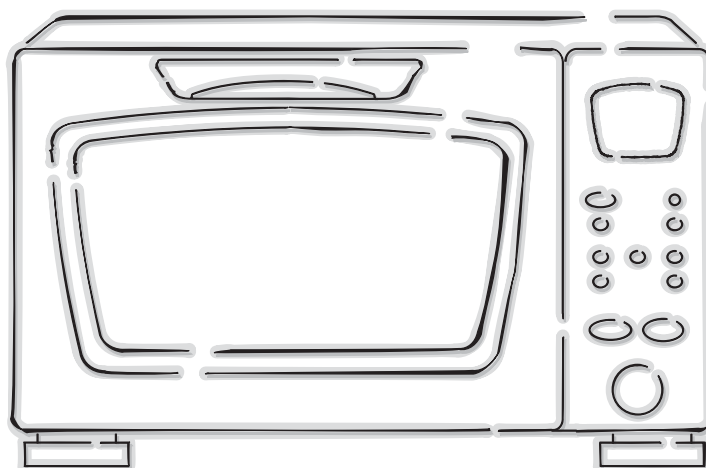


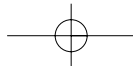
instructions



## **Microwave fan oven with electronic controls MW765**



*Living innovation*



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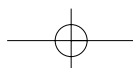
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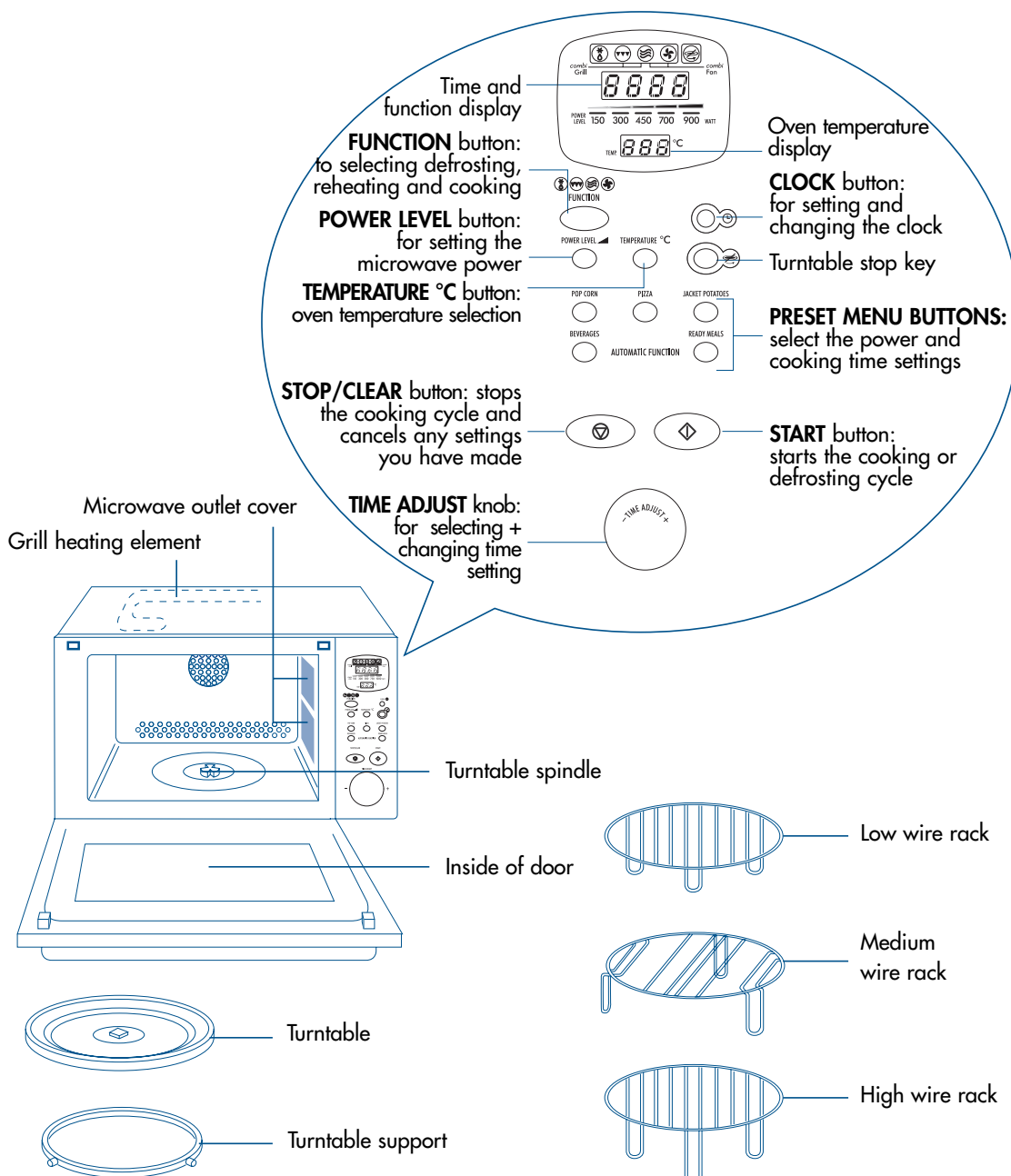
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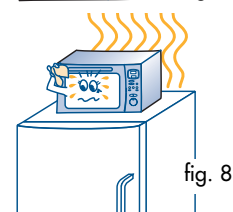
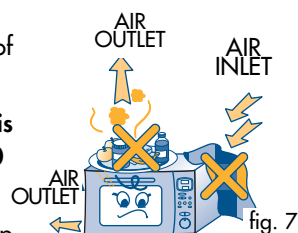
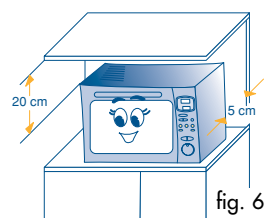
## SECTION 1 – SETTING UP

### 1.1 MICROWAVE OVEN AND CONTROL PANEL DESCRIPTION



## 1.2 UNPACKING AND INSTALLATION

- 1) Remove the oven from the packaging. When moving the appliance, never use the door handle as a grip. Remove the protective wrapping from the turntable, support and the accessories. Check that the turntable spindle is correctly inserted in the centre of the microwave base.
  - 2) Clean the inside with a soft, damp cloth.
  - 3) Check to make sure that your oven has not been damaged during delivery and in particular that the door opens and closes properly.
  - 4) Place the oven on a flat, stable surface at a height of at least 85 cm, out of the reach of children, as the door can become very hot during cooking.
  - 5) **When positioning the appliance on the worktop, make sure that there is a gap of approx. 10 cm all around the oven, and a gap of at least 20 cm above the oven (fig. 6).**
  - 6) Do not block the air intake vents. In particular, do not place any objects on top of the oven and check that the air and steam outlets (placed on the top, on the bottom and or on the back of the appliance) are KEPT FREE FROM ANY OBSTRUCTIONS (fig. 7).
  - 7) Place the turntable support in the centre of the recess in the bottom of the oven then put the turntable on top.
- N.B. The appliance must not be placed on or near sources of heat (for example on the refrigerator) (fig. 8).**
- 8) Prior to installation check that there is easy access to a power socket.



### 1.3 PROCEDURE FOR CHECKING YOUR MICROWAVE

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

- 1 As detailed in 1.2 (page 4) ensure that the turntable spindle is in place. 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.
- 2 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.
- 3 Press the Stop/Clear button to cancel any settings that have may already been made.
- 4 Press the Function button once to select microwave cooking. The microwave symbol will highlight on the display.
- 5 Turn the Time Adjust knob until one minute is displayed.
- 6 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.

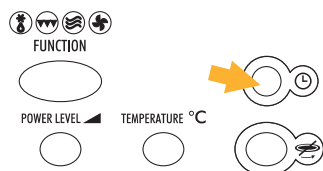
#### **Safety**

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.

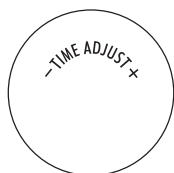
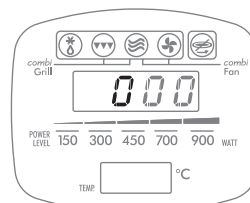
## 1.4 SETTING THE CLOCK

- When the appliance is connected to the domestic power supply for the first time, or after a power cut, four dashes will appear on the display (----).

