

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time Approx. (mins.)	Instructions/Guidelines
LAMB – from raw – CAUTION: Hot Fat! Remove dish with care. For Guidelines see Meat Chapter page 46.				
Chops	425 g (4)	MEDIUM or Combi: Grill 1 + SIMMER	6-7 12-14	Place in microwave safe dish or rack on turntable. Cover. Place on grill accessory on turntable.
Joints		MEDIUM then Combi: Grill 1 + MEDIUM	12-13 per 450 g (1 lb) 5 mins. only	Place on upturned saucer in microwave safe dish or drip tray. Cover. Place dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking. Uncover when using Combi stage.
PASTA – Place in a large 2 litre (4 pint) microwave safe bowl.				
Twists	225 g	HIGH	8-10	Use 1 litre (1¾ pt) boiling water. Add 15 ml oil. Cover. Stir halfway.
Macaroni	225 g	HIGH	10-12	
Spaghetti	225 g	HIGH	8	
Tortellini	225 g	HIGH	12	
Tagliatelli	225 g	HIGH	8-9	
Spaghetti (Quick Cook)	225 g	HIGH	5-7	
Pasta Shapes (Quick Cook)	225 g	HIGH	6-7	
PASTRY – UNCOOKED				
Shortcrust Flan Case	23 cm (9")	HIGH or Combi: Grill 1 + MEDIUM	3-4 4-5	Prick base of pastry, chill well. Lay piece of kitchen towel in base. Prick base of pastry, chill well. Do not cover.
PIZZA – FRESH CHILLED – N.B. Remove all packaging. Pizzas will have a soft base.				
Thin & Crispy	375 g	HIGH or Combi: Grill 1 + SIMMER	4 8	Place on heatproof plate on turntable. Do not cover.
French Bread	320 g (1)	Combi: Grill 1 + LOW	8-12	Place on heatproof plate on turntable. Do not cover.
PORK – from raw – CAUTION: Hot Fat! Remove dish with care. For Guidelines see Meat Chapter page 46.				
Chops	360 g (2)	MEDIUM GRILL 1 or Combi: Grill 1 + LOW	5-6 12-14 8-9	Place in microwave safe dish on rack on turntable. Cover. Place on grill accessory on turntable. Turn halfway.
Joints		MEDIUM then Combi: Grill 1 + MEDIUM	13-14 per 450 g (1 lb) 5 mins. only	Place on upturned saucer in microwave safe dish or drip tray on turntable. Turn joint over halfway during cooking. Drain off fat during cooking. Uncover when using combi stage.
PORRIDGE – N.B. Use a large bowl.				
1 serving	½ cup oats	HIGH	2-2½	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup oats	HIGH	4-5	Add 2 cups of water or milk. Stir halfway.
3 servings	2 cups oats	HIGH	8-9	Add 4 cups of water or milk. Stir halfway.
POTATO PRODUCTS part cooked – FROZEN				
Croquettes	300 g	GRILL 2 or Combi: Grill 1 + SIMMER	12-14 8-10	Place on grill accessory on turntable. Turn halfway.
Oven Chips & Associated Products	300 g	GRILL 1 or Combi: Grill 1 + MEDIUM	10-12 8-10	Place on grill accessory on turntable. Turn halfway.
RICE – Place in a large microwave safe bowl.				
Basmati	250 g	MEDIUM	10-12	Use 600 ml (1 pt) boiling water. Cover.
Easycook White	250 g	HIGH	12-13	

POINTS FOR CHECKING

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time Approx. (mins.)	Instructions/Guidelines
RICE – Place in a large microwave safe bowl.				
Easycook Brown	250 g	HIGH	15-17	Use 600 ml (1 pt) boiling water. Cover.
Long Grain White	250 g	MEDIUM	14	
Long Grain Brown	250 g	MEDIUM	20	
Wild Rice & Brown Rice Mix	250 g	MEDIUM	18	
MILK PUDDING – Place in a large microwave safe bowl.				
Flaked Rice	50 g	SIMMER power	20	Add 600 ml (1 pt) milk. 30 ml sugar.
Pudding Rice	50 g	HIGH then SIMMER	5 30	Add 450 ml (¾ pt) milk. 30 ml sugar.
Tapioca	50 g	SIMMER	30-35	Add 600 ml (1 pt) milk. 30 ml sugar.
SAUSAGES from raw – CAUTION: Hot Fat! Remove dish with care.				
Thick	454 g (8)	HIGH	4-5	Place on microwave safe plate or rack on turntable. Cover.
		GRILL 1	12-13	Place on grill accessory on turntable. Turn halfway.
		or Comb: Grill 1 + SIMMER	8-9	
FRESH VEGETABLES – Place in shallow microwave safe dish.				
Asparagus	450 g	HIGH	6-8	Add 90 ml (6 tbsp) water. Cover.
Aubergine	450 g	HIGH	7	
Broad Beans	450 g	HIGH	6	
Runner Beans	450 g	HIGH	7	
French Beans	450 g	HIGH	7-8	
Beetroot	450 g	MEDIUM	12	
Broccoli	450 g	HIGH	8	
Brussel Sprouts	450 g	HIGH	8-9	
Cabbage – sliced	450 g	HIGH	7-9	
Carrots	450 g	HIGH	7-9	
Cauliflower – florets	450 g	HIGH	9	
Celery	450 g	HIGH	8-9	
Corn on the Cob	450 g	HIGH	6-7	
Courgettes	450 g	HIGH	5	
Leeks	450 g	HIGH	7-9	
Mange Tout	450 g	HIGH	4-5	
Marrow – cubed	450 g	HIGH	4-5	
Mushrooms	450 g	HIGH	5	
Parsnips – sliced	450 g	HIGH	6-7	

POINTS FOR CHECKING

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time Approx. (mins.)	Instructions/Guidelines
FRESH VEGETABLES - Place in shallow microwave safe dish.				
Peas	450 g	HIGH	4-6	Add 90 ml (6 tbsp) water. Cover.
Potatoes - boiled	450 g	HIGH	6-7	
Potatoes - par-boiled	450 g	HIGH	4-5	
Potatoes - new whole	450 g	HIGH	6-7	
Potatoes - to mash	450 g	HIGH	8	Wash and prick skins several times. Place directly on turntable. After cooking stand for 5 mins wrapped in foil. Or use Auto Program Jacket Potato.
Potatoes - jacket (175 g / 6 oz)	1	HIGH	4	
	2	HIGH	6	
	4	HIGH	10	
Potatoes - jacket (225 g / 8 oz)	1	HIGH	5	
	2	HIGH	8	
	4	HIGH	13	
Spinach	450 g	HIGH	7	Add 90 ml (6 tbsp) water. Cover.
Spring Greens	450 g	HIGH	7	
Swede - cubed	450 g	HIGH	7-8	
Turnip	450 g	HIGH	11-12	
FROZEN VEGETABLES - Place in shallow microwave safe dish.				
Asparagus	450 g	HIGH	7-8	Add 30 ml (2 tbsp) water. Cover.
Beans - broad	450 g	HIGH	8	
Beans - green	450 g	HIGH	8-9	
Broccoli	450 g	HIGH	9	
Brussel Sprouts	450 g	HIGH	9-10	
Cabbage - shredded	450 g	HIGH	5-6	
Carrots	450 g	HIGH	8-9	
Cauliflower	450 g	HIGH	10	
Mange Tout	450 g	HIGH	7-8	
Mixed Vegetables	450 g	HIGH	7	
Peas	450 g	HIGH	6-7	
Spinach - nuggets	450 g	HIGH	8-9	
Swede - diced	450 g	HIGH	10	
Sweetcorn	450 g	HIGH	7	

