

MICROWAVE OVEN WITH ELECTRONIC CONTROLS

DE'LONGHI MAK346/536

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| Data and instruction for Performance Tests according to IEC 705 and further Amendment Document 59H/69/CD | | | | | | | | |
|--|------------------------|---------------------------------|---------------------------------|----------|-------------|--------|---------------|--|
| The International Electrotechnical Commission SC 59H, has developed a Standard for comparative testing of heating performances of microwave ovens. | | | | | | | | |
| We recommend the following for this oven: | | | | | | | | |
| Test Nr. on standard | Item | 850w/900w output power Duration | 750w/800w output power Duration | Function | Power level | Weight | Standing time | Note |
| A | Egg custard | 14' - 16' | 18' - 20' | only MW | 5 | 750 gr | 5 min. | The upper surface shall be evaluated after the standing time. The inner custard evaluation shall be conducted after two hours. |
| B | Sponge cake | 6' - 7' | 8' - 9' | only MW | 5 | 475 gr | 5 min. | Use the borosilicate glass container stated in the Standard (max dia. 210 mm) or a Pyrex® glass container dia. 210 mm, height 50 mm and wall thick. 6mm. |
| C | Meat loaf | 18' - 20' | 22' - 24' | only MW | 4 | 900 gr | 5 min. | Cover the container with cling film and pierce the film. Use the rectangular borosilicate glass container stated in the Standard or the Arcopal® Cat. nr Z1/B8 (01)10460-1 |
| Defrosting | Defrosting minced meat | 9' - 11' | 12' - 14' | only MW | * defrost | 500 gr | 15 min. | Place the frozen load directly on the turnable (D). Turn upsidedown the load after half of the defrosting time. |

SAFETY

READ THESE WARNINGS CAREFULLY BEFORE STARTING TO USE THE OVEN

SMOKE AND FIRE

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

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

DELAYED BOILING

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

BABY FOOD AND DRINK

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

DOOR

Do not use the oven if the door or door seals are damaged. Have the oven repaired by a qualified repairer.

Do not attempt to operate the oven while the door is open by tampering with the safety devices.

Do not operate the oven if objects of any kind get stuck between the front panel of the oven and the oven door.

Do not let dirt or food residue build up between the front of the oven and the oven door. Always keep the inside of the door clean using a damp cloth and non-abrasive detergents.

REPAIRS AND SERVICE

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

COOKING CONTAINERS

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

EGGS

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

CHILDREN

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

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

Note:

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

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

CHAPTER 1 - SETTING UP

1.1 - UNPACKING AND GETTING READY

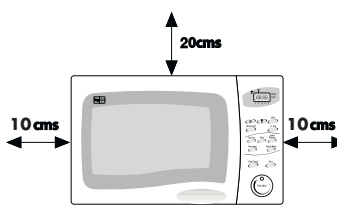
This oven is designed for home use. It should not be used for commercial catering.

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

Make sure that you remove all packaging from inside the oven.

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

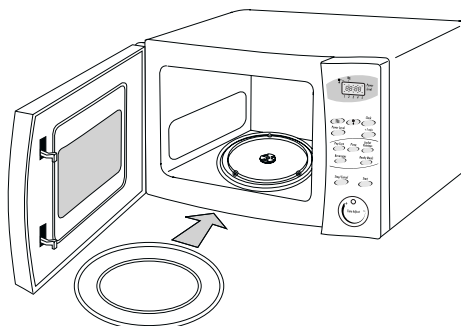
You should allow a 10cm space all around the oven and 20 cm above the oven, so that warm air can escape from the vents during cooking – it is not designed to be built in.



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

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

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



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

SAFETY

Moisture

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

Care for youngsters

Take extra care to test the temperature of food or drink before giving it to babies or children. Never allow children to play with the oven.

Service

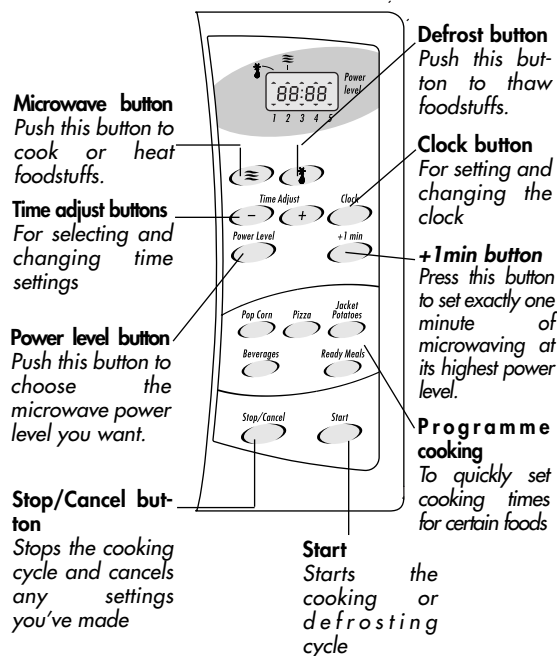
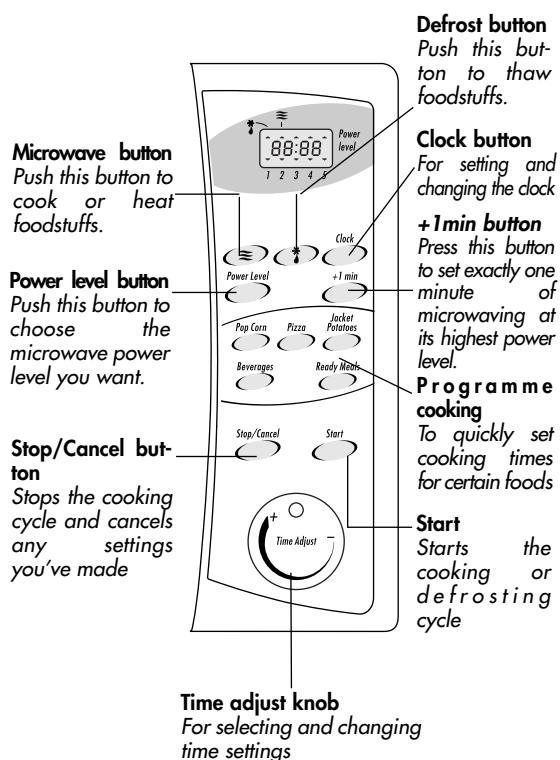
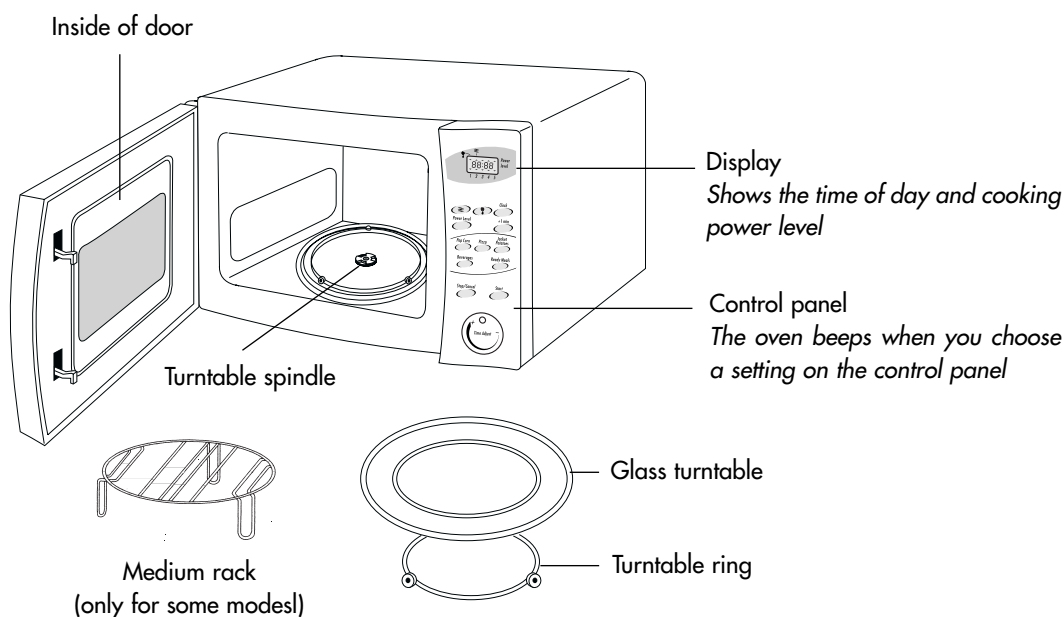
Leave service and maintenance to qualified repairers.