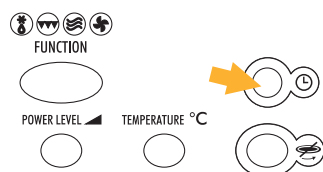
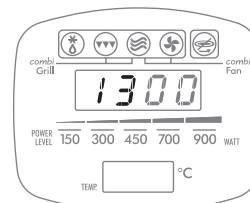
In order to set the time of day, proceed as described below:



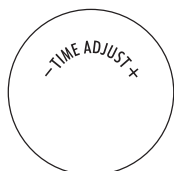
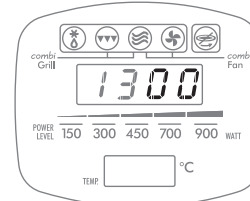
- 1 Press the **CLOCK** button.  
(The hours will flash on the time and function display)



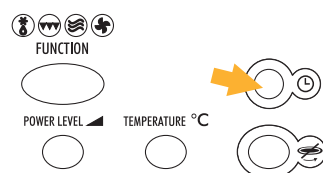
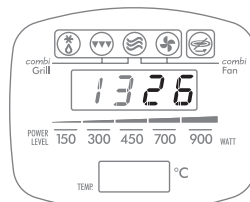
- 2 Set the desired time by turning the **TIME ADJUST** knob.  
(The hours will flash on the time and function display)



- 3 Press the **CLOCK** button again.  
(The minutes will now flash on the time and function display)



- 4 Set the desired minutes by turning the **TIME ADJUST** knob  
(The minutes will flash on the time and function display)



- 5 Press the **CLOCK** button again.  
(The display will now shows the time set)



- If you wish to change the hour on the dial once it has been set, press the **CLOCK** button " " before proceeding to set the new time as described above.
- It is possible to display the current time whilst cooking, by pressing the **CLOCK** button " " (the time is displayed for 2 seconds).

## 1.5 CHILD LOCK

A child lock can be set to prevent children from accidentally altering cooking times during cooking.

### To set the child lock:

Press the Stop/Clear button for 5 seconds.

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

### Cancelling the child lock:

Press the Stop/Clear button until the beep is heard.

From this point cooking cycles may be adjusted with the Time Adjust knob during the cooking process.

#### Note

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

## 1.6 TECHNICAL SPECIFICATION

### • ENERGY CONSUMPTION (CENELEC HD 376 norms)

To reach 200°C	0,3 kWh
To maintain a temperature of 200°C for an hour	1,1 kWh
Total consumption	1,4 kWh

### • MICROWAVE OUTPUT POWER: 900W (IEC 705)

For further data, consult the data plate placed on the rear of the appliance.

This appliance conforms to E.E.C. directive no. 89/336 and 92/31 regarding Electromagnetic Compatibility, and to directive 89/109/E.E.C. regarding materials which come into contact with food.

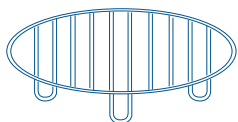
## SECTION 2 - MICROWAVE COOKING

### 2.1 GENERAL INFORMATION

- 1) Always remember the basic safeguards you would follow when using any cooking equipment or handling hot food.  
This page gives some of the basic guidelines for microwave cooking.  
If you are unfamiliar with using a microwave, there is more information available in section 3, Using the Microwave Oven.
- 2) One of the main procedures to be performed is to stir the food several times during cooking: this ensures the temperature more evenly spread and helps to reduce the cooking time.
- 3) It is also advisable to **turn food** during cooking.
- 4) Food with skin, shell or peel (e.g. apples, potatoes, tomatoes, frankfurters and fish) should be **pierced in several places** with a fork to let out steam without the skin or peel bursting.
- 5) If many portions of the same food are cooked, for example boiled potatoes, **arrange them in a ring** around the dish to obtain even cooking.
- 6) **Cover the food with transparent film, grease proof paper, a glass lid or simply** with an upturned plate to reduce the amount of condensation that forms inside the oven, on the shelf on which the food rests or around the door. Also food with a high water content (e.g. vegetables) will cook better if covered. **Covering food also helps keep the inside of the oven clean. Only use transparent film which is suitable for microwave ovens.**
- 7) In **"Microwave Only"** mode and in the **"microgrill + microfan"** modes, the oven must **under no circumstances be preheated or used when empty (without food), as sparks may be produced which would result in damage to the appliance.**
- 8) **Do not cook eggs in their shells:** the pressure which builds up on the inside would cause the egg to explode, even after cooking has finished. Do not heat up eggs which have already been cooked, unless they are scrambled.
- 9) **Steam and Condensation**  
When microwaving food, steam is created as the 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.
- 10) Do not forget to open containers which are air-tight or sealed before heating or cooking food in the oven. The pressure on the inside of the container would rise, causing them to explode even after cooking has finished.
- 11) 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.
- 12) 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 OVEN ACCESSORIES

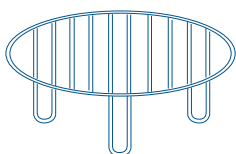


### LOW WIRE RACK

#### *Fan Oven Only mode:*

for all types of traditional cooking, especially cakes

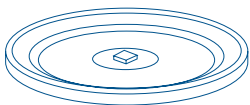
*Combined microwave + fan oven function and microwave + grill function:*



### HIGH WIRE RACK

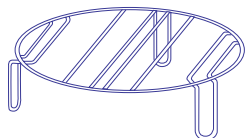
#### *Grill Only mode:*

for all types of grilled food.



### TURNTABLE

The turntable is used for all cooking functions.



### MEDIUM SPACER WIRE RACK

#### *Microwave-only function*

For all types of cooking on two levels AT THE SAME TIME (e.g., large amounts of food or different foods).

#### **Note:**

The **round** metal racks supplied are protected by a special chrome plating, which allows them to be used safely in your microwave.

## 2.3 UTENSIL AND COOKWARE

In the "Microwave Only" and "Microwave Combined" modes, all types of containers in glass (preferably Pyrex), ceramics, china and terra-cotta may be used provided that they are undecorated and free of metal parts (i.e. gilt trimmings, handles, feet etc.). Heat resistant plastic containers can also be used, but only for "Microwave Only" cooking. If you are still doubtful about using a particular container, you can perform a simple test. Place the empty container in the oven for 30 seconds at maximum power ("Microwave Only" function).

If the container is still cold or only slightly warm, it is suitable for microwave cooking.

If it is very hot or gives out sparks, it is not suitable. 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 suitable to enable them to rotate properly inside the oven.

**Metal, wood, cane and crystal containers are not suitable for 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 to the plate, making it necessary to use an oven glove.


The table below indicates the appropriate cookware:

Function	Glass	Ovenproof	Earthenware	Foil	Plastic	Paper	Metal
<b>Microwave Only</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>
<b>Microgrill</b> (Combined microwave & grill cooking)	<b>NO</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>
<b>Microfan</b> (Combined microwave & fan cooking)	<b>NO</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>
<b>Fan Only</b>	<b>NO</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>	<b>YES</b>
<b>Grill Only</b>	<b>NO</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>	<b>YES</b>

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

### 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 **FUNCTION** button to select microwave cooking. The display will highlight the microwave symbol . 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 using the 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 fan oven just as you would with any other grill or 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.

## 2.4 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 26**

### 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 those authorised 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 place the scald under cold running water for at least 10 minutes.  
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.  
Turn off the power.  
Unplug from mains.

## 2.5 SAFETY

**Read these warnings carefully before starting to use the oven. This will help to obtain the best results and avoid mistakes being made.**

- 1) This oven has been designed to defrost, reheat and cook food in the home. It must not be used for any other purpose, nor modified or tampered with in any way.
- 2) Before connecting this oven to your electrical system, check that the door closes properly. Also check to see that the metal frame is not warped and that the hinges and hooks have not loosened. In the event that these parts have been damaged, the microwave oven cannot be used until a qualified technician (trained by the manufacturer or by its Customer Service) has made the necessary repairs.
- 3) Do not attempt to operate the oven with the door open by tampering with the safety devices.
- 4) Do not operate the oven if objects of any kind get stuck between the front panel of the oven and the door. Always keep the inside of the door (E) clean, using a damp cloth and non-abrasive detergents. Do not allow dirt or remains of food to accumulate between the front panel of the oven and the door (fig. 1).
- 5) The following warnings must be considered when the door is open:
  - do not apply excessive pressure by placing heavy objects on the door or by pulling the handle downwards, as the appliance may tip over.
  - never place hot containers or pans (e.g. just taken off the stove) on the door.
- 6) Do not operate the oven if the power cable or the plug is damaged, as this may result in electric shocks.
- 7) Adjustment, repair and replacement of the power cable should only be carried out by personnel trained by the manufacturer or by its Service Centre (fig. 3). Repairs carried out by unqualified personnel may be dangerous.
- 8) If the oven should begin to smoke as a result of food burning inside, **DO NOT OPEN THE DOOR**. Turn the oven off immediately or remove the plug from the power socket.
- 9) The oven must only be used by adults. Do not allow children near the oven when it is in operation, as this may result in severe burns.
- 10) In order to avoid overheating and the consequent risk of fire, it is advisable to supervise the oven when cooking food in disposable containers made of plastic, cardboard or other inflammable materials, and when heating small quantities of food.
- 11) Please remember that the walls of the oven and the turntable heat up when in operation. Never touch the electrical element located inside the oven.
- 12) When heating liquids (water, coffee, milk, etc.) it is possible that the contents may suddenly start to boil and spill violently as a result of delayed boiling, causing scalding. To avoid this happening, you should place a heat-resistant plastic spoon or a glass rod in the container (fig. 4) before starting to heat liquids.
- 13) Do not heat spirits with a high alcohol content, nor large quantities of oil, as these could catch fire!
- 14) **After heating baby food (contained in feeding bottles or little jars) ALWAYS check the food before it is eaten in order to avoid burns (fig. 5). It is also advisable to stir or shake the food in order to ensure that it is of an even temperature.**  
**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**
- 15) 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.