POINTS FOR CHECKING

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Increasing and Decreasing Recipes

INCREASING RECIPES

- To increase a recipe from 4 to 6 servings, increase each ingredient listed by half. To double the quantity, simply double every ingredient listed.
- Do not forget that large quantities will require a larger dish. Make sure that it is deep enough to prevent the recipe from boiling over during cooking.
- Cover as directed in the recipe. Stir or rearrange foods as recommended.
- Increase the stand times by 5 mins. per lb.
- Always check the recipe during cooking.
- When increasing the ingredients to 6 servings, add an extra one third of the original cooking time, ie. 30 mins. on MEDIUM power

for 4 servings will become 40 mins. on MEDIUM power for 6 servings.

- When doubling a recipe from 4 to 8 add on half the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 45 mins. on MEDIUM power for 8 servings.

DECREASING RECIPES

- To decrease a recipe from 4 servings to 2 servings, halve the ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe, however make sure it is deep enough to stop food boiling over.
- Allow half to two-thirds of the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 15-20 mins. on MEDIUM power for 2 servings.

Using Recipes from Other Books

The best way to convert a family favourite dish is to find a similar recipe in a cookery book to give you a guide to the correct method and timings to use.

Many cookbooks refer to 650 W ovens, however since 1990 oven output powers have been set by a new standard (IEC). When using

other cookbooks, the 900 W output power of your oven must be allowed for. Use the same power level suggested e.g. HIGH or MEDIUM and select the same cooking time suggested, however CHECK the progress of the food during cooking and adjust the time if necessary.

Cooking for One

- For one serving quarter ALL ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe.
- Use the same cooking power recommended in the original recipe.
- Start by cooking for one quarter of the recommended cooking time, although extra time in most cases will be required.

- Always check the food during cooking.
- There is not a great saving for reduced quantities of soups, casseroles, stews and rice, as a minimum time is required to tenderise meats and blend flavours.
- When cooking for one it often makes sense to cook for two and plate up both meals. Freeze one meal for a later date.

Soups and Starters

Ingredients

2 aubergines
sea salt
30 ml (2 tbsp) olive oil

Sauce:

200 ml carton crème fraîche
285 g jar mushroom antipasto, drained
45 ml (3 tbsp) freshly chopped flat leaf parsley
freshly ground black pepper

Aubergine with Creamy Mushroom Sauce

Serves 4

Oven Accessory: glass turntable and grill accessory

1. Slice each aubergine into thick slices lengthways.
2. Place the aubergine slices in a large colander and sprinkle generously with sea salt. Put a plate on top and put a weight on the plate. Leave to drain for about an hour, to get rid of all the bitter juices.
3. Wash the aubergine slices and pat dry with kitchen paper. Then place on the Grill Accessory, and brush with oil. Cook on Grill 1 for 13 mins., turning halfway until soft and evenly cooked with a golden skin.
4. Put the crème fraîche into a bowl, stir in the mushroom antipasto and cook on HIGH power for 2-3 mins. until it is just bubbling.
5. Arrange the aubergine on four plates. Pour over the hot sauce and sprinkle with chopped parsley and black pepper to taste.

Ingredients

8 rashers streaky bacon, stretched and halved

450 g (1 lb) minced pork
60 ml (4 tbsp) breadcrumbs
5 ml (1 tsp) sage
1 onion, finely chopped
15 ml (1 tbsp) lemon juice
30 ml (2 tbsp) parsley, chopped
15 ml (1 tbsp) capers
salt and pepper to taste

Coarse Pork Pâtés

Serves 4

Dish: 4 ramekin dishes 8 cm (3") diameter

1. Line each ramekin with 4 half rashers of bacon.
2. Mix all ingredients together and press into ramekins.
3. Cook 4 ramekins together on MEDIUM power for 12-14 mins. or until cooked through. Pour off excess liquid, and serve hot or cold with crusty French bread.

Ingredients

40 g (1½ oz) butter
2 large leeks, thickly sliced
500 g (1 lb) potatoes, peeled, cut into 1cm (½") cubes
15 ml (1 tbsp) plain flour
284 ml (½ pt) tub fresh fish stock
300 ml (½ pt) water
bay leaf
300 ml (½ pt) milk
250 g (9 oz) skinless cod, cut into chunks
10 tiger prawns, peeled

Creamy Cod and Leek Chowder

Serves 4

Dish: deep casserole dish

1. Place the butter and leeks in a large bowl, cover and cook on HIGH power for 3 mins or until softened. Add the potatoes and cook covered on HIGH power for a further 3 mins.
2. Stir in the flour and gradually add the fish stock, water and bay leaf. Cover and cook on HIGH power for 10-12 mins or until the potato is tender. Stir half way.
3. Stir in the milk and fish. Cover and cook on HIGH power for 4-5 mins or until the fish is cooked. Remove the bay leaf and season to taste. Serve immediately.

Ingredients

100 g (4 oz) tasty grated cheese
 100 g (4 oz) smoked ham, diced
 1 tomato, deseeded and chopped
 60 ml (4 tbsp) sour cream
 15 ml (1 tbsp) mayonnaise
 10 ml (2 tsp) wholegrain mustard
 8 croissants

Stuffed Croissants

Serves 4

Dish: dinner plate

1. Combine all the filling ingredients in a bowl.
2. Slit in back of each croissant and fill with mixture.
3. Cook in two batches of 4 croissants on a heatproof plate on the turntable. Cook on Combination Grill 1 and SIMMER power for 4-5 mins. each batch or until the cheese has melted and the croissants are crispy.

Ingredients

25 g (1 oz) butter
 15 ml (1 tbsp) olive oil
 1 onion, finely chopped
 350 g (12 oz) potatoes, diced
 500 g (1 lb 2 oz) broccoli, cut into florets
 850 ml (1½ pts) vegetable stock
 3 ml (½ tsp) grated nutmeg
 150 ml (¼ pt) semi skimmed milk
 100 g (4 oz) stilton cheese, cubed
 Salt and pepper

Broccoli and Stilton Soup

Serves 4

Dish: large bowl

1. Place the butter, oil and onion in a large bowl. Cover and cook on HIGH power for 3 mins. or until soft.
2. Add the potatoes, cover and cook on HIGH power for 3-4 mins. or until softened.
3. Add the broccoli, hot vegetable stock and nutmeg. Cover and cook on HIGH power for 15-20 mins. or until the broccoli is cooked.
4. Allow to cool and then blend in a food processor until smooth.
5. Stir in the milk and stilton cheese. Season to taste. Reheat the soup on HIGH power for 4-5 mins. or until hot and smooth. Stir frequently.