Don't remove any fixed covers as this could expose dangerous voltages.

Power

Your oven is supplied with an approved 13 amp fused mains plug. Always use a 13 Ampere (BS 1362) approved fuse.

Never use this plug without the fuse cover.



1.2 - TECHNICAL SPECIFICATION AND ELECTRICAL INSTALLATION

SPECIFICATION

| | |
|---|--|
| Input | 230 V AC, 50Hz |
| Output | see rating label/oven door (IEC 705 rating standard – 1988, measured at 240V) |
| Microwave frequency | 2450MHz |
| Outside dimensions 17-litre cavity | 480mm wide x 272mm high x 360mm deep |
| Outside dimensions 23-litre cavity | 520mm wide x 305mm high x 400mm deep |
| Oven cavity dimensions 17-litre cavity | 285mm wide x 197mm high x 290mm deep |
| Oven cavity dimensions 23-litre cavity | 322mm wide x 218mm high x 331mm deep |
| Power consumption | see rating label |
| Net weight 17-litre cavity | 16kg approx |
| Net weight 23-litre cavity | 17kg approx |

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

Dimensions shown are approximate.

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

ELECTRICAL CONNECTION

WARNING: *This appliance must be earthed.*

Fuses

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

Changing the Plug

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

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

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

| | |
|--------------|---------|
| Green/Yellow | Earth |
| Blue | Neutral |
| Brown | Live |

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

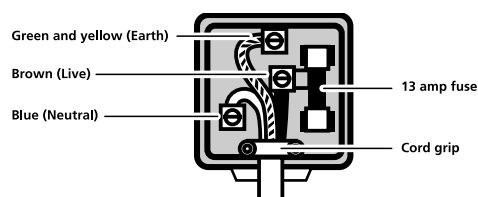
Note: In case of your appliance is not fitted with a plug, please follow the instruction provided below:

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

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

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

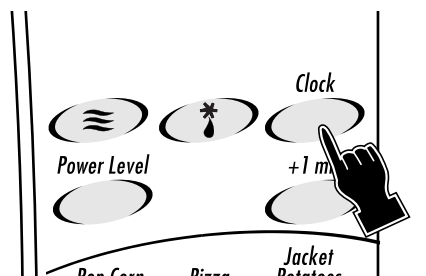
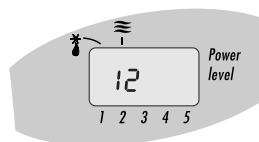
The brown wire must be connected to the terminal marked with the letter L or coloured red.



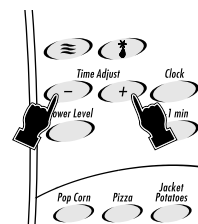
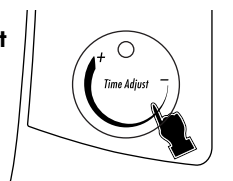
1.3 - SETTING THE CLOCK

- 1 Switch on the power supply. The display will flash "12:00" on and off.

- 2 Press the **Clock** button once. The hours will flash on the display "12". (This is a 24 hour clock, therefore 3pm would be 15:00).



- 3 Set the desired hour by turning the **Time Adjust** knob or by pushing the **Time Adjust** buttons.



- 4 To set the minutes, press the **Clock** button for a second time. The minutes will flash on the display. Use the **Time Adjust** knob or **Time Adjust** buttons as in step 3, to set the minutes.
When the display shows the right time, press **Clock**.
Your oven will show the time whenever it is not being used.

Hint

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

Hint

Whenever you turn the microwave off at the mains the clock resets to "12:00".

1.4 - CHILD LOCK

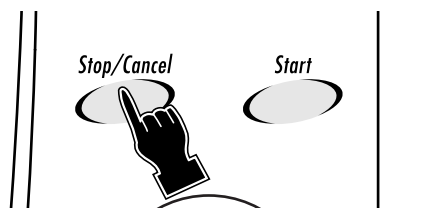
A child lock can be set to prevent children from accidentally altering cooking times once the cooking is underway.

To set the child lock:

1

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

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



2

Cancelling the child lock

Press the **Stop/Cancel** button until the beep is heard.

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

Note:

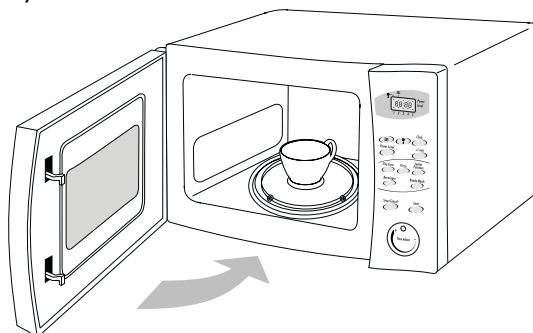
The child lock cannot be set or cancelled whilst the microwave is in use.

1.5 - PROCEDURE FOR CHECKING YOUR MICROWAVE

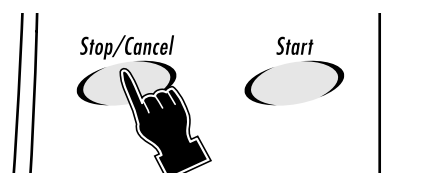
After unpacking check that your microwave is working by the following procedure:


- 1 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.



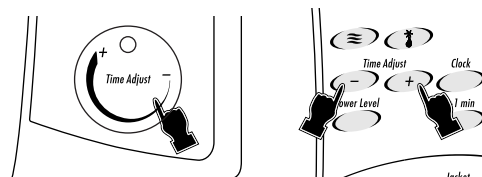
- 3 Press the **Stop/Cancel** button to clear any settings that may have already been made.