fig. 1



fig. 2



fig. 3

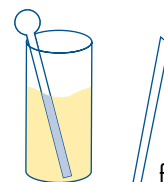


fig. 4




fig. 5

**N.B. When the oven is used for the first time it is possible that, for a period of approx. 10 minutes, it may produce a "new" smell and a small amount of smoke. This is only a result of protective substances applied to the heating element.**

### 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
A	Egg custard	16 min.	only mw	900 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.
B	Sponge cake	7 min.	only mw	900 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.
C	Meat loaf	20 min.	only mw	700 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 (I ). Turn upsidedown the load after half of the defrosting time.
D (*)	Potato gratin	25 min.	combi mw + fan (simult.)	700 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 (F) placed on the turntable. Do not preheat the oven.
E (*)	Sponge cake	30 min.	combi mw + fan (simult.)	150 W	160°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 (F) placed on the turntable. Once preheated, place the container on the lower rack (F).
F (*)	Poultry	40 min.	combi mw + fan (simult.)	700 W	190°C	1200 gr	5 min	The following instruction shall be strictly 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 (F) placed on the turntable.

## ELECTRICAL CONNECTION

- A) If your appliance comes fitted with a plug, it will incorporate a 13 Amp fuse. If it does not fit your socket, the plug should be cut off from the mains lead, and an appropriate plug fitted, as below.

**WARNING:** Very carefully dispose of the cut off plug after removing the fuse: do not insert in a 13 Amp socket elsewhere in the house as this could cause a shock hazard.

With alternative plugs not incorporating a fuse, the circuit must be protected by a 15 Amp fuse.

### WARNING - THIS APPLIANCE MUST BE EARTHED IMPORTANT

The wires in the mains lead are coloured in accordance with the following code:

Green and yellow:

Blue:

Brown:

Earth

Neutral


Live



If the plug is a moulded-on type, the fuse cover must be re-fitted when changing the fuse using a 13 Amp Asta approved fuse to BS 1362. In the event of losing the fuse cover, the plug must NOT be used until a replacement fuse cover can be obtained from your nearest electrical dealer. The colour of the correct replacement fuse cover is that as marked on the base of the plug.

- B) If your appliance is not fitted with a plug, please follow the instructions 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:

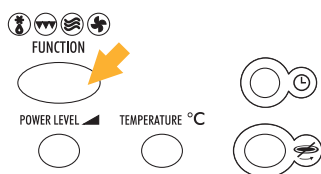
The green and yellow wire must be connected to the terminal in the plug marked with the letter E or the earth symbol  or coloured green or green and yellow.

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

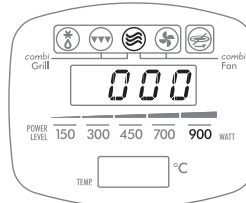
The brown wire must be connected to the terminal marked with the letter L or coloured red.

## SECTION 3 - USING THE MICROWAVE OVEN FUNCTION

### 3.1 OPERATING YOUR MICROWAVE OVEN

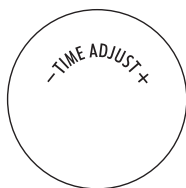


- 1** Press the **FUNCTION** button to select the desired cooking function. The selected cooking function will be shown by the corresponding symbol on the display. The available cooking functions are:

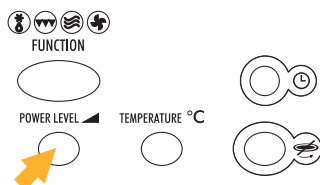


SYMBOL	COOKING FUNCTION
	<b>Microwave Only</b>
	<b>Automatic Defrosting</b>
	<b>Combined Microwave and Fan Oven</b>

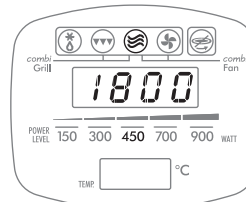
SYMBOL	COOKING FUNCTION
	<b>Combined Microwave and Grill</b>
	<b>Fan Oven Only</b>
	<b>Grill Only</b>



- 2** Set the length of cooking time, in minutes, by turning the **TIME ADJUST** knob. In order to choose the length of cooking time, always consult the tables shown in Sections 3, 4 and 5.



- 3** For the cooking functions:
- Microwave Only**
  - Combined Microwave + Fan Oven**
  - Combined Microwave + Grill**

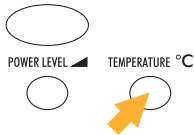


Select the microwave power level by repeatedly pressing the **POWER LEVEL** button until the desired power level (expressed in watts) is highlighted by the display. In order to select the power, always consult the tables shown in Sections 3, 4 and 5.

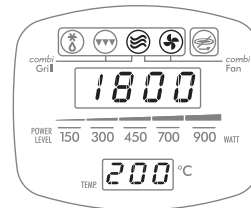
**Note** • it is not necessary to select any power level for the **Automatic Defrosting function**.

- in the combined microwave and fan oven mode the maximum microwave power which can be selected is 750 Watts.
- it is possible to modify the power set during cooking, simply by pressing the **POWER LEVEL** button.

For microwave only and combined microwave and grill go to point 5.

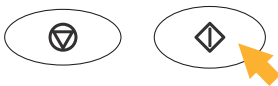


- 4** For cooking functions  
**Combined microwave and fan oven**  
**Fan oven only**



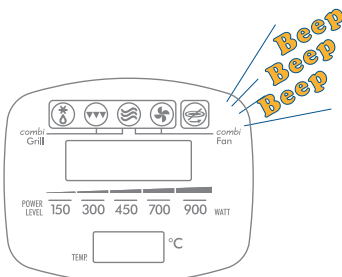
Select the cooking temperature by repeatedly pressing the **TEMPERATURE °C** button until the oven temperature display shows the desired temperature. In order to select the temperature, consult the tables shown in Sections 3, 4 and 5.

- Note** • once cooking has started, the oven temperature display will show the increase in real temperature inside the oven.
- once the temperature set has been reached, a sound signal will be emitted (3 beeps). The temperature set will then remain on the oven temperature display.
  - it is possible to modify the temperature set even during cooking, simply by pressing the **TEMPERATURE °C** button.



- 5** Start the cooking process by pressing the **START** button. The count-down of the remaining cooking time will appear on the time and function display, and if included in the cooking function, the oven temperature will be displayed.

**Note:** • should the cooking process for any reason fail to start, all the settings will be automatically cancelled after 2 minutes.



- 6** When cooking finishes, 3 beeps are emitted and the word "END" will appear on the display. Open the door and take out the food (the time of day will appear, or if the oven is hot, the word "COOL" – see note below).

- Note:** • 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 and the **START** button is pressed.
- Should it be necessary for any reason to suspend the cooking without opening the door, press the **STOP/CLEAR** button.
  - In order to complete the cooking, proceed as follows:
    - if the oven door is open, press the **STOP/CLEAR** button once;
    - if the door is closed and cooking is underway, press the **STOP/CLEAR** button twice; the display will go back to showing the clock.
  - this model is equipped with an automatic cooling cycle which comes into action whenever the oven is very hot (for example after something has been cooking for a long time). During this cycle the word "COOL" will appear on the display. The fans and the oven light will come on (they will go off automatically).

**At the end of each cooking cycle, the oven light and the cooling fan will remain in operation until the oven door is opened.**




## 3.2 MICROWAVE SETTINGS

Your microwave 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 microwave oven gives you the flexibility to adjust the cooking power to get better, more even results.

Level	Suitability	24 litre cavity
High	Most cooking or reheating	900W
Medium High	Less rapid cooking of fish and eggs	700W
Medium	Minced or chopped meats; egg custard	450W
Medium Low	Simmering, milk puddings	300W
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 microwaving 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 900watts (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.

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**.

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.

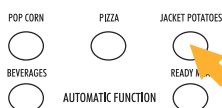
You can use the **TIME ADJUST** knob to alter the cooking time at any time during cooking (unless the child lock feature is set see page 7).

### 3.4 PRESET MENUS

With programme cooking you do not need to set the power or time - your oven sets them for you. There are 5 Preset Cook buttons to choose from: 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 (see table on page 10)
- 2** Press the **Preset menù** button for the type of food you want to cook. Each press of the **Preset** 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 oven has set the time for the desired quantity of food to be cooked, press **START** to begin cooking.

