



# MICROWAVE OVEN

## DE'LONGHI MAK312




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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.

**We recommend the following for this oven:**

Test Nr. on standard	Item	output power Duration	Power level	Weight	Standing time	Note
A	Egg custard	18' - 20'		750 gr	5 min.	The upper surface shall be evaluated after the standing time. The inner custard evaluation shall be conducted after two hours.
B	Sponge cake	8' - 9'		475 gr	5 min.	Use the borosilicate glass container stated in the Standard (max dia. 210 mm) or a Pyrex® glass container dia. 210 mm, height 50 mm and wall thick. 6mm.
C	Meat loaf	22' - 24'		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	14' - 16'		500 gr	15 min.	Place the frozen load directly on the turnable. Turn upsidedown the load after half of the defrosting time.

# SAFETY

## *READ THESE WARNINGS CAREFULLY BEFORE STARTING TO USE THE OVEN*

### **SMOKE AND FIRE**

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

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

### **DELAYED BOILING**

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

### **BABY FOOD AND DRINK**

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

### **DOOR**

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

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

### **REPAIRS AND SERVICE**

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

### **COOKING CONTAINERS**

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

### **EGGS**

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

### **CHILDREN**

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

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

#### **Note:**

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

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

## CHAPTER 1 - UNPACKING AND GETTING READY

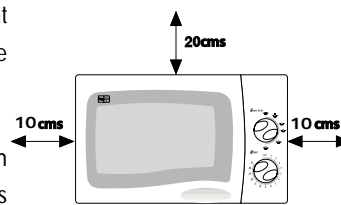
This oven is designed for home use. It should not be used for commercial catering.

- 1 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.

- 2 Choose a flat work surface for your microwave away from heat sources such as radiators or fires, and away from anywhere that's very cold.

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

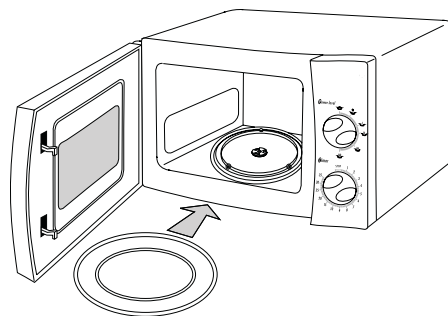


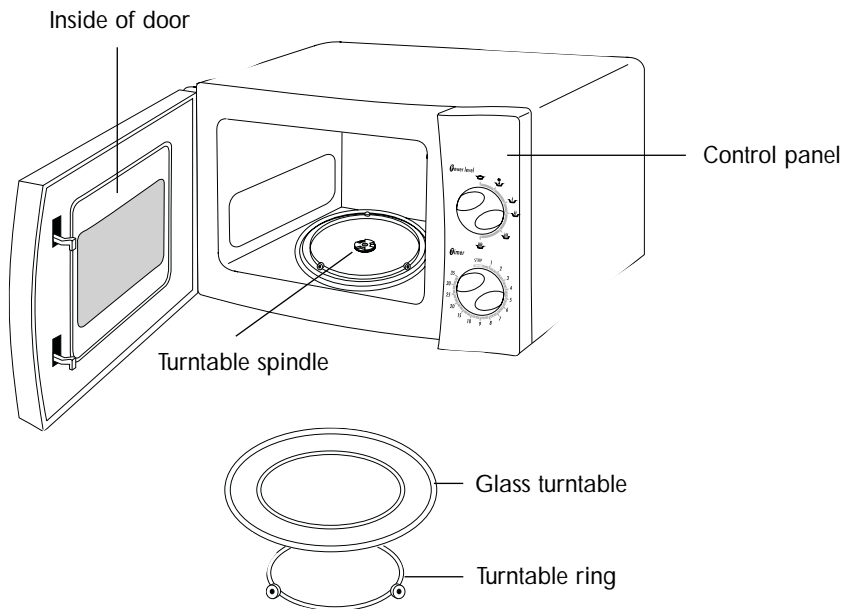
- 3 Plug your oven into a standard household electrical socket (230 volt, minimum 10 amp rated). Check that the socket is properly earthed: the manufacturers shall not be responsible in any manner if this safety norm is not observed.

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

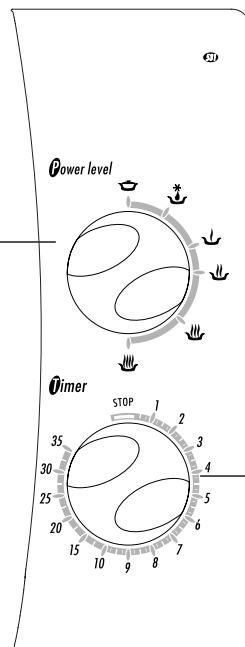
- 4 Slot the turntable spindle into its hole in the bottom/middle of your oven. Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle.

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





**MICROWAVE POWER KNOB**  
Turn the knob to the power you wish.



**TIMER KNOB**  
**THIS KNOB STARTS ALL THE OPERATIONS.**  
Turn it in a clockwise direction from 1 to 35 min. When that time has expired, the oven will turn off and you will hear a buzzing signal.