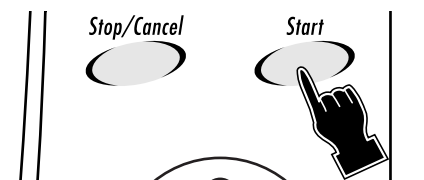
- 4 Press the  button



- 5 Turn the **Time Adjust** knob or press the **Time Adjust** buttons until one minute is displayed.



- 6 Press the **Start** button. The oven light comes on during cooking and the turntable rotates. The display does not light up. At the end of the minute the water should be hot – be careful when you take the cup out of the oven. When cooking finishes, 3 beeps can be heard and the word "END" will appear on the display.



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

CHAPTER 2 - INTRODUCING MICROWAVE COOKING

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

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

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

2.1 - GENERAL INFORMATION

Cooking with a microwave is much faster than conventional cooking and whilst you should make sure that food is fully cooked, you should be careful not to overcook it. It is better to undercook at the beginning, allow food to stand, test, and then if it needs more cooking give it extra time. It will not spoil by this method but overcooked food cannot be made good.

If you're cooking a number of individual foods at the same time, such as baked potatoes or small cakes, arrange them evenly on the turntable so that they cook evenly.

Microwaves can heat unevenly so stirring to distribute heat is very important. Always stir from the outside towards the centre.

Turn larger foods such as meat roasts and poultry during cooking so that the top and bottom cook evenly. It is also a good idea to turn chops and chicken pieces, especially if they contain the bone.

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

STEAM AND CONDENSATION

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

As the steam cools, you may find that condensation gathers in small pools inside your microwave and on the work surface beneath the door and vents.

Always dry the oven after cooking foods with a high moisture content.

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

2.2 - UTENSILS AND COOKWARE

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


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

Always follow the table for cookware:

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

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

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

- 1 Put the utensil into the oven next to a cup of water – use a cup that you know is microwave-safe.
- 2 Press the  button. Set time to 30 seconds by pressing the **Time Adjust** buttons, 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 scratched, cracked or damaged glass in a microwave. Damaged glass can explode.

2.3 - GUIDELINES AND SAFETY

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

PREPARING FOOD FOR BABIES

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

See further information *Preparing Food for babies under reheating* - page 25.

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're not sure whether the food is cooked, check it with a fork.

Cooking for too long could cause smoking or even fire.
- Do not use capped bottles, vacuum-tight containers or sealed jars in the microwave.

Do not cook eggs or nuts in their shells.

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

Pierce or slit bags before cooking.

Pressure builds up inside sealed containers, and inside foods with a shell or skin as they heat. This can cause the container or food to explode.
- Be careful when using paper, plastic, wooden or other combustible materials in the oven as they can catch fire.
- If your cookery book instructs you to use kitchen paper towels, do not use recycled paper as it may contain metal particles.
- Leave repairs and maintenance to repairers, trained by the manufacturer.

Never tamper with or adjust:
the door; the control panel; the power cable; the door catches.
- Be careful not to catch paper towels or other objects between the door and the oven when you close the door.

Microwave energy can escape if the door is not closed properly.
- If you wear a pacemaker, consult your doctor before using a microwave.

First aid

Treat scalding by:

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

Fire


In the event of fire:

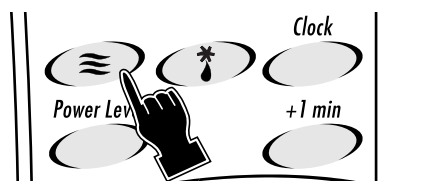
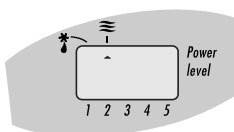
- 1 Keep the oven door closed.
- 2 Turn off the power.
- 3 Unplug from mains.

CHAPTER 3 - USING THE MICROWAVE

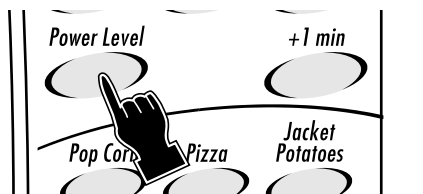
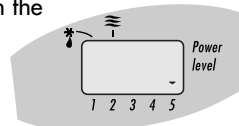
3.1 - HOW TO OPERATE THE MICROWAVE

- 1 Make sure the glass turntable and turntable ring are inside the oven.
After putting your food in the oven, press **Stop/Cancel** to clear any settings that may have already been made.

- 2 Select the  button.
The display will highlight the microwave symbol.



- 3 Choose the power level by pressing the **Power Level** button. Each press of the button reduces the power level as shown in the table on the following page.
There are five different power levels.
Indicates Power Level 5 has been selected.



- 4 Set the cooking time.
The **Time Adjust** Knob or **Time Adjust** buttons allow you to precisely set the cooking time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 1 hour.

- 5 Press **Start**.
The oven light comes on during cooking and the turntable rotates to help the food cook evenly.
You can open the door to check on your food at any time during cooking. If your food is done, press the **Stop/Cancel** button.
If the food is not done close the door, and press the **Start** button to begin cooking again.
When cooking finishes, 3 beeps can be heard and the word "END" will appear on the display. Open the door and take out the food: the time will appear.

3.2 - CHOOSING A SUITABLE POWER SETTING

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

| Power | Level | Suitability | 17-litre cavity | 23-litre cavity |
|-------|-------------|--------------------------------------|-----------------|-----------------|
| 5 | High | Most cooking or reheating | 800W | 900W |
| 4 | Medium High | Less rapid cooking of fish and eggs | 600W | 675W |
| 3 | Medium | Minced or chopped meats; egg custard | 400W | 450W |
| 2 | Medium Low | Simmering, milk puddings | 240W | 270W |
| 1 | Low | Keeping warm only | 120W | 135W |

Hint

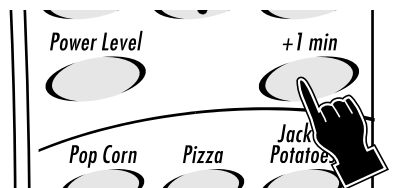
If you do not open the door or press **Stop/Cancel** when *END* is displayed, your microwave power will stop automatically.

3.3 - QUICK START COOKING

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

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

- 2 Press the **+1 min** button. The display will flash **1:00** and the microwave indicator will highlight full power (Power Level 5).



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

- 4 Press **Start**.
The oven light comes on during cooking and the turntable rotates to help the food cook evenly. When cooking finishes, 3 beeps can be heard and the word **END** will appear on the display. Open the door and take out the food (the time will appear).

Hint

It is possible to check the progress of the cooking at any time, by opening the door and inspecting the food. This interrupts cooking 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/Cancel** button once (a second press will cancel the set time).

To restart cooking press the **Start** button.

Hint

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

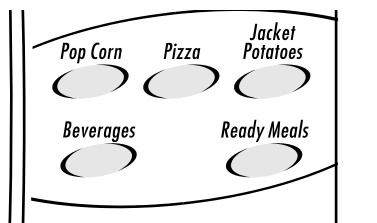
3.4 - PROGRAMME COOKING

The advantage of Programme Cooking is that you do not need to set the power level or time -the microwave does this for you. There are 5 Programme Cook buttons to choose from, each offering 5 different dishes: Beverages, Pop Corn, Pizza, Jacket Potatoes and Ready Meals.