## PROGRAMME COOKING

KEY	WHAT TO DO	TIMES	SUGGESTIONS
(11) BEVERAGES			
• Press once	• Reheat 1 small coffee cup (50 cc) at room temperature.	40sec	After reheating the liquid, stir well to spread the temperature evenly.
• Press twice	• Reheat a coffee cup (125 cc) at room temperature	1min 15sec	
• Press three times	• Reheat one large cup (200 cc) at from chilled	1min 15sec	
• Press four times	• Reheat 1 soup dish (300 cc) at from chilled	3min	
(8) JACKET POTATOES			
• Press once	• Cook 200 g of potatoes	5min	Wash the potatoes thoroughly in their jackets, pierce them and put them on the turntable.
• Press twice	• Cook 400 g of potatoes	9min	
• Press 3 times	• Cook 600 g of potatoes	13min	
(10) READY MEALS <i>chilled ready meals (5-8°C)</i>			
<b>Warning:</b> at the end of the reheating the food and the containers may be very hot. Use oven gloves.			Suitable for cooked portions of food, kept in the refrigerator on plate. For pre-cooked dishes in packets, remove the food from the cartons/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.
• Press once	• Reheat 1 portion (250-350 gr)	5min	
• Press twice	• Reheat 2 portions (450-550 gr)	8min	
(9) PIZZA <i>Pizza and frozen ready meals</i>			
<b>Warning:</b> at the end of the reheating the food the containers may be very hot. Use oven gloves.			Place the pizza directly on the turntable. Place the packet on the turntable, remove any covers (film bags). If the packet is not suitable for microwaves, (e.g. metal tubs), remove the food from the packet and place it uncovered in a suitable dish that will not melt in the oven.
• Press once	• Reheat 1 frozen pizza 250 - 500 gr	6min 30sec	
• Press twice	• Reheat 1 portion (250-350 gr)	7min	
• Press 3 times	• Reheat 2 portions (450-550 gr)	12m	
(7) POP CORN			
• Press once	• Cook 100 g of popcorn for microwaves	3min	Follow the instructions written on the packet closely and 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, one chilled ready meal portion 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 - SIMULTANEOUS COOKING ON 2 LEVELS

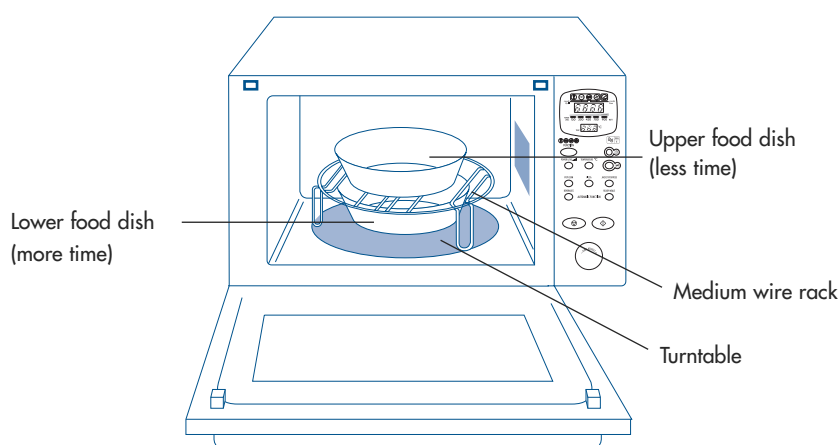
By using the spacer medium wire rack with the microwave-only function, you can defrost, reheat and cook foods at the same time, even different dishes on two levels. The special double-microwave-emission system makes possible, in fact, a perfect distribution of energy.

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

- 1) The cooking times for food dishes cooked at the same time are different from those for the cooking of single dishes. So always consult the reference table on page 22.

<i>Times for simultaneous cooking</i>	
Potatoes (above)	16 min
Goulash (below)	40 min
<i>Cooking times for single dishes</i>	
Potatoes	7 - 8 min
Goulash	30 - 35 min

- 2) Be careful to ALWAYS place on the MEDIUM WIRE RACK that food which requires less cooking time: it will thus be easier to remove the upper pan, take the wire rack out and finish cooking the food underneath.



- 3) Pay strict attention to the indications and recommendations in the tables. In particular, always check to be sure that the food being reheated is very hot before removing it from the oven.

## REFERENCE TABLES FOR COOKING ON TWO LEVELS

## Defrosting times

Type	Pan position	Quantity (grams)	Power level	Minutes	Notes
• Mince ground meat	above	500	☉	20	Turn the meat over after 10 min. When the cooking is finished, let the meat sit for 15 min.
• Mince ground meat	below	500	☉	20	
• Chicken in pieces	above	500	☉	24	During the defrosting, pull the pieces apart. When the cooking is finished, let the meat sit for 15 min.
• Stew	below	500	☉	24	
• Cauliflower	above	500	☉	22	At the end, let sit for 5 to 10 min.
• Whole fish	below	500	☉	22	At the end, let sit for 5 to 10 min.

## Reheating times

Type	Pan position	Quantity (grams)	Power level	Minutes	Notes
• Meat, single serving	above	150	900	6	Cover the food with plastic wrap
• Vegetables, single serving	below	250	900	6	Cover the food with plastic wrap
• Plate of lasagne	above	500	900	9	Cover the food with plastic wrap
• Plate of lasagne	below	500	900	9	Cover the food with plastic wrap
• Meat, single serving	above	150	900	6	Cover the food with plastic wrap
• Plate of lasagne	below	500	900	8	Cover the food with plastic wrap

## Cooking times

Type	Pan position	Quantity (grams)	Power level	Minutes	Notes
• Potatoes	above	500	900	16	Cut in equal-size pieces and cover with plastic wrap.
• Potatoes	below	500	900	16	Cut in equal-size pieces and cover with plastic wrap.
• Carrots	above	500	900	18	Cut in equal-size pieces and cover with plastic wrap.
• Carrots	below	500	900	18	Cut in equal-size pieces and cover with plastic wrap.
• Zucchini	above	475	900	14	Leave whole and cover with plastic wrap. After 14 min., take out the rack.
• Fish portions sliced fish	below	400	900	16	Cover with plastic wrap.
• Zucchini	above	475	900	13	Leave whole and cover with plastic wrap. After 13 min., take out the rack.
• Whole fish	below	200	900	14	Cover with plastic wrap.
• Whole fish	above	200	900	14	Cover with plastic wrap.
• Whole fish	below	200	900	14	Cover with plastic wrap.
• Potatoes	above	500	900	16	Cut in equal-size pieces and cover with plastic wrap.
• Goulash	below	1500	900	40	After 16 min., take out the grill. Stir 2 or 3 times.
• Cabbage	above	500	900	14	Leave whole and cover with plastic wrap. After 14 min., take out the rack.
• Rice	below	300	900	20	Cover with plastic wrap and stir 2 times
• Brussels sprouts	above	500	900	14	Cover with plastic wrap. After 14 min., take out the rack.
• Peas	below	500	900	18	Cover with plastic wrap.

The above tables are to indicate types of food and cooking times when using two level cooking.  
i.e. cooking potatoes above and below will take 16 minutes at 900W.

### 3.6 DEFROSTING GUIDELINES

To use defrost feature see page 15.

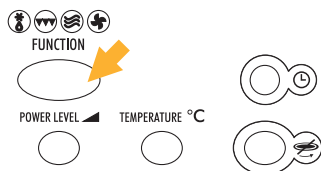
- Frozen food in plastic bags, plastic film or in their packaging can be placed directly in the oven for defrosting as long as the packet has no metal parts (e.g. metal ties or bands).
- Certain foods, such as vegetables and fish, do not require complete defrosting before being cooked.
- Boiled foods, stews and meat sauces defrost better and more quickly if they are stirred from time to time, turned over and/or separated.
- Meat, fish and fruit lose a certain amount of liquid during defrosting. Defrost these foods in a bowl.
- It is advisable to freeze portions of meat separated with food film so that they may be split easily for quicker defrosting.
- 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.
- It is important to observe the standing times immediately after defrosting, before cooking; the standing time (in minutes) is the length of time for which the food must be left to stand to allow the heat to continue spreading evenly throughout the food.