Ingredients

2 ready to bake frozen garlic baguettes
 50 ml (2 fl.oz) olive oil
 15 ml (1 tbsp) white wine vinegar
 pinch caster sugar
 15 ml (1 tbsp) crème fraîche
 15 ml (1 tbsp) chopped fresh parsley
 5 ml (1 tsp) Dijon mustard
 100 g (4 oz) stilton, crumbled
 1 gem lettuce, shredded
 1 avocado, peeled and sliced
 salt and pepper

Cheese and Garlic Loaf

Serves 4

Dish: heatproof plate

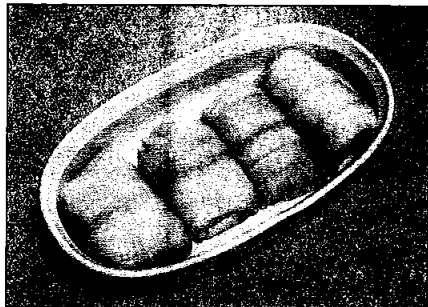
1. Cook the baguettes on the Auto program in the NN-V651/V671/V621.
Or use Combination: Grill 1 and SIMMER power for 5-6 mins.
2. Blend together the oil, vinegar, pinch of caster sugar, crème fraîche, parsley and mustard.
3. Stir in the crumbled stilton and season. Toss the lettuce and the sliced avocado.
4. Split open the hot loaves and fill with the salad mixture. Serve immediately.

Fish

Fish cooks very well by microwave as it stays moist and the lingering fish smells left in conventional ovens are avoided.

WHEN IS FISH COOKED?

Fish is cooked when it flakes easily and becomes opaque.



ARRANGING

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail.

Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.

For fish with a strong odour, eliminate the smell after cooking by placing 600 ml (1 pt) of boiling water and 1 sliced lemon in a large bowl, cook on SIMMER for 20 mins. Wipe out oven with a dry cloth.



LIQUID

Fresh fish should always be sprinkled with 30 ml (2 tbsp) of lemon juice, white wine or water.

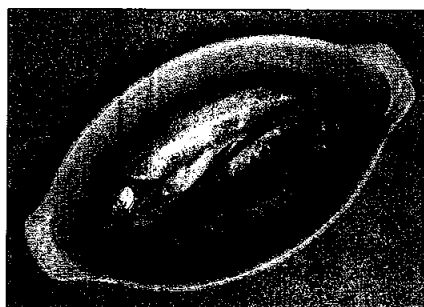
When cooking **Frozen** fish, add liquid as above for even cooking.

Do not sprinkle salt onto fish before cooking as this may make the fish dry.

WHOLE FISH

If cooking 2 whole fish together, they should be arranged head to tail for even cooking.

Large whole fish must have the tail and head shielded halfway through cooking with smooth pieces of tin foil secured with cocktail sticks.



NOISE

During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking if the skin and flesh is pierced several times with a cocktail stick.

Ingredients

4 trout, 350 g (12 oz) each

Stuffing:

1 bunch spring onions, finely chopped
100 g (4 oz) button mushrooms, finely sliced
grated rind and juice of 1 orange
2½ cm (1") cube fresh ginger, peeled and grated
dash of Soy sauce

juice of 1 orange
juice of 1 lime
black pepper
25 g (1 oz) butter

Stuffed Citrus Trout

Serves 4

Oven Accessory: glass turntable and grill accessory

1. Wash the fish and pat dry. Fill the fish cavities with the combined stuffing ingredients and arrange the fish in a shallow dish.
2. Pour over the orange and lime juice. Season and marinate for one hour.
3. Dot with butter, place the fish two at a time on the grill accessory.
4. Cook on Grill 2 for 12-15 mins. or until crisp and brown. Turn halfway. Repeat with remaining fish.

Ingredients

350 g (12 oz) potatoes
 25 g (1 oz) butter
 1 small onion, finely chopped
 200 g (7 oz) can tuna, drained
 1 egg, hardboiled, chopped
 30 ml (2 tbsp) fresh parsley, chopped
 10 ml (2 tsp) lemon juice
 salt and pepper
 1 egg, beaten
 100 g (4 oz) breadcrumbs

Ingredients

25 g (1 oz) butter
 2 onions, peeled and quartered
 1 clove of garlic, crushed
 2 courgettes, sliced
 1 yellow pepper, sliced
 3 ml ($\frac{1}{2}$ tsp) cumin
 3 ml ($\frac{1}{2}$ tsp) paprika
 15 ml (1 tbsp) tomato puree
 400 g (14 oz) can tomatoes
 8 plaice fillets
 15 ml (1 tbsp) lemon juice

Ingredients

100 g (4 oz) streaky bacon, finely chopped
 1 small onion, skinned and finely chopped
 100 g (4 oz) mushrooms, wiped and chopped
 25 g (1 oz) butter
 100 g (4 oz) fresh breadcrumbs
 450 ml ($\frac{9}{4}$ pt) milk
 700 g (1 $\frac{1}{2}$ lb) cod fillets
 100 g (4 oz) Leicester cheese, grated
 50 g (2 oz) flour
 salt and pepper

Tuna Fish Cakes

Serves 4

Oven Accessory: glass turntable and then grill accessory

1. Cook potatoes with 45 ml (3 tbsp) water, covered on HIGH power for 6-8 mins. or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on HIGH power for 4 mins. or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 8 cakes and coat in beaten egg and breadcrumbs.
5. Place on grill accessory and cook on Combination Grill 1 and SIMMER power for 10-12 mins. or until brown, turning halfway.

Plaice Provencale

Serves 4

Dish: large shallow rectangular dish

1. Place the butter, onions and garlic in a large bowl. Cover and cook on HIGH power for 2 mins. or until softened.
2. Add the courgettes and yellow pepper. Cover and cook on HIGH power for 2 mins. or until softened. Add the spices, puree and tomatoes. Cover and cook on HIGH power for 4 mins. or until piping hot. Pour into serving dish.
3. Roll each fillet and arrange on top of the sauce. Sprinkle with lemon juice. Cook covered on HIGH power for 7-8 mins. or until the fish is cooked. Garnish with parsley and serve with French bread.

