

Panasonic®

Operating Instructions and Cook Book Steam Double Heater Microwave Oven Household Use Only

INVERTER



Model No. **NN-DS596B**

Please read these instructions carefully before using
this product, and save this manual for future use.



We are glad you have chosen to purchase a PANASONIC microwave oven. Before operating this oven, please read these instructions carefully and completely, and keep them for further reference.

If you have only used a microwave oven for reheating and defrosting, with Panasonic's Inverter Technology you can be reassured of excellent results when cooking a variety of foods, as the 'soft' penetration of microwave energy to the centre of food helps prevent over cooking on edges and surfaces. Foods can now be gently simmered without the concern of boil over.

After reading the introductory chapter, we are sure you will be able to master the basic techniques and thereby develop a firm understanding of your new oven. This book includes recipes from starters to desserts. After trying our recipes be sure to adapt your favourite recipes to microwave methods.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave oven.

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The serial number of this product may be found on the back side of the oven. You should note the model number and serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

MODEL NUMBER _____

SERIAL NUMBER _____

DATE OF PURCHASE _____





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Important Safety Instructions

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs

INSPECTION FOR DAMAGE:

A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS:

Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in the microwave oven. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
11. Young children should be supervised to ensure that they do not play with the appliance.
12. It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
13. The surfaces are liable to get hot during use.

Practical Hints:

1. For initial use of COMBINATION, STEAM, GRILL, OVEN, and CRISPY GRILL, if you see white smoke arise, it is not malfunction.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during COMBINATION, STEAM, GRILL, OVEN, and CRISPY GRILL. Use care when opening or closing door and when inserting or removing food and accessories.
3. The oven has two grill heaters situated in the top of the oven. After using the COMBINATION, STEAM, GRILL, OVEN, and CRISPY GRILL functions, the ceiling will be very hot.
4. The accessible parts may become hot when COMBINATION, STEAM, GRILL, OVEN, and CRISPY GRILL is in use. Children should be kept away.
5. Before using COMBINATION, STEAM, GRILL, OVEN, or CRISPY GRILL functions for the first time, operate the oven without food and accessories on OVEN 220 °C for 10 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated completely empty.

Important Instructions

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
 - (c) Remove wire twist-ties from bags before placing bag in oven.

Important Safety Instructions (continued)

- (d) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
 - (e) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
 12. Appliances are not intended to be operated by means of an external timer or separate remote control system.
 13. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Circuits

Your microwave ovens should be operated on a separate circuit from other appliances. The voltage used must be the same as specified on this microwave oven. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

WARNING—Improper use of the earthing plug can result in a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement applicable only to South Africa)

WARNING

- a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
- b) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
- c) If the supply cord of this appliance is damaged, it must be replaced by a qualified service technician with the special cord available only from the manufacturer.
- d) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- e) Liquids or other foods must not be heated in sealed containers since they are liable to explode, at the same time it should avoid the boiling liquids splash.
- f) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- g) When the appliance is operated in the COMBINATION, GRILL, OVEN, and CRISPY GRILL modes, children should only use the oven under adult supervision due to the temperatures generated.



Caution! Hot surfaces

Installation and General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, press the **Stop/Reset** Pad and leave door closed in order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp

cloth and similar may lead to risk of injury, ignition or fire.

4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike control panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the oven. The oven can be very hot after removing the cooking container.
8. Do not store flammable materials next to, on top

Installation and General Instructions (continued)

- of, or in the oven. It could be a fire hazard.
- Do not cook food directly on ceramic plate unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
 - DO NOT** use this oven to heat chemicals or other nonfood products. **DO NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
 - If the base of the oven is hot, allow to cool before cleaning or placing in water.
 - When using the MICROWAVE + GRILL mode, never place any aluminum or metal container directly on the wire rack. Always insert a heat-proof, glass plate or dish between the wire rack and the aluminum container. This will prevent sparking that may damage the oven.
 - It is recommended not to use the wire rack when cooking in the MICROWAVE mode only.
 - During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
 - Do not leave the microwave unattended while reheating or cooking food in disposable containers made of plastic, paper or other combustible materials, as these types of containers can ignite if overheated.

Placement of the Oven

- The oven must be placed on a flat, stable surface, more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow. **Allow 25 cm of space on the top of the oven, 10 cm at the back, and 5 cm on both sides. If one side of the oven is placed flush to wall, the other side or top must not be blocked. Do not remove feet.**
 - Do not block air vents. If they are blocked during operation, the oven may be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Do not place a cloth on top of the unit during COMBINATION, STEAM, GRILL, OVEN, and CRISPY GRILL cooking as the top of the microwave gets very hot. Also allow sufficient space on back and both sides of the oven.
 - Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - Do not operate oven when room humidity is too high.
- This oven was manufactured for household use only.
- The appliance is freestanding type and shall not be placed in a cabinet.

Food

- Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
- Do not attempt to deep fat fry in your microwave oven.
- Do not boil eggs in their shell and whole hard-boiled eggs (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
- Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
- When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken:
 - Avoid using straight-sided containers with narrow necks.
 - Do not overheat.
 - Stir the liquid before placing the container in the oven and again halfway through cooking time.
 - After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
 - Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
- COOKING TIMES given in the cookbook are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
- It is better to **UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.

Installation and General Instructions (continued)

9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.

When microwaves come in contact with a substance, any one or CRISPY GRILL of three things may occur. They can be:

1. REFLECTED

2. TRANSMITTED
3. ABSORBED

Reflection:

Metal substances REFLECT microwave energy and because there is no absorption, there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission:

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption:

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

Cookware and Utensils Guide

It is important to use the correct container when cooking in a microwave oven. The following will help you make the right selection.

How to Test a Container for Safe Microwave Oven Use

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE: Fill a 1-cup glass measure with cool water and place it in the microwave oven alongside the empty container to be tested; **heat one (1) minute at High**. If the container is microwave oven safe (transparent to microwave energy), the container should remain comfortably cool, the water in glass measure should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned.

Several types of glassware and dinnerware are not recommended for use in the microwave oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Plastic

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on **High** power. These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

Cooking Bags designed to withstand boiling, freezing,

or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, **DO NOT** use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).

DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.

Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns.

Loosen plastic but let dish stand, covered.

Jars and Bottles

Jars and bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Metal

Metal cookware or utensils, or those with metallic trim, should NOT be used in the microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing".

Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to shield areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used in the microwave oven. Frozen dinner trays can be used in the microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily available and give the same result.


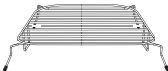
Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.

Thermometers are available for use in microwave ovens. **DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS** in food while cooking in the microwave oven.

Straw, Wicker and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

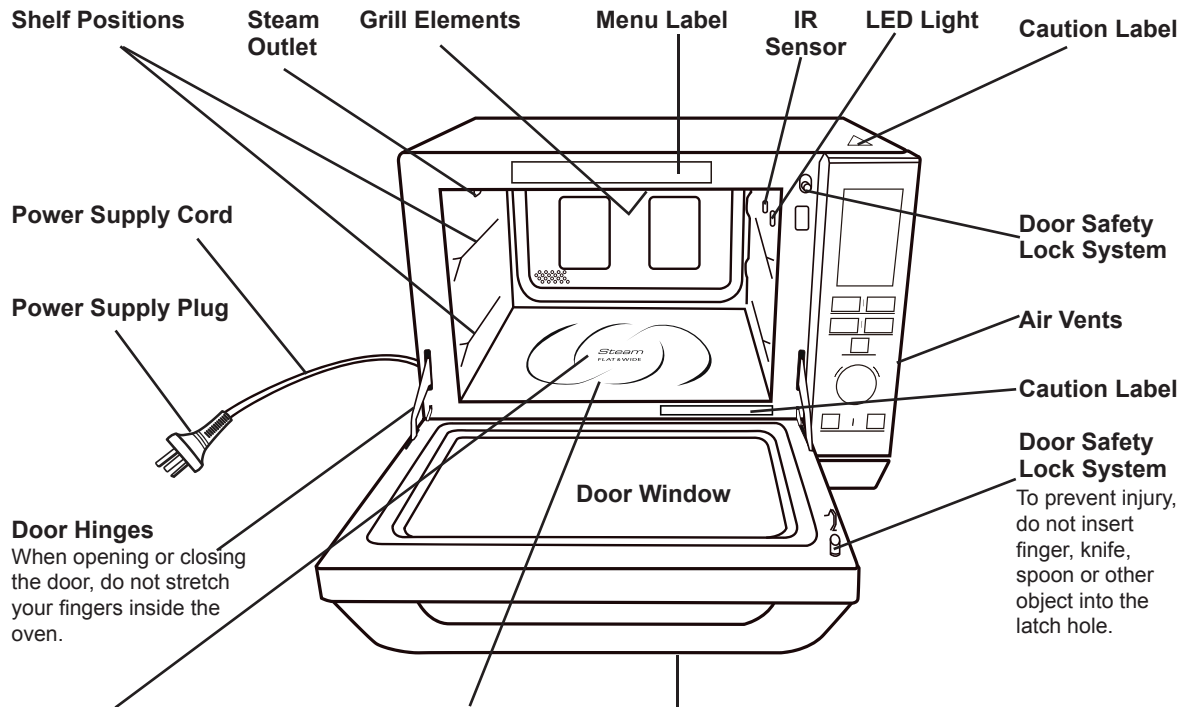
Cookware and Utensil Chart

	Microwave	Grill	Steam	oven	Crispy Grill	Combination		
						Microwave + Grill	Steam + Microwave	Steam+ Grill
Grill Tray (oven accessories) 	no	yes	yes	yes	yes	no	no*2	yes
Wire rack (oven accessories) 	no	yes	no	yes	no	yes	no	no
Aluminium foil	for shielding	yes	yes	yes	no	for shielding	for shielding	yes
Ceramic Plate	yes	yes	yes	yes	no	yes	yes	yes
Browning Dish	yes	no	no	no	no	no	yes	no
Brown paper bags	no	no	no	no	no	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes	yes	no	yes	yes	yes
non-oven/ microwave safe	no	no	no	no	no	no	no	no
Disposable paperboard containers	yes*1	yes*1	no	yes*1	no	yes*1	no	no
Glassware oven glassware & ceramic	yes	yes	yes	yes	no	yes	yes	yes
non-heat resistant	no	no	no	no	no	no	no	no
Metal cookware	no	yes	yes	yes	no	no	no	yes
Metal twist-ties	no	yes	yes	yes	no	no	no	yes
Oven cooking bag	yes	yes*1	yes	yes*1	no	yes	yes	yes
Paper towels and napkins	yes	no	no	no	no	no	no	no
Plastic defrosting rack	yes	no	no	no	no	no	no	no
Plastic dishes microwave safe	yes	no	yes	no	no	no	yes	no
non microwave safe	no	no	no	no	no	no	no	no
Microwave safe plastic wrap	yes	no	not required	no	no	no	not required	no
Straw, wicker, wood	yes	no	yes	no	no	no	yes	no
Thermometers microwave safe	yes	no	no	no	no	no	no	no
conventional	no	yes	no	yes	no	no	no	no
Waxed paper	yes	yes	yes	yes	no	yes	yes	yes
Silicon bakeware	yes*1	yes*1	yes*1	yes*1	no	yes*1	yes*1	yes*1

*1 Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

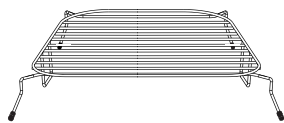
*2 Follow the cook book.

Feature Diagram



Door Hinges
When opening or closing the door, do not stretch your fingers inside the oven.

- Flat Table**
1. Clean the flat table after cooling.
 2. Do not directly place the food on the flat table. Place it on a container or container rack special for the microwave oven.



Wire Rack

1. A Wire Rack is included with the oven in order to facilitate browning of small dishes.
2. Wire Rack should be cleaned regularly.
3. When using Wire Rack in the manual Grill, Oven and Microwave + Grill cooking modes, be careful to choose heat-proof containers; containers made of plastic or paper may melt or burn when exposed to the heat radiating from the grill.
4. When using the Microwave + Grill mode, never place any aluminum or metal container directly on Wire Rack. Always insert a glass plate or dish between Wire Rack and the aluminum container. This will prevent sparking that may damage the oven.
5. Do not use Wire Rack when cooking in the MICROWAVE mode only.

- Opening Handle**
- Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and Start pad is pressed. The oven light will turn on and stay on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.



Grill Tray

1. Do not place it on the oven window. Otherwise, the oven window may be damaged.
2. Use oven gloves when removing the Grill Tray as it will be very hot, and so will the roof and walls of the oven.
3. Grill Tray should be cleaned regularly.
4. Grill Tray is dishwasher safe.

Notes:

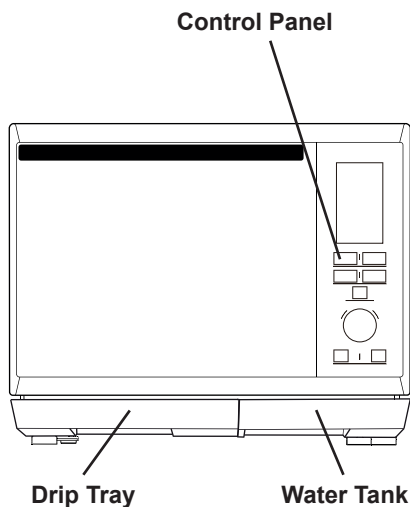
1. Never use micro power without a load in the cavity.
2. When using the steam feature, always clean and wipe the cavity, flume and decorative plate after cooling the oven.
3. It's normal if white smoke gives off when first time using the Combination, Grill, Oven and Crispy Grill feature.
4. After using the microwave oven, the fan motor will continue operating several minutes. It's normal.

Notes:

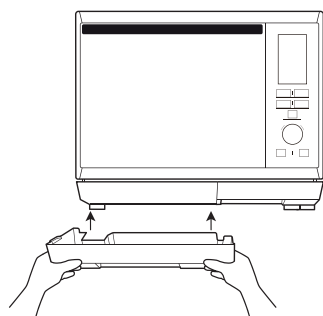
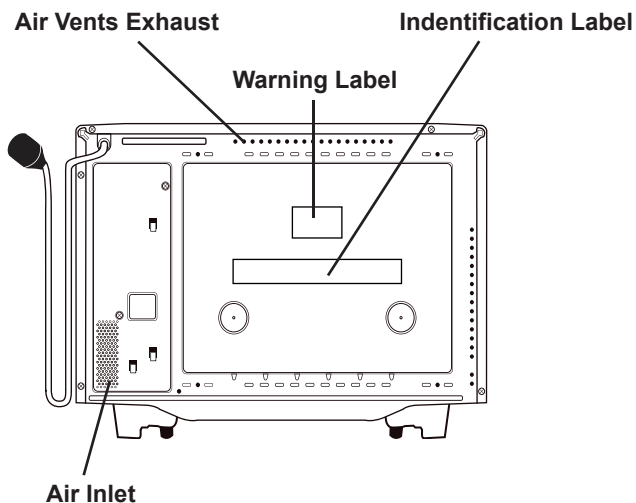
The above illustration is for reference only.

Feature Diagram (continued)

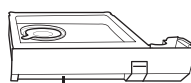
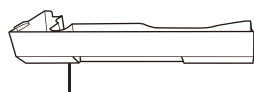
Front view



Rear view



Re-position the drip tray by clicking back onto the legs.



Water Tank

Carefully remove the water tank from the oven. Remove the lid and fill with pure water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week. See page 57 for reference.

Drip Tray

1. Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
2. Connect the drip tray to the plastic feet, as shown in the diagram, before using the oven.
3. Clean and wipe dry after use.
4. After cleaning, re-connect the drip tray to the plastic feet.
5. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
6. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Re-position the drip tray by clicking back onto the legs.
7. DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.

Oven Light:

Oven Light will turn on during cooking and also when door is opened.

Notes:

The above illustration is for reference only.

Control Panel

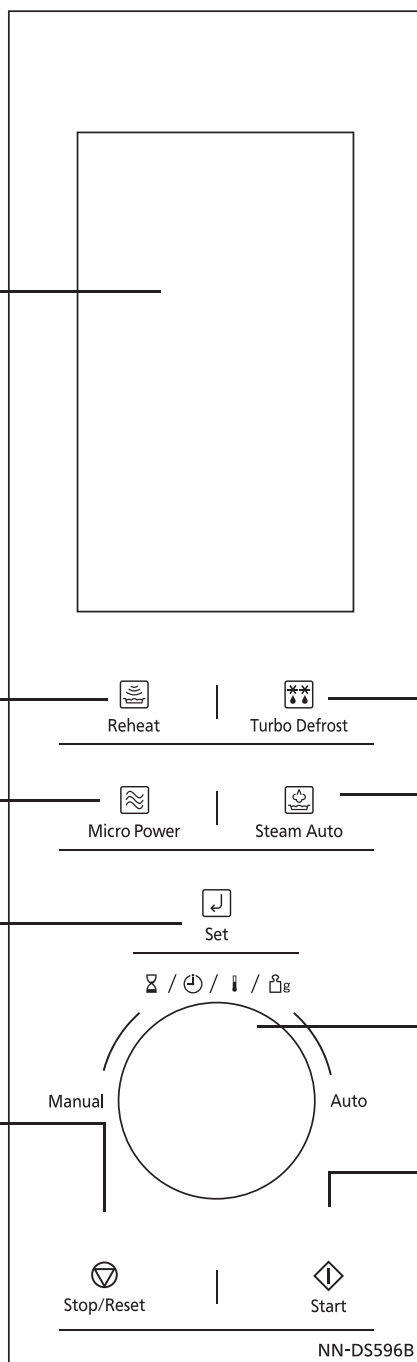
Display Window
(pg. 11)

Reheat Pad
(pg. 33, 34, 36)

Micro Power Pad
(pg. 15, 37, 52)

Set Pad

Stop/Reset Pad
Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and colon or time of day appears in the Display Window



Turbo Defrost Pad
(pg. 38)

Steam Auto Pad
(pg. 18, 43)

Time/Clock/Temp./Power Level/Weight/Manual/Auto Dial
(pg. 11)

Start Pad
 One tap allows oven to begin functioning. If door is opened or **Stop/Reset** pad is pressed once during oven operation, **Start** pad must again be pressed to restart oven.

Beep Sound:

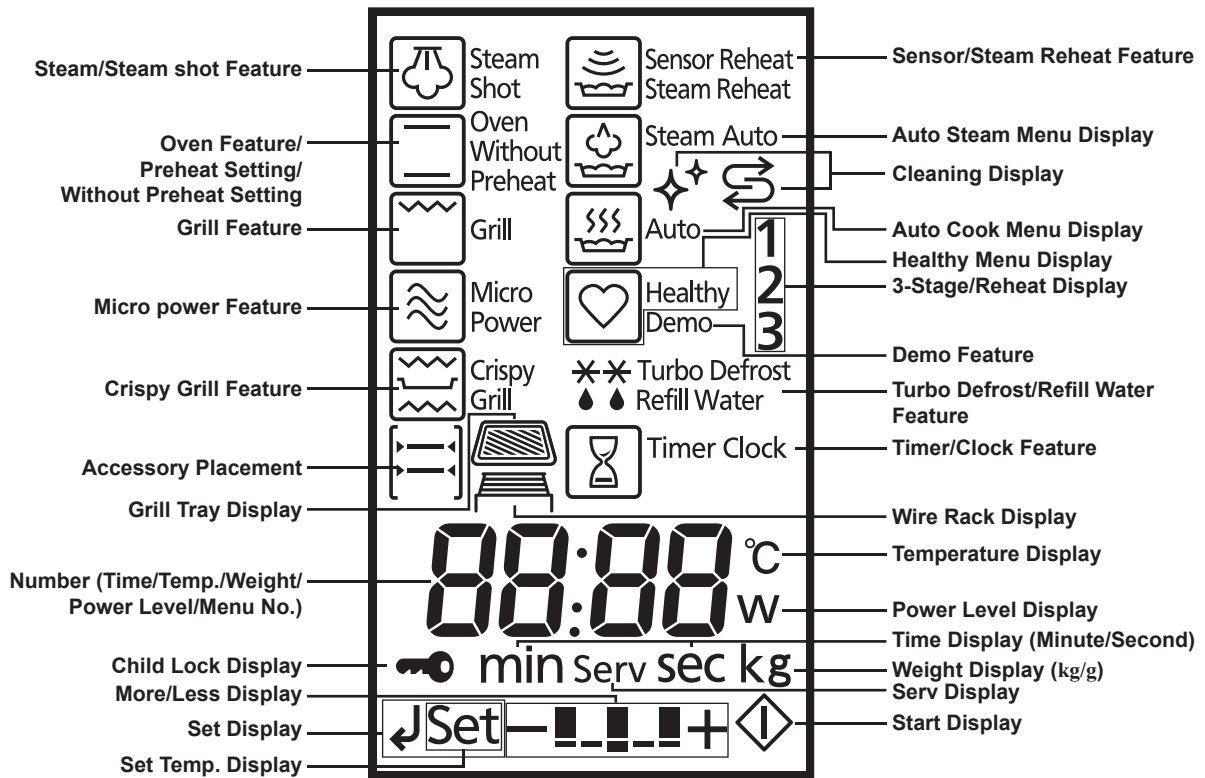
When a pad is pressed correctly, a beep sound will be heard. If a pad is pressed and no beep is heard, the unit did not or could not accept the instruction. The oven will beep twice between programmed stages. The oven will beep three times after preheating. At the end of any completed program, the oven will beep 5 times.

Notes:

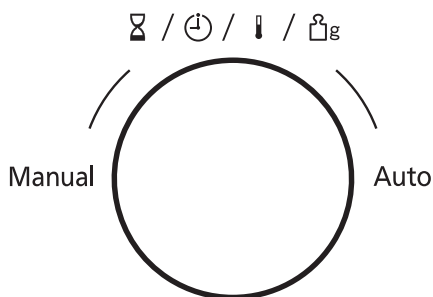
If an operation is set and **Start** pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. This display will revert back to clock or colon mode.

Display Window

To help you operate the oven conveniently, the present state will appear in the display window.



Dial Feature



- ➔ **TIME SETTING**
To set cooking time or clock.
- ➔ **POWER LEVEL/TEMPERATURE SETTING**
To set Power Level or temperature.
- ➔ **WEIGHT SETTING**
To set serving/weight for Auto Menu and Turbo Defrost Menu.
- ➔ **MANUAL SETTING (ANTI-CLOCKWISE)**
Start From Steam → Steam + Micro Power → Grill → Micro Power + Grill → Crispy Grill → Steam + Grill → Oven Preheat → Oven Without Preheat → Timer → Clock
- ➔ **AUTO SETTING (CLOCKWISE)**
To set the desired menu number in the Auto Menu.

Notes:

First you can **turning the dial anti-clockwise** to select the manual cooking mode or **using the dial clockwise** to select Auto Cook Menu, **then turning the dial anti-clockwise/clockwise** to select the desired mode or menu, and decide it by press **Set** pad.

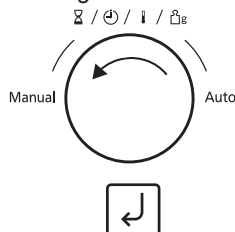
Let's Start To Use Your Oven!

1 Plug in.

Plug into a properly earthed electrical outlet. "88:88" will appear in the display window, then you can start to operate.

2 Select Clock Mode.

Turning the dial anti-clockwise until the " Clock" symbol appears in the display.

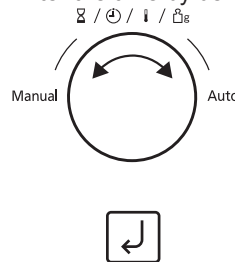


3 Press Set.

Press once to verify your selection and the colon starts to blink.

4 Set Clock.

Enter the time by using the dial. The time appears in the display and the colon blinks.



5 Press Set.

Press once to verify your selection. The colon stops blinking. Time of day is now locked into the display.

Notes:

1. One turn of the dial will increase or decrease the time by 1 minute. Continuously turning the dial will rapidly increase or decrease the time.
2. If you want to reset time, please repeat step 2-5.
3. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
4. Clock is a 12-hour display.
5. Oven will not operate while colon is still blinking.

To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open. **This feature can be set when colon or time of day is displayed.**

To set:



Start

Press 3 times

Press **Start** pad 3 times.
▶ "🔑" appears in the display window.

To cancel:



Stop/Reset

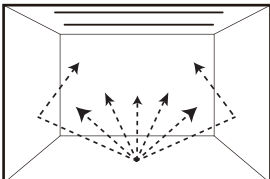
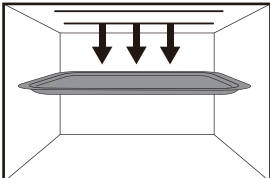
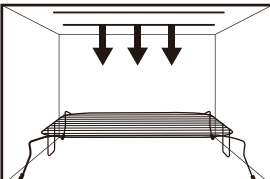
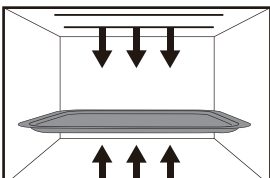
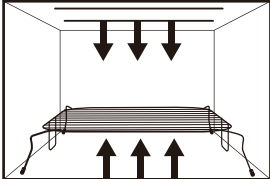
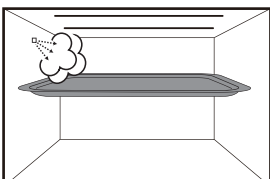
Press 3 times

Press **Stop/Reset** pad 3 times.
▶ Colon or time of day appears in the display window.

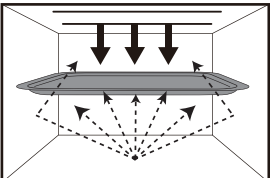
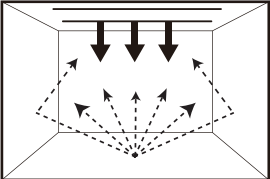
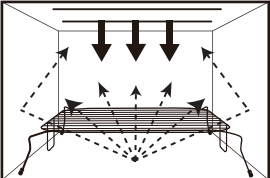
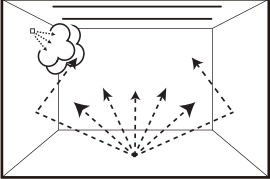
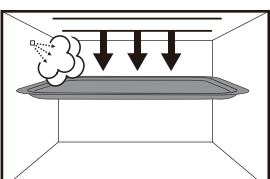
To activate child lock, **Start** pad must be pressed 3 times within a 10 second period.

Cooking Modes

The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used. Further information can be found in the Cookbook.

Cooking Modes	Uses	Recommended accessories	Containers
<p>MICROWAVE</p> 	<ul style="list-style-type: none"> ■ Defrosting ■ Reheating ■ Melting: butter, chocolate, cheese. ■ Cooking fish, vegetables, fruits, eggs. ■ Preparing: stewed fruits, jam, sauces, custards, choux, pastry, caramel, meat, fish. ■ Baking cakes without colour. <p>No Preheating</p>	-	Use your own Pyrex® dishes, plates or bowls, directly on the base of the oven. microwaveable, no metal.
<p>GRILL</p>  	<ul style="list-style-type: none"> ■ Grilling of meat or fish. ■ Toast grilling. ■ Colouring of gratin dishes or meringue pies. <p>No Preheating</p>	Grill Tray, Wire Rack	Heatproof, metal tin can be used on Grill Tray in upper or lower shelf positions or place foods directly on Wire Rack with heatproof dishes underneath.
<p>OVEN</p>  	<ul style="list-style-type: none"> ■ Baking of small items with short cooking times: puff pastry, cookies, roll cakes, scones. ■ Special baking: bread rolls or brioches, sponge cakes. ■ Baking of pizzas and tarts. <p>Preheating advised</p>	Grill Tray, Wire Rack	Heatproof, metal tin can be used on Grill Tray in upper or lower shelf positions or place foods directly on Wire Rack with heatproof dishes underneath.
<p>STEAM</p> 	<ul style="list-style-type: none"> ■ Cooking fish, vegetables, chicken, rice, and potatoes. <p>No Preheating</p>	Grill Tray	Heatproof container on Grill Tray in upper or lower shelf positions.

Combination cooking modes

Cooking Modes	Uses	Recommended accessories	Containers
<p>CRISPY GRILL</p> 	<ul style="list-style-type: none"> Roasting chicken wings, seafood, fried foods, meat skewers, frozen potato fries, pizza etc. <p>No Preheating</p>	Grill Tray in upper or lower shelf positions	-
<p>MICROWAVE + GRILL</p>  	<ul style="list-style-type: none"> Cooking lasagne, meat, potatoes or vegetable gratins. <p>No Preheating</p>	Wire Rack	Place foods directly on Wire Rack with microwaveable and heatproof dishes underneath. Or microwaveable and heatproof dishes placed directly on base of oven.
<p>STEAM + MICROWAVE</p> 	<ul style="list-style-type: none"> Cooking fish, vegetables, chicken, rice, and potatoes. <p>No Preheating</p>	-	Microwaveable and heatproof dishes placed directly on base of oven.
<p>STEAM + GRILL</p> 	<ul style="list-style-type: none"> Cooking gratins Kebabs Fish fillets Whole fish Part baked bread <p>No Preheating</p>	Grill Tray	Microwaveable and heatproof dishes can be used on the Grill Tray in upper or lower shelf positions .

To Cook/Reheat/Defrost on Micro Power by Time Setting

This feature allows you to set the desired power and time for cooking by yourself.

1 Open Door.

Open the door and place container with food on flat table in the oven. Then close the door.

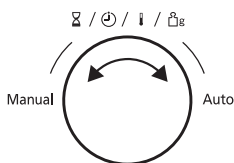


2 Press Micro Power once.

Press to select "Micro Power".

3 Select Power Level.

Set the desired power level by using the dial. (see chart below)



Power Level	Example of Use
1000 W (High)	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.
800 W (Medium-High)	Cook fish and seafood, meat, poultry, eggs and cakes.
600 W (Medium)	Cook cakes, stew food, and melt butter and chocolate.
440 W (Medium-Low)	Cook tough meat, stew soup and soften butter.
300 W (Defrost)	Defrost meat, poultry or seafood.
100 W (Low)	Keep food warm and soften ice cream.

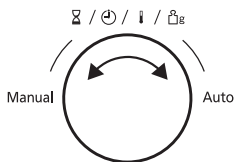


4 Press Set.

Press once to verify your selection.

5 Enter Time.

Enter the cooking time by using the dial. (1000 W : up to 30 minutes)
(Other Powers : up to 1 hour 30 minutes)



6 Press Start.

Press **Start** pad. The cooking time appears in the display window and begins to count down.


Notes:

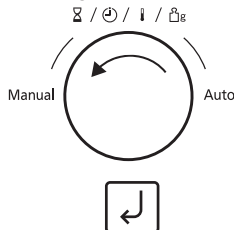
1. Three stages can be set continuously. This feature allows you to set only once for some different stages without taking care during cooking. Please refer to page 40.
2. You can change the cooking time during cooking if required. Turn the dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments up to maximum time of 10 minutes can be changed, turning the Dial to zero will end cooking.
3. Do not attempt to use microwave only with any metal container in the oven.
4. Do not place food directly on the flat table. Place in a microwaveable or glass dish. Foods reheated or cooked by microwave only should be covered with a lid or pierced cling film, unless otherwise stated.
5. Stand time can be programmed after microwave power and time setting. Refer to using the timer page 31.
6. After using the oven, the fan may rotate to cool the electric components and "COOL" appears in the display window. This is perfectly normal, and you can take out the food from the oven while the fan operates.

To Cook on Steam by Time Setting

The oven can be programmed as a steamer to cook vegetables, fish, chicken and rice. It can keep moisture of food and also can steam the food evenly. There are 3 different steam settings available.

1 Select Mode.

Turning the dial anti-clockwise until the " Steam" symbol appears in the display.

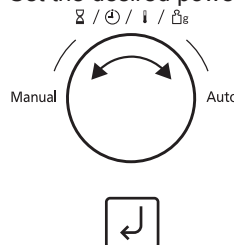


2 Press Set.

Press once to verify your selection.

3 Select Power Level.

Set the desired power level by using the dial. (see chart below)



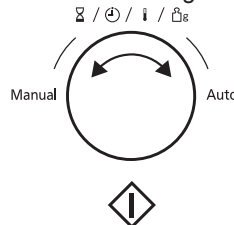
Power Level	Example to use
Steam1 (High)	Vegetable, Chicken, Meat, etc.
Steam2 (Medium)	Seafood, Poached egg, Souffle, etc.
Steam3 (Low)	Melt chocolate, Defrost Raspberries.

4 Press Set.

Press once to verify your selection.

5 Enter Time.





Enter the cooking time by using the dial. (up to 30 minutes)



6 Press Start

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

1. **Fill the water tank before using the Steam feature.**
2. When you select the steam feature, "  Refill Water" symbol will appear in the display to prompt you fill the water tank until the oven start cooking. This is normal.
3. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
4. If during operation the water tank becomes empty, the oven will stop operation. "  Refill Water" symbol and "U14" will appear in the display. After re-filling the water tank and positioning back in the oven, press **Start** pad. The oven will not continue cooking until the water tank has been re-filled and **Start** pad pressed.
5. You can change the cooking time during cooking if required. Turn the dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
6. It may be necessary to wipe the excess water in the cavity after Steam cooking.

