MICROWAVE FAN OVEN WITH ELECTRONIC CONTROLS

DE'LONGHI MAK665

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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, in this table, with (*).

We recommend the following for this oven:

Test Nr. on standard	Item	Duration	Function	Power Level	Oven temp.	Weight	Standing time	Note
А	Egg custard	16 min.	only mw	850 W	-	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 min.	only mw	850 W	-	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 6 mm. Put the container on the low wire rack placed on the turntable.
С	Meat loaf	20 min.	only mw	650 W	-	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 min.	only mw	*	-	500 gr	15 min	Place the frozen load directly on the turntable. Turn upsidedown the load after half of the defrosting time.
D (*)	Potato gratin	28 min.	combi mw + fan (simult.)	650 W	190°C	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 6 mm. Put the container on the lower wire rack placed on the turntable.
E (*)	Sponge cake	30 min.	combi mw + fan (simult.)	150 W	170°C	710 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 6 mm. The oven shall be preheated (in FAN ONLY function) with the lower rack placed on the turntable. Once preheated, place the container on the lower rack.
F (*)	Poultry	40 min.	combi mw + fan (simult.)	650 W	190°C	1200 gr	5 min	The following instruction shall be strictky observed for this type of load: put the chicken in a pyrex® glass container dia 210 mm, height 50 mm and wall thickness of 6 mm. Put the container on the lower wire rack placed on the turntable.

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).

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. If has been tested for safety to the relevant British Standards by a NAMAS approved lab. You should not be at any risk by using it.

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 damaged.

CHAPTER 1 - SETTING UP

1.1 - UNPACKING AND GETTING READY

This combination 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 for your microwave, (at least 85 cm above the floor) away from heat sources such as radiators or fires, and away from anywhere that's very cold.

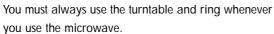


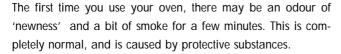
You should allow a 10cm space all around the oven and 20 cm above the oven, so that warm air can escape from the vents during cooking – it is not designed to be built in.

Plug your oven into a standard household electrical socket (230 volt, 13 amp rated). Check that the socket is properly earthed: the manufactures 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.

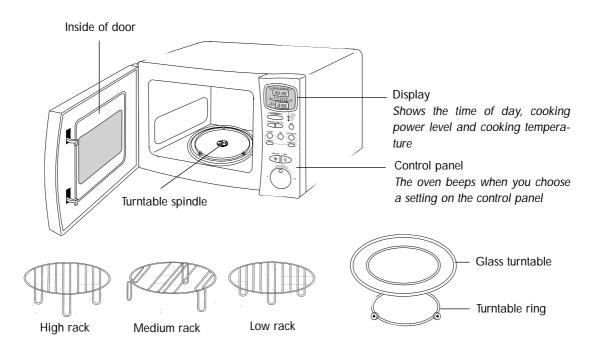
Slot the turntable spindle into its hole in the bottom/middle of your oven. Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle.

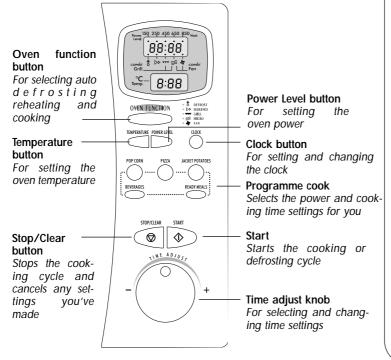




Position the appliance so that the plug and the outlet can be easily reached even after installation.







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

SPECIFICATION	
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 480mm deep
Oven cavity dimensions	322mm wide x 193mm high x 322mm deep
Power consumption Microwave + oven Grill Fan Combination	1450 Watts 1400 Watts 1450 Watts 2850 Watts
Input current	11,8A (approx. in combination)
Net weight	20,5kg approx
Gross weight	22,2kg 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 SUPPLY

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.

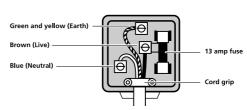
Changing the Plug

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

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.



Changing the Mains Lead

A special lead can be ordered from Hotpoint Service UK: 08709 066 066 or Republic of Ireland: 1850 302 200

If you have damaged the existing lead or require a longer one a charge will be made. It is strongly advised that this work is carried out by a qualified electrician.

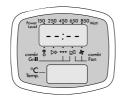
CE marking certifies that this appliance conforms to the following EEC directives:

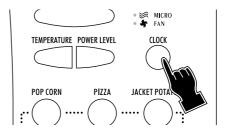
Low Voltage Equipment - 72/23/EEC & 93/68 EEC

Electromagnetic Compatability - 89/336/EEC & 92/31 EEC & 93/68/EEC

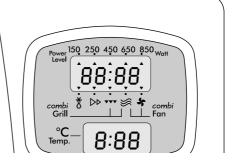
1.3 - SETTING THE CLOCK

- Switch on the power supply. The display will flash "--:--" on and off.
- Press the **Clock** button once. The hours will flash on the display "0". (This is a 24 hour clock, therefore 3pm would be "15:00").





Set the desired hour by turning the **Time Adjust** knob anti-clockwise (backwards in time) or clockwise (forwards in time).



To set the minutes, press the **Clock** button for a second time. The minutes will flash on the display "00". Use the **Time Adjust** buttons as in step 3, to set the minutes.

When the display shows the right time, press Clock.

Your oven will show the time whenever it is not being used.

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.

Hint

Whenever you unplug the microwave, the clock resets to "--:-".

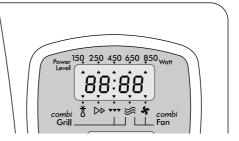
1.4 - CHILD LOCK

A child lock can be set to prevent children from accidentally altering cooking times once the cooking is underway.

To set the child lock:

Press the **Stop/Cancel** button for 5 seconds.

A short beep is emitted: from this point it will no longer be possible to alter the times during cooking cycles.



Cancelling the child lock

Press the **Stop/Cancel** button until the beep is heard. From this point cooking cycles may be adjusted with the **Time Adjust** buttons during the cooking process.

Note:

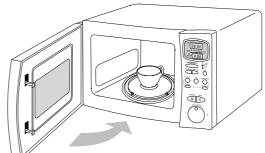
The child lock cannot be set or cancelled whilst the microwave is in use.

1.5 - PROCEDURE FOR CHECKING YOUR MICROWAVE

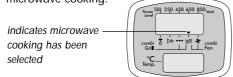
After unpacking check that your microwave is working by the following procedure:

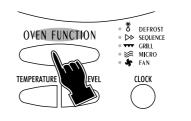
- Ensure that the turntable spindle is in place. Put the turntable ring inside the oven and place the glass turtable on top of the ring. The turntable is shaped to sit securely on the spindle. You must always use the turntable and ring whenever you use the microwave.
- Place a cup of water on the turntable.

 Make sure the cup is microwave-safe, it should not have any decorative metal trim. Close the oven door.

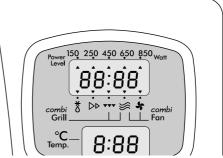


- Press the **Stop/Cancel** button to cancel any settings that may have already been made.
- Press the **Oven Function** button once to select microwave cooking.





Turn the **Time Adjust** knob until one minute is displayed.



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.

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.

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're unfamiliar with using a microwave, there is more information ava.

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're 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.

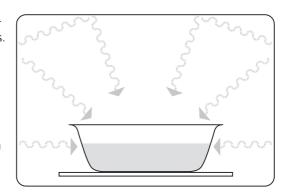
Your microwave is designed to let steam escape from the vents and around the door without microwave energy escaping. There is no danger of microwave energy escaping with the steam.

2.2 - UTENSILS AND COOKWARE

Microwave ovens cook food using microwave energy that is similar to naturally occurring radio waves. Normally, these "waves" would fade as they disappeared into the atmosphere but in a microwave oven they are concentrated onto food causing it to heat up.

Microwave energy can't pass through metal – so they can't escape from inside your microwave oven – but they can pass through materials like glass, porcelain, plastic and paper. These are the things used to make *microwave-safe* cooking equipment.

Microwave-safe cooking equipment will still get hot as the food it contains heats up.



The microwave energy focuses on the moisture in the food causing lots of tiny vibrations. The vibrations get so great that the moisture – and the food – heat up.

Always follow the table for cookware:

Function	Glass	Ovenproof	Earthe	nware Foil	Plastic	Paper*	Metal
Micro only	YES	YES	YES	NO	YES	YES	NO
Microgrill	NO	YES	YES	NO	NO	NO	NO
Microfan	NO	YES	YES	NO	NO	NO	NO
Fan only	NO	YES	YES	YES	NO	NO	YES
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 microfan, microgrill and microwave cooking.

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.

When using fan oven only or grill only settings, most types of conventional oven containers may be used.

FOR FAN OVEN SETTING ONLY

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. Remember when the oven has cooled down to replace the turntable spindle when you have finished cooking with large containers.

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 **Oven Function** 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.

Hint

You can use aluminium foil with the grill or convection oven just as you would with any other grill or oven. Make sure you remove the alluminium foil before you use the combination oven.

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.