Tasty Fish Pie

Serves 4

Dish: 23cm (9") oval dish

1. In a medium bowl stir together the bacon, onion and mushrooms. Cook on HIGH power for about 5 mins. until the onion is soft.
2. Stir in 75 g (3 oz) breadcrumbs and a tablespoon of milk to bind.
3. Skin the fish. Place half of the fillets in the base of a dish, top with stuffing and then place other fillets on top. Cover and cook on HIGH power for 5 mins. or until cooked.
4. Place the butter, milk, flour and seasonings in a large mixing bowl or jug. Cook on HIGH power for 2 mins.
5. Whisk until smooth. Then continue to cook on HIGH power for 2-3 mins. or until the sauce comes to the boil and is thickened and smooth, whisking once or twice.
6. Whisk in the 75 g (3 oz) cheese into the sauce, then pour over the fish sprinkle with remaining cheese and breadcrumbs and cook on Combination Grill 1 and MEDIUM power for 5-7 mins. or until it is piping hot and golden brown.

Ingredients

15 ml (1 tbsp) oil
1 onion, finely chopped
175 g (6 oz) okra, topped and tailed
1 green pepper, deseeded and sliced
30 ml (2 tbsp) Balti curry paste
400 g (14 oz) can chopped tomatoes
75 ml (5 tbsp) water
350 g (12 oz) cod fillet, cubed
12 large king prawns, cooked

Ingredients

1 green pepper, cut into chunks
350 g (12 oz) cod or huss, cubed
16 button mushrooms
8 cherry tomatoes
1 small can baby sweetcorn
1 small can pineapple chunks

Marinade:

½ small onion, grated
60 ml (4 tbsp) olive oil
60 ml (4 tbsp) lemon juice
2 cloves of garlic, crushed
30 ml (2 tbsp) parsley, chopped

Ingredients

50 g (2 oz) onion
2 garlic cloves
50 g (2 oz) butter
15 ml (1 tbsp) plain flour
100 ml (4 fl.oz) white wine
50 ml (2 fl.oz) milk
150 ml (¼ pt) cream
175 g (6 oz) Emmental cheese
450 g (1lb) mixed seafood
100 g (4 oz) watercress
100 g (4 oz) Tortilla chips
50 g (2 oz) breadcrumbs
seasoning

Fish Balti

Serves 4

Dish: 3 litre (6 pt) casserole dish

1. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3 mins. or until the onion is softened.
2. Add the okra and pepper and cook on HIGH power for 3 mins. or until softened.
3. Stir in the curry paste, tomatoes and the water. Cover and cook on HIGH power for 5 mins. or until boiling.
4. Add the cod and cook on HIGH power for 3 mins. Stir in the prawns and cook on HIGH power for a further 2 mins. or until the fish is cooked.

Fish Kebabs

Serves 4

Dish: shallow dish + wooden skewers

Oven Accessory: glass turntable then grill accessory

1. Place pieces of green pepper in a bowl with 30 ml (2 tbsp) of water. Cover and cook on HIGH power for 1-2 mins, or until slightly softened.
2. Prepare 8 kebabs by threading fish and vegetables alternately. Place in a shallow dish.
3. Mix together the marinade ingredients. Pour over the kebabs, cover and leave to marinate in the fridge for at least 2 hours.
4. Place the kebabs on grill accessory and cook on Combination Grill 1 and SIMMER power for 10-12 mins. Rearrange the kebabs halfway through cooking. Fish should be white and flake easily when cooked. Serve on a bed of long grain rice.

Mixed Seafood Gratin

Serves 4

Dish: 24cm (9") round gratin dish

1. Chop the onion and garlic. Place with butter in a large bowl and soften on HIGH power for 3-4 mins. Add the flour and pour in the wine and milk gradually. Stir well. Thicken on HIGH power for 3-4 mins., stirring halfway. Add the cream and cheese.
2. Add the seafood and watercress to the sauce and mix well.
3. Spoon into the gratin dish and top with crushed tortilla chips and breadcrumbs.
4. Cook on Combination Grill 1 and SIMMER power for 12-14 mins. or until crisp and piping hot.

Meat and Poultry

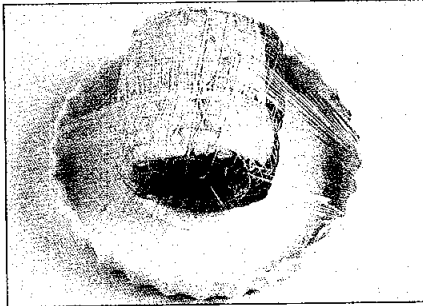
Guidelines

DEFROSTED JOINTS

If the meat has previously been frozen, ensure it is properly thawed before cooking by microwave. Defrosted joints of meat must be allowed to **STAND** for a **minimum of 30 mins.** before cooking to ensure the centre is fully defrosted.

FAT

Large amounts of fat absorb microwave energy and can cause the meat next to it to overcook. Always choose joints that aren't excessively fatty.



How to roast a joint by microwave

To roast basic joints of meat place the joint onto the rack of a microwave roasting set and cover with a dome lid. Alternatively use a large, shallow dish and place the joint on an upturned saucer and cover with cling film.

ROASTING BAGS

Roasting bags are useful when split up one side to tent a joint for roasting by power and time.

Do not use the metal twists supplied.

TIPS

Braised and stewed meat cooked in a microwave has a slightly firm texture and therefore it is essential to purchase good quality meats.

When cooking a casserole, place a saucer or small upturned plate over the meat to keep it submerged in the juices.

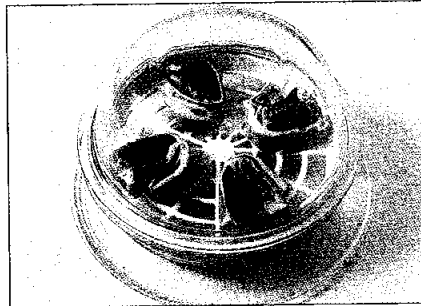
Crispy Bacon - place on a microwave safe rack (optional extra obtainable from cookware shops). Cover with a plain piece of kitchen towel to minimise splatter. Cook on HIGH power for approx. 45 secs. per rasher, or until desired crispness is achieved.

STANDING TIME

Meat and poultry require a **minimum of 15 mins. STANDING TIME** wrapped in aluminium foil after cooking by microwave. Roast meat is always easier to carve after STANDING and the meat will continue to cook during the STAND TIME.

BONE

Bone tips on legs of lamb and crown roasts may need shielding when cooked by microwave, to prevent overcooking.



How to cook small cuts of meat by microwave

Some cuts of meat can be cooked successfully by microwave although due to their short cooking times and no heat source, they will not crisp and brown.

They should always be cooked on a microwave rack to lift them out of their juices.

TURNING

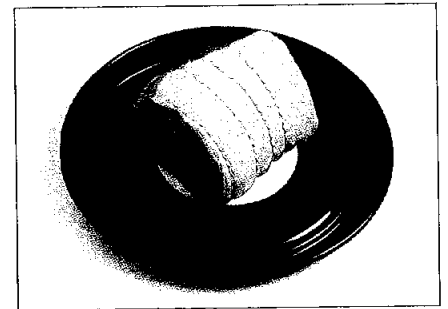
Joints and poultry **should be turned over** halfway through cooking.