To Cook on Steam by Time Setting (continued)

Caution:

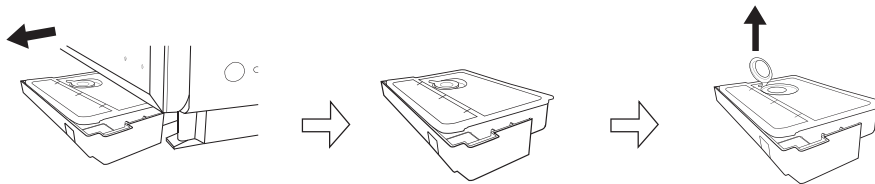
1. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
2. When removing the food or Grill Tray, hot water may drip from the oven top.
3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.
4. During and after cooking with steam feature, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
5. After each steam operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. Wipe any water that drips from the left side of the oven. To re-position, click back into position on the oven legs. (See page 9)

Guidelines:

1. There is no microwave power on the steam only program.
2. Use the Grill Tray provided, as explained on next page.
3. The steam will only operate with the oven door closed.
4. Always use oven gloves when removing the food and Grill Tray after steaming as they will be very hot.

Guidelines for water tank

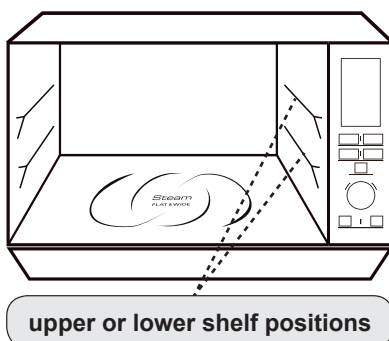
Carefully remove the water tank from the oven. Remove the lid and fill with tap water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week.



Oven accessories to use

When steaming, place food directly on the Grill Tray in the upper shelf position. For steaming larger food items, place the Grill Tray in the lower shelf position. During steaming, cooking juices collect in the watercourse of the Grill Tray.

Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven.



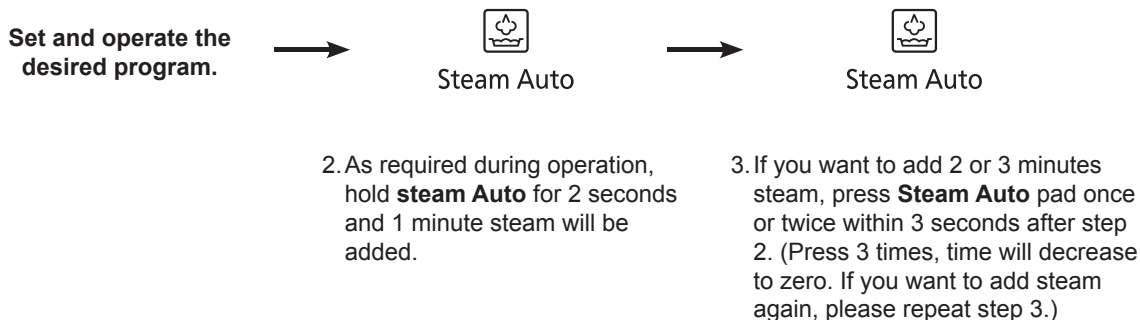
For example:



Steam Shot Setting

This feature allows you add steam during cooking (up to 3 minutes). Adding steam during cooking enhances heat distribution and aids the rising process of breads, cakes and pastries.

There are five combinations that you can use steam shot - **Microwave, Grill, Oven, Crispy Grill and Combination.**



Notes:

1. Steam shot is not available during preheating mode.
2. **Fill the water tank before use.**
3. When you select the steam feature, " Refill Water " symbol will appears in the display to prompt you fill the water tank until the oven start cooking. This is normal.
4. The original program still counts down when operating steam shot.
5. The steam shot time can not exceed the remaining cooking time.
6. If adding 2 or 3 minutes, **Steam Auto** pad must be pressed 2 or 3 times within a 3 second time period.
7. It may be necessary to wipe the excess water in the cavity after Steam cooking.

Caution:

1. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
2. When removing the food or Grill Tray, hot water may drip from the oven top.
3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Example to use:

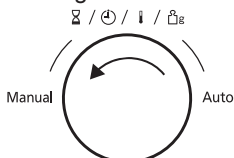
Food	Cooking Mode	Steam Shot
Pastries	Oven	$\frac{2}{3}$ total time add 3 mins steam shot
Breads	Oven	$\frac{2}{3}$ total time add 3 mins steam shot
Sponge cakes	Oven	$\frac{1}{2}$ total time add 3 mins steam shot
Part baked rolls	Oven or Grill	$\frac{2}{3}$ total time add 3 mins steam shot

To Cook on Grill by Time Setting

There are three power levels for grill. When grilling, heat is radiated from two heaters. It is especially suitable for thin slices of meat and seafood as well as bread and meals. Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove the accessory by holding the accessories firmly.

1 Select Grill Mode.

Turning the dial anti-clockwise until the " " symbol appears in the display.



To Cook on Grill by Time Setting (continued)

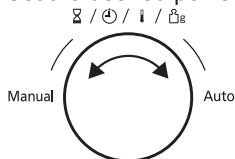


2 Press Set.

Press once to verify your selection.

3 Select Power Level.

Set the desired power level by using the dial. (see chart below)



Power Level	Suitable kinds of foods
Grill 1 (High)	Toasting bread, muffins and teacakes etc.
Grill 2 (Medium)	Thin seafood
Grill 3 (Low)	Slice of poultry or meat

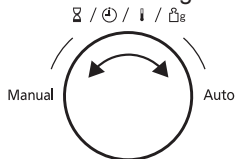


4 Press Set.

Press once to verify your selection.

5 Enter Time.

Enter the cooking time by using the dial. (up to 1 hour 30 minutes)



6 Press Start

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

You can change the cooking time during cooking if required. Turn the dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

Grilling times:

When using the grill to cook foods, the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time.

Caution:

The Grill Tray and surrounding oven will get very hot. Use oven gloves.

Place food on Grill Tray

1. The Grill Tray will allow fat and juices to drip into the Watercourse to reduce excess splatter and smoke when grilling.
2. Most foods require turning halfway during cooking. When turning food, open oven door and carefully remove the Grill Tray by holding firmly.
3. Use oven gloves when removing the Grill Tray as it will be very hot, and so will the roof and walls of the oven.
4. After turning, return food to the oven, close door and press **Start** pad. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.

To Cook on Grill by Time Setting (continued)

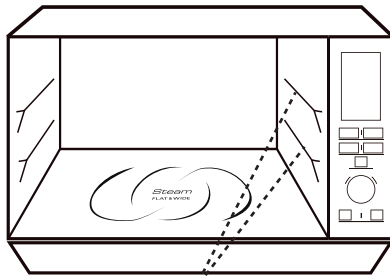
Guidelines

1. Use the Grill Tray provided, as explained.
2. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting **Grill 1**. This setting is also suitable for toasting bread, muffins and teacakes etc.
3. **Grill 2** and **Grill 3** are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
4. Never cover the food when grilling.
5. Always use oven gloves when removing the food and Grill Tray after grilling as they will be very hot.
6. After grilling it is important that the Grill Tray is removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.

Oven accessories to use

When grilling fish, chops or small food items, the Grill Tray should be placed in the upper shelf position. For larger food items, the Grill Tray should be in the lower shelf position. Or you can place foods directly on Wire Rack with heatproof dishes underneath.

When using the **Grill Tray**, please put in the upper or lower shelf positions.

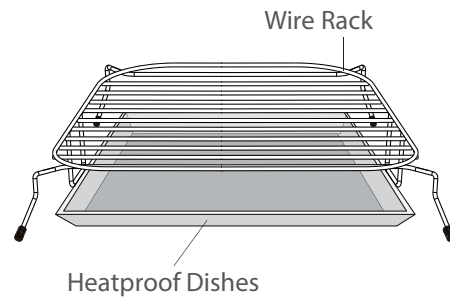


upper or lower shelf positions

For Example:



When using the **Wire Rack**, please put on the flat table.



For Example:

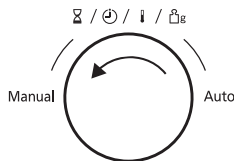


To Cook on Crispy Grill by Time Setting

The crispy grill feature allows the upper and lower surfaces of food to be brown and crispy without turning over by means of the particular design of the Grill Tray only. Food can get golden-brown and crispy effect without turning over. It is suitable for roasting all kinds of seafood, bread and meat pieces.

1 Select Crispy Grill Mode.

Turning the dial anti-clockwise until the " Crispy Grill" symbol appears in the display.

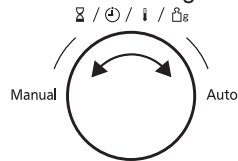


2 Press Set.

Press once to verify your selection.

3 Enter Time.

Enter the cooking time by using the dial. (up to 30 minutes)



4 Press Start.

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

You can change the cooking time during cooking if required. Turn the dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.

Caution:

The Grill Tray and surrounding oven will get very hot. Use oven gloves.

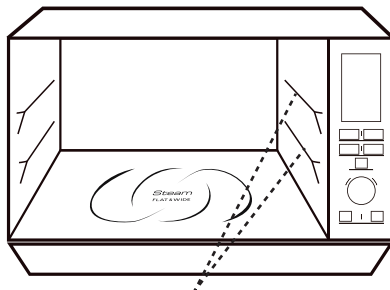
To Cook on Crispy Grill by Time Setting (continued)

Suggested cooking options

Food	Weight	Power level	Shelf level	Cooking time
Frozen deep pan pizza	440 g	Crispy Grill	Lower	10 mins
Frozen thin and crispy pizza	335 g	Crispy Grill	Upper	7-8 mins
Chilled sausage roll	160 g (1)	Crispy Grill	Upper	6-7 mins
Croissants / brioche (room temp.)	any	Crispy Grill	Upper	4 mins
Chilled onion bhajis / samosas	200 g	Crispy Grill	Upper	5 mins
Chilled breaded fish	255 g (2)	Crispy Grill	Upper	6 mins

Oven accessories to use

Using Grill Tray in upper or lower shelf positions.



upper or lower shelf positions

For Example:



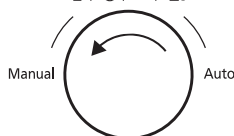
To Cook Combination by Time Setting

■ Microwave + Grill Setting:

There are three power levels for combination. It's a good way for roasting foods by combining microwave and grill effectively. It's suitable for roasting poultry, meat and seafood. This function can ensure the foods even cooking and keep the crispness of certain foods. Please open the door and turn over the foods when half of the cooking time, then continue cooking.

1 Select Micro Power + Grill Mode.

Turning the dial anti-clockwise until the " Micro Power" and " Grill" symbol appear in the display.

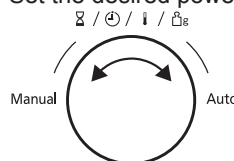


2 Press Set.

Press once to verify your selection.

3 Select Power Level.

Set the desired power level by using the dial. (see chart below)



Power Level	Micro Power + Grill	Suitable kinds of foods
Combination 1 (High)	Microwave + Grill 1	Seafood and pudding
Combination 2 (Medium)	Microwave + Grill 2	Poultry and potatoes
Combination 3 (Low)	Microwave + Grill 3	Thicker meat

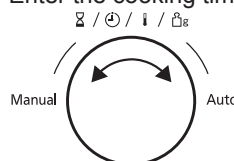


4 Press Set.

Press once to verify your selection.

5 Enter Time.

Enter the cooking time by using the dial. (up to 1 hour 30 minutes)



6 Press Start

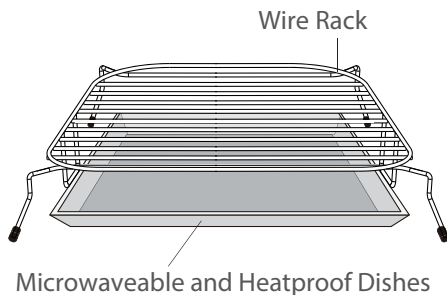
Press **Start** pad. The cooking time appears in the display window and begins to count down.

To Cook Combination by Time Setting (continued)

Oven accessories to use

For Combination 1/2/3: Directly on the base of the oven in a microwaveable and heatproof dish. Or you can place foods directly on Wire Rack with microwaveable and heatproof dishes underneath.

When using the **Wire Rack**, please put on the flat table.



For Example:





Directly on the base of the oven in a microwaveable and heatproof dish.


For Example:

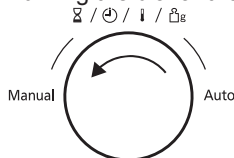


■ Steam + Microwave Setting:

This feature is a steam and microwave combined heating method by adjusting the settings. Steam can be used to cook foods simultaneously with microwave mode. This can often reduce traditional oven cooking times and keep the food moist.

1 Select  Steam +  Micro Power **Mode.**

Turning the dial anti-clockwise until the " Steam" and " Micro Power" symbol appear in the display.



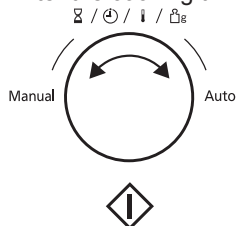
2 Press Set.

Press once to verify your selection.

To Cook Combination by Time Setting (continued)

3 Enter Time.

Enter the cooking time by using the dial. (up to 30 minutes)



4 Press Start.

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

1. **Fill the water tank before using the Steam feature.**
2. When you select the steam feature, " ♫ ♫ Refill Water " symbol will appear in the display to prompt you fill the water tank until the oven start cooking. This is normal.
2. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven will stop operation. " ♫ ♫ Refill Water " symbol and "U14" will appear in the display. After re-filling the water tank and positioning back in the oven, press **Start** pad. The oven will not continue cooking until the water tank has been re-filled and **Start** pad pressed.
4. You can change the cooking time during cooking if required. Turn the dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
5. It may be necessary to wipe the excess water in the cavity after Steam cooking.

Caution:

Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Oven accessories to use

Directly on the base of the oven in a microwaveable and heatproof dish without cover.

For Example:

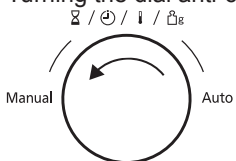


■ Steam + Grill Setting:

This feature is a Steam and Grill combined heating method by adjusting the settings. Steam and grill power works in a constant sequence alternatively, to keep the food in moisture through grilling while making cooking time shortened compared with that in a traditional way.

1 Select Steam + Grill Mode.

Turning the dial anti-clockwise until the "  Steam " and "  Grill " symbol appear in the display.



To Cook Combination by Time Setting (continued)

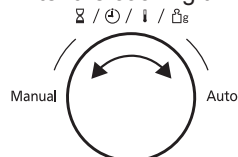


2 Press Set.

Press once to verify your selection.

3 Enter Time.

Enter the cooking time by using the dial. (up to 30 minutes)



4 Press Start

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

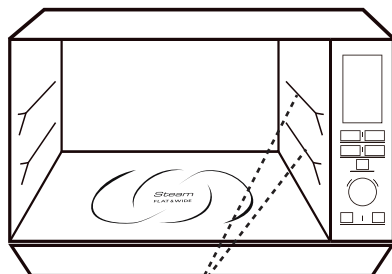
1. **Fill the water tank before using the Steam feature.**
2. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven will stop operation. "💧💧 Refill Water" symbol and "U14" will appear in the display. After re-filling the water tank and positioning back in the oven, press **Start** pad. The oven will not continue cooking until the water tank has been re-filled and **Start** pad pressed.
4. You can change the cooking time during cooking if required. Turn the dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
5. It may be necessary to wipe the excess water in the cavity after Steam cooking.

Caution:

1. The Grill Tray and surrounding oven will get very hot. Use oven gloves.
2. When removing the food or Grill Tray, hot water may drip from the oven top.
3. Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Oven accessories to use

When grilling fish, chops or small food items, the Grill Tray should be placed in the upper shelf position. For larger food items, the Grill Tray should be in the lower shelf position.



upper or lower shelf positions

For Example:




To Cook on Oven by Time Setting

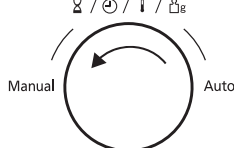
Oven Setting

Your combination oven can be used as an oven using the oven mode which uses top and bottom heat. For best results always place food in a preheated oven. When using oven mode, the Grill Tray can be placed in the upper or lower shelf position. Do not pre-heat on oven mode with the Grill Tray in position.

• With Preheating:

1 Select Oven Preheat Mode.

Turning the dial anti-clockwise until the " " symbol appear in the display.

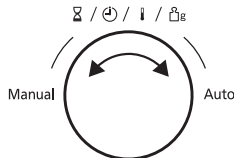


2 Press Set.

Press once to verify your selection.

3 Select Desired Temperature.

Set the desired cooking temperature by using the dial. (100°C ~ 220°C)



4 Press Start.

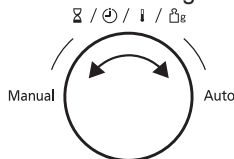
Press **Start** pad to start preheating.

When preheating, you can change the temperature by using the dial.

After preheating, the oven will beep 3 times, put the food into the oven immediately.

5 Enter Time.

Enter the cooking time by using the dial. (up to 1 hour 30 minutes)



6 Press Start

Press **Start** pad. The cooking time appears in the display window and begins to count down.

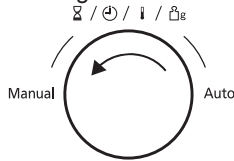
(Press **start** pad once to indicate the temperature in the display window for 2 second. While the temperature is recalled in the display window, you can change the temperature by turning the dial.)

To Cook on Oven by Time Setting (continued)

• Without Preheating:

1 Select Oven Without Preheat Mode.

Turning the dial anti-clockwise until the " Oven Without Preheat" symbol appears in the display.

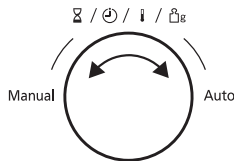


2 Press Set.

Press once to verify your selection.

3 Select Desired Temperature.

Set the desired cooking temperature by using the dial. (40, 100°C ~ 220°C)

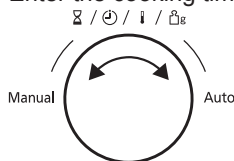


4 Press Set.

Press once to verify your selection.

5 Enter Time.

Enter the cooking time by using the dial. (up to 1 hour 30 minutes)



6 Press Start

Press **Start** pad. The cooking time appears in the display window and begins to count down.

(Press **start** pad once to indicate the temperature in the display window for 2 second. While the temperature is recalled in the display window, you can change the temperature by turning the dial.)

To Cook on Oven by Time Setting (continued)

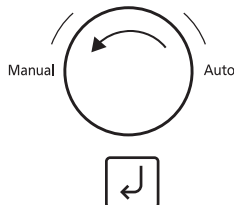
• Ferment Setting

(Ferment function is used for dough fermentation, such as the pizza base or bakery dough when making bread.)

This feature allows you to ferment food at 40 °C.

1 Select Oven Without Preheat Mode.

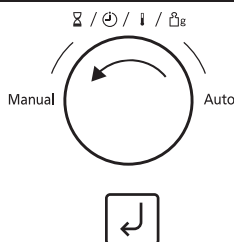
Turning the dial anti-clockwise until the " Oven Without Preheat" symbol appears in the display.



2 Press Set.

Press once to verify your selection.

3 Set the cooking temperature to 40 °C by using the dial.

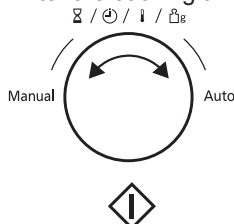


4 Press Set.

Press once to verify your selection.

5 Enter Time.

Enter the cooking time by using the dial. (up to 1 hour 30 minutes)



6 Press Start

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

1. The oven starts at 150 °C.
2. Open the door using the pull down door because if **Stop/Reset** is pressed the program may be cancelled.
3. The oven can not preheat to 40 °C.
4. You can change the cooking time during cooking if required. Turn the dial to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking.
5. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.
6. The Grill Tray and surrounding oven will get very hot. Use oven gloves.

To Cook on Oven by Time Setting (continued)

Guideline to oven temperatures

For best results always place food in a preheated oven.

Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150 °C and count up in 10 °C stages to 220 °C, or you can turning the dial anti-clockwise to select 40 °C and 100 °C. Food is generally cooked uncovered - unless it is stated in the instructions or recipe.

Temp °C	Example to use
40 °C	Proving Bread or Pizza dough
150/160 °C	Macaroons
160/170 °C	Casseroles, Small Tarts, Cookies
180 °C	Victoria Sandwich, Fairy Cakes, Meat Joints
190 °C	Gratins, Lasagne, Pastry Pies, Chicken
200 °C	Stuffed Peppers, Scones, Swiss Roll, Muffins
220 °C	Vegetable parcels, bread, garlic bread, roast potatoes, baking pizza.

Caution:

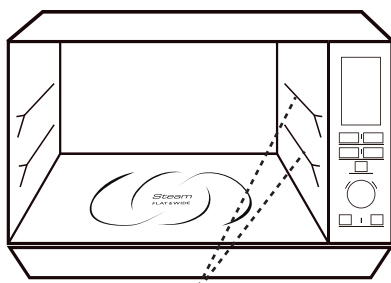
The Grill Tray and surrounding oven will get very hot. Use oven gloves.

Oven accessories to use

In oven mode, you can cook food directly on the Grill Tray in the upper or lower shelf position. Or you can place your standard metal baking tins and ovenware on the Grill Tray in the lower shelf position. Or you can place foods directly on Wire Rack on heatproof dishes. Do not place tins and ovenware directly on the base of the oven in oven mode.

You can use the Grill Tray as a baking dish for roasting potatoes or vegetables, and for baking fairy cakes, scones and cookies. It is also ideal for re-heating pre-cooked convenience pastry items.

When using the **Grill Tray**, please put in the upper or lower shelf positions.



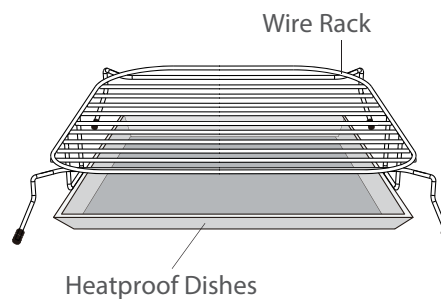
upper or lower shelf positions

For Example:

Baking: Grill Tray in lower shelf position.



When using the **Wire Rack**, please put on the flat table.



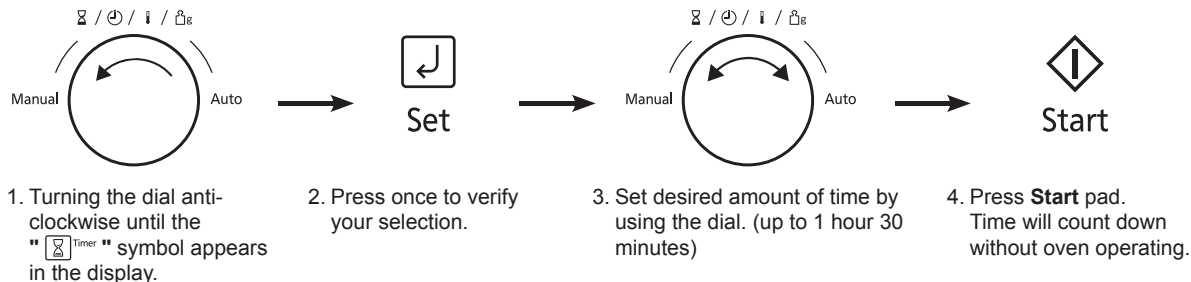
For Example:



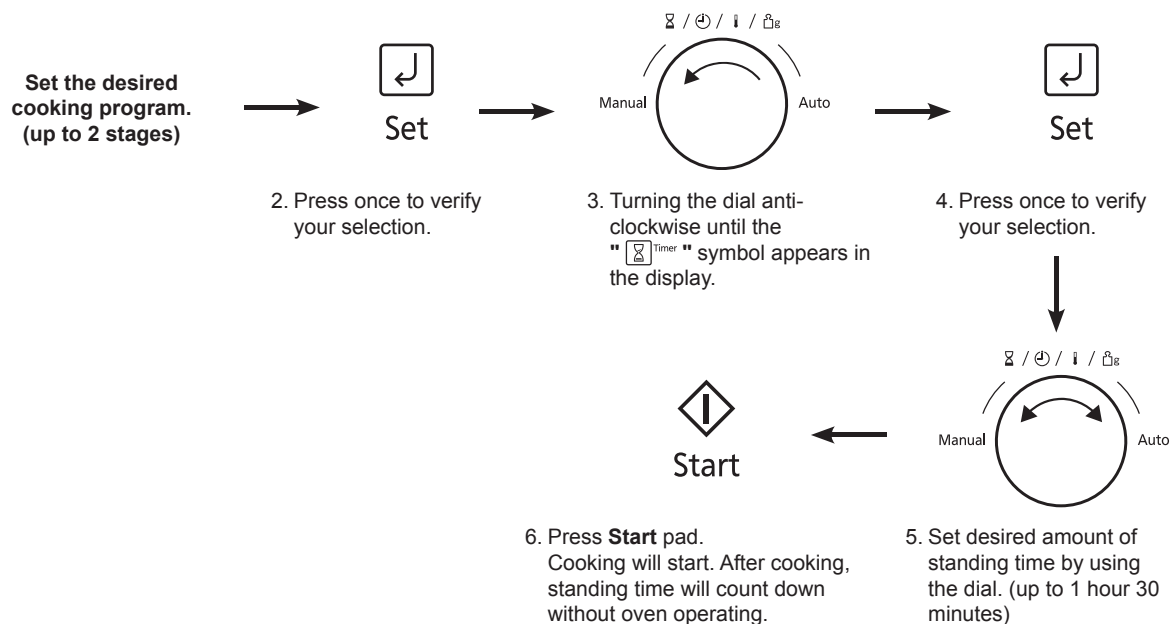
To Use Timer (Kitchen Timer/Standing Time/Delay Start)

This feature allows you to program the oven as a kitchen timer. It can be also used to program a stand time after cooking is completed or to program a delay start.

To Set Kitchen Timer.

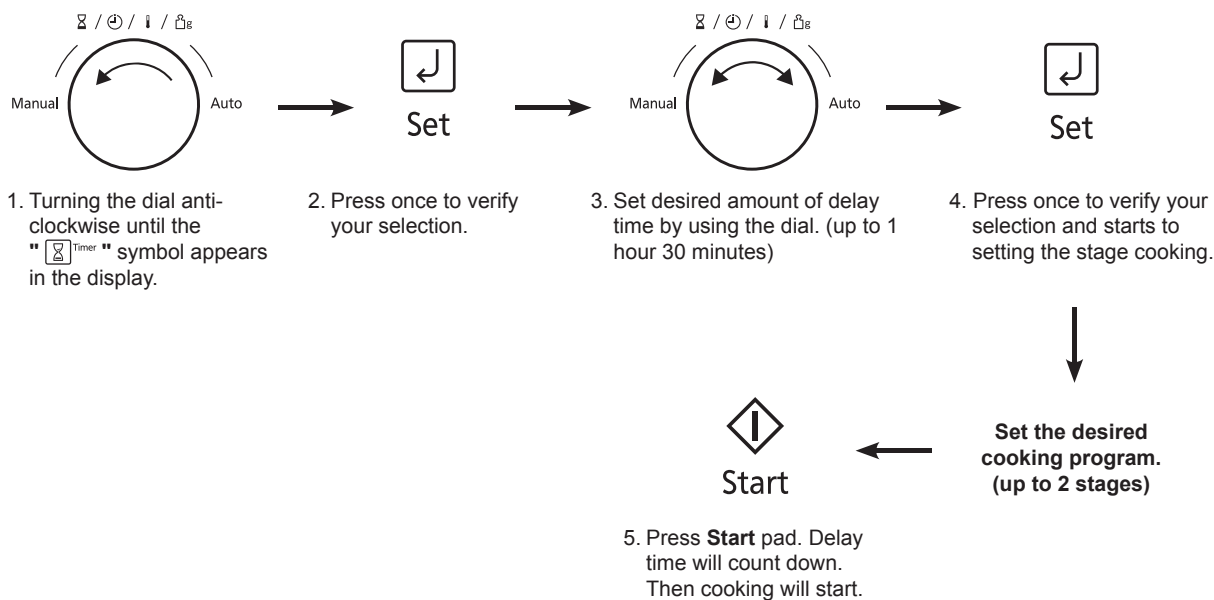


To Set Standing Time:



To Use Timer (continued)

To set Delay Start:



Notes:


1. If the oven door is opened during Kitchen Timer, Standing Time, Delay Start, the time in the display window will continue to count down.
2. Standing Time and Delay Start can not be programmed together with automatic, Oven and Crispy Grill feature. This is to prevent the starting temperature of food from rising before defrosting or cooking begins. A change in starting temperature could cause inaccurate results.
3. When using Standing time or Delay Start, it's up to 2 power stages.

To Cook Food Using Sensor Reheat

Sensor Reheat feature is utilizing the IR sensor equipped within the cavity to detect surface temperature of the food in the MWO to balance the reheating temperature and timing. This feature can cook food without setting power and time, only according to the temperature as you require. The field is -10~90°C. The recommended weight is 100-500 g.

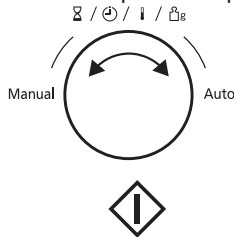


1 Press Reheat Once.

Press once. "  Sensor Reheat " symbol and "1" will appears in the display.

2 Select Desired Temperature.

Set the required temperature by using the dial.

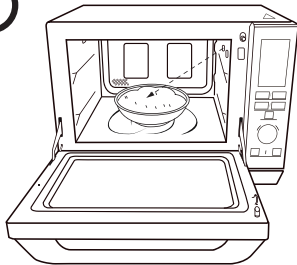


3 Press Start.

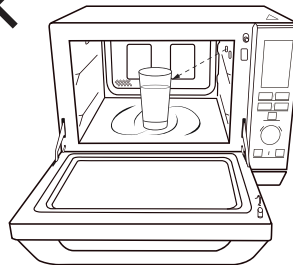
Press once. The temperature you set will display. After detecting for a period of time, press **Reheat** pad and the approximate current temperature will appear in the display window for 3 seconds. (unnecessary step)

Considering IR sensor positioned on the upper head of the side wall, if it fails to detect the surface temperature of the foods or liquids themselves, in that way the detected temperature will go contradict with the actual temperature. Therefore, we do not recommend using straight-sided containers with narrow necks when reheating a spot of food or liquids, in that the side wall of the container will obstruct the infrared rays to get through and lead to error detection. In order to achieve superb performance, the following steps should be taken:

1. When reheating solid foods, please use open, flat container with food weight no less than 100 g.
2. When reheating liquids, avoid using straight-sided containers with narrow necks, and liquids under 200 ml.

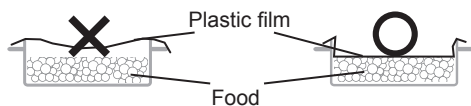


IR sensor detects the food temperature rightly.



IR sensor may fails to detect the food temperature, in that the side wall of the container obstruct the infrared ray given out by the food.

3. The default setting is 70 °C when plugging in. From the second time, the default setting will be changed to previously setting if between 55~75 °C.
4. "H0E" will be displayed if food temperature measured is higher than selected temperature.
5. After reheating, stir then serve.
6. Please place the container at the center of the ceramic plate.
7. The plastic wrap should cover the food tightly, otherwise, the temperature of food may not be tested. If the plastic wrap is overlapped, make sure the overlapped area is placed downwards.




8. Food less than 100 g can not be detected. It may cause overcook.
9. If the temperature of the cavity is too high, sensor reheat feature can not be used. Display window will appear "H0E". Sensor reheat feature can be used again until the "H0E" disappear.
10. The actual temperature maybe different from the required temperature. It depends on the cavity temperature, the food density, the container, the placement of the food etc.
11. Avoid using straight-sided containers with narrow necks when using Sensor Reheat.

To Cook Food Using Sensor Reheat (Beverage)

This feature allows you to reheat beverage (coffee, tea, etc.) from room temperature or fridge temperature without setting power and time. only according to the temperature as your require. The field is 40~70°C.

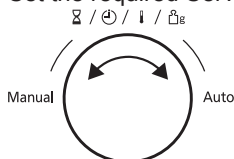


1 Press Reheat Twice.

Press twice. "  Sensor Reheat " symbol and "2" will appears in the display.

2 Select Serving.

Set the required Serving by using the dial. Number and "Serv" will appears in the display. (1 ~ 4 Serv)

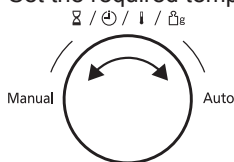


3 Press Set.

Press once to verify your selection.