2.2 - 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 27

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

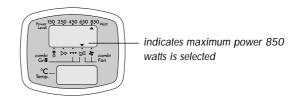
In the event of fire:

- 1 Keep the oven door closed.
- 2 Turn off the power.
- 3 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.
- 2. Press the **Oven Function** button once to select microwave cooking. The oven automatically selects a power level of 850 watts (maximum power level).



- Choose the power level you want to cook on by pressing the Power Level button. Each press of the button reduces the power level as shown in the table on the following page. There are five different power levels.
- 4. 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 minutes and in 60 second increments from 15 minutes to 1 hour.

5 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, or if the oven is hot, the word "EDDL" will be displayed.

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). During this cycle the word "COOL" will appear on the display.

Automatic Cancelling

Should the cooking cycle for any reason fail to start, all the settings will be automatically cancelled after two minutes.

Hint

You can use the Time Adjust knob to alter the cooking time at any time during cooking (unless the child lock feature is set - page 8)

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.

Level	Suitability	23lt cavity
High	Most cooking or reheating	850W
Medium High	Less rapid cooking of fish and eggs	650W
Medium	Minced or chopped meats; egg custard	450W
Medium Low	Simmering, milk puddings	250W
Low	Keeping warm only	150W

Hint

If you do not open the door or press **Stop/Clear** when "END" is displayed, your microwave power will stop automatically. However, the light will stay on, the turntable will continue to rotate and the fan will continue to work, this will help to clear cooking smells. Every 30 seconds a beep will remind you to remove the food in the cavity.

3.3 - QUICK START COOKING

Quick start cooking is useful when you have something which requires cooking on full power for up to 3 minutes.

- 1. Press the **Stop/Clear** button to clear any settings that may have already been made.
- 2. Press the Start button (See Note*). Each time you press the start button, the cooking time will increase by 30 seconds up to a maximum of 3 minutes. The power level will automatically set to 850watts (maximum power level) although this can be adjusted during the cooking cycle by the pressing the Power Level button.

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

3. 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).

*Note

If after pressing the **Start** button the microwave does not begin cooking, open and close the microwave door and then press **Start**.

Hint

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 microwaves 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.

Hint

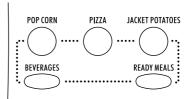
You can use the **Time Adjust** knob to alter the cooking time at any time during cooking (unless the child lock feature is set - see page 8).

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 11)
- 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

Instant cook type		What it does	Times	Suggestions
Beverages	Press "Beverages" once Press "Beverages" twice Press "Beverages" three times Press "Beverages" 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
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 Press "Ready Meals" twice	Reheat 100g of chilled food Reheat 250g of chilled meat (or meat + vegetables)	5min 8min	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 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	7min (450w)	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 (650w)	Place the packet on the turntable, being careful to remove any covers (film bags). If the packet is not suitable
	Press "Pizza" three times	Reheat a packet (550g) of frozen ready meals or 550g of pre-cooked frozen dish (eg fish/meat)	13min	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.

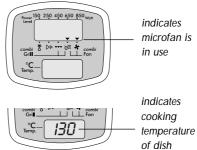
Note

Beverages, Jacket Potatoes and Pop Corn all use microwave only power. However, Ready Meals and Pizza use both microwave and fan oven power (microfan).

Note:

When using the Ready Meals and Pizza programme cook buttons, your microwave will display the temperature that those dishes are to be cooked at. For example, a 100g chilled dish would be cooked at 130°C.

Once the **Start** button has been pressed, the temperature display will show the present temperature in the oven (for example 20°C) before increasing to the programmed temperature (for example 130°C)



Hint

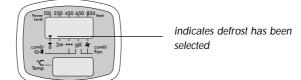
If you do not open the door or press **Stop/Clear** when end is displayed, your microwave power will stop automatically. However, the light will stay on, the turntable will continue to rotate and the fan will continue to work, this will help to clear cooking smells. Every 30 seconds a beep will remind you to remove the food in the cavity.

3.5 - AUTOMATIC DEFROST AND GUIDELINES

Defrosting with the Defrost Feature

Establish the weight of the food you need to defrost and select the defrosting time using the chart on page 21.

- 1. Press the **Stop/Clear** button to clear any settings that may have already been made.
- 2. Press the **Oven Function** button repeatedly until the automatic defrost function is selected.



3. 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 1 hour.

4. Press the **Start** button. The oven light comes on during defrosting and the turntable rotates to help the food defrost evenly.

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

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 Steaks, chops Cued meat Mince Mince Hamburgers Sausages	1kg 200g 500g 250g 500g 200g 300g	21-23 5-7 12-14 6-8 10-12 6-8 8-10	Turn over halfway through defrosting	20 5 10 15 15 10
Poultry Duck, turkey Whole chicken Pieces of chicken Chicken breast	1.5kg 1.5kg 850g 200g	27-29 27-29 16-18 10-12	Turn the poultry over halfway through. When the standing time is over, wash under warm water remover any ice	
Vegetables Peas Broccoli Brussels sprouts Mixed vegetables	500g 500g 500g 300g	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 Prawns, shrimps	300g 400g 500g 400g	8-10 9-11 11-13 9-11	Turn the fish over halfway through defrosting Fish is better cooked from frozen if it does not require further preparation	7 7 7 7 7
Milk/Dairy products Butter Cheese Cream	250g 250g 200ml	5-7 6-8 8-10	Remove the silver foil or the metal parts. Do not defrost completely. Observe the standir time. The cream should be removed from its container and placed in a dish	10 ng 15 5
Bread 2 medium-sized rolls 4 medium-sized rolls Sliced bread Sliced wholemeal bread	150g 300g 250g 250g	1-3 3-5 3-5 3-5	Put the bread directly onto the turntable	3 3 3 3
Fruit Strawberries, plums, cherrieredcurrants, apricots Raspberries Blackberries	es 500g 300g 250g	9-11 6-8 4-6	Stir every 2-3 minutes	10 10 6

Hint

Defrosting can be used in two stage cooking. As food should always be fully defrosted before it's cooked, we recommend that you always check the food before the second stage of cooking starts – especially for meat and poultry

3.6 - AUTOMATIC DEFROST AND COOKING SEQUENCE

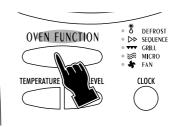
Food can be defrosted and cooked without needing to reset your microwave

Press the **Stop/Clear** button to clear any settings that may have already been made.



Press the **Oven Function** button repeatedly until the automatic defrost function is selected.



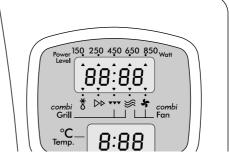


Set the defrosting time.

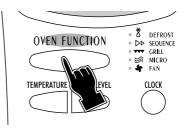
The **Time Adjust** knob allows you to precisely set the defrosting time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes.

3 minutes to 15 minutes and in 60 second increments from 15 minutes to 1 hour.



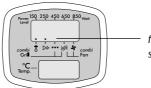


Press the **Oven Function** button once to select microwave cooking.



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 minutes and in 60 second increments from 15 minutes to 1 hour.



flashes to indicate cooking sequence

Press the **Start** button. The oven will start the defrosting cycle immediately followed by the cooking cycle. 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 "CDDL" will be displayed (see automatic cooling cycle in the safety box on page 15).

Hint

The fan continues to work for a short while after you've finished cooking. This helps to clear any cooking smells from the oven.

3.7 - TWO STAGE COOKING

Foods can be cooked in two stages for better, even results. For example Milk Pudding can be cooked in stage one on full power 850 watts for 4-5 minutes then continued automatically in stage two on 250 watts for 15-20 minutes to give a creamy texture.

- 1. Press the **Stop/Clear** button to clear any settings that may have already been made.
- 2. Press the **Oven Function** button once to select microwave cooking. The oven automatically selects full power 850 watts.
- 3. Press the **Power Level** button to select power setting for first stage cooking. Each press of the button reduces the power level.
- 4. Set the cooking time for stage one cooking using the Time Adjust knob.
- 5. Press the Oven Function button once to select microwave cooking.
- 6. Press the **Power Level** button to select power setting for second stage cooking.
- 7. Set the cooking for stage two cooking using the Time Adjust knob.
- 8. Press the **Start** button and "Two Stage Cooking" will commence.

 The oven light comes on during cooking and the turntable rotates to help food cook evenly. When first stage is completed you will hear one beep then second stage cooking begins. When cooking finishes, 3 beeps can be heard and the word "END" will appear in the display. Open the door and take out the food, the time will appear.

3.8 - 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 sinale 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

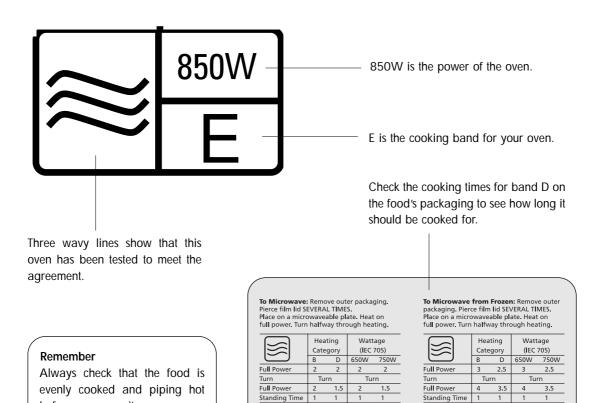
Process	Food Type	Quantity	Time in min	Guidelines (cook on high power)
Reheat	Meat portion Lasagne	150g 500g	6 9	Cover with cooking film As above
Cooking	Potatoes	500g	20	Cut into even size chunks, add water and cover
	Carrots	500g	16	Cut into pieces, add water, cover
	Cabbage	500g	22	Cut in strips, 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

3.9 - 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.