**AUTOMATIC DEFROSTING CHART**

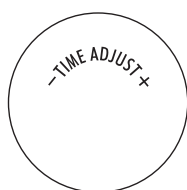
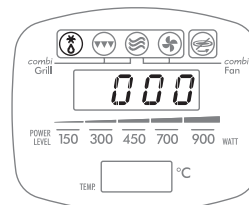
TYPE	QUANTITY	TIME (minutes)	NOTES/SUGGESTIONS	WIRE RACK TO BE USED	STANDING TIME
MEAT					
• Roasts (pork, beef)	1 kg	19 - 21	Turn over halfway through defrosting	None	20
• Steaks, chops	200 gr	4 - 6		None	5
• Stew	500 gr	10 - 12		None	10
• Mince	250 gr	5 - 7		None	15
	500 gr	10 - 12		None	15
• Hamburgers	200 gr	5 - 7		None	10
• Sausages	300 gr	6 - 8		None	10
POULTRY					
• Duck, turkey	1,5 kg	25 - 27	Turn the poultry over halfway through	None	20
• Whole chicken	1,5 kg	25 - 27		None	20
• Pieces of chicken	850 gr	13 - 15		None	10
• Chicken breast	300 gr	8 - 10		None	10
VEGETABLES			Frozen vegetables do not need to be defrosted before cooking		
FISH					
• Fillets	300 gr	7 - 9	Turn the fish over halfway through defrosting	None	7
• Steaks	400 gr	8 - 10		None	7
• Whole	500 gr	10 - 12		None	7
• Prawns	400 gr	8 - 10		None	7
MILK/DAIRY PRODUCTS					
• Butter	250 gr	4 - 6	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.	None	10
• Cheese	250 gr	5 - 7		None	15
• Cream	200 ml	7 - 9		None	5
BREAD					
• 2 medium-sized rolls	150 gr	1 - 2	Put the bread directly onto the turntable.	None	3
• 4 medium-sized rolls	300 gr	2 - 4		None	3
• Sliced bread	250 gr	2 - 4		None	3
• Sliced wholemeal bread	250 gr	2 - 4		None	3
FRUIT					
• Strawberries, plums, cherries, redcurrants, apricots	500 gr	8 - 10	Stir 2-3 times	None	10
• Raspberries	300 gr	5 - 7	Stir 2-3 times	None	10
• Blackberries	250 gr	3 - 5	Stir 2-3 times	None	6

### 3.7 AUTOMATIC DEFROST AND COOK SEQUENCE

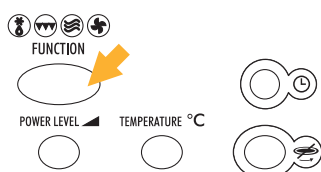
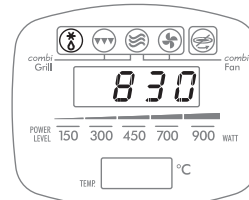
Food can be defrosted and cooked without needing to reset your microwave.



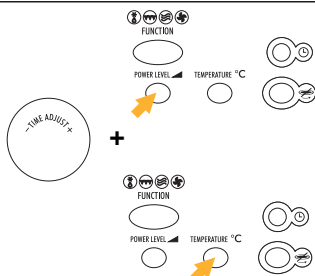
- 1 Select automatic defrost by pressing the **FUNCTION** button twice. The symbol corresponding to automatic defrosting will highlight on the display.



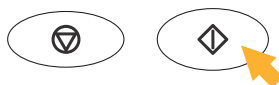
- 2 Set the length of time required for defrosting (in minutes) by turning the **TIME ADJUST** knob.



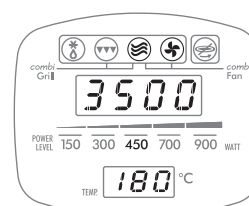
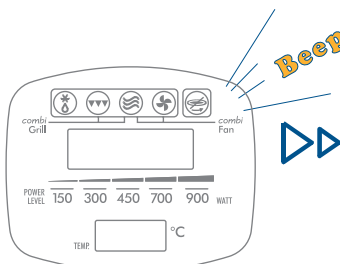
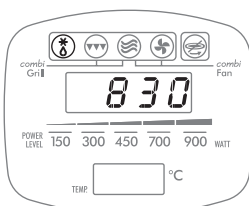
- 3 Select the desired cooking function by pressing the **FUNCTION** button. The symbol corresponding to the desired cooking function will highlight on the display.  
(Combined microwave + fan function)



- 4 Adjust the cooking time depending on the desired cooking function.  
e.g. combined microwave + fan function. Alter the power level (microwave) and temperature (oven).



- 5 Press the **START** button.  
The oven will start the defrosting cycle immediately followed by the cooking cycle.





### 3.8 TURNTABLE STOP BUTTON AND MEMOTIME FUNCTION

This function can be used when large sized containers are used in the oven. Large sized containers can obstruct the normal rotation of the turntable.

**Please note: with this function, the maximum microwave power level is 700 watts.**

#### To use the turntable STOP button:

- Select the desired cooking function
- Press the **Turntable stop** button. The turntable stop symbol will highlight on the display.
- Set the cooking time and or power level.
- Start the cooking cycle by pressing **START**. The turntable will not rotate during the cooking process.

#### To cancel the turntable stop button:

To cancel, simply press the **Turntable stop** button at any time.

### MEMOTIME FUNCTION

This function allows for the use of the timer, whilst the oven is not in use, for up to a total of 60 minutes.

- Press the function button repeatedly until 3 red dashes appear on the time and function display.
- Select the time by turning the **TIME ADJUST** knob
- Start the timer by pressing the **START** button.
- At the end, 3 beeps will be emitted and the word "End" will appear on the time and function display.

### 3.9- REHEATING FOODS

#### 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.



For this model, the maximum power is 900 watts

E is the cooking band for your oven.

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

Check the cooking times for band E on the food's packaging to see how long it should be cooked for. In this example band D is the nearest.

##### 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 FOOD 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 after heating the meal. This will ensure a more even temperature and a better 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 **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**.
8. 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**.

#### REMEMBER THESE ARE GUIDELINES ONLY

REHEATING BOTTLES BABY MILK	FUNCTION	WATTS	TIME
140 ml/4oz feed	☞	450	30 secs
250 ml/8oz feed	☞	450	40-50secs
<b>SHAKE WELL AND TEST BEFORE FEEDING</b>			
Heat the baby's bottle without the teat and mix it immediately after heating to ensure heat is evenly distributed. Check the temperature of the contents before use. The timings given are for milk stored in a refrigerator. If milk is at room temperature the heating time is lower. IMPORTANT: When using dried milk, stir well to ensure powder is completely dissolved and no lumps remain			
Remember the milk only needs to be at blood heat and not as warm as we expect drinks to be			
<b>BABYMEALS IN A JAR</b>			
110 g/4oz 1st stage feed	☞	450	30 secs
150 g/5oz 2nd stage feed	☞	450	40 secs
Timings are for food at room storage temperatures			
Remember to remove lids from jars or transfer canned food to a suitable dish <b>BEFORE REHEATING</b> . Stir well and <b>TEST BEFORE FEEDING</b>			

**REHEATING TABLE***REMEMBER THESE ARE GUIDELINES ONLY*

FOOD AND WEIGHT	FUNCTION	WATTS	TIME	GUIDELINES
Individual pastry pie/Cornish pasty		900	30-50secs	Place on kitchen paper on turntable. Stand 2 minutes
Large pastry pie/Savoury flan - per 450g/1lb		900	2-3mins	Remove from foil, place in dish. Stand 2-3 minutes
Pizza - small		900	1-2mins	Place on low rack. Stand 1-2 minutes
Pizza - large		900	2-3mins	As above
Lasagne/Moussaka - per 450g/1lb		900	4-5mins	Remove from any foil container and place in a suitable dish. Stand 3-4 minutes
Pasta/Rice dishes - per 225g/8oz		900	1-2mins	Place on turntable. Stand for 2 minutes
Chilli/Minced beef - per 450g/1lb		900	3-4mins	Stir halfway through heating. Stand 2-3 minutes
Sausage roll/Mince pie x 1 Sausage rolls/Mince pies x 4 Sausage rolls/Mince pies x 12		900	5-10secs 25-35secs 40-50secs	Place on kitchen paper. Stand 1 minute
Canned rice pudding per 425g/15oz		900	1-2mins	Place in a bowl before heating - stir halfway
Plated meal		900	1-2mins	See guidelines on reheating. Stand 1-2 minutes
Canned spaghetti/Baked beans - per 225/8oz		900	1-2mins	Place in a bowl and stir halfway - cover to prevent splattering. Stand 1-2 minutes
Soup per 300ml/10fl oz		900	1-2mins	Place in a bowl and stir halfway
Soup per 600ml/20fl oz		900	2-3mins	Place in a bowl and stir halfway
Christmas pudding per 450g/1lb		900	1-2mins	Remove any foil wrapping - stand 2 minutes
Christmas pudding per portion			20-30secs	Stand 1 minute
Melting chocolate per 100g/4oz		900	30-50secs	Stir well after melting
Dissolving jelly per 135g/5oz		900	30-40secs	Place in measuring jug, stir well and add liquid up to required amount and leave to set
Dissolving gelatine per 15g		900	20-25secs	Sprinkle gelatine onto 3 tablespoons of water before heating - stir well to dissolve

## SECTION 4 - MICROWAVE ONLY COOKING

Pages 15/16 guide you as to how operate the microwave only function

### Microwave Cooking

- Use the cooking times and food quantities as a guide. The more food you are cooking, the longer you will need to cook 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.

### 4.1 - 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 **700 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.

## 4.2 - FISH

Fish cooks quickly and with excellent results in the microwave. Including 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 cooked 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 **700 watt** but for the best result and to cook larger whole fish cook on **MEDIUM POWER 450 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

REMEMBER THESE ARE GUIDELINES ONLY

FOOD AND WEIGHT	FUNCTION	WATTS	TIME	GUIDELINES
Fish fillets per 450g/1lb		700	5-6mins	Lay in dish with thickest part to the outside, season as required and cover. Stand 3 minutes.
Fish steaks per 450g/1lb		900	2-3mins	As above
Flat fish per 450g/1lb		450	3-4mins	Arrange in dish with thin ends folded underneath, cover. Stand 3 minutes.
Whole fish per 450/1lb		700	3-4mins	When cooking several fish together, lay head to tail. Make slits in skin cover. Stand 3 minutes.
Whole fish over 450g/1lb		450	8-10mins	Lay flat or curve in a dish, cover. Stand 5-10 minutes.