4 Select Desired Temperature.

Set the required temperature by using the dial.



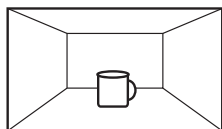
5 Press Start.

Press once. The temperature you set will display. After detecting for a period of time, press **Reheat** pad and the approximate current temperature will appear in the display window for 3 seconds. (unnecessary step)

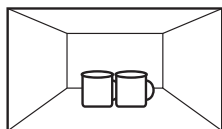
Notes:

1. For the beverage, the reheat field is 1-4 cups (200 ml/cup). After reheating, stir carefully. Do not cover or wrap. Arrange the containers as figure.
2. Do not using straight-sided containers with narrow necks, and liquids under 200 ml.
3. "HQT" will be displayed if beverage temperature measured is higher than selected temperature.
4. If the temperature of the cavity is too high, sensor reheat feature can not be used. Display window will appear "HQT". Sensor reheat feature can be used again until the "HQT" disappear.

1 cup



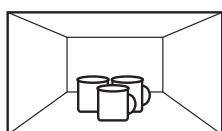
2 cups



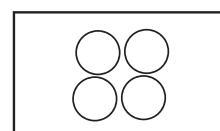
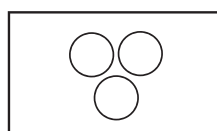
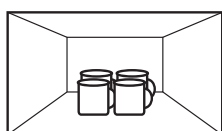
oven door
position



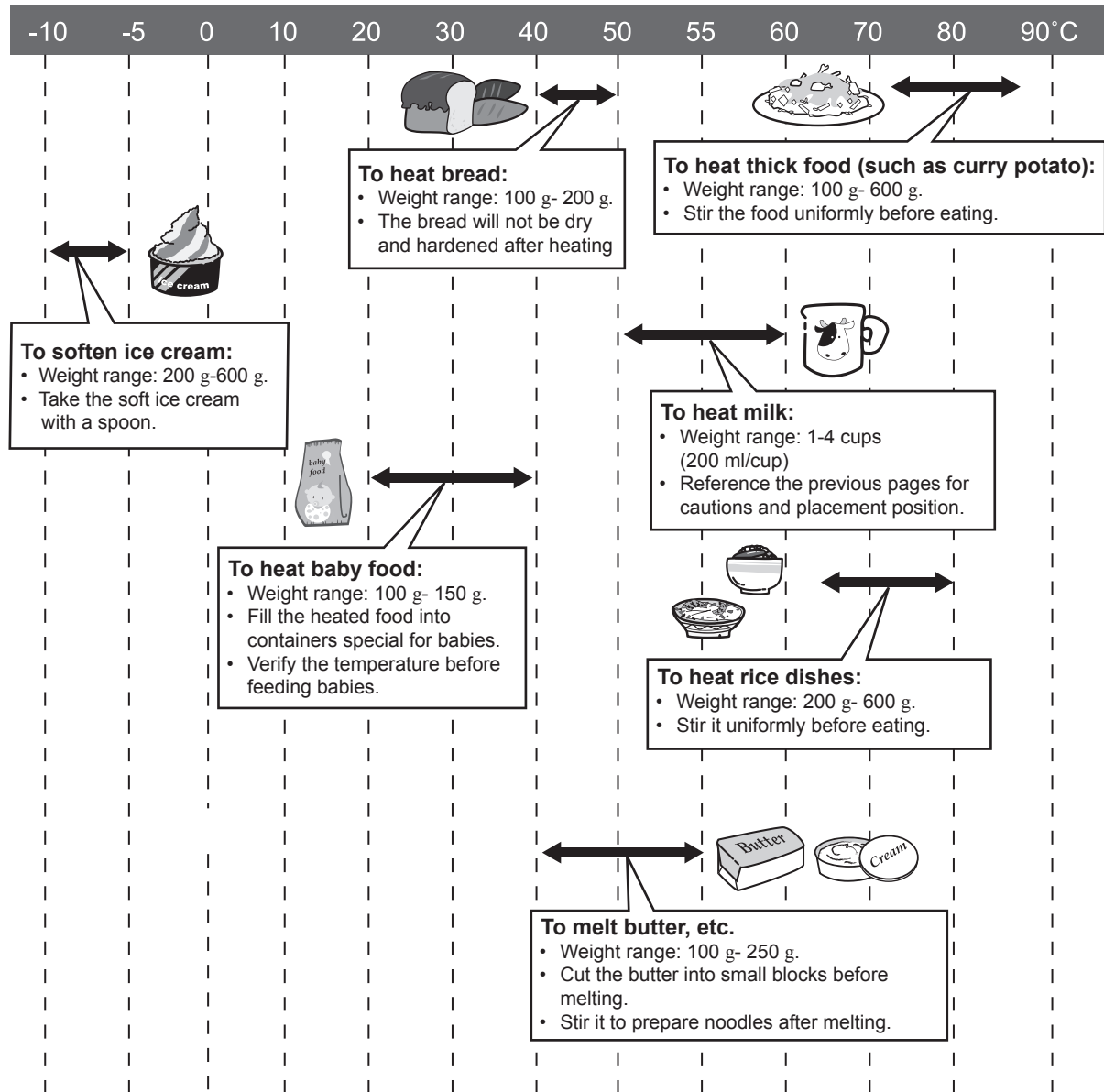
3 cups



4 cups



Reheat Setting (Recommended Food Temperature)



Notes:

1. The above food heating temperatures are intended for recommendation.
2. When reheating milk, the temperature cannot exceed 60 °C. Otherwise, it will boil and splash.

To Cook Food Using Steam Reheat

This feature allows you to reheat rice, meal with steam without setting power and time. The recommended weight is 100-500 g.



1 Press Reheat 3 Times.

Press 3 times. "  Steam Reheat " symbol and "3" will appears in the display.

2 Select More/Standard/Less.

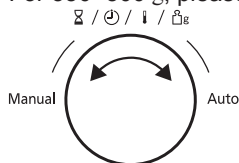
Select "More/standard/Less". (see chart below)

select "More/standard/Less" by turning the dial.

For 100~250 g, please select Less to reheat.

For 250~350 g, please select Standard to reheat.

For 350~500 g, please select More to reheat.



	More	Standard	Less
Display	— — — — █ +	— — █ — — +	— █ — — — +



3 Press Start.

Press once.

While detecting, "----" will blink in the display window. After detected, the cooking time will count down.


Reheat Rice

- It is suitable for reheating rice.
- Stir the rice and pour water into the tank before reheating.
- Do not cover or wrap.
- Stir again before serving.

Reheat Meal

- It is suitable for reheating meal.
- Stir the meal and pour water into the tank before reheating.
- Do not cover or wrap.
- Stir again before serving.

Notes:

1. Fill the water tank before using the Steam feature.
2. If during operation the water tank becomes empty, the oven will stop operation. "  Refill Water " symbol and "U14" will appears in the display. After re-filling the water tank and positioning back in the oven, press **Start** pad. The oven will not continue cooking until the water tank has been re-filled and **Start** pad pressed.
3. It may be necessary to wipe the excess water in the cavity after Steam cooking.
4. This feature is only suitable for cooked food.
5. It is not suitable for reheating liquids.
6. Frozen foods can be reheated, but thickness foods is not suitable.
7. If the temperature of the cavity is too high, steam reheat feature can not be used. Display window will appear "H0E". Steam reheat feature can be used again until the "H0E" disappears.
8. Don't reheat different kinds of food at the same time.

Caution:

Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

To Defrosting by Micro Power

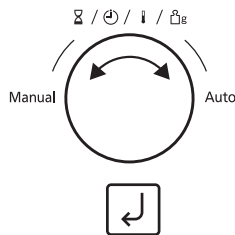
This feature allows you to defrost by setting time by yourself.



1 Press Micro Power once.

Press to select "Micro Power".

2 Set the power level to 300 W by using the dial.

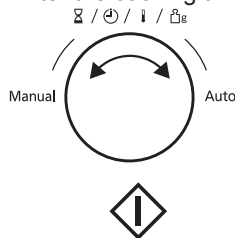


3 Press Set.

Press once to verify your selection.

4 Enter Time.

Enter the cooking time by using the dial. (up to 1 hour 30 minutes)



5 Press Start

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

1. Opening the door and taking out the defrosted parts during the operating time is recommended. Turn over, stir or rearrange the parts which are still in icy.
2. For manual defrosting times, please refer to defrost chart on pages 39.

To Use Turbo Defrost

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight. The serving/weight is 0.1 kg to 3.0 kg.

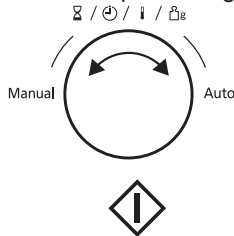


1 Press Turbo Defrost once.

Press to select "Turbo Defrost".

2 Select Weight.

Set the required weight by using the dial. (0.1 kg to 3.0 kg)



3 Press Start

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

1. Turbo Defrost can be used to defrost many cuts of meat, poultry and fish by weight. The oven will determine the defrosting time and power levels. Once the oven is programmed, the defrosting time will appear in the display. For best results the minimum recommended weight is 0.2 kg.
2. BONE-IN ROASTS, such as a Beef Rib Roast have a smaller muscle than a boneless roast of the same weight.
Therefore, for bone-in roasts weighing over 2 kg reduce weight by 0.5 kg. For bone-in roasts weighing less than 2 kg, reduce weight by 0.25 kg.
3. Turn over the food, remove defrosted food and shield thin ends/fat bones of roast with foil when buzzer rings in the middle of cooking.
4. If 'H0E' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Defrosting Tips and Techniques

Preparation for Freezing:

1. Heavy-duty plastic wraps, bags and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18 °C or lower).

Defrosting Technique:

1. Remove from wrapper and set on a defrosting rack in a dish on flat table.
2. On Turbo Defrost, the oven will beep during the defrosting time. At "beep", turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

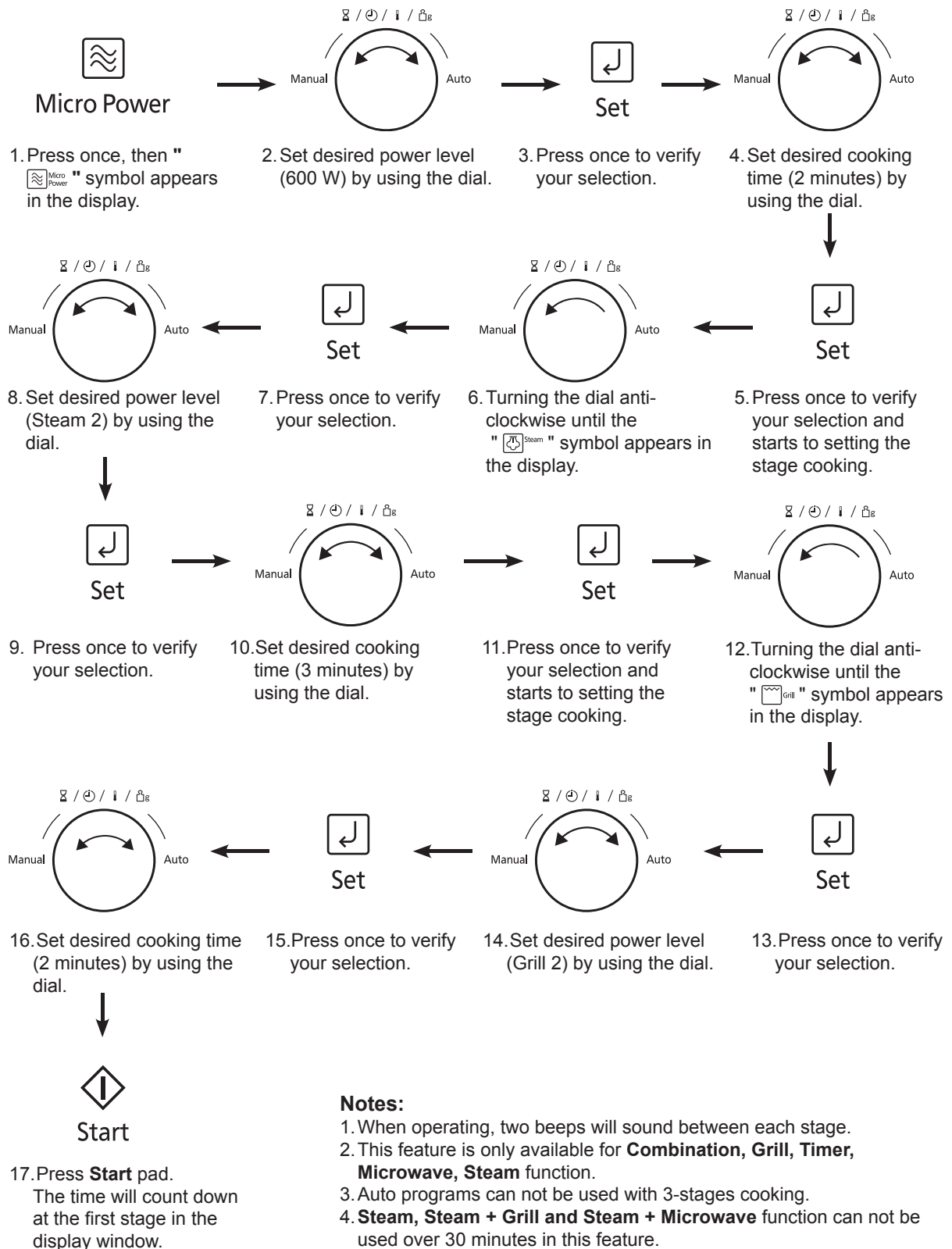
Defrosting Chart (by setting Micro Power at Defrost):

FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
Meat		
Beef		
Minced Beef	6 - 8	Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.
Roast: Topside	7 - 9	
Roast: Beef Tenderloin	7 - 9	
Roast: Chuck or Rump	6 - 8	
Roast: Sirloin, rolled	7 - 9	
Steak	6 - 7	
Miscellaneous	6 - 8	
Pork/Lamb		
Roast	6 - 8	Large roasts may still be icy in centre. Let stand.
Chops	5 - 7	
Ribs	5 - 7	
Poultry		
Chicken/whole	7 - 9	Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones and ends of poultry with foil.
Chicken/pieces	6 - 8	
Chicken/fillets	6 - 8	
Duck	6 - 8	
Turkey	7 - 9	
Fish & shellfish		
Fish Fillets	6 - 8	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted.
Whole Fish	6 - 8	
Crabmeat	5 - 7	
Lobster Tails	5 - 7	
Sea Scallops	4 - 6	
Green Prawns	5 - 7	

3-Stage Setting

This feature allows you to program 3-Stage continually.

E.g.: Continually set [600 W power] 2 minutes, [Steam 2] 3 minutes and [Grill 2] 2 minutes.



Auto Cook Setting (Method 1)

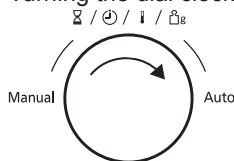
This feature allows you to set some ordinary menus with different weights. It will cook automatically without setting power and time. Select the category of food and then just enter the weight. Do not include the weight of any added water or the container weight.

For menus 1-22, please operate as follows:

Without Preheating:

1 Select Auto Cook Menu.

Turning the dial clockwise until the desired **Auto Cook Menu Number** appears in the display.

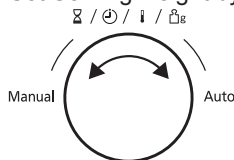


2 Press Set.

Press once to verify your selection.

3 Set Serving/Weight.

Set Serving/weight by using the dial.



4 Press Start

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

When you select an automatic program, auto cook menu number and symbols (as shown below) will appear in the display.



Steam Auto



Auto

*  indicates the wire rack or Grill Tray should be used during cooking and placement of them.

*  indicates healthy menu.

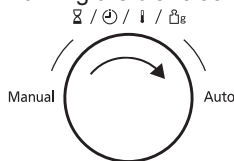
Auto Cook Setting (Method 1) (continued)

For menus 23-25 please operate as follows:

With Preheating:

1 Select Auto Cook Menu.

Turning the dial clockwise until the desired **Auto Cook Menu Number** appears in the display.

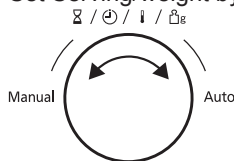


2 Press Set.

Press once to verify your selection.

3 Set Serving/Weight.

Set Serving/weight by using the dial.



4 Press Start

Press once to begin preheating. "Preheat" will blink. After preheating, the oven will beep and the "Preheat" will stop blinking, please put the food into the shelf position within 2 minutes, then close the oven door immediately.

After preheating, the oven will beep 3 times, put the food into the oven immediately.



5 Press Start.

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:


When you select an automatic program, auto cook menu number and symbols (as shown below) will appear in the display.



Steam Auto



Auto


*  indicates the wire rack or Grill Tray should be used during cooking and placement of them.

*  Healthy indicates healthy menu.

Auto Cook Setting (Method 2) (continued)

For quick selection, we classify menus **No.1 - No.6** under **Steam Auto** pad. This method allows you to select your desired menu directly by pressing **Steam Auto** pad.

For menus 1-6, please operate as follows:

Auto Steam menu:  Steam Auto

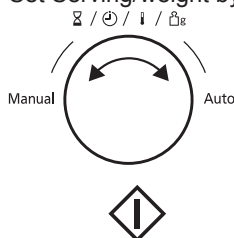


1 Select Auto Steam Menu by Press Steam Auto.

Continuously pressing the **Steam Auto** pad until the desired menu appears in the display.

2 Set Serving/Weight.

Set Serving/weight by using the dial.



3 Press Start

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

1. For larger weights on the auto programs, it will be necessary to re-fill the water tank during cooking.
2. Do not cover foods on the auto steam programs.
3. Most foods benefit from a **STANDING** time after cooking on an auto program, to allow heat to continue conducting to the centre.
4. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
5. Cook according to the following cooking method.
6. When you select an automatic program, auto cook menu number and symbols (as shown below) will appear in the display.



*  indicates the Grill Tray should be used during cooking and placement of the tray.

Auto Cook Menus (continued)

Number	Menu/Function	Serving/Weight				Recommended Containers	Accessories and Placement
1	Frozen Foods	100 g	150 g	200 g	250 g	microwaveable dish	on flat table
2	Chilled Foods	200 g	300 g	400 g	-	microwaveable container	on flat table
3	Fresh Vegetables	200 g	400 g	600 g	800 g	microwaveable container	on flat table
4	Fresh Root Vegetables	200 g	400 g	600 g	800 g	microwaveable container	on flat table
5	Frozen Vegetables	200 g	400 g	600 g	800 g	microwaveable container	on flat table
6	Chicken Pieces	200 g	400 g	600 g	800 g	microwaveable dish	on flat table
7	Chilled Meal	400 g	600 g	800 g	1000 g	bowl with lid or plastic wrap	on flat table
8	Boiled Potato	200 g	400 g	600 g	800 g	bowl with lid or plastic wrap	on flat table
9	Casserole Rice	200 g	300 g	400 g	500 g	casserole with lid	on flat table
10	Dried Pasta	150 g	250 g	375 g	500 g	casserole with lid or plastic wrap	on flat table
11	Fresh Pasta	200 g	400 g	600 g	800 g	casserole with lid or plastic wrap	on flat table
12	Grill Chicken Pieces	200 g	400 g	600 g	-	-	Grill Tray in upper shelf position
13	Grill Fish Fillets	300 g	400 g	500 g	-	-	Grill Tray in upper shelf position
14	Grill Shrimp	200 g	400 g	-	-	-	Grill Tray in upper shelf position
15	Fried Chicken - Healthy	2 servs	4 servs	-	-	-	Grill Tray in upper shelf position
16	Teriyaki Chicken - Healthy	2 servs	4 servs	-	-	-	Grill Tray in upper shelf position.
17	Roast Chicken	1400 g	1600 g	1800 g	2000 g	-	Wire Rack with dish under
18	Roast Beef / Lamb	500 g	1000 g	1500 g	2000 g	-	Wire Rack with dish under
19	Roast Pork	500 g	1000 g	1500 g	2000 g	-	Wire Rack with dish under
20	Fresh Crispy Top	250 g	500 g	1000 g	1500 g	-	Wire Rack
21	Frozen Crispy Top	400 g	600 g	800 g	1000 g	-	Wire Rack
22	Frozen Pizza	300 g	400 g	500 g	600 g	-	Grill Tray in upper shelf position
23	Cake	1 pc	-	-	-	-	Grill Tray in lower shelf position
24	Cream Puff	9 pcs	-	-	-	-	Grill Tray in lower shelf position
25	Cookies	16 pcs	-	-	-	-	Grill Tray in upper shelf position
26*	Deodorization	Cleaning Functions					
27*	Drain Water						
28*	System Cleaning						
29*	Cavity Cleaning						

Notes:

1. If the temperature of the cavity is so high, auto cook feature can not be used. Display window will appear "H0E". Auto Cook feature can be used until the "H0E" disappears.
2. Cook according to the following cooking method.
- *3. No. 26, NO. 27, NO. 28 and No. 29 are not menu cooking. They are cleaning functions.
4. Fill the water tank before cooking when the display window shows "▲ Refill Water" symbol.

Notes:

The Symbols "☺", "☹", "☹", "☹" on page 46- 47 are intended to prompt you which features are used during cooking but will not display in the screen.

Auto Cook Setting and Menus (continued)

1. Frozen Foods +

Suitable for steaming some desserts such as buns. It's not suitable for big size food and all kinds of frozen dumpling. Food can be directly cooked by microwave oven from the fridge. **Fill water tank.** Place the desserts on a microwaveable dish. Space between food must be left to prevent swelling after cooking and coming hard under stress. Do not wrap or lid. Place the dish at the centre of flat table. Select the program and weight, then start.

2. Chilled Foods +

Suitable for reheating chilled foods such as chilled fried rice, chilled pasta or chilled lasagne. Remove all packaging and put the food in a microwaveable container. Do not wrap or lid. **Fill water tank.** Place the container at the centre of flat table. Select the program and weight, then start.

3. Fresh Vegetables +

Suitable for cooking different kinds of fresh vegetables, like broccoli, cabbage. Clean the vegetables and place them in a microwaveable container, add some oil and stir. Do not wrap or lid. **Fill water tank.** Place the container at the centre of flat table. Select the program and weight, then start. Open the door to stir when two beeps heard during cooking, then press start to continue.

4. Fresh Root Vegetables +

Suitable for cooking different kinds of root vegetables, like carrots, potatoes. Clean and peel the root vegetables and cut into even sized pieces. Place prepared root vegetables in a microwaveable container. Do not wrap or lid. **Fill water tank.** Place the container at the centre of flat table. Select the program and weight, then start. Open the door to stir when two beeps heard during cooking, then press start to continue.

5. Frozen Vegetables +

To steam frozen vegetables e.g. carrots, broccoli, cauliflower, green beans. Place vegetables in a microwaveable container. Do not wrap or lid. Fill water tank. Place the container at the centre of flat table. Select the program and weight, then start. Open the door to stir when two beeps heard during cooking, then press start to continue.

6. Chicken Pieces +

Suitable for cooking fresh chicken pieces. Each chicken piece should weigh between 50-80 g each. Place them on a microwaveable dish. Do not wrap or lid. **Fill water tank.** Place the dish at the centre of flat table. Select the program and weight, then start.

7. Chilled Meal

To reheat a fresh pre-cooked meal. Foods should be at refrigerator temperature approx. + 5 °C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Select the program and weight, then start.

Stir at beeps. Stir again at end of program and allow a few minutes standing time.

8. Boiled Potato

To cook potatoes without skin. Peel potatoes and cut into even sized pieces. Place prepared potatoes in a microwaveable container. Add 15 ml (1 tbsp) water per 100 g of potatoes. Cover with plastic wrap or a lid. Select the program and weight, then start. Open the door to stir when two beeps heard during cooking, then press start to continue.

9. Casserole Rice

Suitable for cooking plain rice. Always use a high microwaveable casserole. Soak the rice for about 10 minutes. Allow at most 1/2 depth of volume for evaporation to prevent boiling over. Cook covered with a lid or microwaveable plastic wrap. Place the casserole at the centre of flat table. Select the program and weight, then start. Open the door to stir when two beeps heard during cooking, press start to continue. Allow rice to stand for 5-10 minutes after cooking. Measure rice and tap water as below chart for reference.

Rice	200 g	300 g	400 g	500 g
Water	350 ml	450 ml	600-650 ml	750 ml
container	3 L	3 L	5 L	5 L

10. Dried Pasta

Use for cooking a variety of dried pastas such as spaghetti, fettuccine, tagliatelle, macaroni, penne, spiral and various pasta shapes. Place the pasta into a suitable sized microwave safe container with boiling water. See chart below.

Pasta Qty	150 g	250 g	375 g	500 g
Boiling Water	1 L	1.2 L	1.4 L	2 L
Dish size	3 L	3 L	5 L	5 L

Do not close the container securely to prevent boiling. Place onto the base of the oven. Select the program and weight, then start. Stir pasta when beep during cooking. Allow pasta to stand for 5 minutes after cooking if required then drain.

11. Fresh Pasta

Use for cooking fresh pasta varieties such as tagliatelle, fettuccine, ravioli, agnolotti and tortellini. Place the pasta into a suitable sized microwave-safe container with boiling water. See chart below.

Pasta Qty	200 g	400 g	600 g	800 g
Boiling Water	1 L	1.25 L	2 L	2.5 L
Dish size	3 L	3 L	5 L	5 L

Do not close the container securely to prevent boiling. Place onto the base of the oven. Select the program and weight, then start. Stir pasta when beep during cooking. Allow pasta to stand for 5 minutes after cooking if required then drain.

Auto Cook Setting and Menu (continued)

12. Grill Chicken Pieces

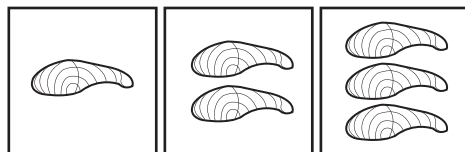


Suitable for cooking different kinds of instant noodle. Put the noodle and seasonings into a microwaveable container then pour water. Allow at most 1/2 depth of volume for evaporation to prevent boiling over. Keep the vent of the container opening. If no vent or the vent is not large enough, do not close the container securely to prevent boiling. Place the container at the centre of flat table. Select the program and weight, then start. Open the door to stir when two beeps heard during cooking, press start to continue. Allow to stand for 2 minutes after cooking. Measure rice and tap water as below chart for reference.

13. Grill Fish Fillets



Suitable for frying fresh fish fillets like salmon weighing a maximum 180 g each without turning. **Fill water tank.** Place the fish fillets skin side down onto Grill Tray as shown below. Place the Grill Tray in upper shelf position. Select the program and weight, then start.



14. Grill Shrimp



Suitable for frying fresh shrimps and prawns without turning. **Fill water tank.** Brushing the shrimps with oil both sides. Place the shrimps onto Grill Tray. Place the Grill Tray in upper shelf position. Select the program and weight, then start.

15. Fried Chicken - Healthy

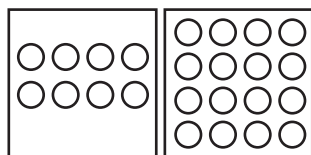


Seasonings (4 servs):

A: 50 g fried chicken powder (corn flour)

B: 1 egg
1 tbsp light soy sauce
1 tbsp yellow wine
tasted salt, pepper

Suitable for frying fresh chicken pieces without turning. Clean the boneless chicken legs and cut into even small cubes weighing 30 g each. Mix B and chicken pieces well, then wrap chicken pieces with A. **Fill water tank.** Place the chicken pieces onto Grill Tray with skin side up as shown below. Place the Grill Tray in upper shelf position. Select the program and weight, then start.



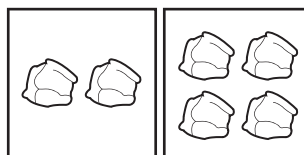
16. Teriyaki Chicken - Healthy



Seasonings (4 servs):

2 tbsp light soy sauce
2 tbsp water
2 tsp sugar

Suitable for cooking teriyaki chicken pieces without turning. Clean the boneless chicken legs and cut to 125 g each. Mix all ingredients of seasonings and chicken pieces well and marinate for half an hour. Fill water tank. Place the chicken pieces onto Grill Tray with skin side up as shown below. Place the Grill Tray in upper shelf position. Select the program and weight, then start.



17. Roast Chicken



Suitable for roasting whole chickens that are unstuffed. Wash and dry chicken, truss or tie legs. Brush the surface of the skin with butter or oil and sprinkle with seasoning if desired. Place chicken breast side down on the wire rack and place at the centre of flat table with a heat proof dish underneath. Select the program and weight, then start. Open the door to turn over when two beeps heard during cooking, then press start to continue.

18. Roast Beef/ Lamb



Suitable for roasting big piece of beef /lamb. Marinate for half an hour with seasonings. Put the meat piece on wire rack and place at the centre of flat table with a heat proof dish underneath. Fill water tank. Select the program and weight, then start. Open the door to turn over when two beeps heard during cooking, then press start to continue.

19. Roast Pork



Suitable for roasting joints of pork, leg, boned and rolled loin, rib roast and shoulder. Score rind, brush with lemon juice and rub liberally with salt. Place roast rind side up on wire rack with dish underneath. Fill water tank. Select Auto menu Roast Pork, then select the weight closest to the weight of the meat, and then touch Start. During the cooking time, the oven will 'beep' and prompt you to turn over. Do not use plastic wrap or lid.

20. Fresh Crispy Top



Use for heating and crisping the top of foods like pasta bake, macaroni cheese, cottage pie and lasagne. All foods must be pre-cooked and cold. If in a foil container, transfer to a similar sized heatproof container. Do not cover and place onto the wire rack and place at the centre of flat table. Select the program and weight, then start.

Auto Cook Setting and Menus (continued)

21. Frozen Crispy Top +

Use for heating and browning the top of frozen purchased savoury dishes like macaroni cheese, shepherds pie and lasagne. All foods must be pre-cooked and frozen. If in a foil container, transfer to a similar sized heatproof container. Do not cover and place onto the wire rack and place at the centre of flat table. Select the program and weight, then start. Allow standing for 2 minutes. Ensure food is hot before consuming.

22. Frozen Pizza +

Suitable for reheating and browning frozen pizza. Remove all packaging and place the pizza on Grill Tray in upper shelf position. Select the program and weight, then start.

23. Cake +

Ingredient:

200 g	egg (about 4 pcs)
170 g	cake powder
170 g	castor sugar
1 tbsp	milk
20 g	butter
½ tsp	baking powder

Method:

1. Beat eggs and castor sugar into a container and stir with an eggbeater at low speed until the sugar is dissolved completely. Adjust to high speed until the beaten eggs are completely foamed and the footprint of the eggbeater keeps for a while. Readjust to low speed to make the bubble uniformly.
2. Fill water tank. Select the program and weight, then start to preheat.
3. Gradually add the sifted flour into the mixture. Mix them with a wooden spoon from bottom to top. Add the melt butter and milk into the mixture and stir evenly. Cover the baking paper at the bottom and edges of the mold and pour the mixture in. Put the mold on Grill Tray.
4. After preheating, three beeps will be heard. Put the Grill Tray on the lower shelf position quickly and press start.

24. Cream Puff +

Ingredient:

60 g	plain flour
60 g	butter
150 g	beaten eggs
100 ml	water

Method:

1. Heat the butter and water to boiling on pas. Pour the flour into the mixture quickly and stir continually till the mixture is transparent. Switch off the gas. Gradually add the beaten eggs into the mixture, whisk continually till the mixture begins to sticker and the mixture dropped stringy by using wooden spoon.
2. Fill water tank. Select the program and weight, then start to preheat.
3. Place the aluminium foil on the Grill Tray and grease. Divide the mixture to 35 g each and arrange into 3 x 3 shape equidistantly.
4. After preheating, three beeps will be heard. Place the Grill Tray on lower shelf position quickly and press start.

25. Cookies

Ingredient:

90 g	plain flour
50 g	butter
40 g	castor sugar
25 g	beaten eggs

Method:

1. Whisk the butter and castor sugar to be softened and creamy with egg beater. Add beaten eggs and whisk evenly. Gradually add sifted flour and stir well with wooden spoon.
2. Select the program and weight, then start to preheat.
3. Place the aluminium foil on the Grill Tray. Divide the mixture to cookie shape with 5 mm height and 12 g each and arrange into 4 x 4 shape equidistantly.
4. After preheating, three beeps will be heard. Place the Grill Tray on upper shelf position quickly and press start.

Notes:

1. Butter can be soften using microwave. It's easy to whisk to cream.
2. Put the ingredients in a deep container to avoid splash when whisking.
3. Arrange the cookie equidistantly.
4. After preheating, place the Grill Tray in the upper shelf position immediately. The door is opened too long can affect the cooking result.