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 pre-cooked food.

before you serve it.

REHEATING FOODS AND GUIDELINES

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Baby's feeding bottle can be warmed in the microwave using MEDIUM POWER 450 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 FEEDING TO THE BABY.
- Likewise baby foods can be reheated in the microwave, again using MEDIUM POWER 450 watt. For a
 jar of baby food, remove the lid and heat using the guidelines below, stir well and test BEFORE FEEDING. Canned food needs transferring to a suitable container BEFORE REHEATING.

REMEBER THAT THESE ARE GUIDELINES ONLY

REHEATING BOTTLES BABY MILK

140 ml/4oz feed	 400 watts	30 seconds
250 ml/8oz feed	 400 watts	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	400 watts	30 seconds
150 g/5oz 2 nd stage feed	400 watts	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, place 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	Place on turntable. Stand for 2 minutes
Chili/Minced beef - per 450g/1lb	4-5 mins	Stir half way through heating. Stand 2-3 minutes
Sausage roll/Mince pie x 1	10 seconds	Place on kitchen paper. Stand 1 minute
Sausage roll/Mince pie x 4	30-40 seconds	
Sausage roll/Mince pie x 12	50-60 seconds	
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 half way - 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	2 minutes	Remove from any foil wrapping - stand 2 minutes
Christmas pudding per portion	30-40 seconds	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

3.10 - REHEATING 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 450 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 450 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 450** or **MEDIUM HIGH POWER 650** 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 watts	Lay in dish with thickest part to the outside, season as required and cover. Stand 3 minutes
Fish steaks per 450g/1lb	3-4 minutes on 850 watts	As above
Flat fish per 450g/1lb	3-4 minutes on 450 watts	Arrange in dish with thin ends folded underneath, cover. Stand 3 minutes
Whole fish per 450g/1lb	4-5 minutes on 650 watts	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 450 watts 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 MEDI-UM 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 on 650 watts	GUIDELINES
Beef (rare)	7-8 minutes	When cooked, wrap in foil and stand for15-30 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 bone 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/WEIGHT	TIME in mins on 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 tablespoons 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 Sweetcorn	n 3	Trim end, add knob butter- do not add water. Cook covered. 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 - Jacket 200g/6oz Jacket x 2	5-6	Scrub potato, prick all over with fork, wrap loosely in kitchen paper and cook on turntable. Stand 5-10 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 on 850 watts	GUIDELINES
Asparagus - 225g/8oz	4-5	Place in shallow dish, cover and cook. Stand 2 minutes
Beans, Broad - 225g/1lb	3-4	Place in covered dish with 3 tablespoons water. Stand 3 minutes
Beans, Green - 225g/1lb	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 in 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.

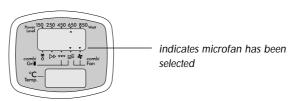
Dissolving gelatine, melting chocolate, cooking custard and making sponge bases for gateaux are just some of the ways in which your microwave will be more efficient than conventional cooking.

CHAPTER 4 - USING MICROWAVE PLUS FAN AND MICROWAVE PLUS GRILL

4.1 - HOW TO USE MICROWAVE AND FAN (MICROFAN)

Cooking by microwave and fan gives you the best of both functions. It is ideal for roasting, pies, tarts, sponges, baked potatoes, gratin dishes, crumbles, milk puddings and reheating pastry foods. Using this function there is no need to preheat the oven as cooking starts as soon as you press the Start button. Use ovenproof dishes when cooking by microwave and fan and in most cases place on the low rack.

- 1 Press the **Stop/Clear** button to clear any settings that may have already been made.
- 2 Press the Oven Function button repeatedly to select the symbol combination of fan and microwave. This will show in the display.



- 3 The oven automatically selects an oven temperature of 200°C (the maximum temperature is 220°C). Select the temperature required by pressing the **Temperature** button until the required temperature shows in the display.
- 4 The oven automatically selects microwave power level 650 watts. Select the microwave power level you want by pressing the **Power Level** button. Each press of the button reduces the power level from 650 watts to 150 watts.
- 5 Set the cooking time by rotating the Time Adjust knob until the required time is shown in the display.
- 6 Press the **Start** button. The oven light comes on during cooking and the turntable rotates to help cook the food evenly. During cooking you will hear 5 beeps to indicate the selected temperature has been reached.
- 7 When cooking finishes, 3 beeps will be heard and the word "END" will appear in the display. Open the door and remove the food using oven gloves as the dish will be hot.

NOTE: If you do not open the door or press **Stop/Clear** when "EMD" is displayed, although cooking will have ended, the light will stay on, the turntable will continue to rotate and the fan will continue to operate. Every 30 seconds a beep will remind you to remove the food from the oven.

NOTE: The selected temperature or power level can be changed, even during cooking, simply by pressing the Temperature or **Power Level** buttons. The maximum power level permitted is 650 watts.

Remember to use oven gloves to remove dishes or rack from the oven as they become hot as in traditional cooking.

Do remember to clean the oven after use, especially after roasting which can cause splattering. Use a clean damp cloth while the oven is still warm (see chapter 6 "Cleaning your Microwave")

NOTE: An automatic cooling cycle is activated when the oven is extremely hot such as at the end of a long cooking period. During this cycle, the message "EDDL" will appear in the display. The fans, oven light and turntable continue to operate (they turn off automatically).

NOTE: The progress of cooking can be checked at any time during the above operations by opening the door to examine the food. The cooking will be interrupted and the remaining time will flash in the display. To start again, close the door and press the **Start** button

If you need to stop cooking without opening the door, press the Stop/Clear button once.

To terminate cooking before the end of the selected time, proceed as follows:

- If the door is closed and cooking is in progress, press Stop/Clear twice, the time will reappear in the display.
- If the door is open, press the **Stop/Clear** button once.

NOTE: 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. Remember to replace the turntable spindle when you have finished cooking with large containers and after the oven has cooled.

4.2 - HOW TO USE MICROWAVE AND GRILL (MICROGRILL)

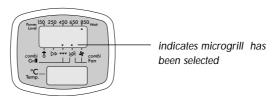
The microwave and grill function offers all the advantages of microwave cooking plus the ability to brown and crispen food as in conventional cooking.

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 low or medium 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 low rack will be the most used.

- 1. Press the **Stop/Clear** button to clear any settings that may have already been made
- Press the Oven Function button repeatedly to select the symbol combination of grill and microwave. This will show in the display.



- The oven automatically selects microwave power level 850 watts. Select the microwave power level you want by pressing the Power Level button. Each press of the button reduces the power level from 850 watts to 150 watts.
- 4. Set the cooking time by rotating the Time Adjust knob until the required time is shown in the display.
- 5. Press the Start button. The oven light comes on during cooking and the turntable rotates to help cook the food evenly. When cooking finishes, 3 beeps will be heard and the word "END" will appear in the display.
- 6. Open the door and remove the food using oven gloves as the dish or rack will be hot.

NOTE: If you do not open the door or press **Stop/Clear** when "END" is displayed, although cooking will have ended, the light will stay on, the turntable will continue to rotate and the fan will continue to operate. Every 30 seconds a beep will remind you to remove the food from the oven.

NOTE: The selected power level can be changed, even during cooking, simply by pressing the **Power Level** button.

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

Do remember to clean the oven after use, especially after grilling foods which cause splattering. Use a clean damp cloth while the oven is still warm (see chapter 6 "Cleaning your Microwave")

NOTE: An automatic cooling cycle is activated when the oven is extremely hot such as at the end of a long cooking period. During this cycle, the message "EDDL" will appear in the display. The fan, oven light and turntable continue to operate (they turn off automatically)

NOTE: The progress of cooking can be checked at any time during the above operations by opening the door to examine the food. The cooking will be interrupted and the remaining time will flash in the display. To start again, close the door and press the **Start** button.

If you need to stop cooking without opening the door, press the Stop/Clear button once.

To terminate cooking before the end of the selected time, proceed as follows:

- If the door is closed and cooking is in progress, press Stop/Clear twice, the time will reappear in the display.
- If the door is open, press the Stop/Clear button once.

4.3 GUIDELINES FOR USING MICROFAN AND MICROGRILL

It is impossible nowadays to cover the vast array of ready prepared foods that are available as cook-chill, frozen, canned, shelf-stable etc. However, the following table will help as a guideline to reheating and cooking these foods. Remember they are only guidelines and if food is not cooked enough, give extra time.