### 4.3 - MEAT AND POULTRY

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 700 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 **700 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.

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 **450 watt** medium power. Start cooking larger birds breast side down and turn over halfway through cooking or turn several times.

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

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

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**  
*REMEMBER THESE ARE GUIDELINES ONLY*

FOOD AND WEIGHT - per 450g/1lb	FUNCTION	WATTS	TIME	GUIDELINES
Beef (rare)		700 W	W6-7mins	When cooked, wrap in foil and stand for 15-30 minutes
Beef (medium)		700 W	7-8 mins	As above
Beef (well done)		700 W	8-9mins	As above
Pork/Lamb		700 W	8-9mins	As above
Ham		700 W	6-7mins	When cooked, wrap in foil and stand for 15-30 minutes before serving or leave to go cold.
Casserole		700 W	12-14mins	Cook in covered dish on turntable, stir halfway through cooking
Meat sauce				See recipes
Chicken - whole		700 W	6-8mins	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		700 W	6-7 mins	Arrange evenly in covered dish - turn halfway through cooking



#### 4.4 - FRESH AND FROZEN VEGETABLES

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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, 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 timings are only guidelines 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

















REMEMBER THESE ARE GUIDELINES ONLY

FOOD AND WEIGHT	FUNCTION	WATTS	TIME in mins.	GUIDELINES
Asparagus - 450g/1lb		900	7-8	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		90	4-5	Shell and cook in a covered dish with 4 tablespoons water. Stir halfway, stand 3 minutes.
Green beans - 450g/1lb		900	8-10	String and slice. Cook in a covered dish with 4 tablespoons water. Shake or stir during cooking. Stand 3 minutes.
Broccoli/Calabrese - 450g/1lb Cauliflower - 450g/1lb		900	5-6 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		900	6-7	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		900	6-7	Trim and shred. Cook in covered dish with 5 tablespoons water. Stir or shake three times during cooking. Stand 3 minutes.
Carrots - 450g/1lb		900	7-8	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		900	4-5	Remove husks. Do not add water, just a knob of butter. Cook covered, turn halfway. Stand 3 minutes.
Courgettes - 450g/1lb		900	6-7	Trim and slice, sprinkle with pepper and dot with butter-do not add water. Shake during cooking, stand 2 minutes.
Leeks - 450g/1lb		900	5-6	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		900	2-3	Trim end, add knob butter- do not add water. Cook covered. Stand 2 minutes.
Mushrooms - 450g/1lb		900	4-5	Trim stalks and wipe. Do not add water just knob of butter. Stand 2 minutes.
Onions - whole - 250g/9oz		900	5-6	Place in covered dish with no water. Stand 3 minutes.
Onions - sliced - 250g/9oz		900	4-5	As above
Parsnips - 450g/1lb		900	7-8	Peel and slice. Cook in covered dish with 4 tablespoons water. Shake or stir during cooking. Stand 3 minutes.
Peas - Fresh - 450g/1lb		900	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		900	7-8	Wash and scrub. Cook in covered dish with 4 tablespoons water. Shake during cooking. Stand 4-5 minutes.

**FRESH VEGETABLES***REMEMBER THESE ARE GUIDELINES ONLY*

FOOD AND WEIGHT	FUNCTION	WATTS	TIME in mins.	GUIDELINES
Potatoes - Old - 450g/1lb		900	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		900	5-6	Scrub potato, prick all over with fork, wrap loosely in kitchen paper and cook on turntable. Stand 5-10 minutes before testing.
Potatoes - Jacket 200g/6oz Jacket x 2	 	300 200°C	20	Jacket and roast potatoes are better using the fan oven function in addition to microwave only. Refer to page 16 to check how to operate. Scrub potato, prick all over with fork. Cook on low rack, turn halfway. Stand 5 minutes before testing.
Potatoes - Roast 450g/1lb	 	450 190°C	25-30	Cut into even sizes and coat in oil or hot fat from the joint of meat. Place in shallow ovenproof dish and cook uncovered on the low rack, turn halfway through cooking.
Spinach - 450g/1lb		900	5-6	Wash and discard wilted leaves. Cook in covered dish without extra water. Stand 3 minutes. Press out excess water and chop.
Swede - 450g/1lb		900	10-12	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		900	1-2	Slit skin to avoid bursting, place in shallow dish uncovered. Stand 2 minutes.

**FROZEN VEGETABLES***REMEMBER THESE ARE GUIDELINES ONLY*

FOOD AND WEIGHT	FUNCTION	WATTS	TIME in mins.	GUIDELINES
Potatoes - Old - 450g/1lb		900	8-9	Peel and cut into even size pieces. Cook in covered dish with 4 tablespoons water. Shake during cooking. Stand 5 minutes.
Asparagus - 225g/8oz		900	4-5	Place in shallow dish, cover and cook. Stand 2 minutes.
Beans, Broad - 225g/8oz		900	3-4	Place in covered dish with 3 tablespoons water. Stand 3 minutes.
Beans, Green - 225g/8oz		900	3	As above
Broccoli - 225g/8oz		900	4-5	Cook in covered dish without extra water. Stand 2 minutes.
Brussel sprouts - 225g/8oz		900	5-6	Cook in covered dish with 4 tablespoons water. Stand 3 minutes.
Cauliflower florets - 225g/8oz		900	4-5	Cook in covered dish with 2 tablespoons water. Stand 3 minutes.
Carrots - 225g/8oz		900	4-5	As above
Corn-on-the-cob x 2 ears		900	4-5	Lay in shallow dish, dot with butter and cover. Stand 2 minutes.
Courgette slices - 225g/8oz		900	3-4	Place in covered, shallow dish with no extra water. Stand 2 minutes.
Mange Tout - 225g/8oz		900	3-4	As above
Mixed vegetables - 225g/8oz		900	4-5	Cook in covered dish with no extra water or slit bag and cook. Stand 2 minutes.
Onion slices - 225g/8oz		900	3-4	Cook in covered dish. Stand 3 minutes.
Peas - 225g/8oz		900	4-5	Cook in covered dish with no extra water or slit bag and cook. Stand 2 minutes.
Sweetcorn - 225g/8oz		900	4-5	As above
Spinach - 225g/8oz		900	4-5	Place in shallow covered dish with no extra water. Stand 2 minutes.

## 4.5 - 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 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.

## SECTION 5 - COMBINATION COOKING















### (MICROWAVE PLUS FAN OVEN & MICROWAVE PLUS GRILL)

Page 15/16 guide you as to how to operate the microwave plus fan oven or grill.

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.

### 5.1 SAVOURIES



























REMEMBER THESE ARE GUIDELINES ONLY

FOOD AND WEIGHT	CONDITION	FUNCTION	WATTS	TEMP	TIME	GUIDELINES
Meat pie - 420g	Pre-cooked chilled	 	300W	180°C	8 min	Remove from foil dish and place on low rack
Meat pie - 170g	Pre-cooked chilled	 	300W	160°C	6 min	As above
Meat pie - 400g	Frozen	 	450W	190°C	20 min	Place in ovenproof dish
Meat pie - 170g	Frozen	 	300W	190°C1	5 min	As above
Sausage rolls pasties x 4	Pre-cooked chilled	 	300W	180°C	5 min	Place directly on low rack
Quiche - 135g	Chilled	 	300W	160°C	4 min	Remove from foil dish and place on low rack
Quiche - 400g	Pre-cooked chilled	 	300W	170°C	8 min	As above

Note: Croissants/bread rolls/garlic bread are better heated using fan oven only as they depend on external heat to crisp the outer crust. Fan oven only is also recommended for pizzas, and for best results on pastry products.















## 5.2 READY PREPARED FOODS

REMEMBER THESE ARE GUIDELINES ONLY

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

## 5.3 MEAT AND POULTRY

REMEMBER THESE ARE GUIDELINES ONLY

FOOD AND WEIGHT	FUNCTION	WATTS	TEMP	TIME/WEIGHT	GUIDELINES
Roast Beef, Pork, 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	 	700 W	190°C	13-15 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	 	450 W	-	20 min	Place in ovenproof dish on low rack. Turn half way. Stand for 5-10 minutes
Chicken/turkey portions	 	300 W	180°C	15 min	As above
Kebabs - 4-6	 	450W	-	14-15 min	Place across low rack, turn half way. Stand 5 minutes
Sausages 450g	 	300W	-	8-9 min	Cook in ovenproof dish on low rack turn half way.
Hamburgers x 2 fresh or frozen	 	300W	-	8 min	Place directly on high rack and turn half way.



## SECTION 6

### 6.1 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.

---

#### **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 service agent 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.