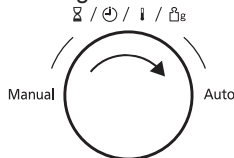
Cleaning Setting

■ 26. Deodorization Setting: ✧⁺

This feature is suitable for cleaning the particular smell from the microwave oven. (20 minutes is needed)

1 Select "Deodorization".

Turning the dial clockwise until menu number "26" and " ✧⁺ " symbol appears in the display windows.



2 Press Set.

Press once to verify your selection.



3 Press Start.

Press **Start** pad. The cooking time appears in the display window and begins to count down.

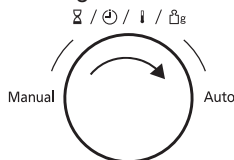
■ 27. Drain Water Setting: ⇄

Water is pumped through the system to clean the pipes. The water is drained into the drip tray.

1 Add 100 g of water to the water tank. Ensure drip tray is empty.

2 Select "Drain Water".

Turning the dial clockwise until menu number "27" and " ⇄ " symbol appears in the display windows.



3 Press Set.

Press once to verify your selection.



4 Press Start.

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

1. Only run this program with 100 g of water in the tank.
2. Do not remove the drip tray during the drain water program. If the drip tray is removed during the program.
3. Empty the drip tray and rinse with running water after the program has finished.

Caution:

If the Drain water program is used directly after a steam cooking program, hot water may be drained into the drip tray.


Cleaning Setting (continued)

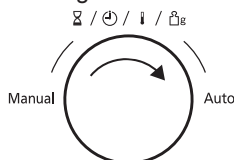
■ 28. System Cleaning Setting:

The first stage of this program cleans the system with a citric acid solution. The second stage runs water through the system to rinse the pipes.

1 Make a solution of 16 g citric acid and 200 g of water, add the solution to the water tank. Ensure drip tray is empty.

2 Select "System Cleaning".

Turning the dial clockwise until menu number "28" and "  " symbol appears in the display windows.



3 Press Set.

Press once to verify your selection.



4 Press Start.

Press **Start** pad. The cooking time appears in the display window and begins to count down. The program will run for approx. 29 minutes.

5 After the program has paused, empty the drip tray and fill the steam tank with water (to max level).



6 Press Start.

Press **Start** pad. The program will run for approx. 1 minute. Empty the drip tray after the program has finished.

Notes:

1. If the system cleaning program is not used regularly, the pipe will get blocked and the steaming performance will be less effective.
2. Do not remove the drip tray during the drain program. If the drip tray is removed during the program.
3. Empty the drip tray and rinse with running tap water after the program has finished.

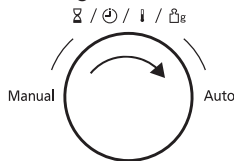
Cleaning Setting (continued)

■ 29. Cavity Cleaning Setting: ✧✧

This feature is available when the cavity is built up with fat or grease (20 minutes is needed).

1 Select "Cavity Cleaning".

Turning the dial clockwise until menu number "29" and " ✧✧ " symbol appears in the display windows.



2 Press Set.

Press once to verify your selection.



3 Press Start.

Press **Start** pad. The cooking time appears in the display window and begins to count down.

Notes:

1. Full the tank with water before using.
2. After cleaning, open the door and wipe with a damp cloth.

INGREDIENT CONVERSION CHART

INGREDIENT CONVERSION CHART			
¼ cup	60 ml	¼ teaspoon	1 ml
⅓ cup	85 ml	½ teaspoon	2 ml
½ cup	125 ml	1 teaspoon	5 ml
⅔ cup	165 ml	2 teaspoons	10 ml
¾ cup	190 ml	3 teaspoons	15 ml
1 cup	250 ml	1 tablespoon	20 ml
1¼ cups	310 ml	1½ tbs	30 ml
1½ cups	375 ml	2 tbs	40 ml
2 cups	500 ml	3 tbs	60 ml
3 cup	750 ml	4 tablespoons	80 ml
3½ cups	875 ml		
4 cups	1 litre		
6 cups	1.5 litre		
8 cups	2 litre		

All recipes are tested using standard measurement that appear in the above chart.

Before Requesting Service

ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.

Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

Steam accumulates on the oven door and warm air comes from the oven vents.

During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.

I accidentally operate my microwave oven without any food in it.

Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.

There are humming and clicking noises from my oven when I cook by Combination.

These noise occur as the oven automatically switch the Grill. This is normal.

The oven has an odour and generates smoke when using Combination, Oven, Crispy Grill and Grill function.

It is essential that your oven is wiped out regularly particularly after cooking by Combination, Oven, Crispy Grill and Grill function. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.

Some smoke will be given off from the cavity when using grill, Combination, Oven, Crispy Grill and Grill for the first time.

It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.

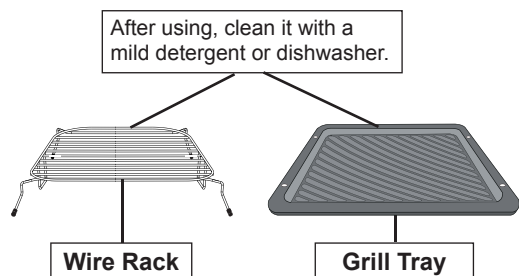
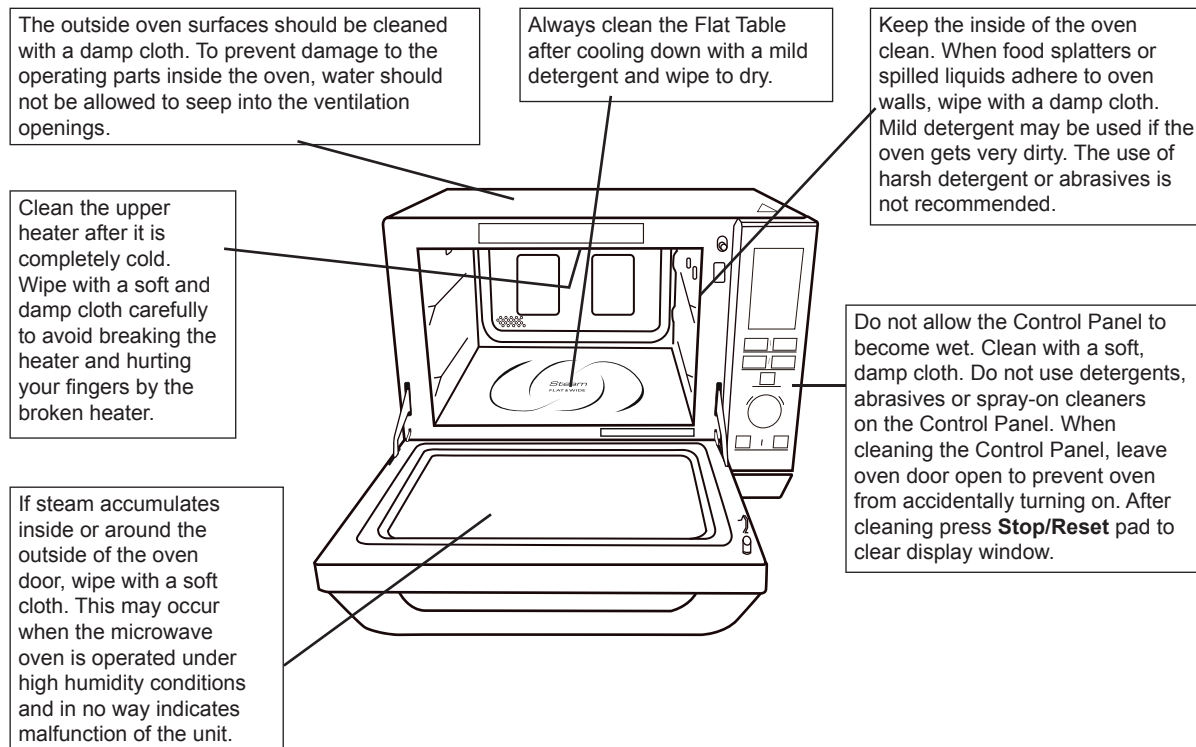
Before Requesting Service (continued)

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit Breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	Start pad was not pressed after programming.	Press Start pad.
	Another program has already been entered into the oven.	Press Stop/Reset pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
Stop/Reset pad has been pressed accidentally.	Program oven again.	
"H0L" appears in the display window.	The cavity is overheated.	Operate again after it cools down.
Only "U14" appears in the display window.	The water tank is empty.	Full it with water and press Stop/Reset to reset.
"H97" or "H98" or "H00" appears in the display window.	This display indicates a problem with the microwave generation system.	Contact the authorised service centre.
"Demo" appears in the display window.	The oven is under demonstration mode.	Press Micro Power pad once, then press Start pad 4 times and Stop/Reset pad 4 times.
The "🔒" appears in the Display Window.	The Child Lock was activated by pressing Start pad 3 times.	Deactivate Lock by pressing Stop/Reset pad 3 times.
"COOL" appears in the display window.	The fan is operating to cool the electric components.	The word "COOL" will disappear after the fan stops.

Demonstration mode is designed for retail store display. Cooking and other functions will not operate during the demonstration mode. If it seems there is a problem with the oven, contact an authorized Service Centre.

Care of your Microwave Oven

Turn the oven off and remove the power plug from the wall socket before cleaning.



Drip Tray

1. Always keep the drip tray clean.
2. Clean and wipe dry after use.
3. After cleaning, re-connect the drip tray to the plastic feet.
4. **DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.**

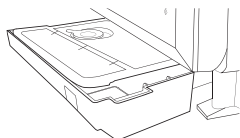
Notes:

1. When using the Grill, Crispy Grill, Oven or Combination mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
2. After Grill, Crispy Grill, Oven or Combination cooking, the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by Grill, Combination. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. This method can not be used to clean the oven door.
DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
A steam cleaner is not to be used for cleaning.
3. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
4. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

Care of your Microwave Oven (continued)

Cleaning the Water Tank

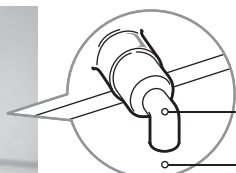
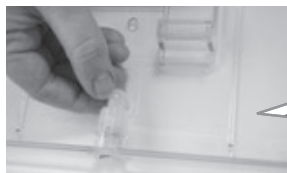
Clean with a soft sponge in water.



Remove the water tank and clean the compartment where the water tank is inserted.



Open the water supply cap, remove the lid and pipe cap and clean.



Pipe Cap

Ensure it faces downwards

If the pipe cap is difficult to remove, wiggle from side to side. When re-fitting, make sure that the pipe faces down (see diagram).

The front of the tank can also be removed for cleaning.

Removing the Front Cover



1. Lightly twist the cover until the far side unclips.
2. Continue to twist until the near side unclips.

Re-fitting the Front Cover



1. Align the slots on the cover with the holes on the tank.
2. Insert and push down until it clicks.

Notes:

1. Clean the water tank at least once a week to prevent build up of limescale.
2. Do not use a dishwasher to clean the water tank or parts of the water tank.

Technical Specifications

Manufacturer		Panasonic
Model		NN-DS596B QPQ
Power Supply:		230 - 240 V, 50 Hz
Power Consumption*:	Microwave	4.3 A 1000 W
	Steam	4.4 A 1020 W
	Grill	5.3 A 1220 W
	Combination	8.4 A 2010 W
	Oven	5.4 A 1270 W
Power Requirement: (Maximum)		2010 W
Output power*:	Microwave	1000 W
	Grill	1200 W
	Oven	1250 W
Outside Dimensions (W × H × D):		512 mm × 347 mm × 400 mm
Oven Cavity Dimensions (W × H × D):		335 mm × 238 mm × 350 mm
Overall Cavity Volume:		27 L
Operating Frequency:		2450 MHz
Uncrated Weight:		Approx. 15.7 kg

* IEC Test Procedure

Specifications subject to change without notice.

As for the voltage requirement, the production date, manufactory and serial number, please refer to the name plate on the microwave oven.

Panasonic Warranty (for Australia)

Home Appliance 12 Month Warranty from Date of Purchase

1. Subject to the conditions of this warranty Panasonic or its Authorised Service Centre will perform necessary service on the product without charge for parts or labour, if in the opinion of Panasonic, the product is found to be faulty within the warranty period. For Communications products (i.e. Cordless Phones, etc) the genuine battery(s) has a 3 month warranty.
2. This warranty only applies to Panasonic products purchased in Australia and sold by Panasonic Australia or its Authorised Distributors or Dealers and only where the products are used and serviced within Australia or its territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service Centre and only if valid proof of purchase is presented when warranty service is requested.
3. This warranty only applies if the product has been installed and used in accordance with the manufacturer's recommendations (as noted in the operating instructions) under normal use and reasonable care (in the opinion of Panasonic). The warranty covers normal domestic use only (also Clip & Trim Professional use) and does not cover damage, malfunction or failure resulting from use of incorrect voltages, incorrect installation, accident, misuse, neglect, build-up of dirt or dust, abuse, maladjustment of customer controls, mains supply problems, thunderstorm activity, infestation by insects or vermin, tampering or repair by unauthorised persons (including unauthorised alterations), exposure to abnormally corrosive conditions or any foreign object or matter having entered the product.
4. This warranty does not cover the following items unless the fault or defect existed at the time of purchase:
 - (a) Cabinet Parts
 - (b) Microwave Oven Plates.
 - (c) User replaceable Batteries
 - (d) Kneader Mounting Shaft, Shaver Heads, Cutters, Foils, Blades
 - (e) Accessories
 - (f) Noise or vibration that is considered normal
5. To claim warranty service, when required, you should:
 - Contact Panasonic's Customer Care Centre on 132600
 - Send or take the product to a Panasonic Authorised Service Centre together with your purchase receipt as a proof of purchase date. Please note that freight and insurance to and / or from your nearest Authorised Service Centre must be arranged by you.
6. The warranties hereby conferred do not extend to, and exclude, any costs associated with the installation, de-installation or re-installation of a product, including costs related to the mounting, de-mounting or remounting of any screen, (and any other ancillary activities), delivery, handling, freighting, transportation or insurance of the product or any part thereof or replacement of and do not extend to, and exclude, any damage or loss occurring by reason of, during, associated with, or related to such installation, de-installation, re-installation or transit.

Panasonic Authorised Service Centres are located in major metropolitan areas and most regional centres of Australia, however, coverage will vary dependant on product. For advice on exact Authorised Service Centre locations for your product, please telephone our Customer Care Centre on 132600.

In addition to your rights under this warranty, Panasonic products come with consumer guarantees that cannot be excluded under the Australian Consumer Law. If there is a major failure with the product, you can reject the product and elect to have a refund or to have the product replaced or if you wish you may elect to keep the goods and be compensated for the drop in value of the goods. You are also entitled to have the product repaired or replaced if the product fails to be of acceptable quality and the failure does not amount to a major failure.

If there is a major failure in regard to the product which cannot be remedied then you must notify us within a reasonable period by contacting the Panasonic Customer Care Centre. If the failure in the product is not a major failure then Panasonic may choose to repair or replace the product and will do so in a reasonable period of time from receiving notice from you.

**THIS WARRANTY CARD AND THE PURCHASE DOCKET (OR SIMILAR PROOF OF PURCHASE)
SHOULD BE RETAINED BY THE CUSTOMER AT ALL TIMES**

If you require assistance regarding warranty conditions or any other enquiries, please visit the **Panasonic Australia** website www.panasonic.com.au or contact by phone on **132 600**
If phoning in, please ensure you have your operating instructions available.

Panasonic Australia Pty. Limited

ACN 001 592 187 ABN 83 001 592 187

1 Innovation Road, Macquarie Park NSW 2113
www.panasonic.com.au

PRO-031-F01 Issue: 6.0

02-10-2013

Panasonic Warranty (for New Zealand)

Home Appliance 12 Month Warranty from Date of Purchase

1. Subject to the conditions of this warranty Panasonic or its Authorised Service Centre will perform necessary service on the product without charge for parts or labour, if in the opinion of Panasonic, the product is found to be faulty within the warranty period. For Line Communications products (i.e. Cordless Phones, etc) the genuine battery(s) has a 3 month warranty.
2. This warranty only applies to Panasonic products purchased in New Zealand and sold by Panasonic New Zealand or its Authorised Distributors or Dealers and only where the products are used and serviced within New Zealand or its territories. Warranty cover only applies to service carried out by a Panasonic Authorised Service Centre and only if valid proof of purchase is presented when warranty service is requested.
3. This warranty only applies if the product has been installed and used in accordance with the manufacturer's recommendations (as noted in the operating instructions) under normal use and reasonable care (in the opinion of Panasonic). The warranty covers normal domestic use only (also Clip & Trim Professional use) and does not cover damage, malfunction or failure resulting from use of incorrect voltages, incorrect installation, accident, misuse, neglect, build-up of dirt or dust, abuse, maladjustment of customer controls, mains supply problems, thunderstorm activity, infestation by insects or vermin, tampering or repair by unauthorised persons (including unauthorised alterations), exposure to abnormally corrosive conditions or any foreign object or matter having entered the product.
4. This warranty does not cover the following items unless the fault or defect existed at the time of purchase:
 - (a) Cabinet Parts
 - (b) Microwave Oven cook plates.
 - (c) User replaceable Batteries
 - (d) Kneader mounting shaft unit and Heads, Cutters, Foils, Blades and other accessories.
 - (e) Noise or vibration that is considered normal
5. To claim warranty service, when required, you should:
 - Telephone Panasonic's Customer Care Centre on 09 2720178 or visit our website referred to below and use the Service Centre Locator for the name/address of the nearest Authorised Service Centre.
 - Send or take the product to a Panasonic Authorised Service Centre together with your proof of purchase receipt as a proof of purchase date. Please note that freight and insurance to and / or from your nearest Authorised Service Centre must be arranged by you.
6. The warranties hereby conferred do not extend to, and exclude, any costs associated with the installation, de-installation or re-installation of a product, including costs related to the mounting, de-mounting or remounting of any screen, (and any other ancillary activities), delivery, handling, freighting, transportation or insurance of the product or any part thereof or replacement of and do not extend to, and exclude, any damage or loss occurring by reason of, during, associated with, or related to such installation, de-installation, re-installation or transit.

Panasonic Authorised Service Centres are located in major metropolitan areas and most regional centres of New Zealand, however, coverage will vary dependant on product. For advice on exact Authorised Service Centre locations for your product, please telephone our Customer Care Centre on 09 2720178 or visit our website and use the Service Centre Locator.

Unless otherwise specified to the consumer the benefits conferred by this express warranty are additional to all other conditions, warranties, guarantees, rights and remedies expressed or implied by the Consumer Guarantees Act of New Zealand and all other obligations and liabilities on the part of the manufacturer or supplier and nothing contained herein shall restrict or modify such rights, remedies, obligations and liabilities.

**THIS WARRANTY CARD AND THE PURCHASE DOCKET (OR SIMILAR PROOF OF PURCHASE)
SHOULD BE RETAINED BY THE CUSTOMER AT ALL TIMES**

If you require assistance regarding warranty conditions or any other enquiries, please visit the **Panasonic New Zealand** website www.panasonic.co.nz or contact by phone on **09 2720178**
If phoning in, please ensure you have your operating instructions available.

Panasonic New Zealand Customer Care Centre







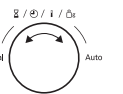

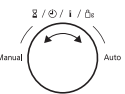



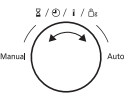



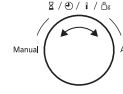





Phone: 09 2720178

Fax: 09 2720129

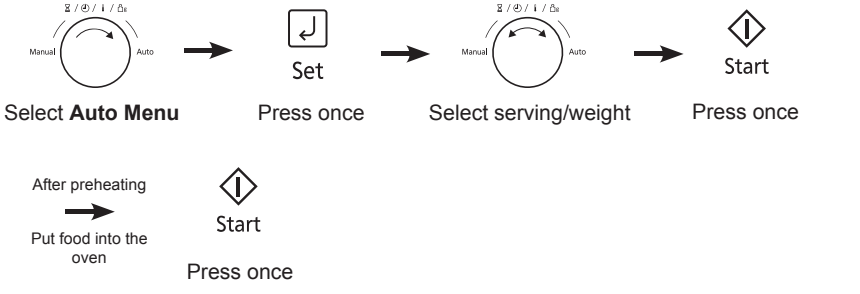
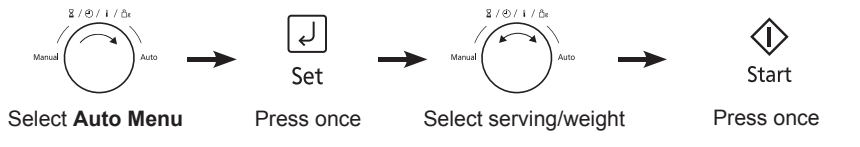

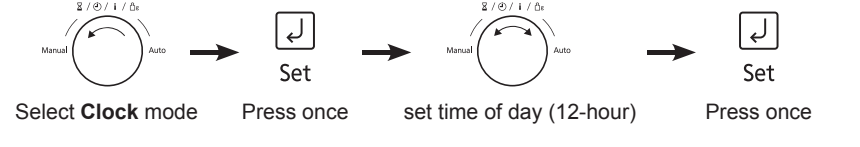

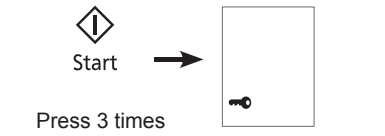
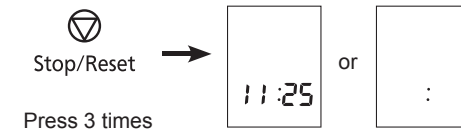

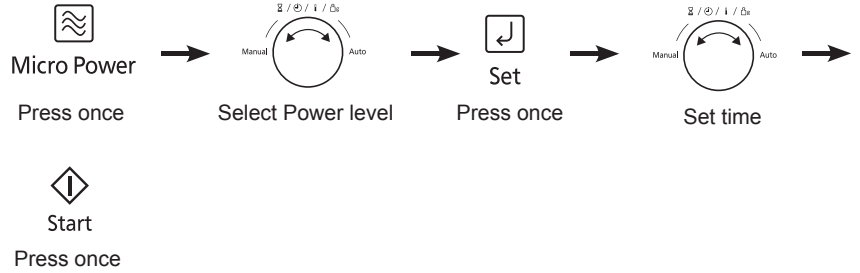


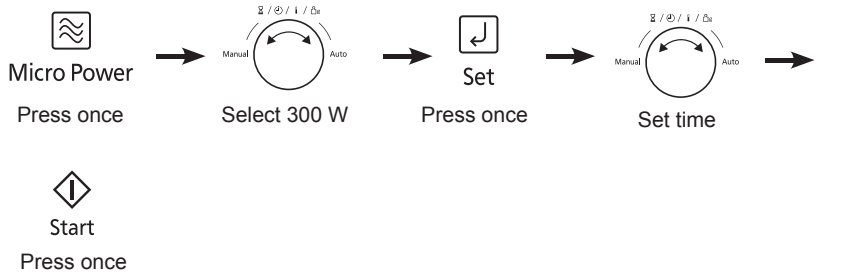
Email: customerservice@nz.panasonic.com

Website: www.panasonic.co.nz/support


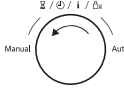
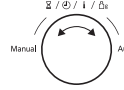





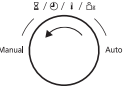
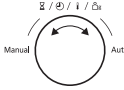
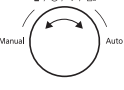

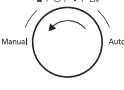




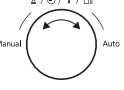


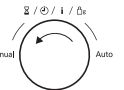
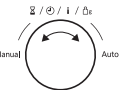

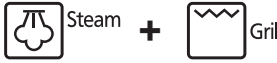



Quick Guide to Operation

Feature	How to Operate
<p>To Use Sensor Reheat (page 33)</p>  Sensor Reheat	 Reheat Press once →  Set temperature →  Start Press once
<p>To Use Sensor Reheat (Beverage) (page 34)</p>  Sensor Reheat	 Reheat Press twice →  Set Serving →  Set Press once →  Set temperature →  Start Press once
<p>To Use Steam Reheat (page 36)</p>  Steam Reheat	 Reheat Press 3 times →  Select More/Less →  Start Press once
<p>To Use Turbo Defrost (page 38)</p>  Turbo Defrost	 Turbo Defrost Press once →  Enter weight →  Start Press once
<p>To Select Auto Steam Menu (page 43)</p>  Steam Auto	 Steam Auto Select Menu →  Select serving/weight →  Start Press once





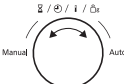







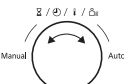


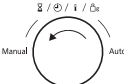





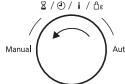

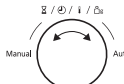


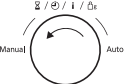




Quick Guide to Operation (continued)

Feature	How to Operate
<p>To Use Auto Cook (page 41-42)</p>	<p>With preheating:</p>  <p>Select Auto Menu Press once Select serving/weight Press once</p> <p>After preheating Put food into the oven Press Start</p> <p>Without preheating:</p>  <p>Select Auto Menu Press once Select serving/weight Press once</p>
<p>To Set Clock (page 12)</p> 	 <p>Select Clock mode Press once set time of day (12-hour) Press once</p>
<p>To Set/Cancel Child Safety Lock (page 12)</p> 	<p>To Set: Display</p>  <p>Press 3 times</p> <p>Cancel: Display</p>  <p>Press 3 times</p>
<p>To Set Micro Power (page 15)</p> 	 <p>Press once Select Power level Press once Set time</p> <p>Press Start</p> <p>Press once</p>
<p>To Use Micro Power Defrost (page 37)</p>  <p>+</p> 	 <p>Press once Select 300 W Press once Set time</p> <p>Press Start</p> <p>Press once</p>

Quick Guide to Operation (continued)

Feature	How to Operate
<p>To Set Steam (page 16-17)</p>  Steam	 <p>Select Steam mode → Press once</p>  <p>Select Power level → Press once</p>  <p>Set time → Press once</p>
<p>To Use Steam Shot (page 18)</p>  Steam Shot	<p>Set and operate the desired program.</p>  Steam Auto →  Steam Auto
<p>To Use Grill (page 18-20)</p>  Grill	 <p>Select Grill mode → Press once</p>  <p>Select Power level → Press once</p>  <p>Set time → Press once</p>
<p>To Use Crispy Grill (page 21-22)</p>  Crispy Grill	 <p>Select Crispy Grill mode → Press once</p>  <p>Select time → Press once</p>  <p>Start → Press once</p>
<p>To Use Combination (Microwave + Grill) (page 23-24)</p>  Micro Power + Grill	 <p>Select Mirco Power + Grill mode → Press once</p>  <p>Select Power level → Press once</p>  <p>Set time → Press once</p>
<p>To Use Combination (Steam + Microwave) (page 24-25)</p>  Steam + Micro Power	 <p>Select Steam + Micro Power mode → Press once</p>  <p>Select time → Press once</p>  <p>Start → Press once</p>
<p>To Use Combination (Steam + Grill) (page 25-26)</p>  Steam + Grill	 <p>Select Steam + Grill mode → Press once</p>  <p>Select time → Press once</p>  <p>Start → Press once</p>

Quick Guide to Operation (continued)

Feature	How to Operate
<p>To Use Oven (page 27-30)</p> <p> Oven Preheat</p> <p>or</p> <p> Oven Without Preheat</p>	<p>With preheating:</p> <p> →  Set →  →  Start →</p> <p>Select Oven preheat mode Press once Set temperature Press once</p> <p>After preheating, the oven will beep 3 times, put the food into the oven immediately.</p> <p>→  →  Start</p> <p>Set time Press once</p> <hr/> <p>Without preheating/Ferment Setting:</p> <p> →  Set →  →  Set →</p> <p>Select Oven without preheat mode Press once Set temperature Press once</p> <p> →  Start</p> <p>Set time Press once</p>
<p>To Use as a Kitchen Timer (page 31)</p> <p> Timer</p>	<p> →  Set →  →  Start</p> <p>Select TIMER mode Press once Select time Press once</p>
<p>To Set Standing Time (page 31)</p> <p> Timer</p>	<p>Set the desired cooking programme. →  Set →  →  Set →</p> <p>Press once Select TIMER mode Press once</p> <p> →  Start</p> <p>Select time Press once</p>
<p>To Set Delay Start (page 32)</p> <p> Timer</p>	<p> →  Set →  →  Set →</p> <p>Select Timer mode Press once Select time Press once</p> <p>Set the desired cooking programme. →  Start</p> <p>Press once</p>

Microwaves penetrate the surface of the food to a depth of about two to three centimetres and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwave techniques are used to promote

fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly these following techniques are extremely important. It's a must for you to be familiar with the following tips.

Food Characteristics

Size and Quantity

Small portions cook faster than large portions. As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook. As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

Liquid Content

Low moisture foods take a shorter time to cook than foods with a lot of moisture.

Shape

Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

Bone and Fat

Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and the meat next to these areas may overcook.

Starting Temperature

Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

Density and Composition

Porous, airy foods (cakes and breads) take less time to cook than heavy compacted foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

Key to Symbols Used in Recipes

-  Microwave
-  Steam
-  Grill
-  Crispy grill
-  Oven

Techniques for Preparation

Timing

A range of cooking times is given in each recipe for two reasons. First, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

Stirring

Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

Rearranging or Turning

Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

Cooking in Layers

This microwave oven is not designed to cook more than 1 layer of food. Cooking in 2 layers may not always be successful, it takes longer and may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

Piercing of Foods

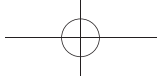
Pierce the skin or membrane of foods such as whole potatoes when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

Cured Meats

Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

Soups

Use a bowl and stir before heating and at least once through reheat time and again at the end.



Techniques for Preparation

Covering

Covering food minimizes the microwave cooking time.

Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so it retains more heat and steam. Wax paper and paper towels hold the heat in but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover when steam is not needed for tenderising.

Browning

Meats and poultry, when cooked longer than 10 to 15 minutes, will brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce or soy sauce. Simply brush one of these sauces over meat or poultry before cooking. Baked goods do not need long cooking time and therefore, do not brown. When cakes or cupcakes are iced, no one will notice the visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

Standing Time

The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules were vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves whether in or outside your microwave oven.

Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking.

The amount of standing time varies with the size and density of the food. In meat cookery, the internal temperature will rise between 5 °C and 10 °C if allowed to stand covered for ten to fifteen minutes. Casserole and vegetables need shorter standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges.

The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminum foil.

Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, time are reduced considerably.

For example, a chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on 800 W in your microwave oven.

Use similar microwave recipes to help you adapt conventional recipes. Remember, it is always best to undercook a recipe and then add an extra minute or two to finish it off.

Here are some other tips that may help:

- Reduce liquids in a conventional recipe by one half to two thirds, e.g. 1 cup (250 ml) should be reduced to ½ cup (125 ml).
- Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
- Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
- Do not salt meats, poultry or vegetables before cooking; otherwise, they will toughen and dry out.
- If one ingredient takes longer to cook than the others, pre-cook it in the microwave oven first. Onion, celery and potato are examples.
- When cooking meat or vegetables, omit any oil or fat that would have been used in a conventional recipe for browning.
- Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
- Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
- Since microwaves penetrate foods about two centimetres from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
- Items with a lot of water, such as rice and pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)

Select recipes that convert easily to microwave cooking such as casserole, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked souffles or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

Menu Planning for Microwave Cooking

How to Keep Everything Hot at The Same Time

Plan your meals so that the food will not all need last minute cooking or attention at the same time. The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavour of either.

A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving.

It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meals as follows.

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing.
6. Cook the gravy with the retained meat juices, stock and thickening.
7. Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be suitably reheated on 800 W, for 1 to 2 minutes per serving.

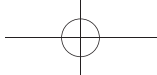
If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.

Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on 1000 W for approximately 10 to 15 minutes for a serving for four people. Remember, if you increase the quantity of vegetables, increase the cooking time. Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as dense as fresh vegetables, as they have been blanched before freezing.

If vegetables are cut to a similar size, they can be cooked in separate ramekins or small dishes at the same time.