- 1 Press **Stop/Cancel** to clear any settings that may have already been made. Make sure that any containers you use are oven-proof and will not melt in the oven (see guidelines on page 11).

- 2 Press the **Programme Cook** button for the type of food you want to cook. Each press of the **Programme Cook** button will adjust the cooking time accordingly.

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



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

PROGRAMME COOKING CHART


| INSTANT COOK TYPE | | WHAT IT DOES | TIMES | SUGGESTIONS |
|--------------------------------|-------------------------------------|---|------------|--|
| Beverages | Press "Beverage" once | Reheat 1 small coffee cup (60cc) | 35 sec. | After reheating the liquid, stir well to spread the temperature |
| | Press "Beverage" twice | Reheat 2 small coffee cups (120cc) | 55sec. | |
| | Press "Beverage" three times | Reheat 1 large cup (200cc) from chilled | 2min 10sec | |
| | Press "Beverage" four times | Reheat 1 soup dish (300cc) from chilled | 3min.30sec | |
| Jacket Potatoes | Press "Jacket Potatoes" once | Cook 200g of potatoes | 5min | Wash potatoes thoroughly in their jackets, pierce them and put them on the turntable. |
| | Press "Jacket Potatoes" twice | Cook 400g of potatoes | 9min | |
| | Press "Jacket Potatoes" three times | Cook 600g of potatoes | 13min | |
| Ready meals (chilled) | Press "Ready Meals" once | Reheat 100g of chilled food | 5min 30sec | Suitable for cooked portions of food, stored in the refrigerator on the plate or dish. For pre-cooked dishes in packets, remove the food from the tubs/packets and place on a plate or dish. |
| | Press "Ready Meals" twice | Reheat 250g of chilled meat (or meat + vegetables) | 9min | |
| Pizza (and frozen ready meals) | Press "Pizza" once | Reheat 1 frozen pizza of 300g | 5min | Place the pizza directly on the turntable. |
| | Press "Pizza" twice | Reheat a packet (300g) of frozen ready meals or 300g of pre-cooked frozen dish (eg fish/meat) | 7min | Place the packet on the turntable, being careful to remove any covers (film bags). If the packet is not suitable for microwaves, (eg. metal tubs), remove the food from the packet and place it uncovered in a suitable dish that will not melt in the oven. |
| | Press "Pizza" three times | Reheat a packet (550g) of frozen ready meals or 550g of pre-cooked frozen dish (eg fish/meat) | | |
| Pop Corn | Press "Pop Corn" once | Cook 100g packet of popcorn for microwaves | 2min 30sec | Follow instructions written on the box closely. Place it on the turntable. |

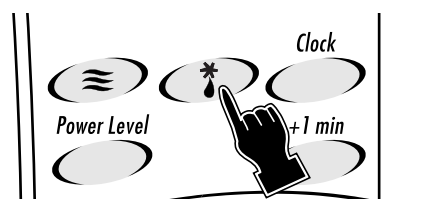
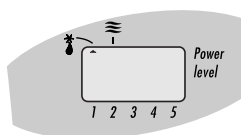
3.5 - AUTOMATIC DEFROST AND GUIDELINES

DEFROSTING WITH THE DEFROST FEATURE

Establish the weight of the food you need to defrost and select the defrosting time using the chart on page 20.

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

2 Press the  button.
The display will highlight the defrost symbol



3 Set the defrosting time.
The **Time Adjust** knob or the **Time Adjust** buttons allow you to precisely set the defrosting time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 1 hour.

4 Press the **Start** button.
The oven light comes on during defrosting and the turntable rotates to help the food defrost evenly. When defrosting finishes, 3 beeps can be heard and the word **END** will appear on the display.

DEFROST GUIDELINES

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


AUTOMATIC DEFROST CHART

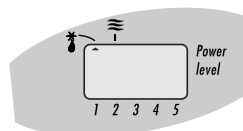
| TYPE OF FOOD | QUANTITY | TIME in mins. 23-litre cavity | TIME in mins. 17-litre cavity | INSTRUCTIONS | STANDING TIME |
|-------------------------------|----------|----------------------------------|----------------------------------|---|---------------|
| Meat | | | | | |
| Roasts | 1kg | 17-22 | 23-28 | Turn over halfway through defrosting | 20 |
| Steaks, chops | 200g | 2-6 | 7-10 | | 5 |
| Cubed meat | 500g | 9-13 | 14-17 | | 10 |
| Mince | 250g | 3-7 | 8-11 | | 15 |
| Mince | 500g | 9-11 | 12-14 | | 10 |
| Hamburgers | 200g | 3-7 | 8-11 | | 10 |
| Sausages | 300g | 5-9 | 10-13 | | 10 |
| Poultry | | | | | |
| Duck, turkey | 1.5kg | 25-28 | 29-32 | Turn the poultry over halfway through. | 20 |
| Whole chicken | 1.5kg | 25-28 | 29-32 | | 20 |
| Pieces of chicken | 500g | 9-13 | 14-18 | | 10 |
| Chicken breast | 300g | 7-11 | 13-17 | | 10 |
| Vegetables | | | | | |
| Peas | 500g | 8-12 | 13-17 | Stir the vegetables occasionally to speed up the defrosting process | 5 |
| Broccoli | 500g | 10-14 | 15-19 | | 5 |
| Brussel sprouts | 500g | 10-14 | 15-19 | | 5 |
| Mixed vegetables | 300g | 4-8 | 9-13 | | 5 |
| Fish | | | | | |
| Fillets | 300g | 5-9 | 10-14 | Turn the fish over halfway through defrosting Fish is better cooked from frozen if it does not require further preparation | 7 |
| Steaks | 400g | 6-9 | 10-12 | | 7 |
| Whole | 500g | 8-12 | 13-17 | | 7 |
| Prawns, shrimps | 400g | 6-10 | 11-15 | | 7 |
| Milk/Dairy products | | | | | |
| Butter | 250g | 2-6 | 7-10 | Remove the silver foil or the metal parts. Do not defrost completely. Observe the standing time. The cream should be removed from its container and placed in a dish | 10 |
| Cheese | 250g | 3-7 | 8-12 | | 15 |
| Cream | 200ml | 5-9 | 10-14 | | 5 |
| Bread | | | | | |
| 2 medium-sized rolls | 150g | 1-2 | 2-3 | Put the bread directly onto the turntable | 3 |
| 4 medium-sized rolls | 300g | 2-3 | 3-4 | | 3 |
| Sliced bread | 250g | 2-3 | 3-4 | | 3 |
| Sliced wholemeal bread | 250g | 2-3 | 3-4 | | 3 |
| Fruit | | | | | |
| Strawberries, plums, cherries | | | | Stir every 2-3 minutes | |
| redcurrants, apricots | 500g | 7-9 | 10-12 | | 10 |
| Raspberries | 300g | 4-6 | 7-9 | | 10 |
| Blackberries | 250g | 3-5 | 6-8 | | 6 |

3.6 - AUTOMATIC DEFROST AND COOK SEQUENCE

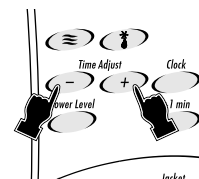
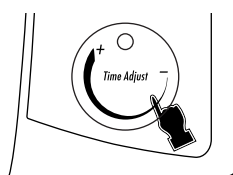
Food can be defrosted and cooked without needing to reset your microwave


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

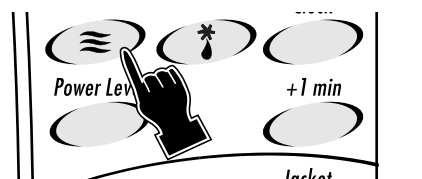
- 2 Press the  button and the display will highlight the defrost symbol.