## 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.

## CHAPTER 2 - *INTRODUCING MICROWAVE COOKING*

Always remember the basic safeguards you'd 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's more information available in chapter 3, "Using the microwave".

### 2.1 - COOKING WITH A MICROWAVE

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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. Never stack food in your microwave.

Meat and poultry which is cooked for 15 minutes or more will brown lightly in its own fat. Anything cooked for a shorter time can be brushed with a browning sauce to give an appetising colour.

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's also a good idea to turn chops and chicken pieces, especially if they contain the bone.

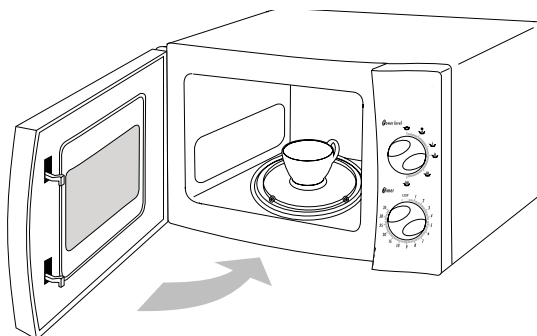
Most dishes are cooked individually in the microwave. Those requiring similar cooking times and power settings can be cooked together. Generally speaking there is no great advantage as timings have to be increased with larger quantities of food.

## 2.2 - CHECKING YOUR MICROWAVE

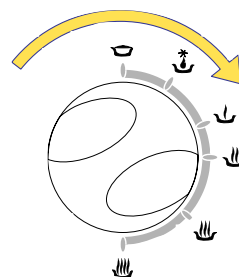
Check your microwave is working after unpacking and whenever you think it might not be working properly.

- 1 Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle.

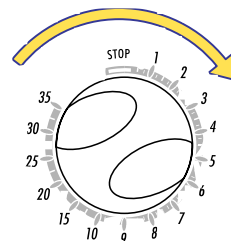
You must always use the turntable and ring whenever you use the microwave. Place a cup of water on the turntable. Make sure the cup is microwave-safe – it shouldn't have any decorative metal trim. Close the oven door.



- 2 Choose the max power level by turning the power selector knob.



- 3 Select 1 minute cooking time by turning the timer knob in a clockwise direction.



- 4 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. Once the set cooking time has expired, a “Ding” will sound to signal that your food is ready.

## 2.3 - OVENWARE TO BE USED

In Microwave cooking, all types of containers in glass (preferably Pyrex), ceramics, china and terracotta may be used provided that they are undecorated and free of metal parts (i.e. gilt trimmings, handles, feet etc.). Containers in heat-resistant plastic may also be used. Paper napkins, cardboard trays and disposable plastic plates can also be used for short cooking times. The size and shape of the containers must be such as to allow them to rotate properly inside the oven.


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

Always follow the table for cookware:

Glass	Ovenproof	Earthenware	Foil	Plastic	Paper	Metal
YES	YES	YES	NO	YES	YES*	NO

\* Recycled kitchen paper is **not** suitable for microwave cooking.

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 Turn the microwave power knob to the maximum power setting  . Set time to 1 minute turning the timer knob in a clockwise direction.
- 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 scratched, cracked or damaged glass in a microwave. Damaged glass can explode.



## 2.4 - STEAM

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When you microwave food, steam is created as water in the food heats up and evaporates.

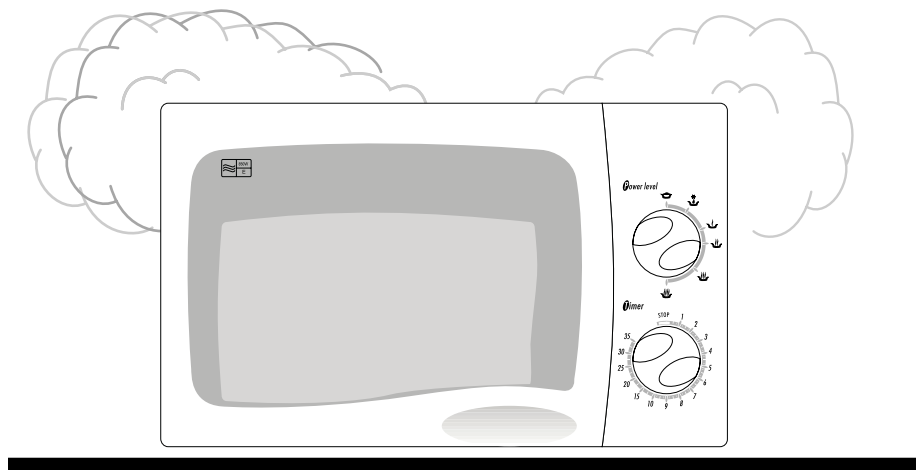
The steam formed during microwave cooking is entirely safe. It has to escape from the microwave to prevent pressure from building up inside the oven. It does this through the vents on the back of the oven and from around the door.

### CONDENSATION

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As the steam cools, you may find the 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.

## 2.5 - GUIDELINES AND SAFETY

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

### PREPARING FOOD FOR BABIES

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- Always be very careful when preparing food and drink for babies and small children.
- Avoid scalding by allowing 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 overheated in a microwave oven.
- Remove the teat from the baby bottle before using the bottle in a microwave oven. If the teat is left on the bottle, heat can't escape and the bottle could burst.