SHIELDING

Large joints may need shielding with pieces of smooth aluminium foil after half the cooking time to avoid overcooking on the outside edges. Turkeys and large chickens should have their breast meat, legs and wings protected. Secure foil with cocktail sticks and **do not** allow foil to touch the walls of the oven.

How to roast a joint by Combination

Place the joint on an upturned saucer on drip tray or heatproof dish on glass turntable. Joints are best cooked by microwave only and then browned and crisped by a final Combination stage. Follow the guidelines on pages 35-39. **DO NOT COVER.**



Ingredients

500 g (1 lb 2 oz) braising steak, cubed
2 large onions, sliced thinly
1 clove garlic, crushed
30 ml (2 tbsp) seasoned flour
15 ml (1 tbsp) brown sugar
300 ml (½ pt) hot beef stock
300 ml (½ pt) light ale
15 ml (1 tbsp) wine vinegar
5 ml (1 tsp) mixed herbs
2 bay leaves

Topping:

7 x 2.5 cm (1") slices of French bread
15 ml (1 tbsp) French mustard
60 ml (4 tbsp) butter, softened
1 clove garlic, crushed

Ingredients

1 onion, diced
1 clove of garlic, crushed
1 green pepper, diced
30 ml (2 tbsp) oil
100 g (4 oz) mushrooms, sliced
225 g (8 oz) lean minced beef
1 glass of red wine
15 ml (1 tbsp) mixed herbs
100 g (4 oz) garlic sausage or bacon, diced
396 g (14 oz) can chopped tomatoes
30 ml (2 tbsp) tomato puree
salt and pepper

Ingredients

100 g (4 oz) creamed coconut
90 ml (6 tbsp) crunchy peanut butter
45 ml (3 tbsp) lemon juice
30 ml (2 tbsp) soy sauce
large pinch of chilli powder
4 chicken breast fillets, skinned
30 ml (2 tbsp) vegetable oil
2 garlic cloves, crushed
5 ml (1 tsp) ground turmeric
5 ml (1 tsp) five-spice powder
5 ml (1 tsp) coriander seeds
5 ml (1 tsp) cumin seeds

Belgian Beef Casserole

Serves 4

Dish: large casserole with lid

1. Combine all the casserole ingredients in dish. Cover with lid and cook on HIGH power for 10 mins. Stir then use SIMMER power for 90 mins. or until meat is tender, stir every 30 mins. Remove bay leaves.
2. Blend mustard, butter and garlic. Spread over one side of each slice of bread.
3. Uncover casserole and arrange bread on top. Return to oven and cook uncovered on Combination Grill 1 and SIMMER power for a further 10 mins. The casserole is ready when the bread slices are crisp and golden.

Bolognese Sauce

Serves 4

Dish: 1.5 litre (3 pt) casserole dish

1. Mix onion, garlic, pepper and oil in a bowl. Cook on HIGH power for 2 mins. or until the onion is soft.
2. Stir in all the other ingredients. Cover and cook on HIGH power for 10 mins. then MEDIUM power for 15-20 mins. or until vegetables are soft.

Chicken Satay

Serves 4

Dish: 4-8 wooden skewers + large shallow dish

Oven Accessory: glass turntable, then grill accessory

1. For the serving sauce: Crumble 50 g (2 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1 tbsp) of the lemon juice, 15 ml (1 tbsp) of the soy sauce, the chilli powder and 300 ml (½ pt) water. Cook on HIGH power for 5-6 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl.
3. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
4. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
5. Thread the chicken onto wooden skewers. Place on the grill accessory and cook on Combination Grill 1 and WARM power for 15-20 mins. or until cooked through, turning occasionally. Serve hot with sauce for dipping.

Ingredients**Filling:**

350 g (12 oz) braising steak, cubed
 100 g (4 oz) kidney, cubed
 30 ml (2 tbsp) seasoned flour
 1 onion, chopped
 600 ml (1 pt) hot beef stock

Pudding:

175 g (6 oz) self-raising flour
 pinch salt
 75 g (3 oz) suet
 cold water to mix
 15 ml (1 tbsp) cornflour

Ingredients

3-4 cloves garlic, crushed
 1 cm (1/4") piece fresh ginger, grated
 50 g (2 oz) ground almonds
 3x15 ml (3 tbsp) water
 3 whole cardamom pods
 2 cloves
 2.5 cm (1") stick of cinnamon
 1 onion chopped
 2x15 ml (2 tbsp) oil
 450 g (1 lb) boned lamb, trimmed and cut into cubes
 1x5 ml (1 tsp) ground coriander
 1x5 ml (1 tsp) ground cumin
 1.5 ml (1/4 tsp) garam masala
 1.5 ml (1/4 tsp) cayenne pepper
 150 ml (1/4 pt) single cream
 salt and pepper

Ingredients

500 g (1 lb 2 oz) new potatoes
 45 ml (3 tbsp) pesto
 15 ml (1 tbsp) oil
 1 onion, finely chopped
 4 x 125 g (5 oz) boneless skinned chicken breasts, cut into strips
 400 g (14 oz) can chopped tomatoes
 30 ml, 2 tbsp tomato puree
 4-5 drops Tabasco
 Salt + Pepper
 175 g (6 oz) fresh white breadcrumbs
 1 garlic clove, finely chopped
 75 ml (5 tbsp) Parmesan cheese

Steak and Kidney Pudding

Serves 4

Dish: 1.5 litre (3 pt) casserole + 1.2 litre (2 pt) pudding basin

1. Combine all filling ingredients in casserole. Place upturned plate on top of meat, cover and cook on HIGH power for 10 mins., then SIMMER power for 60 mins., or until meat is tender. Remove plate.
2. Mix flour, salt and suet together. Mix to a firm dough with cold water.
3. Roll out 3/4 of pastry to line basin.
4. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. Cook on HIGH power for 2 mins., stirring once, or until gravy has thickened. Pour 60 ml (4 tbsp) of gravy over the meat and reserve the rest for serving. Roll the remaining pastry to form a lid, moisten the edges and seal over the top of meat.
5. Cook on MEDIUM power for 10-12 mins. or until pastry looks dry.

Lamb in a Spicy Cream and Almond Sauce

Serves 4

Dish: large casserole dish

1. Mix together the garlic, ginger, almonds and water to make a thick paste.
2. Place the cardamom pods, cloves, cinnamon, onion and oil in the casserole dish cook on HIGH power for 2 mins.
3. Add the lamb and cook for 5 mins. on HIGH power or until light brown in colour. Stir halfway.
4. Stir in the rest of the spices, the almond mixture, cream, salt and pepper. Cover and cook on SIMMER power for 40-50 mins. or until the meat is tender. Stir the casserole 2-3 times during the cooking time.
5. Remove the whole cardamom pods, cloves and cinnamon before serving with rice or other vegetables.