Handy Hints and Tips

- To blanch (1 cup) nuts, place in a pie plate. Cover with hot tap water and heat on 1000 W for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.
- To toast coconut, place half a cup on a paper towel, and cook on 1000 W for 1 to 2 minutes, stirring occasionally.
- To make buttered breadcrumbs, combine 1 cup breadcrumbs and 2 tablespoon butter and heat on 1000 W for 1 to 2 minutes, stirring occasionally.
- When heating 100 g baby food, select 1000 W for 15 to 30 seconds, depending on the amount of food or liquid and the starting temperature of it. Test temperature before serving or further heating.
- For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on 1000 W for 1 to 2 minutes.
- To soften cream cheese or butter, place in oven on 300 W for ½ to 1 minutes per ½ cup.
- Refrigerated cheese (250 g) can be heated to room temperature on 600 W for ½ to 1 minute, depending on size.
- When having a barbecue, partially cook food in the microwave, season and finish cooking on the barbecue.
- To melt chocolate, place 100 g broken chocolate in a 4 cup glass jug and heat on 600 W for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time to cooking.
- To remove oven odours, combine ½ teaspoon vanilla essence with 1 cup water in a small bowl and heat on 1000 W 4 to 5 minutes. Wipe oven interior with a damp cloth.
- To toast 1 cup almonds place onto a plate and heat on 1000 W for 2 to 3 minutes, stirring every minute.
- To dry herbs, arrange ½ cup of leaves evenly on paper towel. Place a mug of water into the oven next to the herbs and cook on 1000 W for 1 to 3 minutes, or until dry and crumbly. Check herbs frequently as timing may vary with different herbs. Please note that herbs dry and crumble on standing outside the microwave oven.
- To soften dried fruit, place 1 cup of dried fruit into a small bowl. Add 2 tablespoon of water, cover with plastic wrap and cook on 1000 W for 2 to 3 minutes.
- To skin tomatoes, place 1 cup of hot tap water in a 2 to 3 cup jug or bowl and heat on 1000 W for 1½ minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds, remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.
- To dry fresh breadcrumbs (1 cup), spread on the base of a plate and heat on 1000 W for 2 to 3 minutes, stirring twice during heating.



Food	Weight/ Quantity	Power Level	Time to Select (approx.)	Instructions
Meat				
Lamb joint	Maximum weight 1.5 kg	180 °C	20 mins per 500 g plus 25-30 mins	Preheat oven. Cook on Grill Tray in lower shelf position. Turn halfway. Wrap in foil and allow to stand for 10 mins after cooking.
Steak -medium	150 g	GRILL 1	7-8 mins	Place on Grill Tray in upper shelf position. Turn halfway
Steak -well done			9-10 mins	
Beef joint -well done	Maximum weight 1.5 kg	220 °C	20 mins per 500 g plus 30-35 mins	Preheat oven. Place on Grill Tray in lower shelf position. Turn halfway.
Fish and Shellfish				
Fresh fish fillets	500 g	600 W	5-7 mins	Place in a heat proof dish and cover on base of oven.
Frozen fish fillets	500 g	1000 W	9-10 mins	
Prawns	500 g	600 W	5-7 mins	
Mussels	500 g	600 W	5-7 mins	
Fish thin fillets	500 g	Steam + Microwave	5-7 mins	Fill the water tank. Place in a heat proof dish and without cover on base of oven.
Poultry				
Chicken breasts (boneless and skinless)	250 g	STEAM 1	30 mins	Fill the water tank. Place on Grill Tray in upper shelf position.
Chicken legs	1.0 kg	GRILL 1	30 mins	Place on Grill Tray in lower shelf position. Turn halfway.
Whole chicken	per 500 g	190 °C	30-35 mins	Preheat the oven. Place chicken on Wire Rack with a heaterproof dish underneath. Turn halfway.
Fresh vegetable				
Asparagus	200 g	Steam + Microwave	5-6 mins	Fill the water tank. Place in a microwave safe and heat-proof dish without cover on base of oven.
Broccoli	250 g	Steam + Microwave	7-8 mins	
Peas	200 g	Steam + Microwave	4-5 mins	
Boiled potatoes	500 g	Steam + Microwave	14-15 mins	
Rice				
Long grain white	250 g	1000 W	11-13 mins	Use a 5 L microwave safe container. Add 550 ml boiling water. Cover partly and stir halfway.
Pasta				
Fusilli	200 g	1000 W	10 mins	Use a 5 L microwave safe container. Add 550 ml boiling water and 15 ml oil. Cover partly and stir halfway.
Spaghetti	250 g	1000 W	8-10 mins	

Reheating Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Chilled meal	200 g	1000 W	2 mins - 2 mins 30 secs	Place in a heat proof dish on base of oven.
Frozen meal	200 g	1000 W	3 mins 30 secs - 4 mins	Place in a heat proof dish on base of oven.
Sandwich	100 g	1000 W	1 min	Place in a heat proof dish on base of oven.
Canned soup	600 ml	1000 W	5-6 mins	Place in a heat proof dish and cover on base of oven. Stir half way and end of cooking.
Beverage	235 ml	1000 W	1 min 30 secs	Place in a microwave safe cup on base of oven. Stir half way and end of cooking.
Milk	250 ml	1000 W	1 min - 1 min 30 secs	Place in a microwave safe cup on base of oven. Stir half way and end of cooking.
Canned vegetables				
- Bean	415 g	1000 W	2 mins 30 secs - 3 mins	Place in a heat proof bowl and cover. Place on base and stir half-way.
- Tomato	400 g	1000 W	2 mins	
- Mushrooms	290 g	1000 W	2 mins - 2 mins 30 secs	
- Sweetcorn	330 g	1000 W	2 mins - 2 mins 30 secs	
Meat pies	150 g	1000 W	1 min 30 secs- 2 mins	Place in a heat proof bowl on base.
		Crispy Grill	6-7 mins	Remove product from foil container and place on Grill Tray in lower shelf position.
Quiche	400 g	Crispy Grill	8-10 mins	Remove product from foil container and place on Grill Tray in lower shelf.
Frozen fruit tart	450 g	Crispy Grill	8-10 mins	Remove product from foil container and place on Grill Tray in lower shelf.
Frozen egg tart	300 g	Crispy Grill	10-11 mins	Remove product from foil container and place on Grill Tray in lower shelf.
Spring rolls	200 g	Crispy Grill	5-7 mins	Place on Grill Tray in upper shelf position.
Fried dumpling	200 g	Crispy Grill	5-7 mins	Remove product from foil container and place on Grill Tray in lower shelf.
Pizza	300 g	Crispy Grill	7-9 mins	Remove product from foil container and place on Grill Tray in lower shelf.

**FISHERMAN
SEAFOOD SOUP**

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**PUMPKIN
SOUP**

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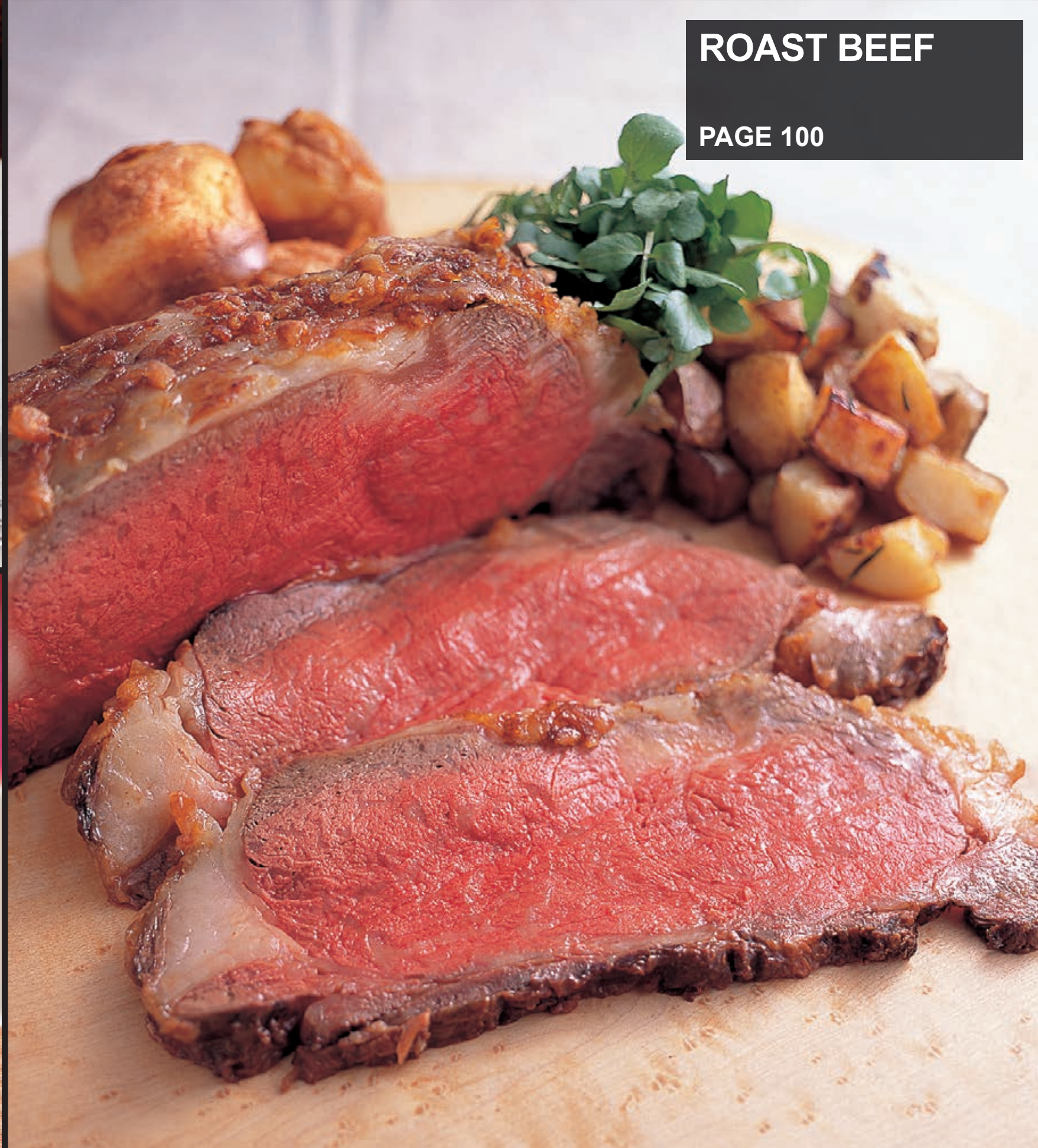
CHEESE STEAK

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ROAST BEEF

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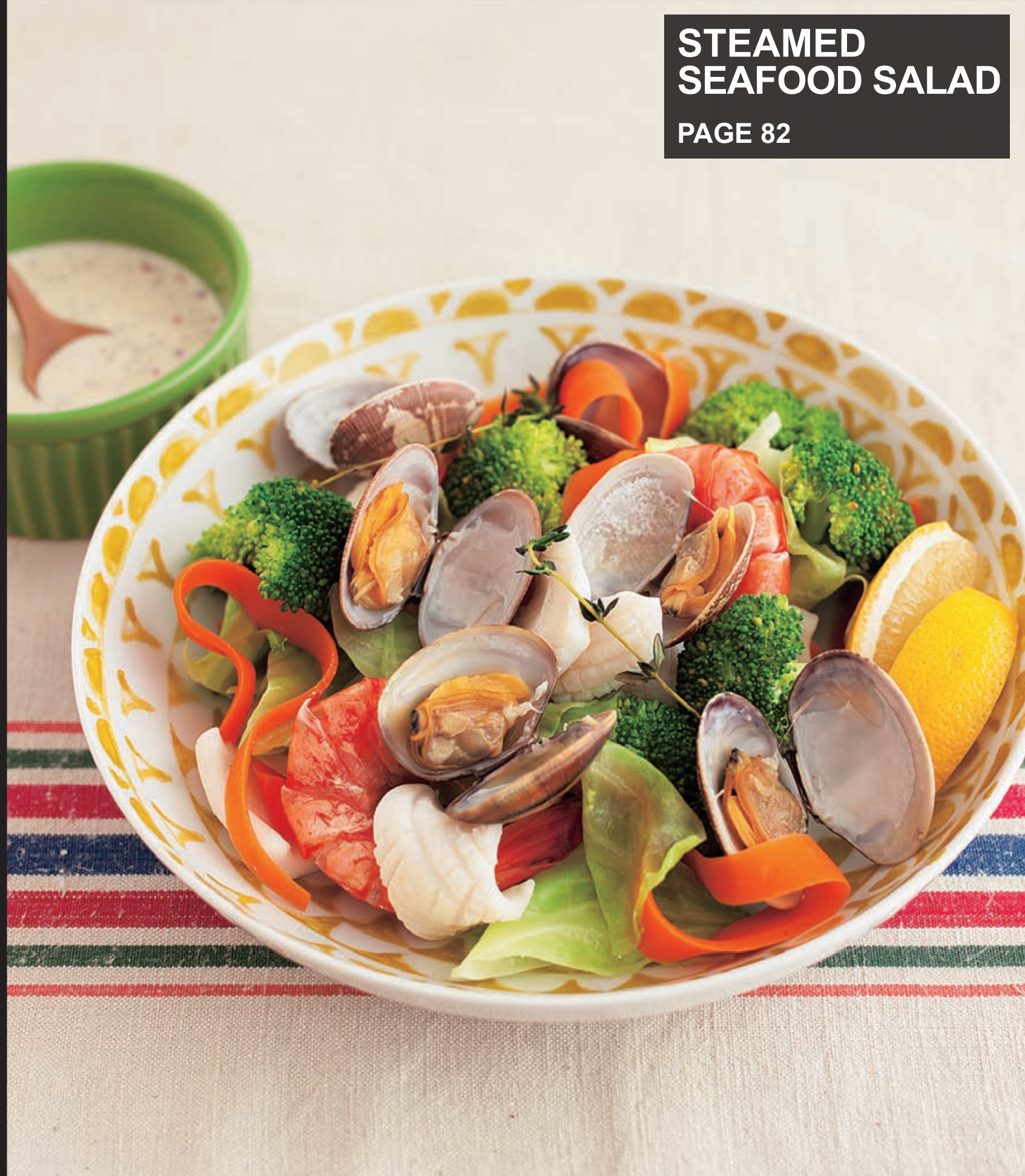
STEAMED BEEF WITH BLACK VINEGAR

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**SALMON
STEAMED WITH
VANILLA
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**STEAMED
SEAFOOD SALAD
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**VANILLA SHRIMP
GRILL
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**CHOCOLATE
CAKE**
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CHIFFON CAKE
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CREAM PUFFS
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**BLUEBERRY
MUFFINS**
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**BLUEBERRY
CHEESE CAKE**
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**BAKED EGGPLANT
AND HAM**
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**CHEESE AND HAM
FILLED POTATOES**
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BACON AND EGG IN A CUP

Serves: 1

Ingredients:

2 slices bacon
1 × 60 g egg
1 tablespoon grated cheddar cheese

Method:

Place bacon on a dinner plate between 2 sheets of paper towel cook on 1000 W for 1 to 2 minutes. Wrap bacon around the inside of a 1-cup remekin dish. Crack egg into centre of dish and pierce with tooth pick. Cover and cook on 600 W for 50 to 70 seconds. Sprinkle with grated cheese.

MUESLI

Makes: 4 cups

Ingredients:

1/3 cup honey
2 tablespoons butter
2 cups rolled oats
1/2 cup unprocessed bran
1/2 cup shredded coconut
1/3 cup nuts, chopped
1/3 cup sunflower seeds
1/2 cup dried mixed fruit

Method:

Warm honey and butter in a large dish on 1000 W for 1 to 1 1/2 minutes. Add dry ingredients and mix well. Cook on 1000 W for 5 to 6 minutes, stir halfway through cooking. Stir in dried fruit and allow to cool completely before storing in an airtight container.

CHEESY HAM OMELETTE

Serves: 1 to 2

Ingredients:

3 eggs, separated
2 tablespoons milk
salt and pepper
1/4 cup grated cheese
50 g ham, cut into strips
1 green onion, finely sliced
butter for greasing

Method:

Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and spring onion. Place onto a well greased dinner plate. Cook on 600 W for 4 to 5 minutes. Stand for 2 minutes before folding in half to serve.

SCRAMBLED EGGS

Serves: 2

Ingredients:

2 × 60 g eggs
2 tablespoons milk
pinch salt

Method:

In a 1-litre dish, beat eggs lightly with a whisk. Add milk and salt and whisk until well combined. Cover dish with plastic wrap and cook on 800 W for 1 minute. Stir eggs and cook for a further 1 to 1 1/2 minutes. Stand covered for 1 minute before serving.

PORRIDGE

Serves: 1

Ingredients:

1/4 cup quick cooking oats
2/3 cup water
1/4 teaspoon salt

Method:

Combine all ingredients in a breakfast bowl. Cook on 1000 W for 1 minute, stir, then cook on 600 W for 1 minute. Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

HOT CHOCOLATE

Makes: 1 cup

Ingredients:

2 teaspoons drinking chocolate
1 teaspoon sugar (optional)
2 tablespoons water
3/4 cup (185 ml) milk

Method:

Combine chocolate, sugar and water in a heatproof cup. Cook on 1000 W for 10 to 15 seconds. Stir in milk. Cook on 800 W for 1 to 2 minutes.

FRENCH TOAST

Ingredients:

1 bar french loaf
100 g butter (melted)
10 g garlic (chopped)
3 g dried caraway
a little salt

Method:

Cut the french loaf into 2 cm slices. Stir butter, garlic, caraway and salt in a dish and mix them well. Apply garlic sauce on the top of the bread and put it on the Grill Tray, put the tray in the upper shelf position, select Grill 1, cook for 3 1/2-4 minutes to golden brown.

SPANISH OMELET

Ingredients:

150 g	beaten eggs
400 g	potato
½ small piece	onion
2½ tablespoon	water
2 tablespoon	olive oil
Moderate	butter
Moderate	salt, pepper

Method:

1. Add salt, pepper into the beaten egg and put under room temperature. Cut the potato and onion into slices of 5 mm, put into a deep heat-resistant container, add salt, pepper, and then add water and olive oil. Loosely wrap in a plastic wrap, and then put at the center of the oven. Cook on 800 W for 8-10 minutes.
2. Before 1 cools off, stir with a fork, and then blend evenly with the beaten egg.
3. Grease the surface of the baking tray with butter, put 2 into it. Place it in Grill Tray in lower shelf. Choose Crispy Grill, and cook for 12 to 13 minutes.

FRENCH BREAD WITH BASIL AND CHERRY TOMATO

Ingredients:

6 piece	french bread
1½ tablespoon	pesto (commercially available)
1 tablespoon	cheese power (sliced cheese)
3	cheery tomato
6 piece	basil

Method:

1. Paste bread with basil pesto, sprinkle with cheese power, and topping with halved cherry tomato
2. Put the food alone the outward of Grill Tray in lower shelf position, select crispy grill, cook for 4 minutes, then Grill 1 for 4½ minutes.
3. Garnish with basil and serve.

FRENCH TOAST WITH CINNAMON

Ingredients:

2 piece	toast
A: 50 g	egg (shelled)
30 g	sugar
80 ml	milk
Moderate	cinnamon
20g	butter
Moderate	honey

Method:

1. Mix A well in a large bowl, soak toast completely in the mixture
2. Put the food in the center of Grill Tray topping with crushed butter in lower shelf position, select crispy grill, cook for 4 minutes, then Grill 1 for 4½ minutes.
3. Serve with cinnamon and honey.

PEA AND HAM SOUP

Serves: 6

Ingredients:

2½ cups	green split peas
850 g	smoked ham hock
1	medium onion, chopped
1 tablespoon	fresh thyme leaves
1	bay leaf
6 cups	chicken stock
½ cup	frozen peas

Method:

Wash split peas and place in a 2-litre bowl with 1-litre of water. Cover and allow soaking for 8 hours or overnight. Remove rind from ham hock and discard. Cut meat away from the bone and roughly chop. Reserve bone. Drain peas and place into a 5-litre microwave-safe dish. Add ham bone, chopped ham, onion, thyme, bay leaf and chicken stock. Cook uncovered on 1000 W for 15 minutes. Reduce power to 600 W and cook for 15 minutes. Skim top of soup and cook on 600 W for a further 30 minutes. Remove ham bone and bay leaf and stir in frozen peas. Cook on 600 W for 10 minutes. Blend half the soup and return to the bowl, stirring through the remaining soup. Serve hot with crusty bread.

Tip:

Substitute 500 g bacon bones and 250 g of diced bacon rashers for the ham hock. Do not add salt when cooking lentils or pulses, as they will toughen. Add salt after cooking if desired.

CHICKEN AND VEGETABLE SOUP

Serves: 4

Ingredients:

1 medium	onion, diced
1	clove garlic, crushed
750 g	soup vegetables, diced
1-litre	chicken stock
½ cup	arborio rice
1	bay leaf
400 g	cooked chicken meat

Method:

Place onion and garlic into a 3-litre microwave-safe bowl. Cook on 1000 W for 1 minute. Add vegetables, cover and cook on 1000 W for 10 minutes, stir halfway through cooking. Remove covering and add chicken stock and bay leaf. Cook on 1000 W for 10 minutes. Stir in rice and cook for a further 10 minutes. Remove bay leaf and add diced chicken. Heat on 1000 W for 5 minutes.

MUSHROOM SOUP

Serves: 4

Ingredients:

1 tablespoon	butter
250 g	mushrooms, sliced
1 tablespoon	flour
2 cups	chicken stock
¼ cup	white wine
1 teaspoon	mustard
½ cup	cream

Method:

Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on 1000 W for 5 minutes. Add flour, stock, wine and mustard to mushrooms and mix well. Cover and cook on 1000 W for 6 to 8 minutes, stirring halfway through cooking. Add cream and cook on 1000 W for a further 2 minutes. This soup can be pureed if preferred.

PUMPKIN SOUP

Makes: 2 to 4

Ingredients:

1 kg	pumpkin
1	diced onion
1 teaspoon	curry powder
2 cups	chicken stock

Method:

Peel pumpkin and remove seeds. Dice pumpkin into 3 cm pieces. Place pumpkin, onion and curry powder in a 3-litre casserole dish. Cover and cook on 1000 W for 15 minutes. Add stock. Cover and cook on 1000 W for 15 minutes. Cool slightly. Puree pumpkin and liquid in a blender or food processor.

POTATO AND LEEK SOUP

Serves: 4 to 6

Ingredients:

4 (1 kg)	large potatoes, peeled, diced
2	medium leeks, thinly sliced
2 teaspoons	dried thyme
3 cups	hot chicken stock
1 teaspoon	salt and pepper
250 ml	cream

Method:

Place potatoes, leeks, thyme and chicken stock in a 3-litre casserole dish. Cover and cook on 1000 W for 22 to 25 minutes. Cool slightly. Puree potato mixture in a food processor or blender, adding salt, pepper and cream. Return to dish. Cook on 800 W for 4 to 6 minutes. Serve hot, in individual bowls.

CRAB AND CORN SOUP 

Serves: 4 to 6

Ingredients:

1 tablespoon	oil
1	onion, finely chopped
425 ml	boiling chicken stock
300 g	can creamed corn
	salt and pepper
170 g	can crabmeat, drained
150 ml	milk
3 tablespoons	cream
	chopped parsley for garnish

Method:


Place oil and onion in a 3-litre casserole dish. Cover and cook on 1000 W for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on 1000 W for 5 minutes. Add crabmeat and milk and mix well. Cook on 1000 W for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

HEALTHY PEAR SOUP **Ingredients:**

350 g	pork rib (blanched in hot water)
3	pears (cut, with skin)
20 g	sweet almond
10 g	bitter almond
30 g	dried scallop (soaked)
1	honey date
10 g	wolfberry
10 g	ginger (sliced)
1 litre	water
	salt to taste

Method:

Place above ingredients in a microwave safe casserole, covered partially. Set to 800 W for 20 minutes. Continue to cook on 440 W for 90 minutes. (Stir at ½ time) Lastly add salt to taste.

POPCORN 

Serves: 2 to 4

Ingredients:

2 teaspoons	butter
3 tablespoons	popping corn

Method:

Place all ingredients in a loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on 1000 W for 2 minutes. Remove from bag and serve sprinkled with salt.

SEAFOOD PIZZA 

Serves: 4

Ingredients:

325 g	pizza base
¼ cup	tomato paste
200 g	seafood mix (marinara) chopped
¼ cup	sun dried tomatoes, chopped
2 tablespoons	sour cream
2 tablespoons	sweet chilli sauce
½ cup	grated pizza cheese

Method:

Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.

Cook by selecting oven with preheating at 220°C. After oven has preheated place pizza onto Grill Tray in lower shelf position, cook for 14 minutes. Press Start.

PIZZA ITALIANO 

Serves: 4

Ingredients:

325 g	pizza base
¼ cup	tomato paste
1	clove garlic, crushed
1 tablespoon	pesto
60 g	sliced salami
40 g	sliced pepperoni
¼	onion, sliced
¼	capsicum, sliced
¼ cup	pitted black olives
6	anchovy fillets
1 cup	grated pizza cheese

Method:

Spread pizza base with tomato paste. Evenly sprinkle with remaining ingredients, finishing with cheese.

Cook by selecting oven with preheating at 220°C. After oven has preheated place pizza onto Grill Tray in lower shelf position, cook for 14-15 minutes. Press Start.

ROASTED RED CAPSICUM & MUSHROOM BRUSCHETTA

Makes: 4

Ingredients:

200 g (4 to 5)	large flat mushrooms
1 tablespoon	olive oil
9 (250 g)	slices Turkish bread
1½ tablespoons	butter, softened
1	clove garlic, minced
150 g	jar roasted red capsicum, sliced
100 g	firm goats cheese

Method:

Mix together butter and garlic to form garlic butter. Slice the mushrooms and drizzle with olive oil. Cook on 1000 W for 3 minutes. Set aside. Preheat oven on oven 200 °C. Spread one side of the bread with garlic butter and place in a single layer on the Grill Tray. Cook for 5 to 7 minutes. Turn the bread slices over. Layer the mushrooms and red capsicums on the top of the bread slices. Crumble the goats cheese and sprinkle evenly over each slice. Cook for a further 8 to 10 minutes.

CHEESE AND RED PESTO TARTLETS

Makes: 24

Ingredients:

300 g	ready rolled short crust pastry sheets
90 g	red pesto or sun dried tomato paste
2	medium tomatoes, peeled, seeded and chopped
25 g	black olives, chopped
125 g	mozzarella cheese, grated
1	clove garlic
1 teaspoon	dried oregano
½ cup	grated parmesan

Method:

Cut out 24 × 7 cm (approx) circles of pastry to fit into the base of 2 greased 12 holed tartlet tins. Chill for 30 minutes. Preheat the oven at 200 °C with Grill Tray in lower shelf. Mix the red pesto, tomatoes, black olives, mozzarella and garlic in a bowl. Fill the tartlet shells with mixture. Sprinkle with Parmesan and oregano. Bake tartlets on 200 °C for 35 minutes or until golden brown.

QUICHE LORRAINE

Serves: 4 to 6

Ingredients:

Pastry:	
2 sheets	ready rolled short crust pastry
Filling:	
4	rashers bacon, rind removed and bacon chopped
½ cup	grated tasty cheese
3	eggs
150 ml	cream
150 ml	milk
½ teaspoon	nutmeg

Method:

Pastry:

Grease and line a 23 cm pie plate with short crust pastry sheets. Preheat oven at 180 °C. After preheating, put pie plate on Grill Tray in lower shelf position, bake blind for 15 to 20 minutes at 180 °C. Allow to cool slightly.

Filling:

Place bacon between two sheets of paper towel on a dinner plate. Cook on 1000 W for 3 to 4 minutes. Sprinkle bacon and cheese on cooked pie shell. Beat eggs, cream, milk and nutmeg and pour over bacon and cheese. Place Grill Tray in lower shelf position and Bake at 180 °C for 35 minutes or until set.

MINI QUICHES

Makes:

Ingredients:

2	sheets ready rolled puff pastry
2	eggs, beaten
1 cup	milk
2 rashers	bacon, rind removed
	bacon chopped
2	green onions, finely chopped
	salt and pepper
	paprika
½ cup	grated tasty cheese

Method:

Preheat oven at 190 °C. Cut pastry with a scone cutter and fit into 6 cm diameter greased patty tins. Beat together eggs and milk and seasoning. Place small amount of bacon and green onion in the base of each pastry case. ¾ fill each pastry case with egg mixture. Sprinkle with cheese and paprika. Place them on Grill Tray in lower shelf position and cook on 190 °C for 20 to 25 minutes or until gold brown.

ROASTED NUTS 

Serves: 2 to 4

Ingredients:

1 cup	raw peanuts (with or without skins, and unsalted)
2 teaspoons	salad oil
	salt to taste

Method:

Place peanuts in a single layer on a pie plate. Cook on 1000 W for 4 to 6 minutes, stirring every 2 minutes during cooking until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on 1000 W for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.

LEMON PEPPER CHICKEN WINGS 

Serves: 4

Ingredients:

½ cup	lemon juice
¼ cup	olive oil
2	cloves garlic, crushed
1 teaspoon	whole grain mustard
2 tablespoons	chopped parsley
1 teaspoon	cracked black peppercorns
16 pieces	chicken wings

Method:

Combine first six ingredients. Place chicken in a flat dish and pour over remaining combined ingredients. Marinate over night or for at least three hours. Arrange marinated chicken on rack on Wire Rack with a dish underneath to catch drops of oil. Cook on Grill 1 for 24-25 minutes, turning once during cooking.

SPINACH AND FILO PIE 

Serves: 4 to 6

Ingredients:

1	bunch spinach
250 g	fetta cheese
4	eggs
1 cup	cream
1 tablespoon	flour
½ teaspoon	nutmeg
	ground black pepper
1	clove garlic, crushed
8 sheets	filo pastry
40 g	butter, melted
2 teaspoons	sesame seeds

Method:

Wash spinach and remove leaves from stalks. Cut leaves finely and place into a 3-litre casserole dish. Cover and cook on 1000 W for 3 to 5 minutes. Drain well. Crumble in Fetta cheese.

To Cook by oven:

Preheat oven to 200 °C. In a small bowl, beat eggs lightly and combine with cream, flour, nutmeg, pepper and garlic. Place 4 buttered sheets of filo pastry in base of pie dish. Place spinach and cheese into pie dish, and pour over egg mixture. Fold one sheet of filo in half widthwise and lay over top of spinach mixture. Brush with melted butter and repeat method with remaining sheets of filo, brushing with butter between each layer of filo. Trim off excess filo around edges and press down at the sides of the dish. Brush with butter and sprinkle with sesame seeds. With a sharp knife cut a diamond pattern in top of filo pastry. Place on Grill Tray in upper shelf and cook on 200 °C for 20 to 25 minutes.

VEGETABLE BAKE 

Serves: 4 to 6

Ingredients:

250 g	cauliflower, cut into small pieces
250 g	broccoli, cut into small pieces
3	carrots, sliced
¼ cup	water
½ cup	cottage cheese
1	egg
½ cup	cream
½ teaspoon	lemon pepper
½ teaspoon	seasoned herbs
½ cup	grated tasty cheese

Method:

Place vegetables and water in a 3-litre casserole dish. Cover and cook on 1000 W for 8 to 10 minutes. Drain well. Place remaining ingredients except tasty cheese in a bowl and mix well. Pour over vegetables. Cook on 800 W for 8 to 10 minutes. Sprinkle with tasty cheese. Place on Grill Tray in lower shelf position and cook on Grill 1 for 5 to 10 minutes.

CRUSTLESS CHEESE AND SPINACH PIE

Serves: 4

Ingredients:

1	bunch spinach
6	green onions, thinly sliced
500 g	ricotta
2	eggs
1 tablespoon	plain flour
½ teaspoon	nutmeg
½ cup	grated cheddar
2	tomatoes, sliced (optional)

Method:

1. Wash and trim thick stalks from spinach. Chop leaves roughly. Pile onto a microwave-safe dinner plate and cover with plastic wrap. Microwave on 1000 W for 2 minutes. Set aside to cool slightly.
2. Place green onions into a small bowl cover and cook on 1000 W for 3 minute.
3. Squeeze out excess moisture from cooked spinach. Place ricotta, eggs, spinach, green onions, flour and nutmeg in a large bowl, season to taste and fold with a spatula until well combined.
4. Preheat oven to 200 °C.
5. Lightly grease a round (25 cm) microwave-safe pie dish. Spread mixture evenly into prepared dish and sprinkle with grated cheddar.
6. Place dish on Grill Tray in lower shelf position and cook on 200 °C for 16 to 18 minutes. Remove and stand for 2 minutes before cutting. Serve topped with sliced tomato.

SHEPHERD'S PIE

Serves: 2

Ingredients:

200 g	minced beef (or pork/chicken)
50 g	fresh mushroom (sliced)
80 g	parsley (diced)
150 g	frozen mixed vegetables
100 g	white onion (chopped coarsely)
3	garlic (minced)
1 teaspoon	salt
½ teaspoon	sugar
1 teaspoon	coarse black pepper
a dash	paprika
1½ tablespoon	plain flour
3 tablespoon	water
½ cube	beef stock
1 tablespoon	olive oil or corn oil

Toppings:

1 kg	potato (washed, pierced skin with fork)
100 g	shredded cheddar cheese

Ingredients A:

1½ tablespoon	milk
3 teaspoon	melted butter
½ teaspoon	black pepper
½ teaspoon	salt
½	egg

Method:

1. Cook onion, garlic and oil in a 2 litre microwave proof casserole on 1000 W for 3 minutes. Do not cover with lid.
2. Add beef, salt, sugar and black pepper, cook on 600 W for 2 minutes, uncovered.
3. Add mixed vegetables, mushroom and parsley, cook on 600 W for 2 minutes, covered with lid.
4. Stir in flour mixture, cook on 1000 W for 2 minutes, covered. Leave aside.
5. Cook potato with 3 tablespoon water on 1000 W for 13-15 minutes in a microwave safe casserole, covered with lid, turn over at ½ time.
6. Peel skin, mashed with fork or blend in a food processor.
7. Add ingredients A and mix well, spread ½ of the potato over the cooked beef mixture.
8. Sprinkle ½ of cheese on top, follow by remaining potato.
9. Lastly sprinkle remaining cheese and paprika. Pierce through the pie. Do not press the pie too tight. Place casserole on Grill Tray.
10. Preheat oven at 200 °C till hot.
11. Bake at 200 °C for 30 minutes by lower shelves, till surface is golden brown.