COOKING SAVOURIES BY MICROFAN OR MICROGRILL

FOOD/WEIGHT	CONDITION	FUNCTION	POWER	TEMP	TIME	GUIDELINES
Jacket Potatoes x2		MICROFAN	450W	200°C	30 min	
Jacket Potatoes x4		MICROFAN	450W	200°C	40 min	
Meat pie - 420g	chilled	MICROFAN	250W	180°C	8 min	Remove from foil dish and place on low rack
Meat pie - 170g	chilled	MICROFAN	250W	160°C	6 min	As above
Meat pie - 400g	frozen	MICROFAN	450W	190°C	20 min	Place in ovenproof dish
Meat pie - 170g	frozen	MICROFAN	250W	190°C	15 min	As above
Sausage rolls - pasties x 4	chilled	MICROFAN	250W	180°C	5 min	Place directly on low rack
Quiche - 135g	chilled	MICROFAN	250W	160°C	4 min	Remove from foil dish and place on low rack
Quiche - 400g	chilled	MICROFAN	250W	170°C	8 min	As above

Note: Croissants/bread rolls/garlic bread are better heated using fan only as they depend on external heat to crispen the outer crust.

COOKING READY PREPARED FOODS BY MICROFAN

FOOD/WEIGHT	CONDITION	FUNCTION	POWER	TEMP	TIME	GUIDELINES
Pizza - 350g	frozen	MICROFAN	250W	200°c	10-12 min	Place on low rack
Lasagne/Cannelloni - 950g	chilled	MICROFAN	250W	180°C	30-35 min	Place dish on low rack
Lasagne/Cannelloni - 950g	frozen	MICROFAN	450W	190°C	40-45 min	As above
Chicken Kiev x 2	chilled	MICROFAN	250W	190°C	12 min	As above
Chicken Kiev x 2	frozen	MICROFAN	450W	190°C	12 min	As above
Breaded chicken portions - 250g	chilled	MICROFAN	250W	180°C	15 min	as above
Breaded/batter fish portions - 250g	chilled	MICROFAN	250W	180°C	12 min	As above, turn halfway
Breaded/batter fish portion - 250g	frozen	MICROFAN	250W	190°C	15 min	As above
Part baked bread rolls x 4 or partbaked garlic bread	part-cooked chilled or frozen	MICROFAN	150W	210°C	10 min	Place directly on low rack
Oven chips - 300g	frozen	MICROFAN	250W	210°C	12 min	Place in single layer
Fruit pie - 454g	frozen uncooked	MICROFAN	250W	200(C	22 min	Cook on ovenproof plate on low rack
Fruit pie - 454g	fresh	MICROFAN	450W	200°C	20 min	As above
Sausage rolls x 6	frozen uncooked	MICROFAN	250W	200°C	20 min	Place on ovenproof plate on low rack

COOKING MEAT AND POULTRY BY MICROFAN OR MICROGRILL

FOOD	FUNCTION	POWER LEVEL	TEMP	TIME/WEIGHT	GUIDELINES
Roast Beef, Pork,	MICROFAN Lamb	450 W	190°C	17-19 min per 450g/1lb	Place in ovenproof dish with half glass water to keep moist - cook uncovered on low rack. Stand 15-20 minutes
Whole chicken/ turkey/duck	MICROFAN	650 W	190°C	17-19 min per 450/1lb	Place in ovenproof dish with half glass water to keep moist - cook uncovered on low rack. Stand 15-20 minutes
Chicken/turkey portions	MICROGRILL	450W	-	20 min	Place in ovenproof dish on low rack. Turn half way. Stand for 5-10 minutes
Chicken/turkey portions	MICROFAN	250W	180°C	15 min	As above
Kebabs - 4-6	MICROGRILL	450W	-	14-15 min	Place across low rack, turn half way. Stand 5 minutes
Sausages 450g	MICROGRILL	250W	-	8-9 min	Cook in ovenproof dish on low rack turn half way.
Hamburgers x 2 fresh or frozen	MICROGRILL	250W	-	8 min	Place directly on high rack and turn half way.

CHAPTER 5 - USING FAN OVEN ONLY OR GRILL ONLY

5.1 HOW TO USE FAN OVEN ONLY

Your new De'Longhi microwave oven is able to cook food in a traditional way using fan only. Traditional cooking can be carried out using a convection setting between 60°C - 220°C.

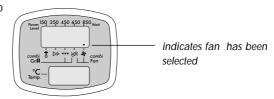
As soon as your oven is switched on there is an instant source of heat from a constantly changing flow of hot air that circulates around the food. This means that the surface of the food is heated more quickly giving faster cooking.

Due to the compact size of your oven you will find it particularly efficient for reheating pastry products, crisping bread, cooking pizzas.

For most cooking there is no need to preheat the oven. However it is recommended to preheat the oven for cooking batter mixes, such as Yorkshire puddings, choux pastry, whisked sponges and small food items such as scones. It will take 5-10 minutes to preheat the oven according to how high the temperature is required for cooking.

Pre-Heating The Oven:

- 1. Press the **Stop/Clear** button to clear any settings that may have already been made.
- Press the Oven Function button repeatedly to select the symbol for fan.



- 3. The oven automatically selects 200°C (the maximum temperature is 220°C). Select the temperature required by pressing the **Temperature** button until the required temperature shows in the display.
- 4. Set the pre-heating time by rotating the Time Adjust knob until the required time is shown in the display.
- 5. Press **Start** button. The oven light comes on during pre-heating and the turntable rotates. During this time you will hear 5 beeps to indicate the selected temperature has been reached.
- 6. Place the food to be cooked in the oven, close the door and press the Start button.
- 7. The oven will start cooking, you can now set the cooking time by rotating the **Time Adjust** knob to the required amount.

Due to the efficiency of fan convection you can use lower temperatures than those of a conventional element oven - approximately 10°C - 20°C - with equivalent results. Here are guidelines:

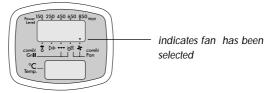
CONVENTIONAL OVEN	FAN OVEN
180° C	170° C
200° C	180° C
220° C	200° C

For all fan cooking use ovenproof cookware or metal tins.

For most of your conventional roasting and cooking you will find it quicker and energy efficient to use Microfan where you have the speed of microwaves combined with the hot air cooking from the fan. With your De'Longhi oven you have the choice.

FAN FUNCTION:

- 1. Press the **Stop/Clear** button to clear any settings that may have already been made.
- 2. Press the **Oven Function** button repeatedly to select the symbol for fan.
- The oven automatically selects 200°C (the maximum temperature is 220°C). Select the temperature required by pressing the Temperature button until the required temperature shows in the display



- 4. Set the cooking time by rotating the Time Adjust knob until the required time is shown in the display.
- 5. Press the **Start** button. The oven light comes on during cooking and the turntable rotates to help cook the food evenly. During cooking you may hear 5 beeps to indicate the selected temperature has been reached again.
- 6. When cooking finishes, 3 beeps will be heard and the word "END" will appear in the display. Open the door and remove the food using oven gloves as the dish will be hot.

NOTE: If you do not open the door or press **Stop/Clear** when "END" is displayed, although cooking will have ended, the light will stay on, the turntable will continue to rotate and the fan will continue to operate. Every 30 seconds a beep will remind you to remove the food from the oven.

NOTE: The selected temperature can be changed, even during cooking, simply by pressing the **Temperature** button.

Remember to use oven gloves to remove dishes or rack from the oven as they become hot as in traditional cooking.

Do remember to clean the oven after use, especially after roasting which can cause splattering. Use a clean damp cloth while the oven is still warm (see chapter 6 "Cleaning your Microwave")

NOTE: An automatic cooling cycle is activated when the oven is extremely hot such as at the end of a long cooking period. During this cycle, the message "EOOL" will appear in the display. The fans, oven light and turntable continue to operate (they turn off automatically)

NOTE: The progress of cooking can be checked at any time during the above operations by opening the door to examine the food. The cooking will be interrupted and the remaining time will flash in the display. To start again, close the door and press the **Start** button

If you need to stop cooking without opening the door, press the **Stop/Clear** button once. To terminate cooking before the end of the selected time, proceed as follows:

- If the door is closed and cooking is in progress, press **Stop/Clear** twice, the time will reappear in the display.
- If the door is open, press the **Stop/Clear** button once.

NOTE: 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. Remember to replace the turntable spindle when you have finished cooking with large containers and after the oven has cooled.

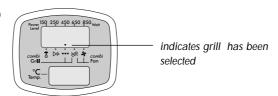
5.2 - HOW TO USE THE GRILL

Your De'Longhi oven features a grill that will operate independently of the other functions. It operates by rotating the Time Adjust button to select a time and by pressing **Start** button and will automatically switch off when the cooking time has elapsed. It will only operate with the door closed.

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 low rack will be the most used.

Remember that, like most grills, you will need to allow time for it to heat up.

- 1. Press the Stop/Clear button to clear any settings that may have already been made
- 2. Press the **Oven Function** button repeatedly to select the symbol for grill.



- 3. Set the cooking time by rotating the **Time Adjust** knob until the required time is shown in the display.
- 4. Press the **Start** button. The oven light comes on during cooking and the turntable rotates to help cook the food evenly. When cooking finishes, 3 beeps will be heard and the word "END" will appear in the display.
- 5. Open the door and remove the food using oven gloves as the dish or rack will be hot.

NOTE: If you do not open the door or press **Stop/Clear** when "END" is displayed, although cooking will have ended, the light will stay on, the turntable will continue to rotate and the fan will continue to operate. Every 30 seconds a beep will remind you to remove the food from the oven.