Chicken Pesto Crumble

Serves 4

Dish: large shallow dish, 27 cm (10 1/2") in diameter

1. Cut the potatoes into chunks, place in a casserole dish with 90 ml, (6 tbsps of water), cover, cook for 7-8 minutes on High power or until soft, drain.
2. Stir the pesto into the potatoes and put aside to keep warm.
3. Place oil and onion in a large bowl cook on HIGH power for 2-3 minutes to soften the onion.
4. Add chicken, cover and cook on MEDIUM power for 4 minutes.
5. Add the tomatoes, tomato puree, Tabasco and season. Cook on HIGH power for 3 minutes.
6. Cook chicken mixture for a further 5 - 6 minutes on MEDIUM power, so that the tomato sauce starts to thicken.
7. Add the potatoes to the chicken and place in the bottom of a heatproof dish.
8. Mix the breadcrumbs with the garlic and Parmesan cheese, sprinkle over the chicken.
9. Cook on Combination; Grill 1 and LOW power for 8 - 9 minutes until heated through and golden brown in colour.

Ingredients

15 ml (1 tbsp) sunflower oil
450 g (1 lb) pork, cubed
1 onion, sliced
1 clove garlic, crushed
1 green pepper, deseeded and cut into strips
15 ml (1 tbsp) paprika
3 ml (½ tsp) ground cumin
400 g (14 oz) can chopped tomatoes
15 ml (1 tbsp) tomato puree
150 ml (¼ pt) hot pork or chicken stock
175 g (6 oz) button mushrooms
black pepper
10 ml (2 tsp) cornflour
30 ml (2 tbsp) crème fraîche

Ingredients

25 g (1 oz) butter
2 medium onions, sliced
2 sticks celery, trimmed and chopped
100 g (4 oz) mushrooms, sliced
4 chicken quarters, skinned
300 ml (½ pt) hot chicken stock
296 g (14 oz) can tomatoes
salt and pepper
30 ml (2 tbsp) cornflour

Ingredients

675 g (1½ lb) shoulder of lamb, cubed
1 large onion, chopped
450 ml (¾ pt) hot chicken stock
15 ml (1 tbsp) dried rosemary
450 g (1 lb) potatoes, peeled and coarsely chopped
salt and pepper
10 ml (2 tsp) cornflour
50 g (2 oz) tasty cheese grated

Paprika Pork Casserole

Serves 4

Dish: large casserole

1. Place all the ingredients except the cornflour and crème fraîche in a large bowl. Cover and cook on HIGH power for 10 mins.
2. Stir the casserole, cover and cook on SIMMER power for 50 mins., or until the meat is cooked. Stir once during cooking.
3. Blend the cornflour with a little water and stir into the casserole. Cover and cook for a further 5 mins. on SIMMER power or until thickened.
4. Swirl in the crème fraîche and serve immediately.

Chicken Casserole

Serves 4

Dish: 3 litre (6 pt) casserole

1. Place vegetables and butter in dish. Cover and cook on HIGH power for 2-3 mins. or until soft.
2. Place chicken on top of vegetables, cover with stock and tomatoes and add salt and pepper to taste.
3. Cover and cook on HIGH power for 5 mins. then SIMMER power for 35-40 mins. or until well cooked through.
4. Mix cornflour with a little water. Remove chicken from casserole, skim off excess fat and stir in cornflour paste. Cook on HIGH power for 2 mins. Serve chicken with sauce poured over.

N.B.

If diced boneless breast is used in place of the quarters, reduce 2nd cooking time to 15-20 mins. or until well cooked through.

Lamb Casserole

Serves 4

Dish: 3 litre (6 pt) casserole dish

1. Place all the ingredients except cheese and cornflour into casserole dish. Place plate on top of meat to prevent meat drying out during cooking.
2. Cover and cook on HIGH power for 10 mins., then SIMMER power for 40 mins. or until meat is tender.
3. Mix cornflour with a little water and stir into casserole to thicken gravy.
4. Sprinkle with cheese and reheat on HIGH power for 2 mins. or until cheese melts.

Pasta and Rice

Ingredients

400 g (14 oz) new potatoes, cubed
275 g (10 oz) spaghetti
225 g (8 oz) green beans, halved
120 g (4½ oz) tub fresh pesto
olive oil, for drizzling
salt and fresh ground black pepper

Ingredients

1 bunch asparagus (approx. 250 g / 9 oz)
450 ml (¾ pint) hot vegetable stock
35 g (1½ oz) butter
2 leeks trimmed and finely sliced
200 g (7 oz) risotto rice
100 g (4 oz) frozen peas
Finely shredded zest and + juice ½ lemon
Salt & pepper to taste
40 g (1½ oz) fresh Parmesan cheese
10 g (¼ oz) fresh basil

Ingredients

50 g (2 oz) green lentils
10 ml (2 tsp) oil
1 small onion, sliced
3 ml (½ tsp) grated root ginger
1 garlic clove, crushed
3 ml (½ tsp) turmeric
3 ml (½ tsp) chilli powder
5 ml (1 tsp) curry powder
150 ml (¼ pt) natural yoghurt
50 g (2 oz) mushrooms, sliced
1 tomato, peeled and chopped
150 ml (¼ pt) hot water
25 g (1 oz) cashew nuts
225 g (8 oz) cooked basmati rice

Garnish:

hard boiled egg slices and
coriander leaves

Pesto Spaghetti

Serves 4

Dish: large casserole

1. Place spaghetti in a large bowl, add 1 litre (1¾ pt) of boiling water, cover and cook on HIGH power for 8-9 mins. or until cooked. Drain and keep warm.
2. Place the potatoes in a bowl with 90 ml (6 tbsp) of water, and cook on HIGH power for 5-6 mins., add the green beans and cook for a further 3-4 mins. or until tender.
3. Combine the spaghetti and vegetables together with 4 tbsps of the liquid, from the potatoes and beans.
4. Stir in the fresh pesto, season to taste and serve drizzled with a little olive oil.

Lemon and Asparagus Risotto

Serves 4

Dish: Small bowl + Large bowl

1. Cut off asparagus tips with 2.5 cm (1") middle stem and cook with 2 tbsp stock on HIGH power for 2 mins.
2. Chop remaining asparagus stems into 1 cm pieces and leave to one side.
3. Cook leeks in 25g butter for 2 mins on HIGH power.
4. Add the rice to the leeks and cook on HIGH power for 2 mins.
5. Stir in ¾ pint hot vegetable stock and cook on HIGH power for 5 mins. Add chopped asparagus stems and cook on High power for 5 mins.
6. Stir in the peas, lemon zest and juice and cook on HIGH power for 2 mins.
7. Stir in the cooked asparagus tips, basil, remaining butter and 25 g (1 oz) Parmesan cheese and allow to heat through.
8. Serve in warmed bowls sprinkled with a few whole basil leaves and the rest of the Parmesan cheese.