- 3 Set the defrosting time. The **Time Adjust** knob or the **Time Adjust** buttons allow you to precisely set the defrosting time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 1 hour.



- 4 Press the  button to select microwave cooking.



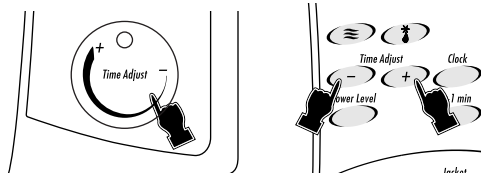
Hint

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

5

Set the cooking time.

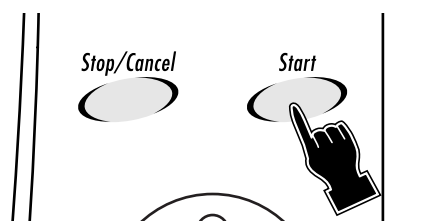
The **Time Adjust** knob or the **Time Adjust** buttons allow you to precisely set the cooking time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 1 hour.



6



Press the **Start** button. The oven will start the defrosting cycle immediately followed by the cooking cycle.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly. When cooking finishes, 3 beeps can be heard and the word **END** will appear on the display. Open the door and take out the food, the time will appear.



3.7 - TWO STAGE COOKING

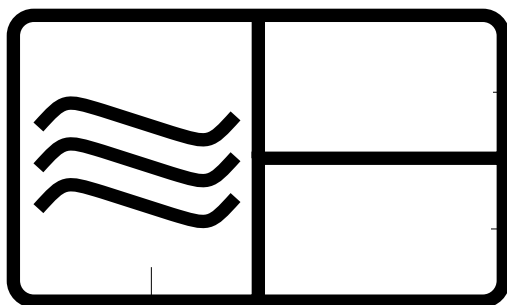
Food can be cooked in two stages for better, even results. For example Milk Pudding can be cooked in stage one on HIGH power (Power Level 5) for 4-5 minutes then continued automatically in stage two on power setting 2 for 15-20 minutes to give a creamy texture.

1. Press microwave button 
2. Press **Power Level** button to select power setting for first stage cooking
3. Turn **Time Adjust** knob or press **Time Adjust** buttons to set the cooking time for stage one
4. Press microwave button  again
5. Press **Power Level** button to select power setting for second stage cooking
6. Set the cooking time for stage two
7. Press the **Start** button and "Two Stage Cooking" will commence.
The oven light comes on during cooking and the turntable rotates to help food cook evenly. When first stage is completed you will hear one beep then second stage cooking begins. When cooking finishes, 3 beeps can be heard and the word *END* will appear in the display. Open the door and take out the food, the time will appear.

3.8 - REHEATING FOODS AND GUIDELINES

MICROWAVE HEATING CATEGORIES

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



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

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

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

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

Remember

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

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

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

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

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

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

REHEATING FOODS AND GUIDELINES

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

REHEATING BOTTLES BABY MILK

23-litre cavity 17-litre cavity

140 ml/4oz feed MEDIUM POWER 25 seconds . . . 30 seconds

250 ml/8oz feed MEDIUM POWER 35 seconds . . . 40-50 seconds

SHAKE WELL AND TEST BEFORE FEEDING

These timings are given for milk stored in a refrigerator.

Less time is required if milk is already at room temperature.

Remember the milk only needs to be at blood heat and not as warm as we expect drinks to be

BABYMEALS IN A JAR

23-litre cavity 17-litre cavity

110 g/4oz 1st stage feed. MEDIUM POWER 25 seconds . . . 30 seconds

150 g/5oz 2nd stage feed. MEDIUM POWER 35 seconds . . . 40 seconds

Timings are for food at room storage temperatures

Remember to remove lids from jars or transfer canned food to a

suitable dish **BEFORE REHEATING**. Stir well and test **BEFORE FEEDING**.

REHEATING TABLE

| FOOD AND WEIGHT | TIME | TIME | GUIDELINES |
|--|------------------------------|------------------------------|---|
| | 23-litre cavity 900 WATTS | 17-litre cavity 800 WATTS | |
| Individual pastry pie/Cornish pasty | 30-40 seconds | 40-60 seconds | Place on kitchen paper on turntable. Stand 2 minutes |
| Large pastry pie/Savoury flan - per 450g/1lb | 2 1/2 mins | 3 1/2 mins | Remove from foil, place in dish. Stand 2-3 minutes |
| Pizza - small | 1 1/2 mins | 2 1/2 mins | Place on low rack. Stand 1-2 minutes |
| Pizza - large | 2 1/2 mins | 3 1/2 mins | As above |
| Lasagne/Moussaka - per 450g/1lb | 4-5 mins | 6-8 mins | Remove from any foil container and place in a suitable dish. Stand 3-4 minutes |
| Pasta/Rice dishes - per 225g/8oz | 2 1/2 | 3 1/2 | Place on turntable. Stand for 2 minutes |
| Chili/Minced beef - per 450g/1lb | 3-4 mins | 5-6 mins | Stir half way through heating. Stand 2-3 minutes |
| Sausage roll/Mince pie x 1 | 8 seconds | 10 seconds | Place on kitchen paper. Stand 1 minute |
| Sausage roll/Mince pie x 4 | 20-30 seconds | 30-40 seconds | |
| Sausage roll/Mince pie x 12 | 40-50 seconds | 50-60 seconds | |
| Canned rice pudding per 425g/15oz | 1 1/2 mins | 2 1/2 mins | Turn into a bowl before heating - stir halfway |
| Plated meal | 2-3 mins | 3-4 mins | See guidelines on reheating. Stand 1-2 minutes |
| Canned spaghetti/Baked beans per 225/8oz | 1-2 mins | 2-3 mins | Turn into a bowl and stir half way - cover to prevent splattering. Stand 1-2 minutes |
| Soup per 300ml/10fl oz | 2-3 mins | 3-4 mins | Turn into a bowl and stir halfway |
| Soup per 600ml/20fl oz | 3-4 mins | 4-5 mins | Turn into a bowl and stir halfway |
| Christmas pudding per 450g/1lb | 1 1/2 mins | 2 minutes | Remove from any foil wrapping - stand 2 minutes |
| Christmas pudding per portion | 20-30 seconds | 30-40 seconds | Stand 1 minute |
| Melting chocolate per 100g/4oz | 30-40 seconds | 40-60 seconds | Stir well after melting |
| Dissolving jelly per 135g/5oz | 30-40 seconds | 40-50 seconds | Place in measuring jug, stir well and add liquid up to required amount and leave to set |
| Dissolving gelatine per 15g | 20 seconds | 30 seconds | Sprinkle gelatine onto 3 tablespoons of water before heating - stir well to dissolve |

3.9 - COOKING FOODS AND GUIDELINES

MICROWAVE COOKING

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

A - SOUPS, STARTERS, SNACKS AND SAVOURY DISHES

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

If you are using cream in soups, reheat on **MEDIUM POWER** 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 become rehydrated. The advantage is a steam free kitchen, food not sticking to the bottom of the pan or boiling over the hob. Use 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 **HIGH POWER** 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**. Scrambled eggs are ideal cooked in the microwave giving a light fluffy texture.