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

Do remember to clean the oven after use, especially after grilling meats which cause splattering. Use a clean damp cloth while the oven is still warm (see chapter 6 "Cleaning your Microwave")

NOTE: An automatic cooling cycle is activated when the oven is extremely hot such as at the end of a long cooking period. During this cycle, the message "EDDL" will appear in the display. The fans, oven light and turntable continue to operate (they turn off automatically)

NOTE: The progress of cooking can be checked at any time during the above operations by opening the door to examine the food. The cooking will be interrupted and the remaining time will flash in the display. To start again, close the door and press the Start button.

If you need to stop cooking without opening the door, press the Stop/Clear button once.

To terminate cooking before the end of the selected time, proceed as follows:

- If the door is closed and cooking is in progress, press Stop/Clear twice, the time will reappear in the display.
- If the door is open, press the Stop/Clear button once.

CHAPTER 6

6.1 - 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?

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?

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

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

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?

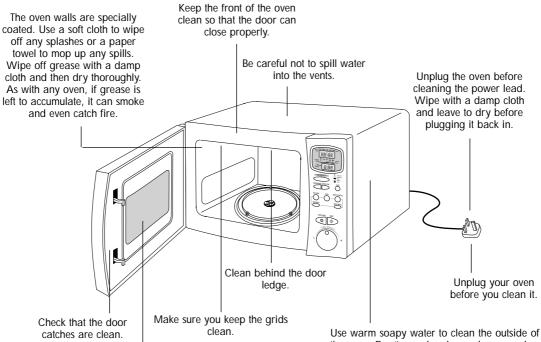
No. It's normal for the light to be visible and is nothing to be concerned about.

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.

6.2 - CLEANING YOUR MICROWAVE

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



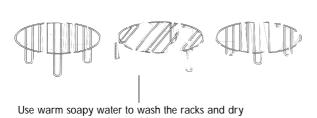
Keep the inside of the door clean with a damp cloth. Use warm soapy water for stubborn marks and dry thoroughly. The inside of the door has a special coating and must not be cleaned with abrasive pads or cleaning powders.

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

the oven. Don't use abrasive pads or powders that could scratch the surface.

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.

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



thoroughly.

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

CHAPTER 7

7.1 - 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 1¹/₂ 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 "below ground" vegetables as they require the most cooking time.

Next cook "above ground" vegetables such as greens etc... 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.

7.2 - MICROWAVE RECIPES

COOKING PLAIN EGG DISHES

Serve - 1 portion

	INGREDIENTS	METHOD
Scambled egg	2 eggs 3 tbps milk salt and pepper knob of butter	Beat aggs, 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 650 watts 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 650 watts 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 1-1/2 minutes until boiling. Break in egg, pierce yolk and cook on 650 watts 40 seconds. Stand for 1 minute.

BAKED EGG CUSTARD

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

METHOD

- 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 450 watts for 4-5 minutes until the custard is set
- 6. Stand for 10 minutes before serving

TRADITIONAL CUSTARD

Makes 600ml/1 pint

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

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
- 3. Heat on **FULL POWER** for $3-3^{1}/_{2}$ 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 $2-2^{1}/_{2}$ 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

25g margarine or butter 1oz 25g plain flour 1oz 300ml milk 10fl oz

salt and pepper

- 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 of freshly chopped parsley with the seasoning.

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

APPLE SAUCE

Makes about 350g/12oz

350gcooking apples, peeled, cored and quartered12oz1tbspwater1tbsp25gbutter1oz1tbsplemon 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 whole cloves 300ml milk 10fl oz 50g white breadcrumbs 2oz 25g butter 1oz

- salt and pepper
- 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
- 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 drinking chocolate 1tbsp 1tbsp 2-3tbsp milk 2-3tbsp

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

Serve 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 to **450** watts 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

Serves 4		
450g	lean minced beef	1lb
225g	sausage meat	8oz
50g	fresh breadcrumbs	2oz
1	small onion finely chopped	1
2tbsp	freshly chopped parsley	2tbsp
¹/₂tsp	salt	¹/₂tsp
¹/₄tsp	pepper	¹/₄tsp
¹/₄tsp	nutmeg	¹/₄tsp
2	small beaten eggs	2
	Tomato Sauce:	
40g	butter	$1^{1}/_{2}$ 0Z
100g	mushrooms chopped	4oz
40g	plain flour	$1^{1}/_{2}0z$
1tbsp	tomato puree	1tbsp
150ml	hot beef stock	5fl oz
400g	can of chopped tomatoes	14oz
	salt and pepper	

- 1. Combine all the ingredients for the meatballs and form into 16 balls
- 2. Arrange in an ovenproof dish 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 cook on **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, drained and rinsed	15oz

- 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 for 10 minutes
- 4. Stir in the kidney beans, cover and cook for 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, cored and choppe	ped 1
75g	mixed dried fruit	3oz
4	glace cherries chopped	4
1tbsp	chopped dates	1tbsp
75g	self raising flour	3 oz
1tbsp	demerara sugar	1tbsp
¹ / ₂ tsp	baking powder	¹ / ₂ tsp
¹ / ₂ tsp	ground cinnamon	¹/₂tsp
1	egg	1
1tbsp	milk	1tbsp
50g	soft margarine	2oz
50g	caster sugar	2oz

- 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/2pint pudding basin
- 4. Cover with half the sponge mix and repeat layers
- 5. Cook on MEDIUM HIGH POWER 650 watts 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 or mushroom soup	10 ¹ / ₂ 0z
100g	frozen peas thawed	4oz
	salt 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

7.3 - MICROFAN RECIPE

SEAFOOD PIE

Serves - 4		
700g	potatoes - peeled	$11/_{2}$ lb
25g	butter	1oz
6tbsp	milk	6tbsp
350g	cod or haddock	12oz
300ml	milk	10fl oz
1	bay leaf	1
6	peppercorns	6
1/2	onion sliced	1/2
25g	margarine	1oz
20g	flour	$^{3}/_{4}OZ$
	salt and pepper	
150ml	single cream	5fl oz
2	hardboiled eggs	2
2tbsp	fresh parsley chopped	2tbsp
100g	cooked prawns	4oz

METHOD

- Cut potatoes in small chunks and combine with 6 tablespoons water in a covered dish and cook on MICRO 850 watt for 10 minutes until well cooked
- 2. Leave to stand for 5 minutes then drain and mash
- 3. Stir in butter and milk with seasoning to taste, leave on one side
- 4. Combine cod or haddock with 75ml/3fl oz milk, bay leaf, peppercorns and onion, cover and cook on MICRO 650 watt for 10 minutes, leave to stand for 5-10 minutes
- 5. To make sauce melt margarine on MICRO 850 watt for 30 seconds, stir in flour and cook a further 30 seconds
- 6. Strain liquid from the fish into the sauce and blend with remaining milk
- 7. Cook on MICRO 850 watt for 2 minutes stirring twice during cooking, until thickened
- 8. Stir in cream, hardboiled eggs, parsley, flaked fish and prawns and mix well
- 9. Turn into an ovenproof dish, cover with the mashed potato and fork across the surface
- 10. Place on low rack and cook for 15 minutes on MICROFAN 200°C + 250 watt if serving straight away
- 11. Alternatively allow to cool, refrigerate for up to 24 hours and cook as above for 20 minutes

SALMON PUFFS

Serves - 6		
3-4	spring onions finely sliced	3-4
15g	Butter	1/ ₂ 0Z
225g	can of salmon8oz	
2tbsp	"soured" cream	2tbsp
1tbsp	freshly chopped parsley	1tbp
	salt and pepper	
400g	puff pastry	14oz
	beaten egg to glaze	

METHOD

- 1. Melt butter in bowl on MICRO 850 watt for 30 seconds and stir in onions
- 2. Bone and flake salmon into onions and mix together with cream, parsley, seasoning and just enough salmon juices to make a moist mixture
- 3. Roll out pastry to approximately 37x25 cm / 15x10" and cut into six squares
- 4. Divide mixture between pastry squares, moisten edges of pastry and fold over to form a triangle
- 5. Seal and score edges with a fork, make slit in the top and brush with beaten egg
- 6. Place on circle of non-stick baking paper placed on low rack and bake for 20 minutes on MICROFAN 200°C + 250 watt
- 7. Serve warm or cold

TIP: To make "soured" cream, add 1/2 teaspoon lemon juice to cream and leave for 2-3 minutes

MEAT PASTIES

Serves 4

100g	potato, peeled and cut in small dice	4oz
1	large onion finely chopped	1
75g	lean stewing steak cut in small dice	60z
	Salt and pepper	
350g	Shortcrust pastry (see page 76)	12oz
	Beaten egg to glaze	

- Rinse potatoes in cold water and place in a covered dish and part cook on MICRO 850 watt for 2 minutes
- 2. Mix diced steak and chopped onion in with potato and season to taste
- 3. Roll out pastry and cut in four circles 160cm/7" in diameter
- 4. Divide mixture between circles, dampen edges of pastry and draw up edges to form a seam on top.
- 5. Pinch edges together and form a fluted pattern, brush with beaten egg, make a slit in both sides of pasties and place on a circle of non-stick baking paper on top of low rack
- 6. Bake for 25 minutes on MICROFAN 200°C + 250 watt
- 7. Serve warm or cold