### SAFE USE OF YOUR MICROWAVE

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- Use your microwave for food preparation only.  
*Never use it for drying cloths, 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, and allow them to stand before serving.  
*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 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 powers socket.*
- Never use the oven when it is empty.  
*It's 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're 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**

Treat scalding by:

- 1 Quickly placing 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.

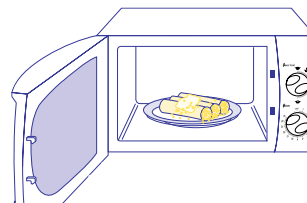
## CHAPTER 3 - USING THE MICROWAVE

### 3.1 - OPERATING THE OVEN

1

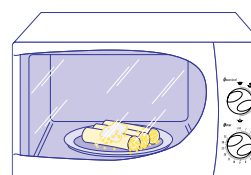
Place the food in a container suitable for microwave cooking and place it in the centre of the turntable

**N.B:** You do not have to pre-heat the oven.



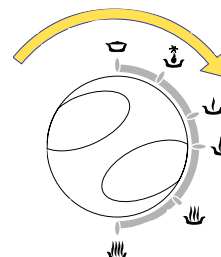
2

Close the door



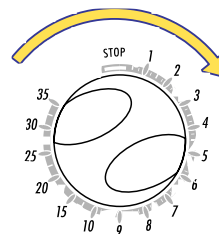
3

Choose the power level you want by turning the power knob. See the table on following page.



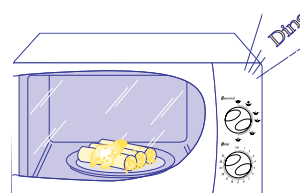
4

Set the cooking time desired by turning the timer knob in a clockwise direction.



5

Once the set cooking time has expired, a **"Ding"** will sound to signal that your food is ready.









It is possible to interrupt the oven's operations at any time simply by turning the timer knob to its **STOP** setting. You may also change the cooking time (while the cooking itself is in progress) by turning that same knob back or forth. You can check on the situation while the cooking is in progress by opening the door and examining the food. That move will interrupt the oven's operations, but they will begin again once the door has been closed.

### 3.2 - CHOOSING A SUITABLE POWER SETTING

Your microwave has 6 power setting. These can be compared to the thermostat on a conventional oven. Food such as stews and puddings are best cooked with a low heat; the same applies to microwave cooking. Most foods will be cooked on 800 watts but your oven gives you the flexibility to adjust the cooking power to achieve better, more even results.

Always choose the setting that's best suited to the food you want to cook.  
This table shows the power settings.

What power should I choose?			What do I want to do?
Power setting		80w	<ul style="list-style-type: none"> <li>Keep food warm</li> </ul>
Power setting		120w	<ul style="list-style-type: none"> <li>Defrost</li> </ul>
Power setting	 or 	280w 400w	<ul style="list-style-type: none"> <li>Melt butter and soften cheese</li> <li>Bake pastry goods</li> </ul>
Power setting		560w	<ul style="list-style-type: none"> <li>Cook meat</li> </ul>
Power setting		800w	<ul style="list-style-type: none"> <li>Cook vegetables</li> <li>Cook fish</li> <li>Cook rice, pasta</li> <li>Heat up any type of already cooked or frozen food</li> </ul>

# CHAPTER 4 - COOKING GUIDELINES

## 4.1 - MICROWAVE REHEATING AND GUIDELINES

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



**OUTPUT POWER:** The microwave output power is indicated inside this symbol, placed on the oven door.

The **letter** indicates the **heating category** to which your oven belongs: some pre-cooked food packages (frozen or chilled) give heating instructions corresponding to the various categories.

Three wavy lines show that this oven has been tested to meet the agreement.

Check the cooking times, for the heating category indicated on your oven, on the food's packaging to see how long it should be cooked for.

**Remember**

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

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

	Heating Category		Wattage (IEC 705)	
	B	D	650W	750W
Full Power	2	2	2	2
Turn	Turn		Turn	
Full Power	2	1.5	2	1.5
Standing Time	1	1	1	1
	Minutes		Minutes	

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

	Heating Category		Wattage (IEC 705)	
	B	D	650W	750W
Full Power	3	2.5	3	2.5
Turn	Turn		Turn	
Full Power	4	3.5	4	3.5
Standing Time	1	1	1	1
	Minutes		Minutes	

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.