Lentil Biryani

Serves 4-6

Dish: large casserole

1. Soak the lentils in cold water for 1 hour then drain them.
2. Place the oil and onion in a large bowl. Cover and cook on HIGH power for 3 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on HIGH power for 2 mins.
4. Add the yoghurt, mushrooms, tomato, water and lentils. Cover and cook on HIGH power for 15-20 mins. or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on HIGH power if necessary. Garnish and serve.

Ingredients

175 g (6 oz) easycook brown rice
450 ml ($\frac{3}{4}$ pt) hot chicken stock
450 g (1 lb) smoked haddock
30 ml (2 tbsp) lemon juice
1 medium onion, chopped
15 ml (1 tbsp) oil
150 ml ($\frac{1}{4}$ pt) sour cream
15 ml (1 tbsp) curry paste
100 g (4 oz) frozen peas
30 ml (2 tbsp) parsley, chopped
2 hardboiled eggs, chopped

Ingredients

1 aubergine, cubed
salt
350 g (12 oz) tagliatelle, fresh
1 onion
1 clove garlic crushed
15 ml (1 tbsp) olive oil
397 g (14 oz) tin of chopped tomatoes
5 ml (1 tsp) basil
15 ml (1 tbsp) tomato puree
15 g ($\frac{1}{2}$ oz) butter
salt and pepper
8-10 black olives, stoned
100 g (4 oz) mozzarella, diced
30 ml (2 tbsp) parmesan cheese, grated

Ingredients

1 large onion, sliced
225 g (8 oz) courgettes, thickly sliced
225 g (8 oz) green beans, chopped
225 g (8 oz) carrots, thickly sliced
1 small cauliflower, broken into florets
396 g (14 oz) can chick peas, drained
5 ml (1 tsp) turmeric
3 ml ($\frac{1}{2}$ tsp) cinnamon
salt
1 clove garlic, crushed
300 ml ($\frac{1}{2}$ pt) hot vegetable stock
350 g (12 oz) couscous

Kedgeree

Serves 2

Dish: large casserole

1. Place the rice and chicken stock in casserole, cover and cook on HIGH power for 15-17 mins. or until tender.
2. Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on HIGH power for 5-6 mins. or until cooked. Skin and flake.
3. Place onion and oil in a small dish, cover and cook on HIGH power for 3-4 mins. or until softened.
4. Combine sour cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on HIGH power for 5 mins. until piping hot.

Tagliatelle Toscana

Serves 4

Dish: deep casserole dish

1. Sprinkle the aubergine with salt and leave for 20 mins. then rinse and dry.
2. Cook the pasta in 600 ml (1 pt) boiling water, covered, on HIGH power for 4 mins. or until tender. Drain.
3. Place onion, garlic and oil in a bowl, cover and cook on HIGH power for 2 mins. or until soft. Add the remaining ingredients except the mozzarella and parmesan cheese, cover and cook on HIGH power for 6 mins.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on Combination Grill 1 and SIMMER power for 4-5 mins. until piping hot and golden brown.

Vegetable Couscous

Serves 4

Dish: large casserole

1. Place all the vegetables in a large casserole with the spices, salt, garlic and chick peas. Add the hot vegetable stock. Cover and cook on HIGH power for 16-18 mins. or until the vegetables are tender.
2. Pour 450 ml ($\frac{3}{4}$ pt) of boiling water over the couscous. Allow to stand for 10 mins. Cover and cook on MEDIUM power for 5 mins. or until warm and fluffed. Separate the grains with a fork and serve with the vegetables.

Cheese and Egg Dishes

PIERCING

Always pierce egg yolk and white to stop them exploding when cooking in a microwave.

Ingredients

1 garlic clove, halved
300 ml (½ pt) dry white wine
450 g (1 lb) Gruyère cheese, grated
25 g (1 oz) plain flour
Pinch of pepper
Pinch of grated nutmeg
Paprika for sprinkling

Ingredients

1 red pepper
3 ciabatta rolls, halved
1 garlic clove, peeled and halved
4 eggs
60 ml (4 tbsp) milk
knob of butter
1 ripe tomato, deseeded and diced
30 ml (2 tbsp) fresh basil, chopped
salt and pepper
Parmesan Cheese, grated

Ingredients

1 small onion, sliced
15 ml (1 tbsp) cooking oil
1 small French stick
30 ml (2 tbsp) Dolmio sauce or Passata
75 g (3 oz) Mozzarella cheese, grated

BOILED EGGS IN SHELLS

Never attempt to cook a boiled egg by microwave. They can explode dangerously.

QUICHES

Always cook quiches on SIMMER power to avoid curdling the egg filling.

Swiss Cheese Fondue

Serves 4-6

Dish: large 2 litre (4 pt) bowl

1. Place garlic and wine in the bowl and cook on HIGH power for 4 mins., or until wine is just boiling.
2. In another bowl mix the cheese and flour together, until evenly combined.
3. Remove the garlic from the wine and discard. Add half of the cheese mixture, stirring constantly until the cheese melts.
4. Cook on HIGH power for 1 minute, then stir in the rest of the cheese mixture.
5. Return to the microwave and cook again for 1 minute on HIGH power. Season with pepper and nutmeg.
6. Sprinkle with Paprika, if desired. Serve with chunks of french bread, or vegetables.

Ciabatta with Scrambled eggs

Serves 4-6

Oven Accessory: glass turntable and grill accessory

1. Cut the pepper in half. Place on the grill accessory and grill for 7-8 mins. or until the skin has blackened. Carefully peel off the skin, remove the core and seeds, and dice the flesh.
2. Grill the rolls for 2-3 mins. or until lightly browned. Rub each roll with the cut side of the garlic clove.
3. Place the eggs, milk and butter in a large jug and whisk to combine. Cook on HIGH power for 2 mins., stirring every 30 secs. Add the pepper, tomato, basil and seasoning. Cook for a further 1 minute on HIGH power or until the eggs have just set.
4. Spoon the eggs over the toasted ciabatta and sprinkle with parmesan. Serve immediately.

French Bread Pizza

Serves 2

Oven Accessory: glass turntable then grill accessory

1. Cook the onion with the oil, covered, on HIGH power for 3-4 mins. or until softened.
2. Cut bread in half lengthways. Place on grill accessory and grill for 1-2 mins. Spread with the Dolmio sauce. Top with the onion and then cheese.
3. Place back on grill accessory and cook on Combination Grill 1 and SIMMER power for 3-4 mins. or until browning and hot.