QUICHE LORRAINE

Serves 4-5

325g	Shortcrust pastry (see page 76)	12oz
100g	Chopped streaky bacon	4oz
150ml	Milk	5fl oz
150ml	single cream	5fl oz
3	eggs, beaten	3
	Salt and pepper	

Salt and pepper Pinch ground nutmeg

Method

- 1. Roll out pastry on a floured work surface and use to line a 20.5cm/8" flan dish
- 2. Place on low rack and bake 'blind' on FAN only for 12 minutes at 190°C
- 3. Cook bacon in an open dish on MICRO 850 watt for 2 minutes, drain on paper and scatter over the base of the flan
- 4. Combine milk and cream and heat on MICRO 850 watt for 2 minutes, pour onto beaten eggs, season to taste and pour over the bacon, sprinkle with nutmeg
- 5. Place dish on low rack and bake on MICROFAN 190°C + 250 watts for 15 minutes
- 6. Serve warm or cold

Variation:

LEEK AND BACON FLAN

Make a 25cm/9" flan case

Add 2 leeks washed and sliced to the bacon at stage 3 and cook for 4 minutes. Sprinkle with 50g/2oz grated cheese and nutmeg at stage 5. cook as above for 20 minutes

SHEPHERDS PIE

Serves 4

450g	Minced beef	1lb
1	Medium onion, chopped	1
2tbsp	Plain flour	2tbsp
300ml	beef stock cube and	10fl oz
	boiling water	
1tbsp	Tomato puree	1tbsp
¹ / ₂ tsp	Dried mixed herbs	¹ / ₂ tsp
	Salt and pepper	
700g	main crop potatoes peeled	$1^{1}/_{2}lb$
25g	Butter	1oz
3tbsp	Milk	3tbsp

- 1. Combine beef and onion together in a large dish and "brown" on MICRO 850 watt for 4 minutes, stirring 2-3 times during cooking
- 2. Stir flour into the meat, pour in boiling stock and stir well
- 3. Stir in tomato puree and herbs and season to taste
- 4. Cover and cook on MICRO 650 watt for 16 minutes stirring twice during cooking
- 5. Turn into a deep ovenproof dish
- 6. Cut potatoes into chunks and combine with 6 tbsp water in a covered dish and cook for 10 minutes on MICRO 850 watt, stir halfway through cooking. Stand for 5 minutes
- 7. Drain potatoes and mash with butter, milk and seasoning to taste
- 8. Cover minced meat with mashed potato and fork the surface to decorate
- 9. When ready to cook place the pie on the low rack and cook for 25 minutes on MICROFAN 190°C + 250 watts.

POULET EN CROUTE

Serves 4

4	boned and skinned	4	
	chicken breast		
25g	Butter	1oz	
100g	Button mushrooms sliced	4oz	
1 level tbsp	Chopped chives	2tbsp	
	or spring onions		
295g	can condensed	10.4oz	
	mushroom soup		
3tbsp	Sherry	3tbsp	
375g	puff pastry	13oz	
150ml	single cream	5fl oz	
	Beaten egg to glaze		

Method

- Place chicken breasts in a shallow dish, dot with butter, cover and cook on MICRO 850 watt for 6-8 minutes
- 2. Lift out chicken and place on one side; stir mushroom and onions into juices, cover and cook on MICRO 850 watt for 2 minutes
- 3. Stir in condensed soup and 2 tablespoons of sherry
- 4. Roll out the pastry to 30x40cm / 12x16" and cut into four
- 5. Put a spoonful of sauce in the centre of each then lay a chicken portion on top
- 6. Damp edges of pastry and fold over to encase and seal chicken.
- 7. Decorate with pastry leaves from trimmings and brush with beaten egg
- 8. Place them with the join underneath on a circle of non-stick baking paper on low rack and bake for 25 minutes on MICROFAN 200°C + 250 watt
- 9. Heat remaining sauce with 1 tablespoon of sherry on MICRO 850 watt for 1-2 minutes and serve with chicken

LASAGNE

Serves 4-6

100gcooked or ready to use lasagne sheets4oz600mlwhite sauce - see page 471 pint50gGrated cheese2oz

- 1. Spoon a third of the meat sauce into the base of a 1.5 litre/ 2 pint oblong or square dish
- 2. Pour over a little white sauce and cover with half the lasagne sheets
- 3. Repeat the layers ending with a thick layer of white sauce making sure the pasta is completely covered
- Sprinkle over the grated cheese. place on low rack and bake for 35 minutes on MICROFAN 180°C + 250 watt

STEAK AND KIDNEY PIE

Serves 4

1	Large onion chopped	1
1tbsp	Oil	
450g	good stewing steak, cut in cubes	1lb1tbsp
175g	lamb's kidney roughly chopped	60Z
25g	plain flour	1oz
	Salt and pepper	
1	Beef stock cube	1
300ml	boiling water	10fl oz
350g	Shortcrust pastry - see page 69	12oz
	Beaten egg to glaze	

- 1. Combine the onion and oil in a covered dish and cook on MICRO 850 watt for 2 minutes
- 2. Add steak and kidney and stir well. Cover and cook on MICRO 850 watt for 6 minutes stirring several times during cooking
- 3. Sprinkle in flour and mix, crumble in stock cube and add boiling water and seasoning, stir well
- 4. Cover and cook for 30 minutes on MICRO 450 watt
- 5. With a slotted spoon remove the meat to a pie dish with some of the gravy. Reserve the rest to serve with the pie
- 6. Roll out pastry to a size larger than the pie dish. Trim off narrow strips, damp edges of pie dish and line with pastry strips
- 7. Dampen pastry strips and cover with the rolled out pastry
- 8. Seal edges and decorate the top with pastry leaves made from trimmings. Brush with beaten egg
- 9. Place on low rack and bake for 25 minutes on MICROFAN 200°C + 250 watt

CHICKEN AND LEEK PIE

Serves 4

3	medium leeks washed and sliced	3
1	Small onion sliced	1
25g	Butter	1oz
25g	Flour	1oz
300ml	chicken stock	10fl o
	Salt and pepper	
300g	Cooked chicken, boned	12oz
225g	puff pastry	8oz
	Beaten egg to glaze	

Method

- 1. Combine leeks, onion and butter, cover and cook on MICRO 850 watt for 5 minutes
- 2. Stir in flour, mix well, then blend in stock add seasoning to taste and cook for 2 minutes, stir well
- 3. Cut chicken into bite size pieces and combine with leeks. Turn into a pie dish
- 4. Roll out pastry to a size larger than the pie dish. Trim off narrow strips, damp edges of pie dish and line with pastry strips
- 5. Dampen pastry strips and cover with the rolled out pastry
- 6. Seal edges and decorate the top with pastry leaves made from trimmings. Brush with beaten egg
- 7. Place on low rack and bake for 20 minutes on MICROFAN 200°C + 250 watt
- 8. Serve hot

BEEF CASSEROLE

Serves 4

700g	lean stewing steak cut in cubes	1 ¹ / ₂ lb
2tbsp	Flour	2tbsp
	Salt and pepper	
	cooking oil	
2	Medium onions sliced	2
3	Medium carrots sliced	3
300ml	beef stock	10fl oz
150ml	red wine	5fl oz
	Bouquet garni	

- 1. Season flour with salt and pepper and toss the meat in it to coat
- 2. Heat oil in a pan and brown the meat, remove to an ovenproof casserole dish
- 3. Add vegetables to the pan and cook for 5 minute to soften
- 4. Add any remaining seasoned flour, stock, wine and bouquet garni and bring to the boil
- 5. Pour over the meat, cover and place on the low rack and cook for 1 hour on MICROFAN 150°C + 250 watt stirring halfway through cooking
- 6. Give extra time if meat is not tender

SWEET AND SOUR PORK ROAST

5	٥r	ves	4-	4

725g	Boned loin of pork	11/2lb
J	black pepper	
1tsp	white vinegar	1tsp
15g	Cornflour	1tsp
1tbsp	soy sauce	1tbsp
150ml	Canned pineapple juice	5fl oz
2tbsp	Sugar	2tbsp
150ml	Chicken stock	5fl oz

Method

- 1. Blend vinegar into cornflour and stir in soy sauce, pineapple juice and sugar, cook on MICRO 850 watt for 2 minutes stirring well until thickened. Leave on one side while preparing pork
- 2. Remove rind from pork, roll and tie with string, sprinkle with black pepper and place in ovenproof dish provided
- 3. Spoon a little of the sauce over the pork and roast for 35 minutes on MICROFAN 180°C + 250 watt. Coat the pork with a little more sauce halfway through cooking
- 4. Remove meat and allow to stand for 15 minutes before slicing
- 5. Pour remaining sauce into juices and cook on MICRO 850 watt for 2 minutes
- 6. Serve hot with sliced pork

CHICKEN CACCIATORE

20	rvas	1
	1 44.5	4

4	Chicken joints approx.	1kg/2lb4
225g	Mushrooms sliced	8oz
2tbsp	Oil	2tbsp
1	Medium onion chopped	1
2	Garlic cloves crushed	2
2 level tbsp	Flour	2 level tbsp
150ml	Dry white wine or stock	5fl oz
1	Bay leaf	1
1tbsp	Wine vinegar	1tbsp
2tsp	Tomato puree	2tsp
	large pinch sugar	
	salt and pepper	