## 6.2 CLEANING AND MAINTENANCE

### CLEANING

**Before any cleaning and maintenance are carried out, always disconnect the plug from the power socket and wait for the appliance to cool down.**

The internal cavity of your oven is covered with a special enamel to which splashes and food particles do not stick, thus making cleaning particularly simple. Always keep the microwave outlet cover clean and free from grease and splashes of fat.

Do not use abrasive detergents, wire sponges and sharp metal utensils when cleaning the external surface of the oven. Also be careful to ensure that water or liquid detergent does not penetrate the air and steam vents on the top of the appliance.

It is also advisable not to use alcohol, abrasive detergents or ammonia-based detergents to clean the internal and external surfaces of the door.

Always keep the inside of the door clean to ensure that it closes properly, so that dirt and food residues do not become trapped between the door and the front panel of the oven.

**Clean the air inlet holes placed on the back of the oven regularly, to avoid them becoming blocked over the course of time by dust and dirt deposits.**

It is necessary to remove the turntable and its corresponding support periodically in order to clean them; the bottom of the oven should also be cleaned.

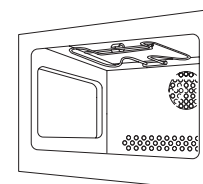
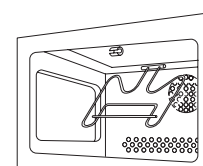
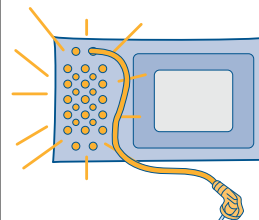
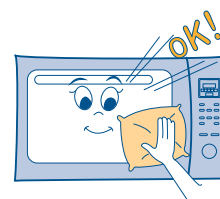
Wash the turntable and its support in soapy water using neutral soap. They can also be washed in a dishwasher.

**Do not immerse the turntable in cold water after prolonged heating; the sudden change in temperature can cause it to crack.**

The turntable motor is sealed. Nevertheless, be careful to avoid any water penetrating under the turntable spindle when the bottom of the oven is being cleaned.

To make the cleaning of the inside of the oven easier, the upper grill heating element can be lowered by turning the ceramic hook.

**IMPORTANT:** After cleaning, reposition and the grill heating element. The oven must not be used with the element in the lowered positioned.



## PROBLEM SOLVING

If something does not quite work or if a defect materialises, contact the Service Centre authorised by the manufacturer. It is always worth carrying out the following simple checks before calling our technicians:

PROBLEM	CAUSE/SOLUTION
The appliance does not work	<ul style="list-style-type: none"><li>• The door is not closed properly.</li><li>• The plug is not correctly inserted.</li><li>• No power at the socket (check the fuse box)</li></ul>
Condensation on the work surface, inside the oven or around the door.	<ul style="list-style-type: none"><li>• When food with a high water content is cooked, it is quite normal for steam which is generated inside the oven to escape and condense inside the oven, on the work surface or around the doorframe.</li></ul>
Sparks inside the oven	<ul style="list-style-type: none"><li>• Do not use the oven without food in microwave and combined cooking functions.</li><li>• Do not use metal containers for the above cooking functions or bags or packets with metal parts.</li></ul>
The food does not heat or cook properly	<ul style="list-style-type: none"><li>• Select the correct cooking function or increase the cooking time.</li><li>• The food has not been completely defrosted before being cooked.</li></ul>
The food burns	<ul style="list-style-type: none"><li>• Select the correct cooking function or reduce the cooking time.</li></ul>
The food does not cook evenly	<ul style="list-style-type: none"><li>• Stir the food during cooking. Remember that food cooks better when cut in evenly-sized pieces.</li><li>• Ensure the turntable is rotating properly.</li></ul>

**NOTE:** The oven may be used safely even if the light bulb is not working. Contact an authorised Service Centre for bulb replacement.

## 6.3 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 will take about 60 seconds, four plates will take about 1½ 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 1-1½ 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. 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 produce 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 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.

## 6.4 - 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 700watt for 50-60 seconds.
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 700watt 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 700watt for approximately 40 seconds. Stand for 1 minute

### BAKED EGG CUSTARD

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

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

**Method**

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

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

1. Blend a little milk into the custard powder to create a smooth paste.
  2. Blend in the remaining milk and stir in the sugar.
- Heat on FULL POWER for 2½-3 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 approximately 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	

**Method**

1. Melt the margarine or butter in a jug or bowl on FULL POWER for 30-40 seconds.
2. Stir in the flour and cook on FULL POWER for 30-40 seconds, blend in the milk gradually, whisking or stirring well.
3. Cook uncovered, on FULL POWER for approximately 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 FULL POWER for 2 1/2-3 1/2 minutes.
2. Beat until smooth and stir in the remaining ingredients.
3. Serve with roast pork or duck.



**BREAD SAUCE**Makes about 300ml/  $\frac{1}{2}$  pint

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

**Method**

1. Stud the onion with the cloves and place in a bowl with the milk.
2. Cover and cook on FULL POWER for  $2\frac{1}{2}$ -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/  $\frac{1}{2}$  pint

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

**Method**

1. Combine the redcurrant jelly, cider, vinegar and sugar.
2. Heat on FULL POWER for 1-2 minutes to dissolve the jelly.
3. Stir well and cook on FULL POWER for  $2\frac{1}{2}$ - $3\frac{1}{2}$  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 FULL POWER for  $1-1\frac{1}{2}$  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 FULL POWER for 2<sup>1</sup>/<sub>2</sub> minutes
2. Add beef and break up with a wooden spoon to incorporate it with onion mixture, cook on FULL POWER for 4-4<sup>1</sup>/<sub>2</sub> 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 3-3<sup>1</sup>/<sub>2</sub> minutes then reduce power to 450watt 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 FULL POWER for 3-3 $\frac{1}{2}$  minutes
3. Turn each one over and cook a further 2 $\frac{1}{2}$ -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 1-1 $\frac{1}{2}$  minutes, stir in flour, puree, stock and mix well
5. Stir in the tomatoes, season to taste, cover and FULL POWER for 4-5 minutes
6. Liquidise in a blender or food processor until smooth, pour over the meatballs and heat through on FULL POWER for 1 $\frac{1}{2}$ -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 FULL POWER for 4-4½ minutes stirring once or twice to brown meat
3. Add tomatoes, puree, spices and seasoning and stir well. Cover and cook on FULL POWER watt for 8-9 minutes
4. Stir in the kidney beans, cover and cook a further 1½-2 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	10½oz
1tbsp	freshly chopped parsley	1tbsp
	salt and pepper	

**Method**

1. Place fish in shallow dish with 2 tablespoons of water, cover and cook on 750watts 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 2½-3 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 chopped	1
75g	mixed dried fruit	3oz
4	glace cherries chopped	4
1tbsp	chopped dates	1tbsp
1tbsp	demerara sugar	1tbsp
1/2tsp	ground cinnamon	1/2tsp
50g	soft margarine	2oz
50g	caster sugar	2oz
75g	self raising flour	3oz
1/2tsp	baking powder	1/2tsp
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 750watt for 4-5 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 1/2oz
100g	frozen peas thawed	4oz
	salt and pepper	
100g	Grated cheese	4oz
2tbsp	Toasted breadcrumbs	2tbsp

**Method**

1. Cook bacon in a dish on FULL POWER for 2-2 1/2 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 3-3 1/2 minutes. Leave to stand for 2-3 minutes before serving

## 6.5 MICROWAVE PLUS FAN OVEN RECIPES

### SEAFOOD PIE

Serves 4

700g	Potatoes - peeled	1 <sup>1</sup> / <sub>2</sub> lb
25g	Butter	1 oz
6tbsp	Milk	6tbsp
350g	cod or haddock	12oz
300ml	Milk	10fl oz
1	Bay leaf	1
6	Peppercorns	6
<sup>1</sup> / <sub>2</sub>	Onion sliced	<sup>1</sup> / <sub>2</sub>
25g	Margarine	1 oz
20g	Flour	<sup>3</sup> / <sub>4</sub> oz
	salt and pepper	
150ml	Single cream	5fl oz
2	Hardboiled eggs	2
2tbsp	Fresh parsley chopped	2tbsp
100g	Cooked prawns	4oz

### Method

1. Cut potatoes in small chunks and combine with 6 tablespoons water in a covered dish and cook on MICRO 900 watt for 8 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 700 watt for 10 minutes, leave to stand for 5-10 minutes
5. To make sauce melt margarine on MICRO 700 watt for 20 seconds, stir in flour and cook a further 20 seconds
6. Strain liquid from the fish into the sauce and blend with remaining milk
7. Cook on MICRO 900 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 + 300 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	1/2oz
225g	can of salmon	8oz
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 900 watt for 20 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 +300 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	6oz
	Salt and pepper	
350g	Shortcrust pastry (see page 69)	12oz
	Beaten egg to glaze	

**Method**

1. Rinse potatoes in cold water and place in a covered dish and part cook on MICRO 900 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 + 300 watt
7. Serve warm or cold

**QUICHE LORRAINE**

Serves 4-5

325g	Shortcrust pastry (see page 69)	12oz
100g	Chopped streaky bacon	4oz
150ml	Milk	5fl oz
150ml	single cream	5fl oz
3	eggs, beaten	3
	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 700 watts for 2 minutes, drain on paper and scatter over the base of the flan
4. Combine milk and cream and heat on MICRO 700 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 + 300 watts for 12 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 18 minutes



**SHEPHERDS PIE**

Serves 4

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

**Method**

1. Combine beef and onion together in a large dish and "brown" on MICRO 900 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 700 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 900 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 + 300 watts.