B - FISH

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

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

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

COOKING FISH

| FOOD AND WEIGHT | TIME | TIME | GUIDELINES |
|---------------------------|--|---|---|
| | 23-litre cavity | 17-litre cavity | |
| Fish fillets per 450g/1lb | 4-5 minutes on Medium-High Power | 6-7 minutes on Medium-High Power | Lay in dish with thickest part to the outside, season as required and cover |
| Fish steaks per 450g/1lb | 2-3 minutes on High Power | 3-4 minutes on High Power | As above |
| Flat fish per 450g/1lb | 2-3 minutes on Medium Power | 3-4 minutes on Medium Power | Arrange in dish with thin ends folded underneath, cover. Stand 3 minutes |
| Whole fish per 450g/1lb | 3-4 minutes on Medium-High Power | 4-5 minutes on Medium-High Power | When cooking several fish together, lay head to tail. Make slits in skin, cover. Stand 3 minutes |
| Whole fish over 450g/1lb | 6-7 minutes on Medium Power per 450g/1lb | 8-10 minutes on Medium Power per 450g/1lb | Lay flat or curve in a dish, cover. Stand 5-10 minutes |

C - MEAT

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

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

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

Most joints are better cooked on **MEDIUM HIGH POWER**. 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 **HIGH POWER** on its own to crisp it.

D - POULTRY

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

It is important to defrost poultry properly before cooking.

Boned poultry is particularly good when cooked by microwave as it is a compact shape.

Chicken breasts in sauce are better cooked by microwave as they do not dry up through evaporation as in a conventional oven.

Small birds can be cooked on high power but those over 1.5Kg/3lbs are better cooked on **MEDIUM HIGH POWER** 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 meat and poultry are fully cooked before serving. Pierce the thickest part with a sharp knife. If the juice runs clear and the meat is firm, the meat is cooked.

Hint

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

COOKING MEAT AND POULTRY

| FOOD AND WEIGHT per 450g/1lb | TIME 23-litre cavity 675 watts | TIME 17-litre cavity 600 watts | GUIDELINES |
|---------------------------------|--------------------------------------|--------------------------------------|--|
| Beef (rare) | 5-6 | 7-8 minutes | When cooked, wrap in foil and stand for 15-30 minutes |
| Beef (medium) | 6-7 | 8-9 minutes | As above |
| Beef (well done) | 9 | 10 minutes | As above |
| Pork/Lamb | 7-8 | 9-10 minutes | As above |
| Ham | 5-6 | 7-8 minutes | When cooked, wrap in foil and stand for 15-30 minutes before serving or leave to go cold. |
| Casserole | 11-13 | 14-16 minutes cooking | Cook in covered dish on turntable, stir halfway through |
| Meat sauce | | See recipes | |
| Chicken-whole | 6-8 | 8-10 minutes | Cook in roasting bag or covered dish. For larger birds start cooking breast side down-turn over halfway through cooking. Stand 15-20 minutes |
| Chicken/Turkey pieces | 7 | 8 minutes | Arrange evenly in covered dish - turn bone pieces halfway through cooking |

E - VEGETABLES

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

Frozen vegetables may be cooked from their frozen state and most require no extra water.

For the best results trim vegetables to a uniform size and remember that the larger the quantity the longer the cooking time required.

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

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

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

VEGETABLE COOKING CHART

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

FRESH VEGETABLES

| FOOD AND WEIGHT | TIME in mins. | | GUIDELINES |
|---|-----------------|-----------------|--|
| | 23-litre cavity | 17-litre cavity | |
| Asparagus - 250g/9oz | 4-5 | 5-6 | Remove woody part and lay in a dish with tips towards the centre or lay alternately. Dot with butter and cover. Stand 3 minutes. |
| Broad beans - 450g/1lb | 5-6 | 6-7 | Shell and cook in a covered dish with 4 tablespoons water. Shake or stir during cooking. Stand 3 minutes. |
| Green beans - 450g/1lb | 10-12 | 13-14 | String and slice. Cook in a covered dish with 4 tablespoons water. Shake or stir during cooking. Stand 3 minutes. |
| Broccoli/Calabrese/ Cauliflower 450g/1lb | 7-8 | 9-10 | Trim ends off stalks and lay in dish with stalks towards outside. Cook covered with 3 tablespoons water. Stand 3 minutes |
| Brussel sprouts 450g/1lb | 7-8 | 9-10 | Remove outer leaves and pierce or cut stalk ends. Cook in covered dish with 5 tablespoons water, stir or shake during cooking. Stand 3 minutes |
| Cabbage - 450g/1lb | 7-8 | 9-10 | Trim and shred. Cook in covered dish with 5 tablespoons water. Stir or shake three times during cooking |
| Carrots - 450g/1lb | 9-11 | 11-12 | Scrape and leave baby ones whole, slice larger ones. Cook in covered dish with 4 tablespoons water. Stir during cooking. Stand 3 minutes |
| Corn-on-the-cob x 2 | 5-6 | 6-8 | Remove husks. Do not add water, just a knob of butter. Cook covered, turn halfway. Stand 3 minutes. |
| Courgettes - 450g/1lb | 7-8 | 9-10 | Trim and slice, sprinkle with pepper and dot with butter - do not add water. Shake during cooking, stand 2 minutes |
| Leeks - 450g/1lb | 7-8 | 9-10 | Trim and slice or leave whole. Cook in covered dish with 4 tablespoons water. Turn during cooking. Stand 3 minutes |
| Mange Tout/Baby Sweetcorn 250g/9oz | 3 | 4 | Trim ends, add knob butter - do not add water. Cook covered. Stand 2 minutes |
| Mushrooms - 450g/1lb | 4-5 | 5-6 | Trim stalks and wipe. Do not add water just knob of butter. Stand 2 minutes |
| Onions - whole - 250g/9oz | 9-11 | 11-12 | Place in covered dish with no water. Stand 3 minutes |
| Onions - sliced - 250g/9oz | 6-7 | 7-8 | As above |
| Parsnips - 450g/1lb | 9-11 | 11-12 | Peel and slice. Cook in covered dish with 4 tablespoons water. Shake or stir during cooking. Stand 3 minutes |
| Peas - Fresh - 450g/1lb | 5-6 | 7-8 | Shell. Cooking time varies according to age. Cook covered with 3 tablespoons water. Shake during cooking. Stand 2 minutes |
| Potatoes - New - 450g/1lb | 7-9 | 9-11 | Wash and scrub. Cook in covered dish with 4 tablespoons water. Shake during cooking. Stand 4-5 minutes |
| Potatoes - Old - 450g/1lb | 8-10 | 10-11 | Peel and cut into even size pieces. Cook in covered dish with 4 tablespoons water. Shake during cooking. Stand 5 minutes |
| Potatoes - Jacket 200g/6oz Jacket x 2 | 5-6 | 6-7 | Scrub potato, prick all over with fork, wrap loosely in kitchen paper and cook on turntable. Stand 5-10 minutes before testing. |
| Spinach - 450g/1lb | 6-7 | 7-8 | Wash and discard wilted leaves. Cook in covered dish without extra water. Stand 3 minutes. Press out excess water and chop. |
| Swede - 450g/1lb | 11-13 | 14-16 | Cut into small chunks and cook with 150ml/5fl oz water in covered container. Stand 5 minutes, drain, mash and season to taste |
| Tomatoes whole x 2 | 1-2 | 2-3 | Slit skin to avoid bursting, place in shallow dish uncovered. Stand 2 minutes |