Note: Do not push too hard when spreading the potato mash.

FRENCH FRIES 

Serves: 4 to 6

Ingredients:

250 g	frozen fries
sauce:	
Moderate	salt
Moderate	ground pepper
Moderate	ketchup

Method:

1. Put frozen fries directly on Grill Tray. Do not overlap
2. Preheat the oven at 220°C.
3. Put the tray in the lower shelf position, set for 25-30 minutes and press start.
4. Sprinkle with salt and ground pepper, serve with ketchup.

Notes:

1. There is no need to defrost the fries.
2. Adjust cooking time according to different fries.

BAKED CHEESE POTATO 

Serves: 4 to 6

Ingredients:

600 g	potatoes (pierce skin or cut slit)
20 g	mozzarella cheese (grated)

Fillings (mix together):

50 g	mozzarella cheese (grated)
20 g	cheddar cheese (grated)
1½ tablespoon	mayonnaise
¼ teaspoon	lemon juice
¼ teaspoon	salt
	a dash black pepper and paprika
	some parsley flakes
30 g	streaky bacon (cooked, chopped finely)

Method:

1. Cook streaky bacon in a microware safe casserole on 1000 W for 1-2 minutes. (stir at ½ time) Leave aside.
2. Put potatoes evenly in microware safe dish, cook on 800 W for 14-15 minutes, turn over halfway.
3. When ready, cut potatoes into 2 halves and scoop out some potato, leaving the shells aside.
4. Mix the potato with fillings, put the mixture into the potato shells.
5. Place mozzarella cheese on the top of potato, followed by paprika.
6. Place potatoes onto Grill Tray, cook on Grill 1 for about 5-6 minutes by upper shelf.

STEAMED SEAFOOD SALAD  + 

Serves: 4 to 6

Ingredients:

150 g	clam (sand already spitted)
Totally 140 g	shrimp and squid
60 g	broccoli
50 g	cabbage
20 g	carrot
1 tablespoon	Chinese spirits
2-3 twigs	thyme
A: 1½ tablespoon	mayonnaise
1½ tablespoon	original flavored yoghurt
20 g	purple onion (minced)
½ tablespoon	olive oil
Moderate	mashed garlic
Moderate	salt
Moderate	coarsely ground pepper

Method:

1. Remove the heads from the shrimps. Cut open the shrimp with the shells and remove the intestines. Wash thoroughly and wipe dry the water. Cut squid into sizes appropriate for one bite. Divide broccoli into smaller pieces, and cut the cabbage into appropriate sizes. Slice the carrot into ribbon strips with the slicer.
2. Pour water into the tank before cooking. Place 1 in the center of the Grill Tray, and then place the clams around it. Sprinkle on Chinese spirits, place in thyme and then place the Grill Tray in the upper shelf. Select Steam + Microwave for 10 minutes. Remove to plate after heating, and relish with prepared A.
 - If the clams are not completely open after heating, please heat again with observation.

FISHERMAN SEAFOOD SOUP

Serves: 2 to 4

Ingredients:

A: 2 piece	whitefish meat (80 g each boneless piece)
2	shrimp
1 piece	garlic
60 g	mushroom (assorted honshimeji, brown swordbelt, flammulina)
Moderate	salt
Moderate	pepper
1 tablespoon	olive oil
½ teaspoon	stock powder
100 g	clam (sand already spitted)
1-2 piece	lemon (already sliced into half- moon shape)
50 g (½)	tomato
1 teaspoon	thyme (dried)

Method:

1. Cut one piece of fish into 4 equal sizes. Remove the shells and intestines from the shrimp. Slice the garlic, cut open the mushrooms into appropriate size. Place A in a bowl, add salt and pepper. Sprinkle with olive oil and stir evenly (leave it standing for 10 minutes for a stronger flavor).
2. Place 1 at the outer side of the Grill Tray, and put the tray in the upper shelf. Select crispy grill and cook for 12 minutes.
3. Put two cups of boiled water into the Microwave safe casserole, and dissolve the soup stock in the water. Add in clams and lemon, cook on 1000 W for 8 minutes, or until the clams open up, and then flavor with salt and pepper.
4. Serve 2 in a dish, decorated with 1 cm minced tomato and thymes. Place on top the clams and lemon from 3, and pour in the soup.

STEAM EGG WITH DRIED SCALLOP

Serves: 4

Ingredients:

3 eggs	(beaten and strained)
30 g	dried scallop (washed, tear and soak for ½- 1hour.
280 ml	water (inclusive of dried scallop water)
3	shallot (sliced)
1½ tablespoon	oil
1 stalk	spring onion or Chinese parsley (for garnishing)

Sauce:

¼ teaspoon	salt
¼ teaspoon	light soya sauce
½ teaspoon	sesame oil
a dash	pepper

Method:

1. Cook shallot with 1½ tablespoon oil on 1000 W for 2-3 minutes in a microwave safe casserole, till golden brown. (Stir at ½ time)
2. Mix beaten eggs, scallops, fried shallot, oil and sauce well, divide them in 3 equal parts, put them in prepared casserole, covered.
3. Fill water tank with water.
4. Put the casserole on Grill Tray in lower shelf position, set steam 1 for 20-21 minutes.
5. When cooking is done, let stand for 10 minutes before garnishing with spring onion and golden brown shallot.

Directions for Cooking Fish and Shellfish



Clean fish before starting the recipe. Arrange fish in a single layer, do not overlap edges. Prawns and scallops should be placed in a single layer.



For microwave cooking, cover dish with plastic wrap. For Steam + microwave cooking, do not add liquid and do not cover. Cook as below chart.

Fish and Shellfish Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Fresh fish fillets	500 g	600 W	5-7 mins	Place in a heat proof dish and cover on base of oven.
Frozen fish fillets	500 g	1000 W	9-10 mins	
Whole fish	500 g	600 W	5-7 mins	
Prawns	500 g	600 W	5-7 mins	
Mussels	500 g	600 W	5-7 mins	
Squid	500 g	600 W	6-7 mins	
Fish thin fillets	250 g	Steam + Microwave	5-7 mins	Fill the water tank. Place in a heat proof dish and without cover on base of oven.

SOY & HONEY SALMON

Serves: 4

Ingredients:

4 salmon fillets, each 100 to 150 g

Marinade

15 ml honey
30 ml dark soy sauce
15 ml sherry
1 garlic clove, crushed
5 ml fresh root ginger, grated

Method:

- Mix the marinade ingredients together. Pour marinade over salmon in dish and leave to marinate for 2 to 3 hours in the fridge.
- Cover salmon with pierced cling film and place on base of oven. Cook salmon on 600 W for 7 to 8 minutes.

NOTE: For 2 fillets the marinade quantities should be halved and total cooking time on 600 W should be reduced to 4 to 6 minutes.

SALMON IN TERIYAKI

Ingredients:

300 g salmon fillets, cut slit or pierce fillets with fork
80 g fresh mushroom, sliced
2 tablespoon teriyaki sauce
½ tablespoon oyster sauce
40 g garlic, minced
10 g ginger, shredded
¼ teaspoon black pepper
3 tablespoon oil
1 stalk chinese parsley, for garnishing

Method:

- Cook garlic with oil in a bowl, on 1000 W for about 2 to 2½ minutes in a microwave safe casserole, do not cover with lid (stir-in-between).
- Mix half garlic oil, teriyaki sauce, oyster sauce and black pepper together.
- Put salmon on the dish on Grill Tray in lower shelf position, place mushroom and ginger on top of salmon, follow by teriyaki mixture, cook on Steam + Microwave for 10 minutes, do not cover. When ready serve with remaining garlic and chinese parsley.

SALMON PÂTÉ

Makes: 2½ cups

Ingredients:

1 tablespoon	butter
3	green onions, sliced
1 tablespoon	plain flour
1 teaspoon	French mustard
	salt and pepper
½ cup	sour cream
¼ cup	mayonnaise
¼ cup	white wine
1 tablespoon	lemon juice
440 g	can salmon, drained and bones removed
1 tablespoon	gelatine
¼ cup	water

Method:

Place butter and green onions in a 1-litre casserole dish. Cook on 1000 W for 2 to 3 minutes. Add flour, mustard, salt and pepper. Stir and cook on 1000 W for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor.

Place gelatine and water in small dish and cook on 1000 W for 20 to 30 seconds. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2½ cup mould and refrigerate until set.

LEMON PEPPER FISH +

Serves: 2

Ingredients:

500 g	fish fillets
¼ cup	lemon juice
1 teaspoon	cracked black (ground) pepper

Method:

In a 1-litre dish place all ingredients. put the dish on Grill Tray in lower shelf position, select crispy grill for 18 minutes, add steam shot 3 minutes at ⅔ time through cooking. Stand for 3 minutes.

SEAFOOD MARINARA

Serves: 4

Ingredients:

250 g	scallops
250 g	prawns, shelled and deveined
1	squid, (approx. 275 g) cleaned and sliced
2 tablespoons	butter
1	clove garlic, crushed
2	tomatoes, peeled and chopped
1 tablespoon	tomato paste
¼ cup	white wine
1 tablespoon	basil, chopped
	pepper
	chopped parsley

Method:

Place cleaned seafood into a 2-litre dish. Set aside. Place butter and garlic in a 1-litre dish. Cook on 1000 W for 1 minute. Add remaining ingredients except seafood to dish and cook on 1000 W for 5 minutes. Purée tomato mixture in a blender or food processor and pour over seafood. Cook on 800 W for 5 to 7 minutes. Stand for 5 minutes. Serve with pasta or salad.

PORTUGUESE BAKED CURRY

Serves: 4

Ingredients:

60 g	chicken leg
60 g	shrimp
160 g (4 pieces)	scallop
20 g	onion
20 g	ham
20 g	mushroom
30 g	green beans
A: Moderate	fish sauce
Moderate	salt
Moderate	pepper
B: 60 g	butter
2 teaspoon	curry powder
C: 120 g	white sauce (can)
4 tablespoon	coconut milk (or milk)
Moderate	salt

Method:

1. Cut chicken, shrimp into 5 mm cubes, and flavor with scallop and A. Cut onions, ham, mushroom in 8 mm cubes.
2. Other than scallops, put all other ingredients into the casserole. Mix in with B, and then put into the center of the oven with lid. Cook on 600 W for 1½-2 minutes. Take it out after heated, and then stir evenly with C.
3. In the 10 cm diameter of two casseroles, place in each 1 scallop, and pour in 2. Place them in the center of the Grill Tray, and put the tray in the lower shelf. Select crispy grill and cook for 16-17 minutes.

OYSTERS KILPATRICK 

Serves: 2

Ingredients:

12	oysters in shell, opened
2 teaspoons	lemon juice
2 teaspoons	worcestershire sauce
	salt and pepper
60 g	bacon, finely chopped

Method:

Place oysters in shell on a heat proof serving plate. Sprinkle each oyster with lemon juice and sauce. Season with salt and pepper. Sprinkle bacon over each oyster. Place it on Wire Rack on flat table and cook on Grill 1 for 6 to 8 minutes.

Tip: Serve with triangles of buttered brown bread.

SMOKED FISH 

Serves: 2 to 4

Ingredients:

2	medium sized smoked fish fillets (approx. 500 g)
1 tablespoon	butter, melted
	freshly ground black pepper

Method:

Place all ingredients in a 3-litre casserole dish. Cover and cook on 600 W for 5 to 6 minutes or until cooked and fish flakes when tested with a fork.

SPICED WHOLE BREAM  + 

Serves: 2

Ingredients:

600 g	whole bream
1	clove garlic
3	stalks coriander
1	red birds eye chilli
1 tablespoon	freshly chopped ginger
1 tablespoon	lime juice
2 teaspoons	fish sauce
2 teaspoons	brown sugar
2	green onions, sliced

Method:

Clean and scale fish and set aside. Process remaining ingredients in a food processor to form a paste.

Rub the spice paste into the fish and place them in a microwave-safe dish. Fill water tank before cooking and cook on Steam + Microwave for 15 minutes.

GARLIC PRAWNS 

Serves: 2

Ingredients:

60 g	butter
1 teaspoon	minced garlic
1 tablespoon	lemon juice
1 tablespoon	parsley, chopped
500 g	green prawns, shelled and deveined

Method:

Place butter and garlic in a 20 cm round dish and cook on 1000 W for 1 minute.

Add lemon juice, parsley, and prawns. Cover and cook on 600 W for 3 minutes, stir. Cook on 600 W for 3 minutes. Serve in individual ramekins.

SALMON STEAMED WITH VANILLA  + 

Serves: 2

Ingredients:

Ingredients:	
3 pieces	salmon fish (fishbone removed, approximately 80 g per piece)
1 twig	thyme
1 twig	parsley
A: 1 tablespoon	Chinese spirits
1 teaspoon	olive oil
½ teaspoon	salt
Moderate	pepper, mashed garlic
20 g	sweet pepper (red)
20 g	sweet pepper (yellow)
3 sticks	baby corn
Moderate	salt

Method:

1. Rip thyme and parsley, then sprinkle on salmon together with A and set aside.
2. Cut sweet pepper into thin slices, cut baby corn into halves, and then sprinkle on salt.
3. Pour water into the tank before cooking. Place salmon onto casserole with a diameter of approximately 23 cm, with the fish skin facing upwards, place in 2 while avoiding overlapping with salmon. Place the casserole onto the Grill Tray, and then place the Grill Tray in the upper shelf. Select steam 1 for 8 minutes, then select Steam + Microwave for 3 minutes.

STEAMED WHITEFISH WITH MUSHROOM



Serves 4

Ingredients:

2 pieces	Whitefish (fishbone piece)
Assorted 60 g	hon shimeji mushroom, enoki mushroom
Moderate	salt, pepper
1 tablespoon	cooking wine
Moderate	honewort
Moderate	olive oil
2 sheets	baking paper (30 x 30 cm)

Ingredients

1. Season fish with salt and pepper. Cut open hon shimeji mushroom and enoki mushroom.
2. Place the fish separately on the 2 sheets of baking paper, with fish skin facing upwards. Place 2 equal parts of hon shimeji mushroom and enoki mushroom around each, sprinkle on cooking wine and wrap up.
3. Pour water into the tank before cooking. Place onto the Grill Tray, and then place the Grill Tray in lower shelf. Select Steam + Microwave for 10 minutes.
4. Remove to plate after heating, relish with honewort, and sprinkle on sour citrus vinegar according to individual preference.

BACON ROLL WITH ASPARAGUS AND SHRIMPS



Serves: 4

Ingredients:

10 (250 g)	Shrimps
5 slices	Bacon
20 strips	Asparagus
2 slices	Cheese

Seasonings:

Moderate	Salt
Moderate	Fish sauce
1 tablespoon	Garlic (chopped)
Moderate	Black pepper

Method:

1. Devein and peel off head of shrimp, tail intact, cut a small groove along the back of the shrimp, lift out and gently scrape away the dark tract. Clean and pat dry. Cut asparagus in chunks, ginger chopped and cheese in 10 thin strips.
2. Marinate shrimps with salt, fish sauce and garlic, for 20 minutes
3. Put marinated shrimp on halved bacon, then asparagus, cheese, leaving the shrimp tails beyond and remaining parts enveloped by bacon roll and fix with toothpick.
4. Fill water tank.
5. Select "Oven." and preheat at 200°C, press start to preheat.
6. After preheating, put Grill Tray in the lower shelf position, set for 25-26 minutes to begin cooking, add steam shot for 3 minutes at 2/3 time through cooking.

Serving tips:

1. Alternatively, replace asparagus with wild rice stem, crowndaisy chrysanthemum or mushroom to personal preference.
2. Preferably place seam side down.

ROAST WHITE FISH WITH VEGETABLES 

Serves: 2

Ingredients:

A:200 g	Cod fish (sliced)
taste	Salt & Black pepper
1 strip	Rosemary (chopped)
2 teaspoon	Olive oil
1 teaspoon	Fish sauce
1 teaspoon	Lemon juice
B:40 g	Sweet chili (chunks)
80 g	Pumpkin (sliced)
80 g	Abalone mushrooms (length-ways halved)
4	Sword bean
1 teaspoon	Olive oil
taste	Salt & Black pepper
C:2 tablespoon	Grape vinegar
2 teaspoon	Light soy sauce
2 teaspoon	Granulated sugar
10 g	Butter

Method:

1. Marinate fish with A, pat dry.
2. Season B with salt, black pepper and olive oil, set aside.
3. Preheat the oven at 200°C, put B orderly on Grill Tray, top with cod fish.
4. put Grill Tray in lower shelf position, set for 35 minutes, press start.
5. Heat C with butter, mix well, to make black pepper sauce.
6. To serve, drizzle with black pepper sauce.

MAYONNAISE SHRIMP BALLS 

Serves: 2

Ingredients:

300 g (24 pieces)	shrimp
A: 1 teaspoon	hard liquor (or Chinese spirits)
Moderate	salt
Moderate	pepper
2 tablespoon	corn starch
40 g	vegetable oil
B: 6 tablespoon	mayonnaise
1 tablespoon	ketchup
1 teaspoon	custer sugar
Moderate	cashew

Method:

1. Cut open the shrimps with shells and remove the intestines. Wash thoroughly and wipe dry the water. Add A, corn starch, and vegetable oil for flavor in order.
2. Lay out 1 in the center of the Grill Tray, and put the tray onto the upper shelf. Select crispy grill, and cook for 9-10 minutes.
3. Mix B in the bowl, add 2 and stir evenly. Before serving, sprinkle with roughly-grinded cashews.

VANILLA SHRIMP GRILL **Ingredients:**

320 g (15 pieces)	shrimp
A: Moderate	assorted vanilla
1 piece	rosemary
2 tablespoon	olive oil
Moderate	salt
Moderate	pepper
2 pieces	garlic

Method:

1. Remove the heads from the shrimps. Cut open the shrimp with the shells and remove the intestines. Wash thoroughly and wipe dry the water. Place A into a bowl and stir evenly. Add in the shrimps, sliced garlic, and stir evenly (leave it standing for 15 minutes for a stronger flavor).
2. Put the Grill Tray in the upper shelf. Select crispy grill and cook for 9-10 minutes, add steam shot 1 minute halfway through cooking.

BAKED COD AND POTATO 

Serves: 4

Ingredients:

8 pieces	boneless cod (40 g each piece)
Moderate	salt
Moderate	pepper
300 g (1 piece)	potato
½ small piece	onion
1 piece	garlic
A: 30 g	butter
1 tablespoon	thyme (dried)
Moderate	salt
Moderate	pepper
50 ml	milk (room temperature)
Moderate	cheese powder
50 g	mozzarella cheese

Method:

1. Cut open the cod skin, sprinkle with salt and pepper.
2. Cut the potato into slices of 2-3 mm thick, also cut the onion and garlic into thin slices.
3. Put 2 and A onto the baking tray, wrapped in a plastic wrap, put at the center of the oven. Cook on 600 W for 7 minutes.
4. After heated, add milk in 3, and put on the cod with skin side down. Sprinkle with cheese powder, put into the center of the tray, put the tray in the lower shelf, select crispy grill, and cook for 11-12 minutes.

ORANGE WHITEFISH SALAD

Serves: 4

Ingredients

12 pieces	whitefish (25 g each boneless piece)
400 g (2 pieces)	orange
A: Moderate	mint
2 tablespoon	olive oil
B: 2 teaspoon	lemon juice
Moderate	salt
Moderate	pepper
2 tablespoon	olive oil
Moderate	mint
120 g	salad vegetables (salad, water cabbage, etc.)
Moderate	salt
Moderate	pepper

Method:

1. After slightly mashing the orange peel, extract the peel for later use. Hold aside about 4 tablespoon of orange juice for later use. Prepare 6 thin slices of orange pieces without peels on a dish.
2. Drip the fish with some mashed peel and juice from A and 1 (leave it standing for 15 minutes for a stronger flavor). Place the fish with the skin side up on the Grill Tray, and put the tray in the upper shelf. Select crispy grill and cook for 14-16 minutes.
3. Put the remaining juice and B into a bowl, stir evenly with an eggbeater while adding olive oil in small amounts. Add the mashed orange peel and mint to make the salad dressing.
4. Put salad vegetables into another bowl, sprinkle with salt and pepper. After evenly stirred, add half of the 3. Place on the dish the salad, fish from 2, fruit from 1, and drip with the remaining 3.

STEAMED MUSSELS WITH GARLIC +

Serves: 2

Ingredients:

32 oz.	mussels, weight in shells
2 tablespoon	olive oil
1	onion, finely chopped
2	cloves garlic, crushed
¾ cup	dry white wine
1	bunch flat-leaf parsley, finely chopped

Method:

Scrub mussels and pull off any beards, discarding any broken or open shells. Place oil, onion and garlic in a heat-proof dish, cover with pierced plastic wrap. Place on the bottom of the oven and cook at 1000 W for 2 minutes. Add wine and mussels, cook at 600 W for 2 to 3 minutes. Fill water tank. Cook on Steam + Microwave for 13 to 15 minutes. Discard any unopened shells. Add the parsley and stir before serving.

STEAMED MUSSELS WITH LEMONGRASS, LIME AND COCONUT MILK

Serves: 2

Ingredients:

1 tablespoon	vegetable oil
½ onion	finely chopped
2	cloves garlic, crushed
2	red chillies, finely chopped
1	lemon-grass, sliced
32 oz.	mussels, scrubbed and beards pulled off, discard any broken or open shells
1	lime, juice of
2 tablespoons	fish sauce
1 cup	coconut milk
2	kaffir lime leaves
½	bunch Thai basil, leaves only
½	bunch coriander, leaves only

Method:

Drizzle a little vegetable oil in the casserole dish. Add the onion, garlic, chili and lemon-grass. Place on the bottom of the oven and cook at 1000 W for 4 to 5 minutes. Add the rest of the ingredients. Fill water tank. Cook on Steam 1 for 30 minutes, then serve immediately.

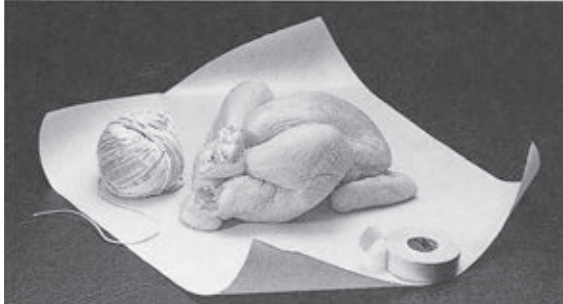
Notes:

Ensure you buy oysters that are fresh and edible. Most closed oysters are alive. Lightly tap any open shells—a live oyster will immediately snap shut. Oysters that give off a strong fishy smell are dead.

Directions for Cooking Whole Poultry by Microwave

Cooking

Season as desired, but salt after cooking. Browning sauce (e.g. soy, Worcestershire) mixed with equal parts of butter will enhance the appearance.



Poultry may be stuffed or unstuffed. Tie legs together with cotton string. Place on microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.



If the poultry is not cooked enough return it to the oven and cook a few more minutes
DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.

If a large amount of juice accumulates in the bottom of the baking dish occasionally drain it. If desired, reserve for making gravy.

Less-tender birds should be cooked in liquid such as soup or broth. Use ¼ cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that bird does not touch the lid.



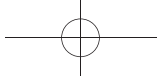
After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometer, inserted into the thigh muscle. Check temperature in both muscles. The thermometer should not touch bone. If it does, the reading could be inaccurate. A thermometer cannot be accurately inserted into a small bird. To check desired cooking of a small bird, juices should be clear and the drumsticks should readily move up and down.



During cooking it may be necessary to shield legs, wings and the breast bone to prevent overcooking. Wooden toothpicks can be used to hold foil in place.



If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag.



Directions for Cooking Poultry by Combination

Wash poultry and pat dry. Season poultry as desired. Whole poultry may be roasted stuffed or unstuffed.

Whole Roasting Chickens (1.0 kg to 2.8 kg): Place chicken on Wire Rack set on a heat proof and microwave safe dish. Shield drumsticks with a strip of foil for the first 30 minutes of cooking. (Foil should not touch rack or oven walls, as arcing may occur.)

Whole Duck (1.5 kg to 2.5 kg): Pierce skin at 2 cm intervals with a fork to allow fat to drain from duck. Place duck on Wire Rack set on on a heat proof and microwave safe dish. Drain juices from dish once during cooking.



Whole Turkey (2 kg to 6 kg): Place turkey on Wire Rack set on a heat proof and microwave safe dish. Halfway through cooking, shield tops of drumsticks with a strip of foil. (Foil should not touch oven walls, as arcing may occur.) Drain juice from dish once during cooking.

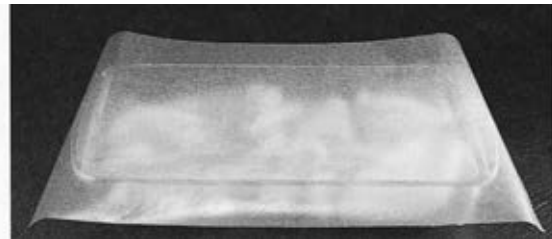
After cooking allow to stand, covered, for 10 minutes. This stand time allows for easier carving and finishes cooking. During stand time test for desired cooking. Small poultry is cooked when juices run clear and the drumsticks readily move up and down. Large poultry should be checked with a meat thermometer inserted in both thigh joints. If thermometer touches bone, the reading may be inaccurate.

DO NOT USE A CONVENTIONAL OR MICROWAVE THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION. If poultry is undercooked, cook a few more minutes.

Directions for Cooking Poultry Pieces



Arrange pieces skin-side up, and evenly spread in a shallow dish.



For microwave cooking, cover dish with plastic wrap. For Steam + microwave cooking, do not add liquid and do not cover.

Poultry Chart

Food	Weight/Quantity	Power Level	Cooking Time (approx.)	Instructions
Chicken breasts (boneless and skinless)	250 g	STEAM 1	30 mins	Fill the water tank. Place on Grill Tray in upper shelf position.
Chicken legs	1.0 kg	Grill 1	30 mins	Place on Grill Tray in lower shelf position. Turn halfway.
Whole chicken	per 500 g	190 °C	30-35 mins	Preheat the oven. Place chicken on Grill Tray in lower shelf position. Turn halfway.
Duck breast (fillets)	400 g	200 °C	40 mins	Preheat oven. Prick the skin and place on Grill Tray in lower shelf position.
Whole duck	per 500 g	190 °C	27-30 mins	Preheat the oven. Place duck on Grill Tray in lower shelf position. Turn halfway.
Turkey breasts (boneless and skinless)	350 g	STEAM 1	30 mins	Fill the water tank. Place on Grill Tray in upper shelf position.

GREEN PEPPER CHICKEN 



Serves: 4

Ingredients:

20 g	butter
500 g	chicken breast fillets, sliced
2 tablespoons	green pepper corns
1 teaspoon	chicken stock powder
1 tablespoon	seeded mustard
2 tablespoons	lemon juice
½ cup	cream

Method:

Place butter in a 3-litre dish. Cook on 1000 W for 20 seconds. Add chicken and cook on 800 W for 8 to 10 minutes, stirring halfway through cooking. Mix together remaining ingredients and pour over chicken. Cook on 1000 W for 2 to 3 minutes.

CHICKEN CACCIATORE  + 

Serves: 4

Ingredients:

1 kg	chicken drumsticks
400 g	can tomatoes, diced
¼ cup	tomato paste
1 teaspoon	minced garlic
1	onion, sliced
2 teaspoons	dried oregano
¼	red capsicum, sliced

Method:

In a 3-litre dish mix all the ingredients. Cover and cook on Combination 1 for 15-20 minutes. Stir, uncover and cook for a further 15 minutes.

ROAST HERB CHICKEN  + 

Serves: 4

Ingredients:

1.5 kg	chicken
60 g	butter
1 tablespoon	chopped rosemary
1 tablespoon	parsley

Method:

Place butter in a 2 cup jug. Cook on 800 W for 40 seconds. Add rosemary and parsley. Tie legs of chicken together with string. Brush with butter mixture. Place breast side down on rack with a saucer underneath to catch drips. Set Combination 1 for 25 minutes. Turn over. Set Combination 1 for 20-25 minutes.

ITALIAN CHICKEN CASSEROLE  + 

Serves: 4 to 6

Ingredients:

1 tablespoon	oil
1 clove	garlic, crushed
1.2 kg	chicken pieces
250 g	baby onions
	peeled and left whole
400 g	can tomatoes
¼ cup	tomato paste
½ teaspoon	marjoram
½ teaspoon	oregano
100 g	button mushrooms
20	black olives
2 tablespoons	chopped parsley
	salt and pepper

Method:

Place all ingredients into a 3-litre casserole dish and mix well. Cover.

To Cook by Combination:

Cook on Combination 1 for 45 to 50 minutes. Stir halfway through cooking.

COQ AU VIN  + 

Serves: 4 to 6

Ingredients:

12	pickling onions
4	slices streaky bacon, rinds removed, bacon chopped
	chicken pieces
1.2 kg	button mushrooms, washed and dried
125 g	hot chicken stock
¾ cup	red wine
¼ cup	red wine
2	cloves garlic, crushed
20 g	butter, cut into pieces
1 teaspoon	mixed herbs
	freshly ground black pepper

Method:

Place onion and bacon into a 3-litre casserole dish and cook on 1000 W for 2 to 3 minutes. Add remaining ingredients and combine well.

To Cook by Combination:

Cover and cook on Combination 1 for 30 to 35 minutes. Remove lid, stir and rearrange chicken pieces. Continue to cook on Combination 1 for 15 to 20 minutes. Stand 10 minutes before serving.

PARMESAN CRUSTED CHICKEN

Serves: 4

Ingredients:

1 kg	chicken breast fillets
40 g	butter
2	cloves garlic, crushed
1 cup	fresh breadcrumbs
¼ cup	chopped parsley
½ cup	grated fresh Parmesan cheese

Method:

Trim chicken fillets and place in a single layer onto Grill Tray. Set aside. Place butter into a small dish and melt on 600 W for 1 minute. Preheat oven to 200 °C. Brush butter over chicken fillets and sprinkle with combined remaining ingredients put Grill Tray in lower shelf position. Cook at 200 °C for 35 minutes or until cooked through and golden brown.

CHICKEN PIE

Serves: 4 to 6

Ingredients:

500 g	chicken thigh fillets, diced
60 g	butter
1	onion, chopped
100 g	mushrooms, sliced
¼ cup	flour
1 cup	milk
1 teaspoon	mixed herbs
1 teaspoon	French mustard
	pepper to taste
½ cup	grated Swiss cheese
2	sheets ready rolled puff pastry

Method:

Place chicken into a 3-litre casserole dish and cook on 800 W for 5 to 6 minutes. Place butter and onion into a 2-litre dish and cook on 1000 W for 2 minutes. Stir in flour, cook on 1000 W for 1 minute and gradually add milk. Stirring constantly. Cook on 1000 W for 2 to 3 minutes stir every minute or until thick. Add herbs, mustard, pepper cheese and mushrooms, mix well. Stir through chicken and set aside.

To Cook by Oven:

Preheat oven to 200 °C. Grease a 20 cm pie dish, line with one sheet of pastry. Add chicken filling and cover with other sheet of pastry. Trim edges. Place on Grill Tray in lower shelf position and cook on 200 °C for 30 to 40 minutes.

ROAST CHICKEN IN SPINACH

Ingredients:

1 kg	chicken (cut open from breast, cut slit at the thigh area)
400 g	spinach

Sauce:

40 g	garlic
15 g	oregano leaves
30 ml	lemon juice
30 ml	vegetable oil
30 g	oyster sauce
1 teaspoon	sesame oil
1 teaspoon	salt
½ tablespoon	dark soya sauce
2 teaspoons	coarse black pepper

Method:

To Make Sauce:

Mix garlic, oregano leaves, lemon juice, vegetable oil, oyster sauce, sesame oil, salt, dark soya sauce and coarse black pepper well.

Seasoned chicken with sauce for about 2-3 hours. Leave aside. Place chicken in an oven proof plate, put on Grill Tray.

Preheat oven at 210 °C till hot. Bake chicken at 210 °C for about 50-55 minutes in lower shelf. (turn over at ½ time)

Remove chicken from dish, next add spinach into the chicken sauce, cook on 1000 W for 2-3 minutes. (stir at ½ time). Serve the chicken with the spinach.