## REHEATING FOODS AND GUIDELINES

1. Most foods need to be covered with microwave film or a plate to hold in heat and moisture during reheating; the exception is food which requires stirring, such as soups and beverages or pastry products.
2. The temperature of your food will effect timings, food straight from the refrigerator will take longer than food stored at room temperature. It must also be remembered that standing time is required after heating and before serving.
3. Make sure food is hot and not just warm to ensure that any harmful bacteria that may be present are destroyed. Liquids should be stirred during heating and should bubble (i.e. come to the boil). If using a thermometer to check the temperature of the food it should read at least 75°C in all parts of the food.
4. Plated meals should be reheated with thinner or smaller pieces of food in the centre and denser food around the outside as the centre takes longer to heat than the outer edges. For plated meals with which you are serving sauce or gravy, heat separately in a small container and pour over the heated meal. This will ensure a more even heating and a better end result.
5. Do not over heat pastry products-remember the filling contains more water than the pastry and will become hot quickly whilst the pastry may still feel cool. Overheating causes the filling to create steam under the pastry which then becomes soggy. For good results heat pastry products on a rack or piece of kitchen paper and allow to stand a minute or two after cooking.
6. It is **NOT RECOMMENDED TO STERILISE BABIES BOTTLES** in the microwave. Boiling water in bottles can cause pressure to build up inside the bottle and cause an explosion.
7. Baby's feeding bottle can be warmed in the microwave using **400** watts 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.**
8. Likewise baby foods can be reheated in the microwave, again using **400** watts. 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 2nd 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***REMEMBER THAT THESE ARE GUIDELINES ONLY*

<b>FOOD AND WEIGHT</b>	<b>TIME (800 watts)</b>	<b>GUIDELINES</b>
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 1/2 mins	Remove from foil, place in dish. Stand 2-3 minutes
Pizza - small	2 1/2 mins	Place on low rack. Stand 1-2 minutes
Pizza - large	3 1/2 mins	As above
Lasagne/Moussaka - per 450g/1lb	6-8 mins	Remove from any foil container and place in a suitable dish. Stand 3-4 minutes
Pasta/Rice dishes - per 225g/8oz	3 1/2	Place on turntable. Stand for 2 minutes
Chilli/Minced beef - per 450g/1lb	5-6 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 1/2 mins	Turn into a bowl before heating - stir halfway
Plated meal	3-4 mins	See guidelines on reheating. Stand 1-2 minutes
Canned spaghetti/Baked beans - per 225/8oz	2-3 mins	Turn into a bowl and stir half way - cover to prevent splattering. Stand 1-2 minutes
Soup per 300ml/10fl oz	3-4 mins	Turn into a bowl and stir halfway
Soup per 600ml/20fl oz	4-5 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



## 4.2 - MICROWAVE COOKING

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- 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.

### MEAT

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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 **560 watts**. 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 **800 watts** on its own to crisp it.

If you wish to make meat more tender, we recommend that you add  $\frac{1}{2}$  a cup of water at the start of the cooking process.

*The following chart gives timings for cooking on 560 watts and are only guidelines as the time will very depending on weight, the initial temperature of the food and density of the food.*

### MEAT

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- 1 Place the meat on a microwave-proof plate.
- 2 Put the container into the oven on the glass turntable and follow the cooking instructions.
- 3 Halfway through cooking, turn the meat over to allow both sides to cook.
- 4 At the end of the cooking time, cover the meat and leave it to stand for about 5 to 10 minutes.  
Standing time allows the centre of the meat to continue to finish cooking without overcooking the outside

## COOKING MEAT AND POULTRY

FOOD AND WEIGHT per 450g/1lb	TIME (560 watts)	GUIDELINES
Beef (rare)	7-8 minutes	When cooked, wrap in foil and stand for 15-30 minutes
Beef (medium)	8-9 minutes	As above
Beef (well done)	10 minutes	As above
Pork/Lamb	9-10 minutes	As above
Ham	7-8 minutes	When cooked, wrap in foil and stand for 15-30 minutes before serving or leave to go cold.
Casserole	14-16 minutes	Cook in covered dish on turntable, stir halfway through cooking
Meat sauce		See recipes
Chicken-whole	8-10 minutes	Cook in roasting bag or covered dish. For larger birds start cooking breast side down-turn over halfway through cooking. Stand 15-20 minutes
Chicken/Turkey pieces	8 minutes	Arrange evenly in covered dish - turn bone pieces halfway through cooking

**Always make sure that the meat is fully cooked before serving. Pierce the thickest part with a sharp knife. If the juice runs clean 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.

## POULTRY

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Cooking poultry by microwave will give you a superb flavour with a moist and tender flesh. Remove the giblets and any metal clamps, and prepare the poultry as you would normally. Always make sure that poultry is fully defrosted before you start to cook.

Prick the skin and lightly brush with vegetable oil.

You don't need to use any oil if it is a self-basting bird.

- 1 Place the meat on a microwave-proof plate.
- 2 Put the container into the oven on the glass turntable and follow the cooking instructions. Use the weight of the bird when stuffed to calculate the cooking time.
- 3 Turn the meat halfway through the cooking time to allow both sides to cook evenly. If you don't turn it, poultry can cook unevenly because of its irregular shape.
- 4 At the end of the cooking time, cover the meat and leave it to stand for about 5 to 10 minutes. Standing time allows the centre of the meat to finish cooking without overcooking the outside.

**Always make sure that poultry is fully cooked before serving. Pierce the thickest part of the meat 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.