FROZEN VEGETABLES

| FOOD AND WEIGHT | TIME in mins | | GUIDELINES |
|---------------------------------|-----------------|-----------------|---|
| | 23-litre cavity | 17-litre cavity | |
| Asparagus - 225g/8oz | 4-5 | 5-6 | Place in shallow dish, cover and cook. Stand 2 minutes |
| Beans, Broad - 225g/1lb | 3-4 | 4-5 | Place in covered dish with 3 tablespoons water. Stand 3 minutes |
| Beans, Green - 225g/1lb | 3 | 4 | As above |
| Broccoli - 225g/8oz | 4-5 | 5-6 | Cook in covered dish without extra water. Stand 2 minutes |
| Brussel sprouts - 225g/8oz | 5-6 | 6-7 | Cook in covered dish with 4 tablespoons water. Stand 3 minutes |
| Cauliflower florets 225g/8oz | 5-6 | 6-7 | Cook in covered dish with 2 tablespoons water. Stand 3 minutes |
| Carrots - 225g/8oz | 5-6 | 6-7 | As above |
| Corn-on-the-cob x 2 ears | 5-6 | 6-7 | Lay in shallow dish, dot with butter and cover. Stand 2 minutes |
| Courgette slices - 225g/8oz | 4-5 | 5-6 | Place in covered, shallow dish with no extra water. Stand 2 minutes |
| Mange Tout - 225g/8oz | 4-5 | 5-6 | As above |
| Mixed vegetables 225g/8oz | 5-6 | 6-7 | Cook in covered dish with no extra water or slit bag and cook. Stand 2 minutes |
| Onion slices - 225g/8oz | 4-5 | 5-6 | Cook in covered dish. Stand in 3 minutes |
| Peas - 225g/8oz | 5-6 | 6-7 | Cook in covered dish with no extra water or slit bag and cook. Stand 2 minutes |
| Sweetcorn - 225g/8oz | 5-6 | 6-7 | As above |
| Spinach - 225g/8oz | 5-6 | 6-7 | Place in shallow covered dish with no extra water. Stand 2 minutes |

F - PUDDINGS, DESSERTS AND CAKES

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

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

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

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

Remember not to use metal tins.

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

CHAPTER 4

4.1 - QUESTIONS AND ANSWERS

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 repairer – don't try to change the bulb yourself.

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

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

Q
A**Light is showing through the vents and door. Does this mean the microwave energy can escape?**

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

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

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

4.2 - CLEANING YOUR MICROWAVE

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

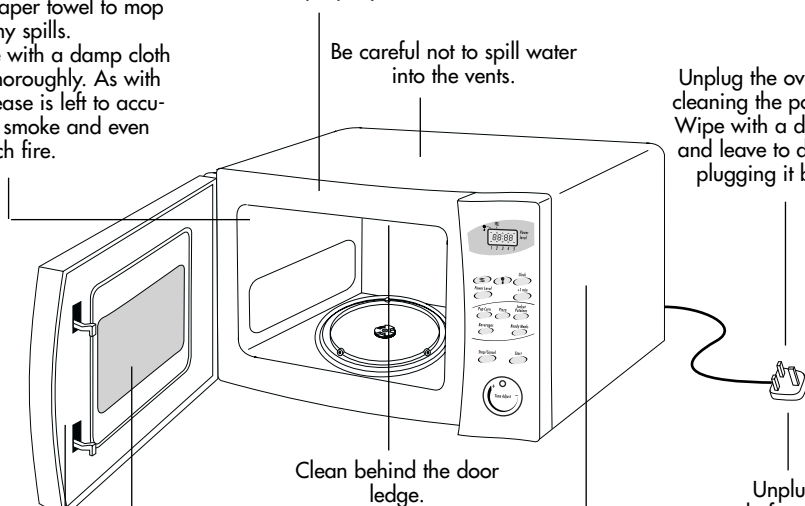
The oven walls are specially coated. Use a soft cloth to wipe off any splashes or a paper towel to mop up any spills.

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

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

Be careful not to spill water into the vents.

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



Clean behind the door ledge.

Unplug your oven before you clean it.

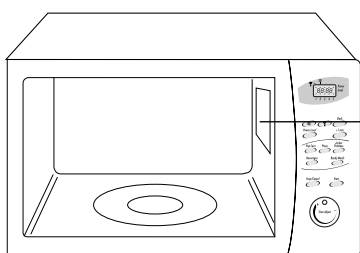
Check that the door catches are clean.

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

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

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

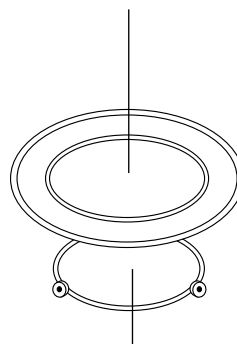
Use warm soapy water to clean the outside of the oven. Don't use abrasive pads or powders that could scratch the surface.



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

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

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



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

CHAPTER 5

5.1 - MICROWAVE TIPS

- Plates can be warmed by placing under a dish being cooked or reheated in the microwave. The conduction of heat will then warm the plates.
As a general guide, place a cup of water on a stack of 2-3 plates and heat on full power for 1.1/2-2 minutes and then stand for a further 2-3 minutes.
- Bread rolls can be warmed in a napkin-lined basket ready to serve. Half a dozen rolls will take 20-30 seconds on full power.
- During cooking, food has to be stirred to redistribute the heat. Move items inwards from the edge of a dish or casserole.
- A pastry flan case can be cooked quickly in the microwave; line it with kitchen paper and weigh down with ceramic beans (or uncooked macaroni), cook for 3-4 minutes on full power. Remove the beans and paper, then cook for a further minute until cooked.
- Cheese stored in a refrigerator can be brought back to room temperature in the microwave. Remove any foil wrapping and microwave for 1-1.1/2 minutes on low power.
- Commercially frozen vegetables or boil-in-bag dishes can be cooked in the bags in the microwave. Make sure the bag is slit on top with a knife to prevent ballooning.
- To crisp up crackers or crisps which have softened, place them on absorbent kitchen paper on the turntable and microwave on full power for 30-50 seconds.
- Place almost empty jars of honey or syrup, with the lids removed, in the microwave on high for 15-30 seconds - you will be surprised at how much this will yield. Crystallised honey will also soften in the microwave on full power for 40-60 seconds.
- Dissolve a jelly tablet by placing the whole tablet in a measuring jug. Microwave on full power for 50 seconds, stir well until dissolved then add the required amount of cold water (or ice cubes and water) and stir. Pour into a dish and leave to set.
- To soften brown sugar when it has become hard, add an apple wedge to the sugar and microwave on high for 30-50 seconds. Leave to stand for a few minutes before removing apple and stirring the sugar to break up the lumps.
- Pancakes can be reheated by wrapping in a clean tea towel and microwave on full power. Eight will take about 1-2 minutes.
- Citrus fruit will yield more juice if they are heated in the microwave on full power for 20-30 seconds before squeezing.