STUFFED ROAST CHICKEN  + 

Serves: 4 to 6

Ingredients:

1.5 kg chicken
2 tablespoons melted butter
salt and pepper

Stuffing:

1 tablespoon butter
1 small onion, finely chopped
2 rashers bacon, rind removed and
bacon finely chopped
1 tablespoon parsley, finely chopped
1 teaspoon mixed herbs
1½ cups cooked rice
1 egg
salt and pepper

Method:

Clean and pat dry chicken with paper towel. Brush chicken with melted butter. Season chicken. Set aside.

To prepare stuffing, melt butter in a 1-litre casserole dish on 1000 W for 30 seconds. Add onion and bacon and cook on 1000 W for 2 minutes. Add all remaining ingredients and mix well. Place stuffing into chicken. Secure opening with tooth picks. Tie legs together with string. Place chicken breast side down on a saucer up side down in a microwaveable pyrex dish.

To Cook by Combination:

Prepare chicken with stuffing as above. Cook on Combination 1 for 40 minutes. Turn over halfway through cooking.

CHINESE CHICKEN WINGS 

Makes: 16

Ingredients:

16 chicken wings
½ cup bottled teriyaki sauce
2 tablespoons tomato sauce
1 tablespoon worcestershire sauce
1 clove garlic, crushed
2 tablespoons honey

Method:

Place chicken wings in a 12-cup heat-proof dish. Add all remaining ingredients. Stir well. Cover and leave to marinate overnight. Remove marinade and put the chicken wings on the Wire Rack with the dish underneath to catch drips. Cook on Grill 1 for 24 minutes, turning once after 8 to 10 minutes. Stir halfway through cooking.

SPICY CHICKEN WINGS 

Serves: 4

Ingredients:

18 oz. chicken wings
A
2 tablespoons cooking wine
1 tablespoon cornstarch
2 teaspoons ginger, crushed
4 teaspoons oil
pinch white pepper, salt
B
1 onion, chopped
1½ tablespoons dried red chili
2 teaspoons oil

Method:

Wash the chicken wings, pierce them with a fork several times and drain. Mix with A and marinate for 20 minutes. Place prepared chicken wings on Grill Tray lined with aluminium foil in the lower shelf position with skin side down. Cook on 200 °C for 30 minutes, then cook on Grill 1 for a further 5 minutes, turn over halfway through cooking. Put B into a microwave-safe dish, cook at 1000 W for 2 to 2½ minutes. After cooking, stir in chicken wings and serve.

MARINATED CHICKEN BREAST WITH BROCCOLINI  + 

Serves: 4 to 5

Ingredients:

4 chicken breast fillets
9 oz. broccolini

Marinade:

3 tablespoons fish sauce
3 tablespoons sake
3 tablespoons mirin
2 teaspoons sugar
juice of 1 lime

Method:

Mix all the marinade ingredients together. Place the chicken in a heat-proof shallow dish and pour the marinade over the chicken. Marinate for 4 hours or overnight. Fill water tank. Place the chicken and marinade in its dish on Grill Tray in the lower shelf position. Cook on Steam + Microwave for 35 minutes or until the chicken is cooked. Place the broccoli on top of the chicken 5 minutes before the end of the cooking time. Refill water tank if necessary. To serve, place the chicken and broccoli on a plate. Pour sauce over the chicken and broccoli.

PEPPER AND SESAME FRIED NUGGETS

Serves: 6

Ingredients:

400 g (2 pieces)	chicken leg
7 tablespoon	corn starch
3 tablespoon	cooked sesame
A: 1 tablespoon	cooking wine
1 tablespoon	soy sauce
30 g	beaten egg
$\frac{3}{8}$ tablespoon	salt
Moderate	pepper

Method:

1. The thickness of the chicken must be even, and cut into 4 cm blocks (approximately 30 g each). Put into the container with A, stir evenly (leave it standing for 10 minutes for a stronger flavor). Put corn starch and meat into the bowl, rub thoroughly until there is no powder left.
2. Sprinkle sautéed sesame in 1. Place onto the Grill Tray with the skin side up, and put the tray in the upper shelf. Choose crispy grill and cook for 11-12 minutes.

HONEY SESAME DRUMSTICKS + +

Serves: 4

Ingredients:

8 (1 kg)	chicken drumsticks
1 teaspoon	chopped garlic
1 teaspoon	chopped ginger
$\frac{1}{4}$ cup	soy sauce
$\frac{1}{4}$ cup	honey
2 tablespoons	sesame seeds

Method:

Marinate chicken in remaining ingredients for 2 hours. Drain from marinade and arrange on Wire Rack with a dish underneath to catch drips. Cook on Combination 1 for 15 minutes, turn and cook for a further 18-20 minutes, then cook on steam+grill for 10-11 minutes.

PEANUT SATAY

Serves: 4

Ingredients:

750 g	boneless chicken, (cut into 2.5 cm cubes)
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Marinade:

$\frac{1}{2}$ teaspoon	caraway seeds
1 teaspoon	ground coriander
1	clove garlic, crushed
1 tablespoon	brown sugar
1 tablespoon	soy sauce
1 tablespoon	lemon juice
	pinch salt
	bamboo skewers

Satay Sauce:

3	red chillies, seeded and finely chopped
2	cloves garlic, crushed
1 cm	piece ginger, grated
1 teaspoon	salt
$\frac{1}{2}$ cup	peanut butter
1 cup	water
$\frac{1}{4}$ cup	sultanas
$\frac{1}{4}$ cup	raisins
$\frac{1}{2}$ cup	vinegar
$\frac{1}{2}$ cup	sugar
$\frac{1}{2}$ cup	peanuts
$\frac{1}{4}$ cup	chutney (optional)

Method:

Combine all marinade ingredients in a bowl with chicken meat and marinate for at least 2 to 3 hours. Combine all sauce ingredients in a 6-cup jug and cook on 1000 W for 8 to 10 minutes, stirring halfway through cooking. Puree sauce in a blender or food processor. Set aside. Thread chicken meat onto bamboo skewers and place on Wire Rack with a dish underneath to catch drips. Cook on Grill 1 for 18 minutes, turning over, and then cook on Grill 1 for 9 minutes further of until cooked. Serve with satay sauce.

Tip: To reheat sauce: Cook on 1000 W for 1 to 2 minutes.

FRIED CHICKEN 

Makes: 16

Ingredients:

12 pieces (400 g) Chicken wings
 1 Egg
 70 g Bread flour
 35 g Corn starch

Seasonings:

2 tablespoon Oil
 taste Fish sauce
 taste Salt
 taste Light soy sauce
 taste Chinese 5 - spice

Method:

1. Marinate chicken wings with salt, light soy sauce, fish sauce, and Chinese 5 - spice for at least half an hour.
2. Stir in drop of oil with bread flour.
3. Coat marinated chicken wings with a thin layer of corn starch, and soak completely in beaten eggs, then wrapped in seasoned bread flour with an even space.
4. Preheat the oven at 220 °C.
5. After preheating, place Grill Tray in the lower shelf position, set for 15-17 minutes to begin cooking.

GINGER DUCK 

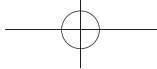
Serves: 2 to 4

Ingredients:

1 tablespoon corn flour
 2 tablespoon water
 A: 80 g young ginger, sliced
 30 g soya bean paste
 10 g garlic, chopped
 2 tablespoon cooking oil
 B: 500 g duck pieces (remove 1 cup water
 1½ tablespoon dark soya sauce sugar, salt,
 pepper to taste

Method:

1. Stir fry ingredients A in a casserole, uncovered on 1000 W for 3-4 minutes.
2. Add ingredients B mix well, cook covered on 1000 W for 8 minutes.
3. Stir in corn flour mixture. Continue to cook duck on 440 W for 35-40 minutes.



Directions for Cooking Tender Cuts of Meat by Microwave



For best results, select roasts that are uniform in shape. Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts.

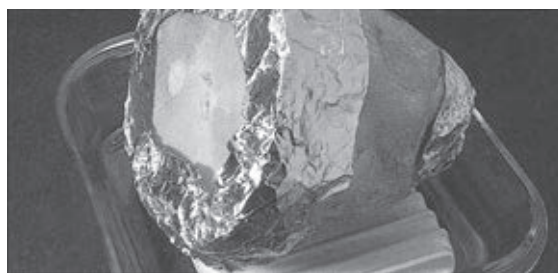


After heating, check temperature using a meat thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. Lower temperatures are found in the centre of the roast and in the muscle close to a large bone, such as a pork loin centre rib roast. If the temperatures are low, return meat to the oven and cook a few more minutes. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.** Let stand, covered with foil, 10 to 15 minutes. During standing time the internal temperature equalises and the temperature rises 5 °C to 10 °C

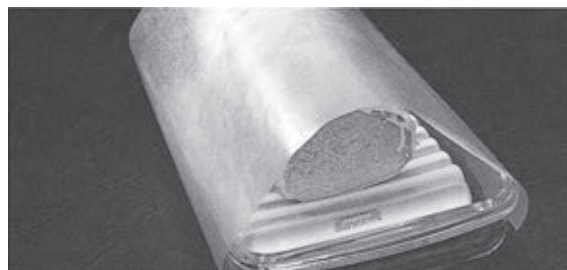


Meats can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones.

The shank, thin ends of boneless roasts should also be shielded.



Half hams should be shielded by wrapping an 8 cm wide strip of foil around the large end of the ham. Secure to the body of the ham with wooden toothpicks. Fold 3 cm over cut surface. For shank ham halves, shield shank bone by cupping it with foil. One third of the way through cooking, remove ham from oven and cut off skin. Turn fat-side up and re shield edges. If desired, glaze last 10 to 20 minutes of cooking.



Loosely cover baking dish with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy.



Canned hams should be shielded on the top cut-edge with a 3 cm strip of foil. Wrap strip of foil around ham and secure to body of ham with wooden toothpicks. Fold 2 cm over cut surface. If desired, glaze last 10 to 20 minutes of cooking.

Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use $\frac{1}{2}$ to 1 cup of soup, broth, etc per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.

If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise, use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape.



Directions for Cooking Meats by Combination

Season roast as desired, but add salt after cooking. Salt can be used for cooking Pork crackling.

Beef, Pork and Lamb Roasts: Place fat-side down on Wire Rack with a heat proof and microwave safe dish underneath to catch drips. Place pork rib roasts, rib tips down on Wire Rack. Shield thin ends, cut edges and bony areas to prevent overcooking. To shield, place a thin strip of foil over top cut edges of roast. Cover tapered thinner section of roast with a small square of foil. (Foil should not touch sides of the oven, as arcing may occur.) Remove foil halfway through cooking time. Always turn meats over halfway through cooking.

Canned Ham (1.5 kg to 2.5 kg): Place on Wire Rack set on a heat proof and microwave safe dish. Shield top cut edge with a 4 cm wide strip of foil. Fold foil over top cut edge and down the sides. (Foil should not touch oven sides, as arcing may occur.)

Pot Roast (1.2 kg to 1.75 kg): Place meat, vegetables and seasonings in large oven proof casserole dish. Cover with a lid. If desired, the pot roast may be cooked in an oven cooking bag. Prepare the oven cooking bag according to package directions. Do not use wire or metal twist-ties. Use the nylon ties provided, or use a piece of cotton string or a strip cut from the oven bag. Place bag in oven proof casserole dish. Place dish on flat table. Always turn meats over halfway through cooking.

As with Microwave cooking, roasts cooked by Combination will continue to cook during the stand time. During stand time check the internal temperature of the roast using a Microwave or conventional thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. If the temperatures are lower than desired, return the roast to the oven and cook a few more minutes.

DO NOT USE A MICROWAVE OR CONVENTIONAL MEAT THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION.

Stand 10 to 15 minutes before carving.

Meat Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Lamb joint - medium - well done	Maximum weight 1.5 kg	180 °C	20 mins per 500 g plus 20-25 minutes 20 mins per 500 g plus 25-30 minutes	Preheat oven. Cook on Grill Tray in lower shelf position. Turn halfway. Wrap in foil and allow to stand for 10 mins after cook- ing.
Lamb chops - medium - well done	400 g (4) 400 g (4)	Grill 1	15 mins 16-18 mins	Place on Grill Tray in upper shelf position. Turn halfway.
Beef joint - rare - medium - well done		220 °C	20 mins per 500 g plus 10-15 mins 20 mins per 500 g plus 20-25 mins 20 mins per 500 g plus 30-35 mins	Preheat oven. Place on Grill Tray in lower shelf position. Turn halfway.
Beef burgers	227 g	Grill 1	15 mins	Place on Grill Tray in upper shelf position. Turn halfway
Steak - medium - well done	150 g 150 g	Grill 1	7-8 mins 9-10 mins	Place on Grill Tray in upper shelf position. Turn halfway
Pork joint	Max weight 1.5 kg	220 °C then 190 °C	30 mins per 500 g plus 60 mins	Preheat oven. Place joint on Grill Tray in lower shelf position. Turn halfway. Leave for 10 mins after cooking and before carv- ing.
Bacon rashers	300 g (8)	Grill 1	8 mins	Place on Grill Tray in upper shelf position,

Main Fare Meats

RACK OF LAMB 

Serves: 4

Ingredients:

2 racks	lamb (approx. 450 g each)
2	cloves garlic, cut into slices rosemary

Method:

Score rack of lamb and insert slices of garlic under skin. Place lamb fat side down on Grill Tray. Sprinkle with rosemary. Cook on 200 °C for 35 to 45 minutes. Stand for 5 minutes before serving.

SEASONED ROAST LAMB  + 

Serves: 4 to 6

Ingredients:

2 kg	lamb leg
1 tablespoon	seeded mustard
1 tablespoon	rosemary

Method:

Place lamb on the Grill Tray in the lower shelf position. Brush with mustard and sprinkle with rosemary. Cook on Combination 1 for 20 minutes cook on 180°C for 80 minutes, add steam shot 3 minutes at half time. Turn over twice during cooking. Cook on Combination 1 for 10 minutes further. Set timer for 10 minutes and allow to stand.

ROSEMARY AND LAMB KEBABS  + 

Serves: 4

Ingredients:

500 g	lamb back strap
¼ cup	lemon juice
1 tablespoon	olive oil
1	clove garlic, crushed
1 tablespoon	rosemary leaves
½ teaspoon	ground cumin
½ teaspoon	ground cardamom

Method:

- Trim and cut lamb into 3 cm cubes. Combine all remaining ingredients in a medium sized bowl. Add lamb, cover and marinate for 2 hours. Thread lamb cubes onto bamboo skewers. Place skewers onto the Wire Rack and cook on Combination 1 for 10-12 minutes, then Grill 1 for 3-5 minutes turning halfway through cooking.

ROAST BEEF  +  + 

Serves: 6

Ingredients:

2 kg	roast beef
	seasoned flour

Method:

Place beef on Wire Rack with a dish underneath, to catch drips. Sprinkle beef with seasoned Flour.

To Cook by Auto menu:

Prepare as above. Select NO.18 (Roast Beef/Lamb), select 2000 g weight, then press Start.

MINI MEATBALLS 

Serves: 4

Ingredients:

500 g	topside mince
1	onion, finely chopped
1	clove garlic, crushed
½ cup	fresh breadcrumbs
1 tablespoon	tomato sauce
	freshly ground black pepper

Sauce:

½ cup	pineapple pieces, reserve juice
½ cup	brown sugar
1 tablespoon	cornflour
½ cup	beef stock
¼ cup	vinegar
2 teaspoons	soy sauce

Method:

Place mince, onion, garlic, breadcrumbs, tomato sauce and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls. Place half of balls onto a paper towel lined dinner plate evenly spread. Cook on 600 W for 6 to 8 minutes, turning halfway through cooking. Set aside. Repeat with remaining mixture.

Sweet and Sour Sauce:

Drain pineapple and reserve pineapple juice. In a jug, combine sugar and cornflour. Add reserved pineapple juice, beef stock, vinegar and soy sauce. Mix well. Cook on 1000 W for 4 minutes. Stir and add pineapple pieces. Cook on 1000 W for a further 2 to 3 minutes. Stir well. Spoon sauce over meatballs and serve.

PEPPER POT BEEF +

Serves: 4 to 6

Ingredients:

1 teaspoon	minced garlic
1	red capsicum cubed
400 g	can tomatoes
500 g	cubed beef
¼ cup	tomato paste
1 tablespoon	Worcestershire sauce
1 tablespoon	cracked pepper

Method:

In a 3 litre dish mix garlic, capsicum, tomatoes, beef, tomato paste, Worcestershire sauce and pepper.

To Cook by Microwave:

Cook on 800 W for 35 to 40 minutes or until meat is tender. Stirring regularly. Serve with steamed rice.

To Cook by Combination:

Prepare as above. Cover and cook on Combination 3 for 25-30 minutes or until beef is tender.

FRENCH ONION BEEF CASSEROLE

Serves: 4

Ingredients:

1	onion, chopped
1 teaspoon	minced garlic
200 g	diced potatoes
600 g	beef, diced
2	carrots, diced
⅓ cup	tomato paste
1½ cups	beef stock
100 g	whole button mushroom
¼ cup	frozen peas

Method:

Place onion and garlic in 3-litre casserole dish. Cook on 1000 W for 1 to 2 minutes. Add remaining ingredients, except mushrooms and peas. Stir until combined. Cover and cook on 1000 W for 8 minutes. Stir and cook on 440 W for 28 to 30 minutes. Add mushrooms and frozen peas. Stir cook on 440 W for 14 to 15 minutes.

ITALIAN SAUSAGE AND PEPPER CASSEROLE +

Serves: 4

Ingredients:

4 cups	boiling water
250 g	pasta shapes
500 g	Italian sausages or chipolatas
2	large onions, diced
2	green capsicums, diced
410 g	tomato purée
½ teaspoon	salt
½ teaspoon	pepper
1	clove garlic, crushed
1 teaspoon	Italian herbs
⅓ cup	Parmesan cheese

Method:

Place water in a 4-litre casserole dish. Add pasta and cook on 1000 W for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Place sausages in a 3-litre casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Drain, slice into 3 cm pieces. Set aside. Place onion and capsicum in a large casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Stir in pasta, sliced sausages, tomato purée, salt and pepper, herbs and half the Parmesan cheese. Cover and cook on Combination 3 for 20 minutes. Remove lid, stir, sprinkle over remaining Parmesan cheese. Cook as above for a further 15 minutes.

BARBECUED SPARE RIBS +

Serves: 4

Ingredients:

1 kg	pork spare ribs
¾ cup	fruit chutney
½ cup	tomato sauce
1 tablespoon	soy sauce
1 tablespoon	Worcestershire sauce

Method:

Place all ingredients into a large pyrex bowl and mix well. Allow the spare ribs to marinate for several hours or overnight. Place spare ribs on Grill Tray in lower shelf position and cook on crispy grill for 28 to 35 minutes. Set steam shot for 3 minutes at halfway through cooking. Serve with rice.

SOUR PLUM PORK RIB

Ingredients:

250 g	pork rib (cut into pieces, pierce meat with fork)
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Sauce:

1 tablespoon	oil
8 pieces	sour plum
1 tablespoon	wine or Hua Teow chiew
2 tablespoons	sour plum powder
1 tablespoon	cornflour
¼ teaspoon	coarse black pepper
3 tablespoons	water

Method:

Seasoned pork rib with sauce A for 1 hour. Cook pork rib with sauce on 1000 W for 4-5 minutes in a microwave safe casserole, covered with lid. (Stir at ½ time)

STICKY RIBS 

Serves: 4

Ingredients:

25 oz. pork spare ribs
1½ cups water

For the glaze

5 oz. orange marmalade preferably
shredless or finely shred
1 oz. dark muscovado sugar
½ cup fresh orange juice
2-inch piece fresh ginger root, peeled
and coarsely grated
5 tablespoons tomato ketchup
2 tablespoons white wine vinegar

Method:

Place the ribs in a single layer in a heat-proof dish with the water. Cover with pierced plastic wrap and place on the bottom of the oven and cook at 300 W for 15 minutes. Drain. Meanwhile, mix together all the ingredients for the glaze in a large bowl. Place on the bottom of the oven and cook at 1000 W for 7 minutes. Pour glaze over ribs and place the dish on Grill Tray in the lower shelf position. Cook on crispy grill for 15-17 minutes, turn over halfway, then cook on Grill 1 for 5 minutes.

CHILLI BEEF 

Serves: 4 to 6

Ingredients:

500 g beef mince
1 diced onion
1 teaspoon minced garlic
35 g packet chilli seasoning mix
400 g can tomato puree
440 g can kidney beans, drained

Method:

1. Place mince, onion, garlic, chilli seasoning and tomato puree in a 3-litre dish. Mix well. Cook on 1000 W for 10 minutes. Stir halfway through cooking.
2. Add kidney beans and cook on 1000 W for a further 10 minutes. Stir halfway through cooking.
3. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

PORK WITH LENTILS 

Serves: 4

Ingredients:

250 g brown lentils
1 large onion, chopped
4 slices smoked bacon,
diced thyme, pinch
1 stock cube
4 smoked sausages
salt
freshly ground black pepper

Method:

1. Whiten the lentils: cover in cold water, bring to the boil on 1000 W for 7 to 8 minutes, drain and allow to cool.
2. Place in the dish with the chopped onion, the diced smoked bacon, a pinch of thyme and the stock cube. Cover with water. Place dish on base of oven. Cook on 1000 W, covered, for 12 minutes then 40 to 50 minutes on 300 W. 20 minutes before the end of the cooking add the smoked sausages. Adjust seasoning before serving.

SWEET AND SOUR GREEN PEPPER WITH MEAT 

Serves: 2

Ingredients:

4 pieces green pepper
(approximately 90 g each)

A:

200 g ground meat
50 g onion (mashed)
10 tablespoon bread flour
2 eggs (90 g without shells)
1 teaspoon salt
moderate pepper
moderate nutmeg

B:

10 tablespoon soup
1 tablespoon custer sugar
4 teaspoon sweet cooking sake
4 teaspoon vinegar
2 teaspoon soy sauce
moderate corn starch (thicken with same amount of water)

Method:

1. Vertically cut the green peppers into two, get rid of the seeds, and coat the inside with corn starch (not listed in the ingredients). Put A into a bowl and stir until it becomes sticky, then put into the green peppers.
2. Lay 1 in the middle of the Grill Tray, put tray in the lower shelf, choose crispy grill and cook for 13-14 minutes.
3. Place B into a small pot, and thicken it with corn starch liquid.
4. Serve 2 in a plate dripped with the soup from 3.

STEAMED BEEF WITH BLACK VINEGAR



Serves: 4 to 6

Ingredients:

300 g	short loin (chunk)
A: 1 tablespoon	corn starch
Moderate	salt, pepper
B: 2 teaspoon	rice wine (or Chinese spirits)
2 teaspoon	black vinegar
2 teaspoon	soy sauce
¼ teaspoon	sesame oil
¼ teaspoon	castor sugar
¼ teaspoon	stock powder
1 teaspoon	garlic (chopped)
Moderate	mustard powder (or Szechuan pepper)
½ stick	scallion stalk
1	small green pepper
Moderate	vanilla (fresh coriander leaves)

Method:

1. Cut meat into 1 cm cubic strips. Sprinkle on A, then marinate with B. Cut scallion stalk into strips of 2 cm long. Slice green pepper.
2. Put 1 in a microwave safe dish, and then place it in the center of the oven. Select Steam 1 for 8 minutes, and then select Steam + Microwave for 4-5 minutes.
3. Remove to plate after heating, relish with vanilla.

CHEESE STEAK

Serves: 4 to 6

Ingredients:

400 g	sirloin
Moderate	salt, pepper
20 g	butter
A: 6 tablespoon	bread flour
6 tablespoon	cheese powder
Moderate	Italian salad dressing
(With diced tomatoes and basil...etc.)	

Method:

1. Heat the butter in a heat-resistant container with a lid, and put it at the center of the oven. Cook on 600 W for 30-40 seconds. Stir A with melted butter, and put aside for later use.
 2. Pat on the sirloin to break the fibers, and lay them out. Sprinkle with salt and pepper. Put them on the center of the tray, put all the bread flour from 1 onto the beef, and then press with hands. Put the Grill Tray in the lower shelf, choose crispy grill, and cook for 6-7 minutes.
 3. Serve on a plate after heated, dripped with the Italian salad dressing containing diced tomatoes and basil according to personal preference.
- suggested cooking time is standard for medium cook steak, adjust time accordingly to personal preference

Directions for Cooking Vegetables

Fresh Vegetables

Place vegetables in a casserole dish. Add 2 to 3 tablespoon of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.

Halfway through cooking, stir, turn vegetables over or rearrange, if required. Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate. Vegetables should be cooked covered with a lid or plastic wrap, when cooking by microwave.

For Steam + microwave cooking, do not add liquid and do not cover.

Frozen Vegetables

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in pouch should be placed in a dish and the top pierced. Vegetables should be cooked covered with a lid or plastic wrap, when cooking by microwave. For Steam + microwave cooking, do not add liquid and do not cover.

Fresh Vegetables Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Asparagus	200 g	Steam + Microwave	5-6 mins	Fill the water tank. Place in a microwave safe and heat-proof dish on base of oven.
Baby corn	200 g		4-5 mins	
Broccoli	250 g		7-8 mins	
Carrots - sliced	200 g		7-8 mins	
Cauliflower	300 g		6-7 mins	
Peas	200 g		4-5 mins	
Boiled potatoes	500 g		14-15 mins	
Jacket potatoes	2 pieces (200 - 250 g each)	Crispy grill	20-22 mins	Place on Grill Tray in lower shelf position.

Frozen Vegetables Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
green bean	200 g	Steam + Microwave	7-8 mins	Fill the water tank. Place in a microwave safe and heat-proof dish on base of oven.
Sweetcorn	200 g		7-8 mins	
Broccoli	250 g		7-8 mins	
Carrots - sliced	200 g		6-7 mins	
Cauliflower	250 g		9-10 mins	
Mix vegetable	200 g		7-8 mins	
Peas	200 g		6-7 mins	

SAVOURY BRUSSELS SPROUTS

Serves: 4

Ingredients:

500 g	Brussels sprouts
2 tablespoons	butter
150 g	bacon, finely chopped
1	onion, finely chopped
1 teaspoon	chopped basil
1 teaspoon	sugar

Method:

Wash and trim Brussels sprouts. Place in a covered 2-litre casserole dish.

To Cook by Microwave:

Cook on 800 W for 7 to 9 minutes. Drain.

To Complete:

Place remaining ingredients in a 2-litre casserole dish. Cook on 1000 W for 3 to 5 minutes. Add Brussels sprouts and cook on 1000 W 1 to 2 minutes. Serve.

HERBED VEGETABLES

Serves: 6 to 8

Ingredients:

200 g	sliced snow peas
200 g	sliced carrots
200 g	sliced zucchini
2 tablespoons	chopped parsley

Method:

In a 2-litre dish combine all vegetables. Cover and cook on 1000 W for 3 minutes. Stir and Cook on 1000 W for a further 3 minutes.

FRITTATA

Serves: 4

Ingredients:

400 g (approx. 4)	potatoes thinly sliced
1	onion, peeled and sliced
½	red capsicum, finely sliced
½	green capsicum, finely sliced
1	medium sized tomato, chopped
2 tablespoons	chopped basil
4	eggs
½ cup	sour cream
	salt and pepper
½ cup	grated tasty cheese

Method:

Place potatoes and onion into a 2-litre shallow dish and cook on 1000 W for 5 to 7 minutes. Prepare remaining vegetables. Beat together eggs and sour cream, season with salt and pepper. Stir in basil. Add all remaining vegetables to dish. Pour over egg mixture and cook on 1000 W for 4 to 5 minutes. Sprinkle with cheese and cook on 800 W for a further 8 to 10 minutes. Allow to stand covered for 5 minutes before serving.

CHEESE AND HAM FILLED POTATOES

Serves: 4

Ingredients:

4 (800 g)	large sized potatoes (pierced)
100 g	ham, finely diced
3 tablespoons	snipped chives
40 g	butter
½ cup	grated Cheddar cheese

Method:

Place potatoes on a dinner plate. Cook on 800 W for 16-18 minutes. Allow to stand for 4 minutes. Cut off tops of potatoes and scoop out filling. Mash filling with remaining ingredients. Spoon filling into potatoes. Put potatoes on Grill Tray in lower shelf position. Cook on Grill 1 for 6 to 8 minutes.

DUCHESS POTATOES

Serves: 4

Ingredients:

500 g	potatoes, peeled and quartered
¼ cup	water
1	egg, lightly beaten
¼ cup	cream
	salt and white pepper

Method:

Place potatoes and water in a 2-litre casserole dish. Cover and cook on 1000 W for 12-13 minutes. Drain well and mash. Add egg and cream, mix until smooth. Season to taste with salt and pepper. Grease the Grill Tray with melted butter. Place potato mixture into a piping bag and pipe mixture into approximately 5 cm circles on the Grill Tray. Place Grill Tray in oven in the upper shelf position and cook on crispy grill for 6-7 minutes.

POTATO CASSEROLE

Serves: 4 to 6

Ingredients:

750 g	sliced potatoes
1 cup	sour cream
¼ cup	milk
3	green onions, sliced
2	bacon rashers, chopped
½ cup	grated cheese

Method:

In a 2-litre dish place potatoes, sour cream and milk. Place in the oven and cook on Combination 1 for 27-29 minutes. Top with green onions, bacon and cheese. Cook on Grill 1 for 10-11 minutes.

To Cook by Microwave:

Cover and cook on 1000 W for 18 to 20 minutes. Stand covered for 5 to 10 minutes before serving.

TOMATO AND ONION 

Serves: 4

Ingredients:

600 g (approx. 3) tomatoes, thinly sliced
 1 onion, thinly sliced
 ½ teaspoon basil
 salt and pepper to taste

Method:

Place all ingredients in a 2-litre casserole dish. Cook covered on 1000 W for 7 to 10 minutes. Serve with barbecued steak or grilled meat.

POTATO WEDGES 

Serves: 4

Ingredients:

500 g potatoes
 oil, for brushing

Method:

Cut potatoes into wedges. Place in shallow dish. Cook on 1000 W for 6 minutes. Brush with oil. Place dish on Grill Tray in lower shelf position. Cook on Grill 1 for 15 minutes, turn over halfway.

CURRIED CREAMY BEANS 

Serves: 4

Ingredients:

2 cups frozen green beans
 2 tablespoons cream cheese
 2 tablespoons sour cream
 2 green onions, finely sliced
 ½ teaspoon curry powder
 ¼ teaspoon salt

Method:

Place beans in a 2-litre casserole dish. Cover and cook on 1000 W for 4 to 6 minutes. Drain and allow to stand, covered. Mix remaining ingredients in a jug or a small bowl. Pour over beans and mix well. Cook on 1000 W for 30 to 60 seconds. Serve hot.

CAULIFLOWER AU GRATIN 

Serves: 2 to 4

Ingredients:

500 g cauliflower
 trimmed and cut into pieces
 2 tablespoons water
 2 tablespoons butter
 1 small onion, finely chopped
 2 tablespoons flour
 1 cup milk
 ½ cup grated tasty cheese
 2 tablespoons fresh bread crumbs

Method:

Place cauliflower and water in a covered shallow casserole dish. Cook on 1000 W for 7-8 minutes. Stand covered while making sauce.

To Make Sauce:

Place butter and onion in a 4-cup glass jug. Cook on 1000 W for 2 to 3 minutes. Stir in flour and cook on 1000 W for 1 minute. Add milk gradually. Stir well. Cook on 1000 W for 4 minutes, stirring halfway through cooking.

To Complete:

Drain cauliflower and pour over sauce. Sprinkle with cheese and breadcrumbs. Place a dish on Grill Tray in lower shelf position and cook on Grill 1 for 7½-8 minutes.

OYSTER SAUCE GREEN VEGETABLE 

Serves: 2 to 4

Ingredients:

250 g pak choy (remove older leaves, leave 12-15 cm length)

A:
 2 tablespoons oyster sauce
 1 teaspoon soy sauce
 2 g castor sugar
 1 teaspoon sesame oil
 4 tablespoons hot water
 1 g corn starch

Method:

Wash pak choy, cross leaves with stem, wrap securely with plastic wrap. Put the wrapped food into a microwave safe container, cook for 2½ minutes at 1000 W with lid, take it out and rinse with cold water quickly, drain the pak choy and cut into 6-7cm strips, place it in a dish. Use another microwave safe container, put A into it, stir uniformly and fry for 1 minute at 1000 W without lid. Take it out and pour over the cabbage mustard and serve.

ROASTED MUSHROOMS +

Serves: 2

Ingredients:

250 g mushroom (or other kinds)

sauce:

taste olive oil
taste spiced salt

Method:

1. Wash mushrooms, then drain and pat dry with kitchen paper.
2. Brush the surface with olive oil.
3. Preheat oven at 220°C.
4. After preheating, put the Grill Tray in lower shelf position, set the 12 minutes, press start.
5. Sprinkle with spiced salt and serve immediately.