## SOUPS AND RICE

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- 1 Soups or broth usually require a small amount of liquid because the evaporation in microwave ovens is rather limited. Because it is a dehydrating agent, salt must be added only when the cooking is finished or during the standing time.
- 2 The temperature required for cooking rice (or pasta) in a microwave oven is more or less the same as that needed to cook it on a regular hob. The advantage of preparing a risotto dish in a microwave oven is you do not have to stir the rice constantly (two or three times is enough).
- 3 Make sure the ingredients are placed in a container suitable for microwave ovens and covered with a clear sheet (for about 300 gr. of rice, you need 750 gr. of broth with the oven programmed at 5 for about 12 to 15 minutes).

*The following chart gives timings for cooking on 560 watts and are only guidelines as the time will very depending on weight, the initial temperature of the food and density of the food.*

**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 **800 watts**, but for the best result and to cook larger whole fish, cook on **400 watts** or **560 watts**.

**COOKING FISH**

FOOD AND WEIGHT	TIME	GUIDELINES
Fish fillets per 450g/1lb	6-7 minutes on 560 watts	Lay in dish with thickest part to the outside, season as required and cover
Fish steaks per 450g/1lb	3-4 minutes on 800 watts	As above
Flat fish per 450g/1lb	3-4 minutes on 400 watts	Arrange in dish with thin ends folded underneath, cover. Stand 3 minutes
Whole fish per 450g/1lb	4-5 minutes on 560 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 400 watts per 450g/1lb	Lay flat or curve in a dish, cover. Stand 5-10 minutes

VEGETABLES

Microwave cooking is ideal for vegetables – flavours are more distinct, colours are brighter and more nutrients are retained.

- 1

Prepare your vegetables as normal. Try to cut them to roughly equal sizes and spread them out in the dish so that they all cook evenly. Arrange whole or halved vegetables, such as potatoes, in a circle with centre open. Keep as much space as possible between each vegetable. Pierce any vegetables that have a skin.

Place tender vegetables, such as asparagus or broccoli, with the more tender parts towards the centre.
- 2

Add the minimum of water, about 2–4 tbsp is normally enough. Some vegetables will cook in their own moisture.

Add salt according to taste.
- 3

Cover the dish with a lid or microwave cling film (always pierce the film to let steam escape).

Place the dish onto the glass turntable.
- 4

Shake or stir during cooking.
- 5

Leave the vegetables covered for the full standing time.

Standing time allows the centre of the vegetables to continue to cook without overcooking the outside.

VEGETABLE COOKING CHART

*The following charts give timings for cooking on **800 watts** and are only guidelines as the time will vary depending on weight, the initial temperature of the vegetables (refrigerated, frozen or room temperature) and the density of the food.*

**FRESH VEGETABLES**

FOOD AND WEIGHT	TIME in mins	GUIDELINES
Asparagus - 250g/9oz	5-6	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	6-7	Shell and cook in a covered dish with 4 tablespoons water. Shake or stir during cooking. Stand 3 minutes.
Green beans - 450g/1lb	13-14	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	9-10	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	9-10	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	9-10	Trim and shred. Cook in covered dish with 5 tablespoons water. Stir or shake three times during cooking
Carrots - 450g/1lb	11-12	Scrape and leave baby ones whole, slice larger ones. Cook in covered dish with 4 tablespoons water. Stir during cooking. Stand 3 minutes
Corn-on-the-cob x 2	6-8	Remove husks. Do not add water, just a knob of butter. Cook covered, turn halfway. Stand 3 minutes.
Courgettes - 450g/1lb	9-10	Trim and slice, sprinkle with pepper and dot with butter - do not add water. Shake during cooking, stand 2 minutes
Leeks - 450g/1lb	9-10	Trim and slice or leave whole. Cook in covered dish with 4 tablespoons water. Turn during cooking. Stand 3 minutes
Mange Tout/Baby Sweetcorn 250g/9oz	4	Trim ends, add knob butter - do not add water. Cook covered. Stand 2 minutes
Mushrooms - 450g/1lb	5-6	Trim stalks and wipe. Do not add water just knob of butter. Stand 2 minutes
Onions - whole - 250g/9oz	11-12	Place in covered dish with no water. Stand 3 minutes
Onions - sliced - 250g/9oz	7-8	As above
Parsnips - 450g/1lb	11-12	Peel and slice. Cook in covered dish with 4 tablespoons water. Shake or stir during cooking. Stand 3 minutes
Peas - Fresh - 450g/1lb	7-8	Shell. Cooking time varies according to age. Cook covered with 3 tablespoons water. Shake during cooking. Stand 2 minutes
Potatoes - New - 450g/1lb	9-11	Wash and scrub. Cook in covered dish with 4 tablespoons water. Shake during cooking. Stand 4-5 minutes
Potatoes - Old - 450g/1lb	10-11	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	6-7	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	7-8	Wash and discard wilted leaves. Cook in covered dish without extra water. Stand 3 minutes. Press out excess water and chop.
Swede - 450g/1lb	14-16	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	2-3	Slit skin to avoid bursting, place in shallow dish uncovered. Stand 2 minutes

