low rack and cook for 8 minutes on MICRGRILL + 425 watt

TUNA PIE

Serves 4-6

2	medium leeks finely sliced	2
25g	Margarine	1oz
300ml	white sauce, hot	10fl oz
4	tomatoes, skinned and quartered	4
425g	can tuna fish, drained	15oz
1tbsp	freshly chopped parsley grated	1tbsp
	rind and juice of 1/2 lemon	
	salt and pepper	
50g	grated cheese	2oz
50g	fresh breadcrumbs	2oz
	Nutmeg	

- 1. Combine leeks and margarine in a covered ovenproof dish and cook on MICRO 850 watt for 3 minutes
- 2. Stir in the sauce, tomatoes, flaked tuna, parsley, lemon rind and juice, salt and pepper, smooth surface
- 3. Combine breadcrumbs and cheese and sprinkle over surface
- 4. Place on low rack and cook for 8 minutes on MICROGRILL 650watt
- 5. Serve hot with crusty bread

GARLIC POTATOES

Serves 4

700g	peeled potatoes thinly sliced	1 ¹ / ₂ lb
1-2	Cloves garlic sliced	1-2
	salt and pepper	
	Nutmeg	
50g	Grated cheese	2oz
150ml	Single cream	5fl oz
150ml	milk	5fl oz
	Knob butter	

Method

- 1. Rinse potato slices in cold water and pat dry on kitchen paper
- 2. Lay half in the base of a shallow greased ovenproof dish and scatter with half garlic
- 3. Season with salt and pepper and nutmeg, repeat layers
- 4. Combine milk and cream and pour over potatoes
- 5. Scatter over the grated cheese and place on low rack
- 6. Cook for 25 minutes on MICROGRILL + 425 watt

CHICKEN KEBABS

Serves 4

4	boneless chicken breasts	4
	Marinade:	
4tbsp	Olive oil	4tbsp
3tbsp	Soy sauce	3tbsp
4tbsp	Pineapple juice	4tbsp
1-2	cloves garlic crushed	1-2
¹ / ₂ tsp	Worcester sauce	¹/₂tsp
	Sesame seeds	
8	Pineapple rings	8
1	green pepper deseeded	1
1	red pepper deseeded	1

Method

1. Cut chicken into large cubes and place in shallow dish

Mix ingredients for the marinade together and pour over the chicken, leave for at least 1 hour Drain chicken and roll pieces in sesame seeds

Cut red and green peppers into squares and pineapple rings into 4

Thread chicken, pineapple and peppers alternatively onto wooden skewers

Lay kebabs across high rack and cook for 14 minutes on MICROGRILL + 425 watt turning halfway Serve hot

MARINATED LAMB

Serves 4

approx.450g	4 shoulder lamb chops	Approx 1lb
	Marinade:	
1tbsp	Clear honey	1tbsp
1tbsp	Tomato ketchup	1tbsp
1dssp	soy sauce	1dssp
1-2	cloves garlic crushed	1-2
1tbsp	orange juice	1tbsp
1tbsp	red wine vinegar	1tbsp
	salt and pepper	

Method

- 1. Combine the honey, ketchup, soy sauce, garlic, orange juice, wine vinegar, salt and pepper in the dish provided and stir well
- 2. Lay chops in marinade and turn to coat, stand for 30 minutes turning occasionally in the marinade
- 3. Place dish on low rack and cook for 8 minutes on MICROGRILL + 425 watt turning half way through cooking
- 4. Serve hot with a little of the sauce

GRILLED CHICKEN JOINTS

Serves 4

4	chicken quarters	4
	Marinade:	
3tbsp	olive oil	3tbsp
2tbsp	lemon juice	2tbsp
2	garlic cloves crushes	2
6	fresh sage leaves	6

- 1. Combine ingredients for marinade in large shallow dish provided
- 2. Lay chicken in marinade and leave for 4 hours turning several times
- 3. Place shallow dish on low rack and cook for 20 minutes on MICROGRILL + 425watt