BAKED EGGPLANT AND HAM

Serves: 2

Ingredients:

300 g (4 medium size) eggplant
Moderate salt
Moderate pepper
4 teaspoon olive oil
2 pieces tenderloin ham (cut vertically into 4 pieces)
4 pieces basil leaves (rip into two)
6 tablespoon pizza sauce (sold on market) (or ketchup)
40 g natural cheese (for pizza)
2 tablespoon cheese powder

Method:

1. Remove the peel of the eggplant with a spacing of 2 cm, and then cut vertically into 3-4 pieces. Marinate in salt water for a moderate amount of time, keep for later after the bitterness is gone. After drying, sprinkle the eggplants with salt, pepper, and olive oil. Place them on a heat-resistant flat plate, and then put the plate at the center of the oven without plastic wraps. Cook on 600 W for 8 minutes.
2. On the 15 cm diameter heat-resistant plate, place 1/3 eggplants, and place a half the amount of ham and basil on top. Then, place on top in order: eggplant, ham, basil, and eggplant. Drip the pizza sauce from above, then place natural cheese, and sprinkle with cheese powder in order. Place them in the center of the Grill Tray, and put the tray in lower shelf position. Select crispy grill and cook for 8-10 minutes.

FRENCH SEASONABLE VEGETABLES

Serves: 2

Ingredients:

1 medium size eggplant
1/2 piece sweet pepper
1/2 piece zucchini
1/2 piece garlic
moderate salt
moderate pepper

A:

50 g tomato
1 tablespoon olive oil

Method:

1. Cut the eggplant, sweet pepper, and zucchini into 2 cm cubes. Slice the garlic.
2. Put 1 and A into a deeper heat-resistant container, stir evenly. Put the container at the center of the oven with the lid, select 600 W and cook for 7-8 minutes.
3. After heated, flavor with salt and pepper.

STUFFED COURGETTES +

Serves: 4

Ingredients:

18 oz. courgettes, halved lengthways
2 teaspoons extra virgin olive oil

For the stuffing:

3 tablespoons dried white bread crumbs
2 tablespoons pine nuts
3 spring onions, trimmed and finely sliced
1 clove garlic, crushed
1 teaspoon dried thyme leaves
2 tablespoons Parmesan, finely grated

Method:

Fill water tank. Place courgettes on the Grill Tray in the lower shelf position. Cook on Steam 1 for 15 minutes. Mix all the ingredients for stuffing together in a bowl. Sprinkle the mixture on top of the courgettes and drizzle with the remaining olive oil. Return to the oven and bake at 200°C on Grill Tray in the lower shelf position for 25 minutes.

Directions for Cooking Rice and Other Grains by Microwave

Select a appropriate microwave safe container, always allow at most 1/2 depth of volume for evaporation to prevent boiling over. Cook as the chart on next page.



For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

Directions for Cooking Pasta by Microwave

Select a appropriate microwave safe container, always allow at most 1/2 depth of volume for evaporation to prevent boiling over. Cook as the chart on next page. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered for 5 minutes.



Drain and rinse before serving.

Directions for Cooking Hot Cereal by Microwave

Combine 1/4 cup of quick cooking oats, pinch salt and 2/3 cups hot tap water in a breakfast bowl.



Cook on 1000 W for 1 to 2 minutes, stirring halfway through cooking.

Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

Rice and Other Grains Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Basmati	250 g	1000 W	11 mins	Use a 5 L microwave safe container. Add 550 ml boiling water. Cover partly and stir halfway.
Easy cook long grain	250 g	1000 W	13 -15 mins	
Long grain white	250 g	1000 W	11-13 mins	

Dried Pasta Chart

Food	Weight/ Quantity	Power Level	Cooking Time (approx.)	Instructions
Fusilli	200 g	1000 W	10 mins	Use a 5 L microwave safe container. Add 550 ml boiling water and 15 ml oil. Cover partly and stir halfway.
Macaroni	200 g	1000 W	10 mins	
Penne	200 g	1000 W	10 mins	
Spaghetti	250 g	1000 W	8-10 mins	
Linguine	250 g	1000 W	12 mins	
Tagliatelle	250 g	1000 W	12 mins	

SEASONED RICE 

Serves: 6 to 8

Ingredients:

1	onion chopped
1 cup	long grain rice
1 teaspoon	thyme
2½ cups	chicken stock
¼ cup	slivered almonds, toasted
¼ cup	sultanas

Method:

In a 3-litre dish place onion, rice, thyme and chicken stock. Cook on 1000 W for 15 minutes. Stir. Cover. Stand for 10 minutes. Add almonds, and sultanas, and serve.

PAELLA 

Serves: 6 to 8

Ingredients:

500 g	mussels in shell
¼ cup	water
1	green capsicum, sliced
1	red capsicum, sliced
2	onions, sliced
1	clove garlic, crushed
2 tablespoons	butter
2 cups	long grain rice
440 g can	peeled tomatoes, roughly chopped
1½ cups	hot chicken stock
	pinch saffron powder
1½ cups	cooked diced chicken
200 g	peeled green prawns

Method:

Place mussels and water into a 3-litre dish, cover and cook on 800 W for 4 to 5 minutes. Set aside. Place capsicums, onions, garlic and butter into a 4-litre dish and cook on 1000 W for 4 to 6 minutes. Add rice and stir well. Cook on 1000 W for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on 1000 W for 16 to 18 minutes. Stir in chicken, prawns and mussels and cook on 800 W for 4 to 6 minutes. Stand for 5 minutes before serving.

CHICKEN RISOTTO 

Serves: 4

Ingredients:

300 g	fresh asparagus, chopped
2 tablespoons	olive oil
1½ cups	arborio rice
1	clove garlic, crushed
4 cups	boiling chicken stock
2 cups	coarsely chopped cooked chicken
¼ cup	grated fresh parmesan cheese
¼ cup	cream
	ground black pepper
	coarsely grated parmesan cheese

extra

Method:

Place asparagus into a 2-litre dish and cook on 1000 W for 1 minute. Set aside. Place oil, rice and garlic in a large microwave safe bowl. Cook covered on 1000 W for 1 minute. Add 2 cups of boiling chicken stock, cook on 1000 W for 5 minutes. Stir twice during cooking. Add remaining chicken stock and cook on 1000 W for another 5 minutes. Add remaining ingredients along with asparagus and stir into risotto. Cook covered on 1000 W for 3 minutes. Stand for 5 minutes. Serve topped with extra parmesan and black pepper.

CREAMY SUN-DRIED TOMATO PENNE 

Serves: 4

Ingredients:

250 g	penne
5 cups	boiling water
½ cup	sun-dried tomatoes in oil, drained
1 cup	basil leaves
¼ cup	toasted pinenuts
⅓ cup	grated parmesan cheese
300 ml	cream
½ cup	sliced ham
¼ cup	grated parmesan cheese, extra

Method:

Place pasta and water in a 4-litre casserole dish. Cook on 1000 W for 14 to 16 minutes. While pasta is cooking, prepare sauce. Place all ingredients except ham and extra parmesan cheese in a blender, process until smooth. Drain pasta and add sauce. Serve topped with ham and extra parmesan cheese.

HUMMUS

Ingredients:

1 cup	chick peas, water for soaking
3 cups	boiling water
2 tablespoons	lemon juice
2 teaspoons	turmeric
¼ cup	tahini (sesame paste)
1 tablespoon	minced garlic
2 tablespoons	olive oil

Method:

Place chickpeas and water into a 4-litre casserole dish and soak overnight. Drain. Place chickpeas and boiling water into a 3-litre casserole dish and cook on 600 W for 25 to 30 minutes. Drain, process with remaining ingredients.

PENNE PUTTANESCA

Serves: 6

Ingredients:

500 g	Penne Pasta
2 litres	boiling water
1 tablespoon	olive oil
3 cloves	garlic, crushed
1 teaspoon	dried chilli flakes
1 kg (approx 5)	tomatoes, roughly chopped
200 g	kalamats olives, pitted
8	anchovy fillets, drained and chopped
⅓ cup	capers, drained and rinsed
⅓ cup	flat leaf parsley, chopped
2 tablespoons	finely shredded basil leaves

Method:

Place pasta and boiling water into 4-litre dish. Stir and cook on 1000 W for 12 to 14 minutes or until tender. Drain and set aside. Place oil and garlic into a 2-litre dish and cook on 1000 W for 1 minute. Stir in chilli and tomatoes. Cover and cook on 1000 W for 5 minutes, stir halfway through cooking. Add remaining ingredients and cook on 1000 W for a further 10 minutes or until tomatoes break down and sauce has thickened. Stir sauce into pasta. Cover and cook on 1000 W for 2 to 3 minutes to heat through. Season and serve topped with extra basil leaves or parsley.

PRAWN RISOTTO

Serves: 4

Ingredients:

1	onion, finely chopped
1	garlic clove, crushed
25 g	butter
225 g	brown cap mushrooms, quartered
225 g	Arborio (risotto) rice
	juice and rind of 1 lemon
3 ml	saffron strands, crushed
300 ml	hot vegetable stock
300 ml	white wine
100 g	frozen peas
300 g	cooked peeled prawns
30 ml	finely chopped chives

Method:

1. Put the onion, garlic, butter and mushrooms in a large bowl. Place on base of the oven and cook on 1000 W for 5 minutes.
2. Add rice, juice and rind of the lemon, saffron, stock and wine to the mushroom mixture. Cover and cook on 1000 W for 8 minutes.
3. Stir risotto. Add peas, re-cover and cook on 1000 W for 4 minutes.
4. Add the prawns and chives and cook on 600 W for 3 to 4 minutes. Leave to stand for 2 to 3 minutes and serve.

SPICY TUNA PASTA BAKE

Serves: 4

Ingredients:

250 g	fusilli
1 litre	boiling water
5 ml	olive oil
	1 red and 1 yellow pepper, sliced
2	cloves of garlic, crushed
5 ml	crushed dried chillies
2 x 400 g	tins chopped tomatoes
1 teaspoon	granulated sugar
2 x 200 g	tins tuna, drained and flaked
25 g	fresh breadcrumbs
30 ml	grated parmesan

Method:

1. Place fusilli in water. Cover, place on the base of oven and cook on 1000 W for 10 minutes, or until soft. Leave to stand for 2 to 3 minutes. Drain.
2. Place the oil and peppers in the casserole dish and cook on 1000 W for 5 minutes, until the peppers have slightly softened.
3. Add the garlic and chilli to the pepper mixture and cook on 1000 W for 1 minute.
4. Add the tomatoes and sugar, stir and cook on 1000 W for a further 5 minutes.
5. Stir tuna and fusilli into the tomato and pepper mixture until coated. Top with breadcrumbs and parmesan. Place the dish on Grill Tray in lower shelf position and cook on Grill 1 for 5 to 7 minutes, or until golden.

SEAFOOD RICE AU GRATIN 

Serves: 4

Ingredients:

12	Shrimps
taste	Salt
taste	Black peppe
1 teaspoon	Lemon juice
1 teaspoon	Fish sauce
2 teaspoon	Ginger juice
80 g	Cream cheese
4 teaspoon	Residual water after cooking shrimp
¼ teaspoon	Salt
2 teaspoon	Black pepper
A: 240 g	Rice
2 teaspoon	Olive oil
¼ teaspoon	Salt
2 teaspoon	Black pepper
2	Sweet red chili
40 g	Mozzarella cheese (soften)
2 teaspoon	Bread powder
2 g	Parsley

Method:

1. Devein and shell the shrimps, marinate with salt and black pepper, bring to heat on 1000 W with lemon juice, fish sauce and ginger juice for about 30 seconds.
2. Mix cream cheese with residual water after cooking shrimp, add in salt and black pepper to taste.
3. Place aluminum foil on Grill Tray, remove seeds of red chili and halve crosswise, stuffed with A and press firmly, add in cream cheese, mozzarella cheese and bread powder and place on Grill Tray.
4. Preheat oven to 200°C.
5. Please Grill Tray in lower shelf position , cook on 200 °C for 30 minutes.
6. After cooking, garnish with parsley to serve.

SPAGHETTI WITH BACON IN TOMATO SAUCE 

Serves: 2

Ingredients:

pinch	salt, pepper
5.5 oz.	spaghetti
2¾ cups	boiling water
A: 5 oz.	canned tomatoes
2 oz.	sliced bacon, chopped
2 oz (⅓)	onion, sliced
½	clove garlic, crushed
½	chili, sliced
1 tablespoon	olive oil

Method:

Pour boiling water over spaghetti in a heat-resistant container. Cook at 1000 W for 10 minutes, making sure spaghetti is completely submerged after 2 minutes and stirring after 6 minutes. Remove the spaghetti once cooked through and set aside. Put A into the container and stir. Place the container in the center of the oven and cover, cook at 600 W for 8 to 10 minutes. Add salt and pepper to taste.

MACARONI AND CHEESE 

Serves: 4 to 6

Ingredients:

60 g	butter
2	onions, finely chopped
2 tablespoons	flour
2 cups	milk
1 cup	grated tasty cheese
6 cups	cooked macaroni, drained well
½ cup	extra grated tasty cheese
	paprika

Method:

Place butter and onions in a 2-litre casserole dish and cook on 1000 W for 5 minutes. Add flour, mix well and cook on 1000 W for 1 minute. Blend in milk and cook on 1000 W for 4 to 5 minutes, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish. Top with extra cheese and sprinkle with paprika. Cook on 1000 W for 6 to 8 minutes.

CARAMEL BANANA CAKE

Makes: 1 × 20 cm ring cake

Ingredients:

125 g	butter, softened
¾ cup	brown sugar
2	eggs, lightly beaten
1 cup	mashed banana
1½ cups	self-raising flour
1 teaspoon	bicarbonate of soda
¾ cup	sour cream
1 tablespoon	milk
½ cup	pecans, roughly chopped

Caramel Icing:

40 g	butter
½ cup	brown sugar
2 tablespoons	sour cream
¼ cup	pecans, roughly chopped
1½ cups	icing sugar

Method:

To Cook by Oven:

Preheat oven to 180 °C. Cream butter and sugar until light and fluffy. Beat in eggs until combined. Stir in banana. Fold in sifted dry ingredients alternately with sour cream and milk. Stir in pecans. Pour into greased 20 cm ring pan. Place on Grill Tray in lower shelf position and cook for 45-47 minutes or until cooked, cap the cake with aluminum foil after 30 minutes. When cool, spread with caramel icing.

Caramel Icing:

Melt butter and brown sugar on 1000 W for 2 minutes. Stir until well combined. Do not boil. Add sour cream, stir in icing sugar. Spread over cooled cake. Decorate with pecans.

COCONUT AND APRICOT CAKE

Makes: 1 × 20 cm round cake

Ingredients:

1 cup	chopped dried apricots
1 cup	apricot nectar
125 g	butter, softened
¾ cup	raw sugar
2	eggs, separated
1½ cups	self-raising flour
1½ cups	coconut

Method:

To Cook by Oven:

Preheat oven to 170 °C. Place apricots and nectar in a small bowl. Cook on 1000 W for 3 to 5 minutes. Grease and line a deep 20 cm round pan. Cream butter and sugar until light and fluffy. Beat in egg yolks, one at a time until combined. Stir in coconut and half the sifted flour and apricot mixture. Stir in remaining flour and apricots. Beat egg whites until soft peaks form. Fold into mixture and spread into prepared pan. Place on Grill Tray in lower shelf position and cook for 50 to 60 minutes. Allow to stand for 10 minutes before turning onto rack to cool.

BLUEBERRY MUFFINS

Makes: Approximately 12

Ingredients:

12	Muffin cups
200 g	Plain flour
12 g	Baking powder
60 g	Sugar
50 g	Blueberry
50 g	Beaten eggs
80 g	Melted butter
120 g	Milk
½ t	Salt

Method:

1. Mix the melted butter, milk, eggs, sugar and salt.
2. Sift flour and baking powder into the mixture.
3. Add blueberry into mixture.
4. Make a floury and rough batter
5. Preheat oven at 210 °C.
6. Scoop batter into muffin cup, weigh 43 g of the mixture into paper cases for each and arrange into 4×3 shape on the Grill Tray.
7. After preheating, put the Grill Tray in the lower shelf position and cook for 18 to 20 minutes.

CHOCOLATE CHIP COOKIES

Makes: 16 cookies

Ingredients:

80	plain flour] sieved together
¼ teaspoon	baking powder	
2 t	chocolate powder	
60 g	butter	
35 g	icing sugar	
15 g	sultana	
½	egg yolk	
¼	egg white	
	A drop of vanilla essences	

Method:

To Cook by Oven:

1. Cream butter, sugar and vanilla essence till creamy white, using a cake mixer
2. Add egg and continue beating.
3. Gradually fold in flour and mix well.
4. Stir sultana into dough.
5. Divide the dough into 16 parts (about 13 g each) and arrange well into Grill Tray.
6. Bake in a preheated oven at 180 °C and cook for 10 minutes in lower shelf position, then change to 170 °C for 10 minutes

CINNAMON CRISPS 

Makes: Approximately 16

Ingredients:

60 g	butter
25 g	icing sugar
1	egg yolk
½	egg white
85 g	plain flour
¼ teaspoon	baking powder
1/8 teaspoon	soda powder
30 g	cinnamon

Method:

Preheat oven to 180 °C. Cream butter and sugar together until light and fluffy. Beat in egg until well combined. Fold in powder, flour and cinnamon. Lay an aluminum foil on Grill Tray. Divide the mixture into 16 pieces, put it on Grill Tray in lower shelf position. Cook on Oven 180 °C for 10 minutes, then change to 170 °C for 10 minutes or until golden brown.

CHOCOLATE BROWNIES 

Makes: 20 cm square pan

Ingredients:

125 g	butter
200 g	dark chocolate, chopped
1 cup	caster sugar
1 teaspoon	vanilla essence
2	eggs
1 cup	plain flour
¾ cup	nuts, chopped

Method:

Melt butter and chocolate on 600 W power for 2 to 3 minutes, stirring once. Stir in sugar, vanilla, eggs, flour and nuts. Preheat oven to 170 °C. Grease and paper line a 20 cm square pan. Spread into prepared pan. After oven preheated, cook on Grill Tray in lower shelf position for 30 to 35 minutes. Allow to cool, remove from pan and sprinkle with icing sugar. Cut into small squares.

BAKED CUSTARD  + 

Serves: 4

Ingredients:

400 ml	milk
3	eggs, lightly beaten
¼ cup	sugar
1 teaspoon	vanilla essence
	pinch ground nutmeg

Method:

Place milk into a 1-litre dish. Cook on 1000 W for 2 minutes. Add sugar and vanilla and whisk well to combine. Then add egg whisk well. Strain mixture into 4 × 200 ml custard cups. Fill water tank and place custard cups onto the base of the oven. Cook on Steam + Microwave for 20 minutes. Rotate cups at halfway through cooking. Allow to cool slightly before cooking.

CREAM PUFFS  + 

Makes: 12

Ingredients:

60g	butter (unsalted)
100ml	water
a pinch of	salt
60g	cake flour
2-3	eggs
taste	whipping cream
taste	icing sugar

Method:

Place water and butter into a medium bowl. Heat on 1000 W for 2 minutes or until butter is melted and water is boiling. Stir in sifted flour and keep stirring until mixture forms a ball. Allow standing for 5 minutes. Preheat oven to 220 °C. Beat eggs lightly with a fork in a separate bowl. Add gradually to flour mixture, beating well between each addition to achieve a smooth paste. Spoon or pipe mixture into rounds onto the greased Grill Tray. For best result, each puff should be about 25 g and leave space between each puff. Fill water tank. Place Grill Tray in the lower shelf position. Set 15 minutes then press start. After cooking start, set steam shot for 3 minutes. This will steam the oven cavity and help improve volume of the puffs. Then bake at 200 °C for 7 to 10 minutes until golden and well puffed. Allow cooling. Cut puffs in half and fill with sweetened cream or custard. Replace tops and dust with icing sugar.

CHIFFON CAKE 

Serves: 4 to 6

Ingredients:

5	eggs
130 g	castor sugar
70 ml	vegetable oil
50 ml	milk
150 g	cake flour
2-3 drops	vanilla essence

Method:

Separate egg white with egg yolk, with one additional egg yolk remained. Whisk egg yolk and half castor sugar (65 g) until pale and flurry, gradually mix in vegetable oil, sugar and vanilla essence, fold in the flour. In another bowl, whisk egg white and remaining sugar together until light and creamy, and mixture leaves a trail on the surface. Pour the batter into it 3 times, scraping so the ingredients are thoroughly mixed. Spoon the mixture into a 8-inch pan, remove bubbles. Fill water tank, then preheat oven to 160 °C. After preheating, place Grill Tray in the lower shelf position, cook on 160 °C for 15 minutes then 150 °C for 27 minutes. Set steam shot for 3 minutes at halfway through cooking. Allow to cool and serve.

APPLE PIE

Serves: 6 to 8

Ingredients:

Pastry:

185 g	butter
½ cup	caster sugar
1 tablespoon	lemon juice
1	egg
1½ cups	plain flour
1 cup	self-raising flour

Filling:

800 g	pie apples
¼ cup	caster sugar
1 teaspoon	arrowroot
1 teaspoon	cinnamon

Method:

Preheat oven at 180 °C. Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press $\frac{2}{3}$ of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of grease proof paper to fit pie. Place on pie and press edges together. Place it on Grill Tray in lower shelf position, and cook on 180 °C for 45 to 55 minutes.

CHOCOLATE CAKE

Serves: 4

Ingredients:

200 ml	light cream
180 g	egg
(about 4 pieces)	
90 g	soft sugar
90 g	cake powder
20 g	chocolate powder
some	chocolate chip
A : 12 g	castor sugar

Mold:

1	8" cake bar
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Method:

Cream:

1. Take the cream out from refrigerator and put into a deep container.
2. Make sure the temperature of the cream will not get hot and beat up until bubbles.
3. Add in A, continue to stir until it get sticky.

Embryo cake:

1. Beat up eggs and castor sugar in a container at low speed until completely dissolved. Adjust to high speed until the beaten eggs bubble, the footprint of the egg beater can keep for a while, adjust to low speed again until the bubbles looks even.
2. Select "oven" to preheat at 150 °C.
3. Pour sieved cake powder and chocolate powder into the beaten eggs, and stir evenly from bottom to top using wooden spoon.
4. Cover the bottom and edges of the 8" mold with baking paper, pour the mixture in, put the mold on the Grill Tray.
5. After preheating, put the Grill Tray in the lower shelf position and bake for 29-31 minutes.
6. Insert a toothpick in center. Cake is cooked if the toothpick comes out clean.
7. Take the cake out to cool it down.

Finish:

1. Cut the chocolate into crumb shape.
2. Apply cream on the top and garnish with some chocolate crumb on it.

BLUEBERRY CHEESE CAKE 🍰 + 🍰

Makes: 23 cm cake tin.

Ingredients:

- 120 g Oreo biscuit (remove fillings) or sweet crackers
- 50 g butter (melt on 600 W for 30-40 seconds)
- 500 g cream cheese
- 90 g castor sugar
- 2 eggs
- 200 g sour cream
- 2 tablespoon corn flour
- 100 g fresh blue berries
- ½ can blue berry pie filling
- some icing sugar for topping

Method:

1. Place Oreo biscuit in a blender, slowly blend till fine.
2. Partially add in melted butter, mix well. Pour into a lined cake tin, next level with a spoon. Leave the cake bottom in the fridge.
3. Beat cream cheese and sugar with a cake mixer, till light and fluffy.
4. Add in 1 egg at a time, continue to beat till smooth.
5. Add in corn flour and sour cream, beat for a while.
6. Pour batter into cake tin, next add ⅓ amount of fresh berries on top, but slowly push it down so as not to expose the berries.
7. Bake in a preheated oven at 170 °C for about 50 minutes on Grill Tray in lower shelf position. Add 3 minutes steam shot in between baking time.
8. When ready, leave to cool in the 23 cm cake tin (Do not overturn the cake)
9. Decorate cake with blueberries pie fillings, fresh berries and sprinkle with icing sugar.

PORTUGUESE CUSTARD TART 🍰

Makes: 9

Ingredients:

- 9 Frozen custard tart (commercially available)
- Fillings:**
- 105 g whipping cream
- 85 g milk
- 8 g self-raising flour
- 30 g castor sugar
- 2 egg yolk
- 10 g condensed milk

Method:

1. Let frozen custard tart rest at room temperature for 30 minutes.
2. In a pot over low heat, heat the whipping cream, milk, condensed milk, and castor sugar, stirring occasionally until sugar melts and set aside to cool. Sieve self-raising flour and egg yolk until well combined.
3. Fill the custard tart almost full with egg mixture.
4. Preheat oven to 190°C.
5. Arrange the tarts in 3 rows in the center of the Grill Tray.
6. After preheating, put the Grill Tray in the lower shelf position, cook for 27 to 29 minutes.

SHORTCRUST PASTRY

Makes: 1 shortcrust pastry

Ingredients

- ½ lb plain flour
- 3.5 oz. margarine
- pinch salt
- 3 tablespoons cold water

Method:

Place flour and salt into a mixing bowl. Rub the margarine into the flour until the mixture resembles fine bread crumbs. Sprinkle in the water and mix using a pastry blender. Knead lightly for a few seconds until it forms a firm, smooth dough. If possible, allow to rest 15 minutes before rolling out.

BASIC TART DOUGH

Makes: 1 crust

Ingredients

1	large egg yolk
1 tablespoon	very cold water
1 tablespoon	vanilla extract
1¼ cups	unbleached plain flour
⅓ cup	sugar
¼ teaspoon	salt
½ cup	cold unsalted butter, cut into 2½-inch cubes

Method:

In a small bowl, stir together the egg yolk, water and vanilla. Set aside. To make the dough in a stand mixer fitted with the paddle attachment, stir together the flour, sugar and salt in the mixer bowl. Add the butter and mix on 440 W speed until the texture resembles coarse cornmeal, with butter pieces no larger than small peas. Add the egg mixture and mix just until the dough pulls together. Transfer the dough to a work surface, pat into a ball, and flatten into a disk. The dough may be used immediately or wrapped in plastic wrap and refrigerated until well chilled, about 30 minutes. To roll out the dough, on a lightly floured board, flatten the disk with 6 to 8 gentle taps of the rolling pin. Lift the dough, give it a quarter turn and roll out again. Lightly dust the top of the dough or the rolling pin with flour as needed.

PAVLOVA

Serves: 8 to 10

Ingredients:

4	egg whites
	pinch of salt
1¼ cups	caster sugar
2 teaspoons	vinegar
2 tablespoons	cornflour

Topping:

300 ml	cream
1	punnet strawberries, hulled and cut in half
2	passionfruit

Method:

Preheat oven to 140 °C. Grease and line the Grill Tray. Dust with 1 tablespoon cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture. Pile mixture on Grill Tray in lower shelf position and cook on 140 °C for 60 to 70 minutes. Allow to cool.

Filling:

Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.

CINNAMON POACHED PEARS

Serves: 4

Ingredients:

1 cup	water
½ cup	sugar
½ teaspoon	ground cinnamon
4	pears, peeled and sliced

Method:

Combine water and sugar in a 2-litre dish. Stir to dissolve sugar. Add the pears and ground cinnamon, cook on 600 W for 10-15 minutes.

PEACH CRUMBLE

Serves: 4 to 6

Ingredients:

70 g	butter
½ cup	flour
¼ cup	sugar
1 cup	toasted muesli
½ cup	shredded coconut
½ teaspoon	cinnamon
810 g	can peaches, drained

Method:

Place butter in a 2-litre bowl. Cook on 600 W for 1 minute. Mix in flour, sugar, muesli, coconut and cinnamon. Place the peaches in a 2-litre shallow microwave-safe dish, top with crumble mixture. Place on Wire Rack and cook on Combination 3 for 20 to 25 minutes.

CARAMEL SAUCE

Makes: 2 cups

Ingredients:

400 g condensed milk
 ¼ cup brown sugar
 2 tablespoons golden syrup
 300 ml cream

Method:

In a 2-litre jug mix all ingredients except cream. Cook on 1000 W for 3 minutes, stirring halfway through the cooking time and cook on 440 W for 3 minutes. Mix well and then stir in cream. Serve warm or cold.

CHOCOLATE MACADAMIA NUT SAUCE

Makes: 1 cup

Ingredients:

200 g dark chocolate
 ½ cup cream
 ¼ cup macadamia nuts, chopped finely

Method:

Place chocolate and cream in a 2-cup pyrex jug, melt on 1000 W for 1 to 2 minutes. Mix well and stir in macadamia nuts. Serve hot over ice cream.

SWEET BERRY SAUCE

Makes: approximately 3 cups

Ingredients:

½ cup caster sugar
 ½ cup water
 500 g mixed berries
 2 tablespoons water
 1 tablespoon arrowroot

Method:

Combine sugar and water in a 1.5-litre bowl and cook on 1000 W for 3 to 5 minutes, stir once during cooking to dissolve sugar. Add berries and cook on 1000 W for 3 to 4 minutes. Blend water and arrowroot and add to berry mixture. Cook on 1000 W for 2 minutes. Serve hot or cold with ice cream.

MUSHROOM SAUCE

Makes: 1½ cups

Ingredients:

3 tablespoons butter
 2 tablespoons flour
 1 teaspoon soy sauce
 ¼ cup cream
 salt and pepper taste
 ½ teaspoon curry powder
 190 g can champignon mushrooms, sliced

Method:

Place butter in a 4-cup glass jug. Cook on 1000 W for 40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on 1000 W for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on 1000 W for 30 to 60 seconds.

STRAWBERRY JAM

Makes: Approximately 600 ml

Ingredients:

1 kg strawberries, washed and hulled
 1 kg caster sugar
 pectin if required

Method:

Place strawberries in a 4-litre casserole dish. Cover and cook on 1000 W for 5 minutes. Stir in sugar and pectin if required. Cook on 800 W for 25 to 30 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

SWEET APRICOT JAM

Makes: 3 cups

Ingredients:

750 g dried apricots, cut in quarters
 1800 ml water
 1.3 kg sugar
 2 tablespoons pectin

Method:

Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on 1000 W for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on 1000 W for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

ORANGE MARMALADE

Makes: 3 cups

Ingredients:

700 g oranges
1 lemon
water
3 cups sugar, warmed

Method:

Wash fruit. Cut fruit in half, reserve seeds, squeeze juice from fruit and set aside. Remove rind from fruit being careful not to include white pith. Cut rind into fine strips. Set aside. Pour fruit juice into a 4-cup jug. Add enough water to make 3 cups of liquid. Add seeds. Cover and cook on 1000 W for 20 minutes. Strain. Add sugar to mixture with rind, mix well and cook on 1000 W for a further 30 minutes or until marmalade has set. Pour into clean sterilised jars. Seal.

Tip: To warm sugar - Place sugar in a 2-litre casserole dish and cook on 1000 W for 1 to 1½ minutes.

LEMON BUTTER

Makes: 1 cup

Ingredients:

½ cup lemon juice
1 tablespoon lemon rind
⅓ cup sugar
3 egg yolks
1 tablespoon butter
1 tablespoon cornflour

Method:

Blend all ingredients in a 4-cup glass jug. Cook on 600 W for 3 to 4 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

TOMATO CHUTNEY

Makes: 4 cups

Ingredients:




250 g onion, finely chopped
1.5 kg ripe tomatoes, skins removed and tomatoes chopped
1 teaspoon salt
1 teaspoon paprika
150 ml pinch cayenne pepper
175 g malt vinegar
sugar

Method:

Place onions in a 3-litre dish. Cover and cook on 1000 W for 4 to 5 minutes. Add tomatoes and cover and cook on 1000 W for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on 1000 W for 10 minutes, stirring halfway through cooking. Add sugar, stir well and cook on 1000 W for 35 to 40 minutes, stirring occasionally. Pour into sterilized jars and seal.

Control Panel

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-  Turbo Defrost..... pg 20-22
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-  Stop/Reset pg 25-26
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Auto Steam Menu

- 1. Frozen Foods
- 2. Chilled Foods
- 3. Fresh Vegetables
- 4. Fresh Root Vegetables
- 5. Frozen Vegetables
- 6. Frozen Vegetables
- 20. Fresh Crispy Top
- 21. Frozen Crispy Top
- 22. Frozen Pizza
- 23. Cake
- 24. Cream Puff
- 25. Cookies

Auto Cook Menu

- 7. Chilled Meal
- 8. Boiled Potato
- 9. Casserole Rice
- 10. Dried Pasta
- 11. Fresh Pasta
- 12. Grill Chicken Pieces
- 13. Grill Fish Fillets
- 14. Grill Shrimp
- 15. Fried Chicken - Healthy
- 16. Teriyaki Chicken - Healthy
- 17. Roast Chicken
- 18. Roast Beef / Lamb
- 19. Roast Pork

/ Cleaning System

- 26. Deodorization
- 27. Drain Water
- 28. System Cleaning
- 29. Cavity Cleaning
- 24. Cream Puff
- 25. Cookies

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