**FROZEN VEGETABLES - 800 WATTS**

FOOD AND WEIGHT	TIME in mins	GUIDELINES
Asparagus - 225g/8oz	5-6	Place in shallow dish, cover and cook. Stand 2 minutes
Beans, Broad - 225g/1lb	4-5	Place in covered dish with 3 tablespoons water. Stand 3 minutes
Beans, Green - 225g/1lb	4	As above
Broccoli - 225g/8oz	5-6	Cook in covered dish without extra water. Stand 2 minutes
Brussel sprouts - 225g/8oz	6-7	Cook in covered dish with 4 tablespoons water. Stand 3 minutes
Cauliflower florets - 225g/8oz	6-7	Cook in covered dish with 2 tablespoons water. Stand 3 minutes
Carrots - 225g/8oz	6-7	As above
Corn-on-the-cob x 2 ears	6-7	Lay in shallow dish, dot with butter and cover. Stand 2 minutes
Courgette slices - 225g/8oz	5-6	Place in covered, shallow dish with no extra water. Stand 2 minutes
Mange Tout - 225g/8oz	5-6	As above
Mixed vegetables - 225g/8oz	6-7	Cook in covered dish with no extra water or slit bag and cook. Stand 2 minutes
Onion slices - 225g/8oz	5-6	Cook in covered dish. Stand in 3 minutes
Peas - 225g/8oz	6-7	Cook in covered dish with no extra water or slit bag and cook. Stand 2 minutes
Sweetcorn - 225g/8oz	6-7	As above
Spinach - 225g/8oz	6-7	Place in shallow covered dish with no extra water. Stand 2 minutes



## PUDDINGS, DESSERTS AND CAKES

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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.

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.

### 4.3 - MICROWAVE DEFROSTING

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- Foods frozen in bags or plastic sheeting or in their packaging may be placed directly in the oven, as long as they have no metal parts (e.g., 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 separate each individual piece of meat from its bag before putting it in the freezer. This will help you save valuable time will preparing foods.
- Be careful about following the cooking times printed on frozen products, because those times 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.

The following chart gives timings for defrosting. They are only guidelines as the time will vary depending on weight, the initial temperature of the food and density of the food.

#### AUTOMATIC DEFROST CHART

Type of food	Quantity	Defrost time in minutes	Instructions	Standing time
<b>Meat</b>				
Roasts	1kg	23-28	Turn over halfway through defrosting	20
Steaks, chops	200g	7-10		5
Cubed meat	500g	14-17		10
Mince	250g	8-11		15
Mince	500g	12-14		10
Hamburgers	200g	8-11		10
Sausages	300g	10-13		10
<b>Poultry</b>				
Duck, turkey	1.5kg	29-32	Turn the poultry over halfway through.	20
Whole chicken	1.5kg	29-32		20
Pieces of chicken	500g	14-18		10
Chicken breast	300g	13-17		10
<b>Vegetables</b>				
Peas	500g	13-17	Stir the vegetables occasionally to speed up the defrosting process	5
Broccoli	500g	15-19		5
Brussel sprouts	500g	15-19		5
Mixed vegetables	300g	9-13		5
<b>Fish</b>				
Filletts	300g	10-14	Turn the fish over halfway through defrosting	7
Steaks	400g	10-12		7
Whole	500g	13-17		7
Prawns, shrimps	400g	11-15		7
<b>Milk/Dairy products</b>				
Butter	250g	7-10	Remove the silver foil or the metal parts. Do not defrost completely. Observe the standing time. The cream should be removed from its container and placed in a dish	10
Cheese	250g	8-12		15
Cream	200ml	10-14		5
<b>Bread</b>				
2 medium-sized rolls	150g	2-3	Put the bread directly onto the turntable	3
4 medium-sized rolls	300g	3-4		3
Sliced bread	250g	3-4		3
Sliced wholemeal bread	250g	3-4		3
<b>Fruit</b>				
Strawberries, plums, cherries			Stir every 2-3 minutes	
redcurrants, apricots	500g	10-12		10
Raspberries	300g	7-9		10
Blackberries	250g	6-8		6

## CHAPTER 5

### 5.1 - QUESTIONS AND ANSWERS

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**Q** Why doesn't food seem to cook?

**A**

Check that:

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

**Q** Why does the food seem undercooked or overcooked?

**A**

Check that:

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

**Q** How can I stop eggs from popping?

**A**

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.

---

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

**A**

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.

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

**A**

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

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

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

---

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

**A**

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

**Q**  
**A**

**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.

**Q**  
**A**

**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.

**Q**  
**A**

**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.

**Q**  
**A**

**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.

**Q**  
**A**

**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.

**Q**  
**A**

**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.

**Q**  
**A**

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

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

## 5.2 - CLEANING YOUR MICROWAVE

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

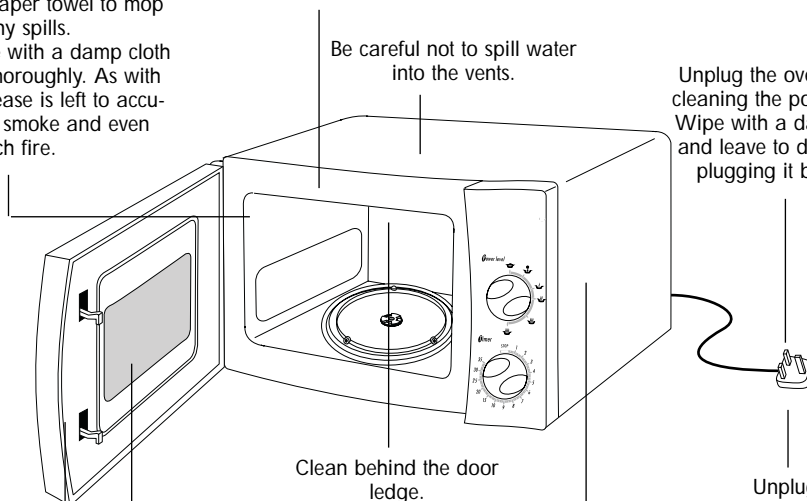
The oven walls are specially coated. Use a soft cloth to wipe off any splashes or a paper towel to mop up any spills.