Hint

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

Meat and poultry dishes usually require 10-20 minutes standing time and hold their heat well so begin cooking with these and progress to the vegetables. Wrap meat or poultry in foil to keep hot during standing time.

A general rule of thumb is to start with the root or "below ground" vegetables as they require the most cooking time.

Next cook "above ground" vegetables such as greens etc...and finally frozen vegetables.

Fish does not hold its heat as well as meat and is often better cooked after vegetables. When cooking is complete you may wish to reheat the first dish for a minute or two to bring it back to heat, then you are ready to serve.

5.2 - MICROWAVE RECIPES

COOKING PLAIN EGG DISHES

Serve - 1 portion

| | INGREDIENTS | METHOD |
|---------------|---|--|
| Scrambled egg | 2 eggs 3 tbsps milk salt and pepper knob of butter | Beat eggs, milk and seasoning in a bowl, add butter and cook on full power for 1 1/2 minutes, stirring halfway and at the end of cooking. |
| Baked egg | 1 egg salt and pepper | Break egg into a ramekin or small dish, pierce yolk with point of knife. Season, cover and cook on 600/675 watts for 1 minute. |
| Fried egg | knob of butter 1 egg salt and pepper | Melt butter in a shallow bowl on high for 20 seconds. Break in egg and pierce yolk, season to taste, cover and cook on 600/675 watts for 50 seconds. |
| Poached egg | 1 egg 1 tbsp vinegar 3 tbsp water | Place water and vinegar in a ramekin or small dish and heat on full power for 1-1/2 minutes until boiling. Break in egg, pierce yolk and cook on 600/675 watts 40 seconds. Stand for 1 minute. |

BAKED EGG CUSTARD

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

METHOD

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

TRADITIONAL CUSTARD

Makes 600ml/1 pint

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

METHOD

1. Heat the milk on **HIGH POWER** for 2 minutes
2. Beat the eggs, egg yolks and sugar into the cornflour
3. Stir in the warmed milk and mix well.
4. Heat on **HIGH POWER** for 1½-2 minutes stirring several times, until the custard thickens

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

1. Blend a little milk into the custard powder to create a smooth paste
2. Blend in the remaining milk and stir in the sugar
3. Heat on **HIGH POWER** for 3-3½ minutes stirring halfway through and at the end to thicken.

SAUCES

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

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

Instant packet sauces can also be cooked in the microwave. Blend the contents of the packet with a little water and make up to the required amount according to the instructions on the packet. Cook on **HIGH-POWER** for 2-2½ minutes, stirring well halfway and at the end.

Leave to stand 1-2 minutes before serving.

Instant gravy using granules can be cooked in the microwave using the same method as packet sauce.

BASIC WHITE SAUCE

Makes 300ml/ $\frac{1}{2}$ pint

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

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

VARIATIONS

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

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

APPLE SAUCE

Makes about 350g/12oz

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

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

BREAD SAUCE

Makes about 300ml/1/2 pint

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

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

REDCURRANT SAUCE

Makes about 300ml/1/2 pint

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

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

CHOCOLATE SAUCE

Makes 250ml/8fl oz

| | | |
|---------|--------------------|---------|
| 175g | soft brown sugar | 6oz |
| 50g | butter | 2oz |
| 1tbsp | drinking chocolate | 1tbsp |
| 2-3tbsp | milk | 2-3tbsp |

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

BOLOGNESE SAUCE

Serve 4-6

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

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

MEATBALLS IN TOMATO SAUCE

Serves 4

| | | |
|--------|----------------------------|--------|
| 450g | lean minced beef | 1lb |
| 225g | sausage meat | 8oz |
| 50g | fresh breadcrumbs | 2oz |
| 1 | small onion finely chopped | 1 |
| 2tbsp | freshly chopped parsley | 2tbsp |
| 1/2tsp | salt | 1/2tsp |
| 1/4tsp | pepper | 1/4tsp |
| 1/4tsp | nutmeg | 1/4tsp |
| 2 | small beaten eggs | 2 |

Tomato Sauce:

| | | |
|-------|-------------------------|---------|
| 40g | butter | 1 1/2oz |
| 100g | mushrooms chopped | 4oz |
| 40g | plain flour | 1 1/2oz |
| 1tbsp | tomato puree | 1tbsp |
| 150ml | hot beef stock | 5fl oz |
| 400g | can of chopped tomatoes | 14oz |
| | salt and pepper | |

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

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

CHILLI CON CARNE

Serves 4

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

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

FISH IN MUSHROOM SAUCE

Serves 4

| | | |
|-------|-----------------------------|---------------------|
| 450g | haddock or cod | 1lb |
| 1 | small onion chopped | 1 |
| 1tbsp | oil | 1tbsp |
| 290g | can condensed mushroom soup | 10 $\frac{1}{2}$ oz |
| 1tbsp | freshly chopped parsley | 1tbsp |
| | salt and pepper | |

1. Place fish in shallow dish with 2 tablespoons of water, cover and cook on **HIGH POWER** for 6 minutes, stand for 2 minutes
2. Drain, skin, bone and flake the fish and set on one side.
3. Combine onion and oil, cover and cook on **HIGH POWER** for 3 minutes
4. Add the soup and heat on **HIGH POWER** for 2-3 minutes stirring half way
5. Add parsley and fish and seasoning to taste, cook a further 1-2 minutes on **HIGH 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 |
| 75g | self raising flour | 3 oz |
| 1tbsp | demerara sugar | 1tbsp |
| 1/2tsp | baking powder | 1/2tsp |
| 1/2tsp | ground cinnamon | 1/2tsp |
| 1 | egg | 1 |
| 1tbsp | milk | 1tbsp |
| 50g | soft margarine | 2oz |
| 50g | caster sugar | 2oz |

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

CREAMED PASTA

Serves 4

| | | |
|-------|--|----------|
| 225g | cooked pasta shells | 8oz |
| 4-6 | rashers streaky bacon chopped | 4-6 |
| 275g | can condensed chicken or mushroom soup | 10 1/2oz |
| 100g | frozen peas thawed | 4oz |
| | salt and pepper | |
| 100g | grated cheese | 4oz |
| 2tbsp | toasted breadcrumbs | 2tbsp |

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