- 1. Place chicken joints in a suitable casserole dish and scatter over the sliced mushrooms
- 2. Combine oil, onions and garlic in a separate dish and cook on MICRO 850 watt for 3 minutes
- 3. Stir in flour and mix well, blend in wine or stock and add remaining ingredients, cover and cook on MICRO 850 watt for 3 minutes
- 4. Pour over the chicken in the casserole, cover and cook on MICRO 850 watt for 8 minutes
- 5. Turn joints over, cover again and continue cooking on MICRO 850 watt for a further 8 minutes,
- 6. Stand for 5 minutes before serving with boiled rice or noodles

PORK AND APRICOT CASSEROLE

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50g	Dried apricots	2oz
300ml	Dry cider	10fl oz
1	Small onion chopped	1
1	Garlic clove crushed	1
1tbsp	Oil	1tbsp
550g	belly pork, skinned,	11/4lb
	boned and cut in cubes	
¹/₂tsp	Curry powder	¹ / ₂ tsp
25g	Plain flour	1oz
50ml	Chicken stock	3fl oz
50ml	Orange juice	3fl oz
50g	Raisins	2oz
1	Bouquet garni	1
	salt and pepper	

Method

- 1. Place apricots and 150ml/5fl oz cider in a bowl and cook on MICRO 850 watt for 2 minutes, leave to soften for 30 minutes
- 2. Combine onion, garlic and oil in a large ovenproof casserole dish, cover and cook on MICRO 850 watt for 2 minutes
- 3. Stir pork into onions and cook uncovered on MICRO 850 watt for 5 minutes stirring halfway through
- 4. Stir in curry powder and flour and mix well.
- 5. Blend in stock, remaining cider and apricots and cook on MICRO 850 watt for 4 minutes stirring halfway
- 6. Add orange juice, raisins, bouquet garni and seasoning.
- 7. Cover and place on low rack, cook for 40 minutes on MICROFAN 150°C + 250 watt

VICTORIA SPONGE

175g	Soft margarine	60z
175g	Caster sugar	60Z
3	Eggs	3
175g	Self raising flour	6oz

Method

- 1. Combine all the ingredients in a food processor and blend together or beat together by hand in a bowl
- 2. Turn into a greased straight side ovenproof dish, lined in the base with greaseproof paper
- 3. Place on low rack and bake for 15 minutes on MICROFAN 170°C + 250 watts
- 4. Leave to stand for 5 minutes then turn out onto a cooling rack
- 5. When cool split in two and sandwich together with jam or cream

Variations:

CHOCOLATE SPONGE - Add one heaped tablespoon of sifted cocoa powder

COFFEE SPONGE - Add one dessertspoon of coffee dissolved in a little hot water and 1 tablespoon extra flour.

ORANGE AND SULTANA CAKE

225g	self raising flour	8oz
100g	Butter	4oz
100g	Caster sugar	4oz
100g	Sultanas	4oz
	Grated rind of 1 orange	
1	Egg	1
5tbsp	Milk	5tbsp

Method

- 1. Rub butter into flour until it resembles breadcrumbs
- 2. Fold in sugar, fruit and lemon rind
- 3. Beat egg into milk and stir into cake mixture
- 4. Turn into a greased, base lined straight sided dish, place on low rack and bake for 15 minutes on MICRO-FAN 160°C + 250 watt
- 5. Allow to stand for 10 minutes before turning out of dish to cool

GINGER SLICE

Serves 6-8	SI	iices
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175g	Self raising flour	60Z
100g	Hard margarine	4oz
75g	Soft brown sugar	3oz
40g	Ground almonds	$1^{1}/_{2}0Z$
1	Small or half large egg	1
340g	Ginger conserve	12oz
	(approx 3/4 jar)	
25g	Crushed macaroons	1oz
1dssp	Demerara sugar1	dssp

Method

- 1. Rub the margarine into the flour until it resembles breadcrumbs
- 2. Stir in the sugar and almonds and enough beaten egg to bind together, wrap in clingfilm and chill for 30 minutes
- 3. Divide pastry in two and roll out one half to fit a 20.5/8" flan dish
- 4. Spread base with the ginger conserve and sprinkle over the crushed macaroons
- 5. Roll out remaining pastry and cover sealing edges and trimming away surplus pastry
- 6. Sprinkle the surface with the demerara sugar and place on low rack
- 7. Bake for 20 minutes on MICROFAN 180°C + 250 watt
- 8. Leave to cool then cut into slices

TIP: Roll pastry out between two layers of lightly floured clingfilm, this prevents it from sticking to the rolling pin and makes the pastry easier to handle.

SULTANA FUDGE PIE

Serves 6-8 slices

450g	Shortcrust pastry (see page 76)	1lb
	Filling:	
50g	Butter	2oz
50g	Soft brown sugar	2oz
225g	Sultanas	8oz
1dsp	Flour	1dsp
	Pinch of ground cinnamon	
1dsp	caster sugar	1dsp

Method

- 1. Combine the butter, brown sugar, sultanas, flour and cinnamon together in a bowl and cook on MICRO 850 watt for 3 minutes stirring half way. Leave to cool
- 2. Roll out half pastry and line a 20.5cm/8" flan or pie dish, spread base with sultana mixture
- 3. Roll out remaining pastry, damp edges of pastry base and cover with pastry lid
- 4. Seal edges, trim away surplus and crimp edges
- 5. Brush surface with a little water and sprinkle with caster sugar
- 6. Place on low rack and bake for 20 minutes on MICROFAN 200°C + 250 watt
- 7. Leave to cool then cut into slices

APPLE SHORTBREAD PIE

Serves o		
250g	plain flour	10oz
175g	butter or margarine	6oz
75g	caster sugar	3oz
2tbsp	Bramble or blackcurrant jelly	2tbsp
2	large cooking apples, peeled, cored and sliced	2
50g	demerara sugar	2oz
25g	Sultanas	1oz
	1 dessertspoon demerara suga	r

Method

- 1. Rub butter or margarine into flour until it resembles breadcrumbs, add sugar and mix well
- 2. Reserve a third of the mixture and tip remainder into a 20.5cm / 8" flan dish that has been base lined with parchment paper
- 3. Knead until it covers the base and up the sides, pressing with knuckles to firm it
- 4. Spread base with bramble jelly, combine the apple, sultanas and demerara sugar and spread over the bramble jelly
- 5. Cover apples with remaining crumble mixture, sprinkle over the dessertspoon of demerara sugar and press down lightly
- 6. Place on low rack and bake for 20 minutes on MICROFAN 180°C + 250 watt
- 7. Serve warm or cold

This is a delicious version of blackberry and apple pie without rolling out pastry!

COFFEE AND WALNUT FLAN

^		,
SA	rves	h

250g	Rich pastry (see page 76)	10oz
	Filling:	
2tbsp	Apricot jam	2tbsp
1tbsp	Instant coffee	2tbsp
1tbsp	Milk	1tbsp
75g	soft margarine	3oz
75g	Caster sugar	3oz
1	Egg	1
40g	Walnuts chopped	1 ¹ / ₂ 0Z
100g	self raising flour	4oz
· ·	Topping:	
100g	Icing sugar	4oz
-	Walnut pieces	

Method

- 1. Roll out the pastry to line a 20.5cm / 8" base lined flan dish and prick base with a fork, chill for 30 minutes
- 2. Warm apricot jam on MICRO 850 watt for 20 seconds and spread over the base of the flan case
- 3. For the filling, blend together the instant coffee and the milk and dissolve in the microwave on MICRO 850 watt for 20 seconds
- 4. Cream together all the remaining ingredients for the filling with the dissolved coffee, spread over the jam and smooth the surface
- 5. Place on low rack and bake for 15 minutes on MICROFAN 190°C + 250 watts
- 6. Leave to cool, then cover with icing and decorate with walnut pieces

EVERYDAY FRUIT CAKE

Serves 6		
225g	self raising flour	8oz
100g	Butter	4oz
100g	Caster sugar	4oz
100g	Mixed dried fruit	4oz
¹ / ₂ sp	Mixed spice	¹/₂tsp
	Grated rind of 1 lemon	
1	Egg	1
5tbsp	Milk	5tbsp

Method

Rub butter into flour until it resembles breadcrumbs

Fold in sugar, fruit and lemon rind

Beat egg into milk and stir into cake mixture

Turn into a greased, base lined straight sided dish, place on low rack and bake for 15 minutes on MICRO-

FAN 160°C + 250 watt

Allow to stand for 10 minutes before turning out of dish to cool

RICH FRUIT CAKE

175g	Butter	6oz
175g	Soft brown sugar	6oz
3	eggs beaten	3
1tbsp	Treacle	1tbsp
175g	plain flour	60Z
225g	seedless raisins	8oz
225g	Sultanas	8oz
225g	Currants	8oz
25g	mixed peel	1oz
75g	glace cherries	3oz
1-2 tbsp	Brandy	1-2 tbsp
	grated rind and juice of 1 lemo	n
¹/₄tsp	Salt	¹/₄tsp
¹/₄tsp	mixed spice	¹/₄tsp

Method

Line the base of a well greased 20.5cm/8" straight sided ovenproof dish with non-stick baking paper Cream the butter and sugar together until pale and soft. Beat in the eggs with the treacle and tablespoon of flour.