Wipe off grease with a damp cloth and then dry thoroughly. As with any oven, if grease is left to accumulate, it can smoke and even catch fire.

Keep the front of the oven clean so that the door can close properly.

Be careful not to spill water into the vents.

Unplug the oven before cleaning the power lead. Wipe with a damp cloth and leave to dry before plugging it back in.



Unplug your oven before you clean it.

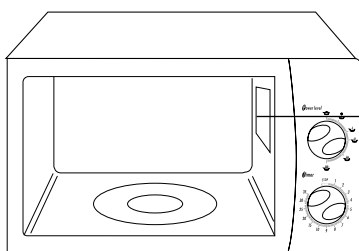
Use warm soapy water to clean the outside of the oven. Don't use abrasive pads or powders that could scratch the surface.

Check that the door catches are clean.

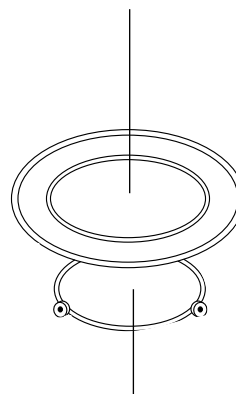
Keep the inside of the door clean with a damp cloth. Use warm soapy water for stubborn marks and dry thoroughly.

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.

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



Always keep the waveguide cover clean from dirt or deposition of fat.



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

### 5.3 - MICROWAVE TIPS

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- 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.
- As a general guide, place a cup of water on a stack of 2 - 3 plates and heat on 800 watts for 1.5 - 2 minutes and then stand for a further 2 - 3 minutes.
- Bread rolls can be warmed in a napkin-lined basket ready to serve. Half a dozen rolls will take 20-30 seconds on 800 watts.
- 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 800 watts. 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 1-1.5 minutes on 80 watts.
- 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 800 watts for 30-50 seconds.
- Place almost empty jars of honey or syrup, with the lids removed, in the microwave on full power for 15-30 seconds - you will be surprised at how much this will yield. Crystallised honey will also soften in the microwave on 800 watts for 40-60 seconds.
- Dissolve a jelly tablet by placing the whole tablet in a measuring jug. Microwave on 800 watts 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 800 watts 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 800 watts. Eight will take about 1-2 minutes.
- Citrus fruit will yield more juice if they are heated in the microwave on 800 watts 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.

## 5.4 - MICROWAVE RECIPES

### COOKING PLAIN EGG DISHES

Serve - 1 portion

	Ingredients	Method
Scrambled egg	2 eggs 3 tbsp milk salt and pepper knob of butter	Beat eggs, milk and seasoning in a bowl, add butter and cook on full power for 1½ 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 560watt 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 560 watt 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 1-1½ minutes until boiling. Break in egg, pierce yolk and cook on 560watt 40 seconds. Stand for 1 minute

### BAKED EGG CUSTARD

300ml	Milk	10fl oz
3	Eggs	3
1	Egg yolk	1
75g	Caster sugar	3oz
½ tsp	Vanilla essence	½ tsp
	Pinch of nutmeg	

#### Method

1. Place the milk in a 600ml/1 pint straight sided dish.
2. Heat on 800 watts 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 400 watts for 4-5 minutes until the custard is set
6. Stand for 10 minutes before serving.



**TRADITIONAL CUSTARD**

Makes 600ml/ 1 pint

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

**Method**

1. Heat the milk on 800 watts 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 800 watts for 1½-2 minutes stirring several times, until the custard thickens.

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

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

Heat on 800 watts for 3-3½ 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 800 watts for 2-2½ 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/  $\frac{1}{2}$  pint

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

**Method**

1. Melt the margarine or butter in a jug or bowl on high for 40 seconds.
2. Stir in the flour and cook on high for 40 seconds, blend in the milk gradually, whisking or stirring well.
3. Cook uncovered, on 800 watts for 2 minutes, stirring well halfway through cooking time and at the end.
4. Season to taste and use as required.

**Variations****Parsley Sauce** - Stir in 2 tablespoons freshly chopped parsley with the seasoning.**Cheese sauce** - Stir in 2oz grated cheese with the seasoning.**APPLE SAUCE**

Makes about 350g/12 oz

350g	Cooking apples, peeled, cored and quartered	12oz
1tbsp	water	1tbsp
25g	butter	1oz
1tbsp	lemon juice	1tbsp
	sugar to taste	

**Method**

1. Combine the apples and water in a covered dish and cook on 800 watts for 3-4 minutes.
2. Beat until smooth and stir in the remaining ingredients.
3. Serve with roast pork or duck.