**POULET EN CROUTE**

Serves 4

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

**Method**

1. Place chicken breasts in a shallow dish, dot with butter, cover and cook on MICRO 700 watt for 8 minutes
2. Lift out chicken and place on one side; stir mushroom and onions into juices, cover and cook on MICRO 1000 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 + 300 watt
9. Heat remaining sauce with 1 tablespoon of sherry on MICRO 900 watt for 1-2 minutes and serve with chicken

**LASAGNE**

Serves 4-6

	quantity of bolognese sauce - see page 49	
100g	cooked or ready to use lasagne sheets	4oz
600ml	white sauce - see page 47	1 pint
50g	Grated cheese	2oz

**Method**

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
4. Sprinkle over the grated cheese. place on low rack and bake for 35 minutes on MICROFAN 180°C + 300 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	6oz
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	

**Method**

1. Combine the onion and oil in a covered dish and cook on MICRO 900 watt for 2 minutes
2. Add steak and kidney and stir well. Cover and cook on MICRO 700 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 + 300 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 oz
	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 900 watt for 4 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 + 300 watt
8. Serve hot

**BEEF CASSEROLE**

Serves 4

700g	lean stewing steak cut in cubes	1 1/2lb
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	

**Method**

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 + 300 watt stirring halfway through cooking
6. Give extra time if meat is not tender

**SWEET AND SOUR PORK ROAST**

Serves 4-6

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

**Method**

1. Blend vinegar into cornflour and stir in soy sauce, pineapple juice and sugar, cook on MICRO 700 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 + 300 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 1900 watt for 2 minutes
6. Serve hot with sliced pork

**CHICKEN CACCIATORE**

Serves 4

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

**Method**

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 900 watt for 2 minutes
3. Stir in flour and mix well, blend in wine or stock and add remaining ingredients, cover and cook on MICRO 900 watt for 2 minutes
4. Pour over the chicken in the casserole, cover and cook on MICRO 700 watt for 10 minutes
5. Turn joints over, cover again and continue cooking on MICRO 700 watt for a further 10 minutes,
6. Stand for 5 minutes before serving with boiled rice or noodles

**PORK AND APRICOT CASSEROLE**

Serves 4

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, boned and cut in cubes	1 1/4lb
1/2tsp	Curry powder	1/2tsp
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 700 watt for 3 minutes, leave to soften for 30 minutes
2. Combine onion, garlic and oil in a large ovenproof casserole dish, cover and cook on MICRO 700 watt for 3 minutes
3. Stir pork into onions and cook uncovered on MICRO 900 watt for 4 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 900 watt for 3 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 + 300 watt

**VICTORIA SPONGE**

175g	Soft margarine	6oz
175g	Caster sugar	6oz
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 14 minutes on MICROFAN 170°C + 300 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 14 minutes on MICRO-FAN 160°C + 300 watt
5. Allow to stand for 10 minutes before turning out of dish to cool

## GINGER SLICE

Serves 6-8 slices

175g	Self raising flour	6oz
100g	Hard margarine	4oz
75g	Soft brown sugar	3oz
40g	Ground almonds	1 1/2oz
1	Small or half large egg	1
340g	Ginger conserve	12oz
	(approx 3/4 jar)	
25g	Crushed macaroons	1oz
1dssp	Demerara sugar	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 + 300 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 69)	1lb
<b>Filling:</b>		
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 700 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 25 minutes on MICROFAN 200°C + 150 watt
7. Leave to cool then cut into slices

**APPLE SHORTBREAD PIE**

Serves 6

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 sugar	

**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 + 300 watt
7. Serve warm or cold

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



**COFFEE AND WALNUT FLAN**

Serves 6

250g	Rich pastry (see page 69)	10oz
<b>Filling:</b>		
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 1/2oz
100g	self raising flour	4oz
<b>Topping:</b>		
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 700 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 900 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 14 minutes on MICROFAN 190°C + 300 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 1/2sp	Mixed spice	1 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 14-15 minutes on MICRO-FAN 160°C + 300 watt

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

**RICH FRUIT CAKE**

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175g	Butter	6oz
175g	Soft brown sugar	6oz
3	eggs beaten	3
1tbsp	Treacle	1tbsp
175g	plain flour	6oz
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 lemon	
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 35 minutes on MICROFAN  
130°C + 300 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
<b>To finish:</b>		
425g	Can black cherries	15oz
1tbsp	Arrowroot	1tbsp
3tbsp	Kirsch	3tbsp
300ml	Double cream whipped	10fl oz
	grated chocolate	

**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 8 minutes on MICROFAN 190°C + 300 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 juice
7. Heat on MICRO 900 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
<b>Sponge pudding:</b>		
100g	Soft margarine	4oz
100g	caster sugar	4oz
100g	Self raising flour	4oz
2	Eggs	2

**Method**

1. Place apples in the base of a greased 1.4 litre/2<sup>1</sup>/<sub>2</sub> pint ovenproof dish and sprinkle with the sugar
2. 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 18 minutes on MICROFAN 170°C + 300 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 1/2oz
2	Eggs	2
600ml	Milk	1 pint

**Method**

1. Butter bread thickly and cut into squares or triangles
2. Arrange half in a greased 1.1 litre/1 pint 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 22 minutes on MICROFAN 170°C + 300 watts

**PINEAPPLE UPSIDEDOWN PUDDING**

Serves 4-6

25g	Butter	1oz
25g	Soft brown sugar	1oz
227g	can pineapple rings in juice	8oz
4	glace cherries	4
<b>Sponge:</b>		
100g	Soft margarine	4oz
100g	caster sugar	4oz
175g	Self raising flour	6oz
2	Eggs	2

**Method**

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 900 watt for 20 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 18 minutes on MICROFAN 170°C + 300 watt
6. Stand 3-4 minutes before turning out on to a serving plate

**FRUIT CRUMBLE**

Serves 4

450g	apples, plums, gooseberries, rhubarb or blackberries	1lb
75-100g	Granulated sugar	3-4oz
175	gplain flour	6oz
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 18-20 minutes on MICROFAN 190°C + 300 watt
5. Serve with fresh cream or custard

**FRUIT PIE**

Serves 4-6

450g	Apples, peeled, cored and sliced	1lb
50g	Granulated sugar	2oz
450g	Shortcrust pastry (see page 69)	1lb
	Beaten egg or milk for glaze	
	Caster sugar	

**Method**

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 + 300 watt
7. Serve hot or cold sprinkled with a little caster sugar

**RICE PUDDING**

Serves 4

50g	pudding rice	2oz
600ml	full cream milk	1 pint
24g	caster sugar	1oz
	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 25-30 minutes on MICROFAN 150°C + 300 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

150g	plain flour	6oz
100g	Butter	4oz
1tbsp	caster sugar	1tbsp
	1 egg yolk + 2 tsp water	

**Method**

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

## 6.6 MICROWAVE PLUS GRILL OVEN 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 900 watt for 5 minutes until cooked, leave to stand
2. In a separate dish melt margarine on MICRO 900 watt for 20 seconds, stir in flour and cook for 30 seconds on MICRO 900 watt
3. Blend in milk gradually and cook on MICRO 900 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 47)	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 lemon	
	salt and pepper	
50g	grated cheese	2oz
50g	fresh breadcrumbs	2oz
	Nutmeg	

#### Method

1. Combine leeks and margarine in a covered ovenproof dish and cook on MICRO 900 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 700 watt
5. Serve hot with crusty bread

**GARLIC POTATOES**

Serves 4

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

**Method**

1. Rinse potato slices in cold water and pat dry on kitchen paper
2. Lay half in the base of a shallow greased ovenproof dish and scatter with half garlic
3. Season with salt and pepper and nutmeg, repeat layers
4. Combine milk and cream and pour over potatoes
5. Scatter over the grated cheese and place on low rack
6. Cook for 25 minutes on MICROGRILL + 450 watt

**CHICKEN KEBABS**

Serves 4

4	boneless chicken breasts	4
	<b>Marinade:</b>	
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

**Method**

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 12-14 minutes on MICROGRILL + 450 watt turning halfway
7. Serve hot



**MARINATED LAMB**

Serves 4

approx.450g	4 shoulder lamb chops	Approx 1lb
	<b>Marinade:</b>	
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	chicken quarters	4
	<b>Marinade:</b>	
3tbsp	olive oil	3tbsp
2tbsp	lemon juice	2tbsp
2	garlic cloves crushes	2
6	fresh sage leaves	6

**Method**

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 18-20 minutes on MICROGRILL + 450 watt