Mix together the fruit with a tablespoon of flour

Fold remaining flour into the cake mixture, then fold in the fruit and all the remaining ingredients

Turn into the lined dish, smooth the surface and place on low rack and bake for 40 minutes on MICROFAN

130°C + 250 watt

Leave to stand for 30 minutes before turning out

This cake is better wrapped in foil and stored a few days before serving

BLACK FOREST GATEAU

Serves 6		
3	large eggs	3
75g	caster sugar	3oz
50g	self raising flour	2oz
1tbsp	cocoa powder	1tbsp
1tbsp	Oil	1tbsp
	To finish:	
425g	Can black cherries	15oz
1tbsp	Arrowroot	1tbsp
3tbsp	Kirsh	3tbsp
300ml	Double cream whipped grated chocolate	10fl oz

Method

- 1. Whisk the eggs and sugar together until thick, pale and mousse-like
- 2. Sift the flour and cocoa together and fold into the egg mixture with a metal spoon, then fold in the oil
- 3. Turn into a greased and base lined 20.5cm /8" ovenproof straight sided dish
- 4. Place on the low rack and bake for 9 minutes on MICROFAN 190°c + 250 watt
- 5. Stand for 3-4 minutes before turning out to cool
- 6. Drain the cherries and mix a little of the juice with the arrowroot in a bowl, when blended add remaining iuice
- 7. Heat on MICRO 850 watt for 1-2 minutes stirring well until thickened and turns clear
- 8. Add cherries (stoned if preferred) to the sauce and leave to cool
- 9. Slice the cake in half and sprinkle both layers with kirsch
- 10. Place one layer on serving plate and pipe a circle of cream around the outer edge
- 11. Spread cherry mixture in the centre and place other sponge layer on top
- 12. Spread half the remaining cream around edges and roll in chocolate
- 13. Pipe remaining cream on top and decorate as desired

EVE'S PUDDING

Serves 4		
450g	cooking apple peeled, cored and sliced	1lb
75g	Sugar	3oz
	Sponge pudding:	
100g	Soft margarine	4oz
100g	caster sugar	4oz
100g	Self raising flour	4oz
2	Eggs	2

- 1. Place apples in the base of a greased 1.4 litre/2¹/₂ pint ovenproof dish and sprinkle with the sugar
- Combine the sponge ingredients together in a bowl and beat until well blended or put in a food processor
- 3. Spread sponge mixture over the apples and place dish on the low rack
- 4. Bake for 20 minutes on MICROFAN 170°C + 250 watts
- 5. Serve warm with cream or custard.

BREAD AND BUTTER PUDDING

Serves 4

8	slices of bread, crusts removed	8
50g	Butter	2oz
50g	Sultanas	2oz
40g	Caster sugar	$1^{1}/_{2}0Z$
2	Eggs	2
600ml	Milk	1 pint

Method

- 1. Butter bread thickly and cut into squares or triangles
- 2. Arrange half in a greased 1.1litre/1pint ovenproof dish and sprinkle with sultanas and half the sugar
- 3. Cover with remaining bread, butter side uppermost and sprinkle with remaining sugar
- 4. Beat eggs and milk together and strain over the bread
- 5. Leave to stand for 30 minutes for the bread to absorb the egg mixture
- 6. Place on low rack and bake for 25 minutes on MICROFAN 170°C + 250 watts

PINEAPPLE UPSIDEDOWN PUDDING

Serves 4-6

25g	Butter	Toz
25g	Soft brown sugar	1oz
227g	can pineapple rings in juice	8oz
4	glace cherries	4
	Sponge:	
100g	Soft margarine	4oz
100g	caster sugar	4oz
175g	Self raising flour	60z
2	Eggs	2

- 1. Prepare a 20.5cm/8" ovenproof straight sided dish by greasing and lining the base with non-stick baking paper
- 2. Melt butter in small dish on MICRO 850 watt for 30 seconds, stir in sugar and pour over the base of dish
- 3. Drain the pineapple rings and arrange with glace cherries in the base of dish on top of the butter mixture
- 4. Cream together the sugar, margarine, flour and eggs or combine in a food processor and spread over the pineapple
- 5. Place on low rack and bake for 20 minutes on MICROFAN 170°C + 250 watt
- 6. Stand 3-4 minutes before turning out on to a serving plate

FRUIT CRUMBLE

Serves 4

450g	apples, plums, gooseberries,	1lb
	rhubarb or blackberries	
75-100g	Granulated sugar	3-402
175	gplain flour	60Z
75g	Butter	3oz
50g	caster sugar	2oz

Method

- 1. Prepare fruit and place in a 1.1 litre/2 pint ovenproof dish and spoon over enough granulated sugar, according to which fruit is used
- 2. Rub butter into flour until it resembles breadcrumbs, stir in caster sugar
- 3. Sprinkle thickly over the fruit and sugar and press down lightly
- 4. Place dish on low rack and bake for 20 minutes on MICROFAN 190°C + 250 watt
- 5. Serve with fresh cream or custard

FRUIT PIE

Serves 4-6

450g	Apples, peeled,	1lb
	cored and sliced	
50g	Granulated sugar	2oz
450g	Shortcrust pastry (see page	76) 1lb
	Beaten egg or milk for glaze	;
	Caster sugar	

- 1. Roll out half the pastry and line an ovenproof plate
- 2. Cover with apple slices and sugar leaving a clear outside edge
- 3. Roll out remaining pastry, damp edges of pastry base and cover with rolled out pastry
- 4. Press edges together and trim away surplus pastry
- 5. Fork a pattern all around the edge of pie, brush with milk or egg and make a slit in the centre
- 6. Place on low rack and bake for 20 minutes on MICROFAN 200°C + 250 watt
- 7. Serve hot or cold sprinkled with a little caster sugar

RICE PUDDING

Serves 4

50gpudding rice2oz600mlfull cream milk1 pint24gcaster sugar1oz

Ground nutmeg knob butter

Method

- 1. Wash rice, drain and place in a greased straight sided ovenproof dish deep enough to allow the milk to boil up during cooking
- 2. Stir in milk and sugar and pour over rice, stir well
- 3. Sprinkle with nutmeg and dot with butter
- 4. Place on low rack and cook for 30 minutes on MICROFAN 150°C + 250 watt

SHORTCRUST PASTRY

makes 325g/12oz pastry

225g plain flour 8oz 100g Margarine 4oz 100g Lard or cooking fat 4oz pinch of salt

Method

- 1. Cut margarine and lard into cubes and rub into flour and salt until it resembles breadcrumbs or place all ingredients in a food processor and blend (be careful not to over process)
- 2. Bind together with 3-4 tablespoons of cold water, wrap in clingfilm and chill for 30 minutes

RICH PASTRY

makes 325g/12 oz pastry

150gplain flour6oz100gButter4oz1tbspcaster sugar1tbsp

1 egg yolk + 2 tsp water

- 1. Rub the butter into the flour until it resembles breadcrumbs
- 2. Stir in sugar and bind together with the egg yolk and water
- 3. Wrap in cling film and chill for 30 minutes before rolling out

7.4 MICROGRILL RECIPES

LEEK AND PASTA GRATIN

Serves 4		
125g	pasta - cooked	4oz
275g	Leeks washed and sliced	10oz
25g	Margarine	1oz
25g	Flour	1oz
600ml	Milk	20fl oz
175g	grated cheese	6oz
	salt and pepper	
25g	fresh breadcrumbs	1oz

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
- 7. Place on low rack and cook for 8 minutes on MICROGRILL + 450 watt

TUNA PIE

Serves 4-6		
2	medium leeks finely sliced	2
25g	Margarine	1oz
300ml	white sauce, hot (see page 54)	10fl oz
4	tomatoes, skinned and quartered	4
425g	can tuna fish, drained	15oz
1tbsp	freshly chopped parsley	1tbsp
	grated rind and juice of 1/2 lemor	1
	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 750 watt
- 5. Serve hot with crusty bread

GARLIC POTATOES

Serves 4

700g	peeled potatoes thinly sliced	11/2lb
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 + 450 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
¹/₂tsp	Worcester sauce	¹/₂tsp
	Sesame seeds	
8	Pineapple rings	8
1	green pepper deseeded	1
1	red pepper deseeded	1

- 1. Cut chicken into large cubes and place in shallow dish
- 2. Mix ingredients for the marinade together and pour over the chicken, leave for at least 1 hour
- 3. Drain chicken and roll pieces in sesame seeds
- 4. Cut red and green peppers into squares and pineapple rings into 4
- 5. Thread chicken, pineapple and peppers alternatively onto wooden skewers
- 6. Lay kebabs across high rack and cook for 14 minutes on MICROGRILL + 450 watt turning halfway
- 7. 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 + 450 watt turning half way through cooking
- 4. Serve hot with a little of the sauce

GRILLED CHICKEN JOINTS

Serves 4

4	cnicken 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 + 450 watt