**BREAD SAUCE**

Makes about 300ml/ 1/2 pint

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

**Method**

1. Stud the onion with the cloves and place in a bowl with the milk.
2. Cover and cook on 800 watts for 3 minutes. Leave to stand for 15 minutes
3. Remove the onion and cloves, stir in the butter, breadcrumbs and seasoning to taste.
4. Reheat for 1-2 minutes if necessary. Serve with roast poultry.

**REDCURRANT SAUCE**

Makes about 300ml/ 1/2 pint

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

**Method**

1. Combine the redcurrant jelly, cider, vinegar and sugar.
2. Heat on 800 watts for 1-2 minutes to dissolve the jelly.
3. Stir well and cook on 800 watts 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	6oz
50g	butter	2oz
1tbsp	drinking chocolate	1tbsp
2-3tbsp	milk	2-3tbsp

**Method**

1. Combine all the ingredients and cook on 800 watts for 1-2 minutes, stirring twice during cooking. Do not allow to boil. Serve with ice cream or steam puddings.

**BOLOGNESE SAUCE**

Serves 4-6

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

**Method**

1. Combine onions, garlic, celery, bacon and oil in a covered dish and cook on 800 watts for 3 minutes
2. Add beef and break up with a wooden spoon to incorporate it with onion mixture, cook on 800 watts 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 800 watts for 4 minutes then reduce power to 400 watt and cook for a further 20 minutes. Leave to stand for 10 minutes
6. Serve with freshly cooked spaghetti and sprinkle with Parmesan cheese.

**MEATBALLS IN TOMATO SAUCE**

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
$\frac{1}{2}$ tsp	Salt	$\frac{1}{2}$ tsp
$\frac{1}{4}$ tsp	Pepper	$\frac{1}{4}$ tsp
$\frac{1}{4}$ tsp	Nutmeg	$\frac{1}{4}$ tsp
2	small beaten eggs	2
<b>Tomato Sauce:</b>		
40g	Butter	1 $\frac{1}{2}$ oz
100g	mushrooms chopped	4oz
40g	plain flour	1 $\frac{1}{2}$ oz
1tbsp	tomato puree	1tbsp
150ml	hot beef stock	5fl oz
400g	can of chopped tomatoes	14oz
	salt and pepper	

**Method**

1. Combine all the ingredients for the meatballs and form into 16 balls
2. Arrange in ovenproof dish provided and cook uncovered on 800 watts 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 800 watts for 1-2 minutes, stir in flour, puree, stock and mix well.
5. Stir in the tomatoes, season to taste, cover and cook on 800 watts for 5 minutes
6. Liquidise in a blender or food processor until smooth, pour over the meatballs and heat through on 800 watts 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

### Method

1. Put beef in large casserole dish and break up with a fork
2. Add onion and garlic and cook on 800 watts for 4-5 minutes stirring once or twice to brown meat
3. Add tomatoes, puree, spices and seasoning and stir well. Cover and cook on 800 watts watt for 10 minutes
4. Stir in the kidney beans, cover and cook a further 2 minutes on 800 watts.  
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 <sup>1</sup> / <sub>2</sub> oz
1tbsp	freshly chopped parsley	1tbsp
	salt and pepper	

### Method

1. Place fish in shallow dish with 2 tablespoons of water, cover and cook on 800 watts 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 800 watts for 3 minutes
4. Add the soup and heat on 800 watts for 2-3 minutes stirring half way
5. Add parsley and fish and seasoning to taste, cook a further 1-2 minutes on 800 watts
6. Serve hot

## GOLDEN FRUIT PUDDING

Serves 4

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

### Method

1. Combine the fruit, demerara sugar and cinnamon and set to one side
2. Beat together the remaining ingredients
3. Spoon half the fruit mixture into the bottom of a greased 1.15litre/2 pint pudding basin
4. Cover with half the sponge mix and repeat layers
5. Cook on 560 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 $\frac{1}{2}$ oz
100g	frozen peas thawed	4oz
	slat and pepper	
100g	Grated cheese	4oz
2tbsp	Toasted breadcrumbs	2tbsp

### Method

1. Cook bacon in a dish on 800 watts 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 800 watts for 4 minutes. Leave to stand for 2-3 minutes before serving

5.5 - TECHNICAL SPECIFICATION AND ELECTRICAL INSTALLATION

Input	230 V AC, 50Hz
Output	see rating label/oven door (IEC 705 rating standard – 1988, measured at 240V)
Microwave frequency	2450MHz
Outside dimensions	480mm wide x 272mm high x 360mm deep
Oven cavity dimensions	285mm wide x 197mm high x 290mm deep
Power consumption	see rating label

Complies with EEC directive 89/336/EEC and 92/31/EEC.  
Dimensions shown are approximate.  
Because we continually strive to improve our products, we may change specifications without prior notice.

ELECTRICAL CONNECTION

*WARNING: This appliance must be earthed.*

Fuses

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

Changing the Plug

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

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


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

Green/Yellow	Earth
Blue	Neutral
Brown	Live

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

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

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

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

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

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