Ingredients

250g (9 oz) shortcrust pastry
150 g (5 oz) courgettes
175 g (6 oz) broccoli
50 g (2 oz) peas
175 g (6 oz) asparagus
100 g (4 oz) tomatoes
100 g (4 oz) full fat soft cheese
150 ml (1/4 pt) single cream
1 garlic clove, crushed
2 eggs + 1 egg yolk
40 g (1 1/2 oz) mature Cheddar cheese

Summer Vegetable Flan

Serves 6

Dish: 23 cm (9") flan dish

1. Line flan dish with pastry, prick with a fork. Cook on Combination Grill 1 and MEDIUM power for 4 mins. or until dry.
2. Thinly slice the courgettes, prepare the broccoli and peas, place in a bowl with 90 ml (6 tbsp) of water and soften on HIGH power for 4-5 mins. Drain. Place in the pastry case with the asparagus and quartered tomatoes.
3. Beat the soft cheese with the cream, garlic and eggs, pour over the vegetables and sprinkle with cheese. Cook on Combination Grill 1 and SIMMER power for 14-16 mins. or until just set.

Ingredients

675 g (1 1/2 lb) new potatoes
225 g (8 oz) broccoli florets
150 ml (1/4 pt) soured cream
75 g (3 oz) Gruyère cheese grated
seasoning

Creamy Cheese, Potato & Broccoli Bake

Serves 4

Dish: large bowl + heatproof dish

1. Cut potatoes in half (or quarters if large). Place in a bowl with 90 ml (6 tbsp) of water and cook on HIGH power for 8 mins. covered with cling film.
2. Add the broccoli to the potatoes and cook for a further 4-6 mins. or until tender.
3. Mix together 1/2 the cheese and the cream.
4. Arrange the potato and broccoli in a heatproof dish in a single layer, pour the cream mixture over them and sprinkle the rest of the cheese on top.
5. Cook on Combination Grill 1 and SIMMER power for 4-5 mins. or until piping hot and golden brown.

Ingredients

175 g (6 oz) quick cooking macaroni
40 g (1 1/2 oz) butter
1 small onion, finely chopped
100 g (4 oz) bacon, chopped
40 g (1 1/2 oz) flour
600 ml (1 pt) milk
5 ml (1 tsp) french mustard
150 g (5 oz) red cheese, grated
salt and pepper
30 ml (2 tbsp) fresh brown breadcrumbs

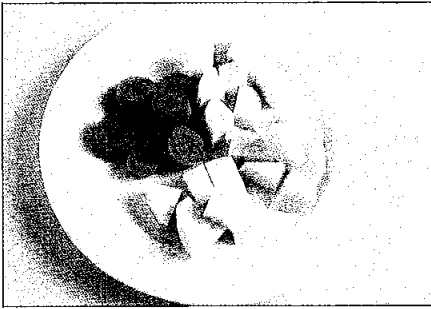
Macaroni Cheese

Serves 4

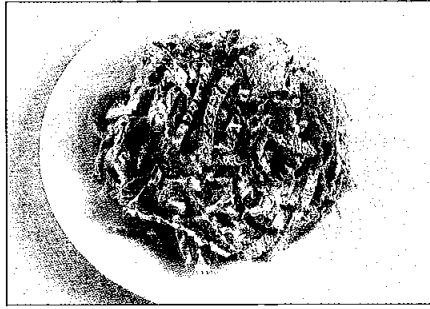
Dish: large dish + jug

1. Cook macaroni in 450ml (3/4 pt) boiling water on HIGH power for 5-6 mins. or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cook on HIGH power for 5 mins. or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 secs. on HIGH power.
4. Gradually add milk stir well and season. Cook on HIGH power for 5 mins. or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100g (4oz) grated cheese. Place the macaroni in a large dish and pour over the sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on Combination Grill 1 and MEDIUM power for 5-7 mins. or until golden brown.

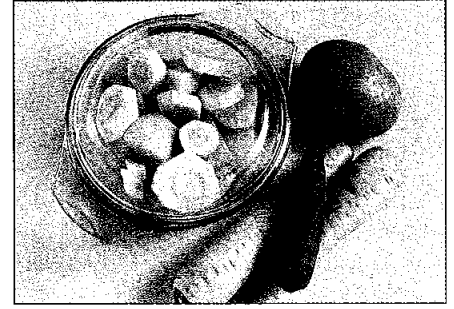
Vegetables and Vegetarian



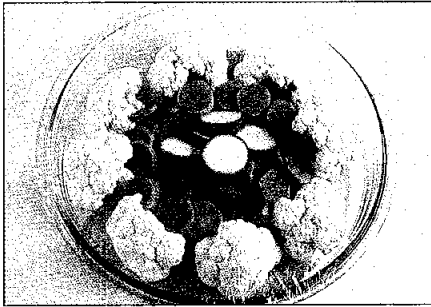
- Root vegetables, i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.



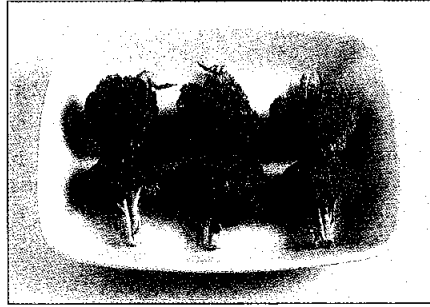
- Cabbage should be shredded and cooked by power and time.
- Fresh vegetables require 90 ml (6 tbsp) of water. For each extra 450 g (1 lb) add an extra 90 ml (6 tbsp) of water and stir halfway.



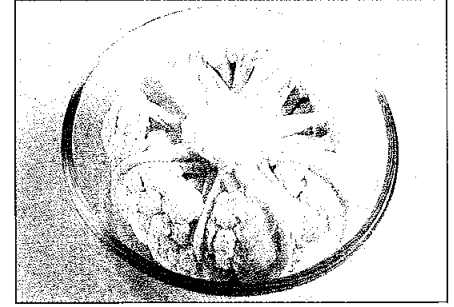
- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.
- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.



- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with microwave cling film or a lid.



- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish, as these require less cooking.



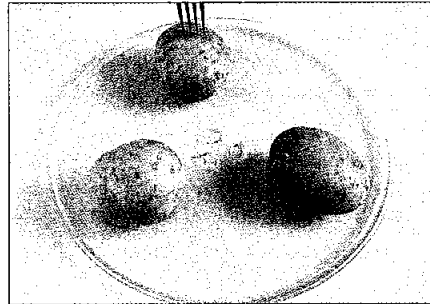
- Whole cauliflower should be cooked upside down on MEDIUM power for 10 mins. approx. with 90 ml (6 tbsp) water.

Jacket Potatoes

Varieties of potatoes vary in their suitability for cooking by microwave. We recommend Maris Piper for consistently good results. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by microwave is 175 g-250 g (6-9 oz).

Before Cooking

Wash potatoes and prick skins several times. Spread around edge of turntable.



After Cooking

Remove from oven and wrap in aluminium foil to retain the heat. Leave to stand for 5 mins.



Ingredients

225 g (8 oz) aubergine, roughly chopped
225 g (8 oz) courgette, roughly chopped
1 yellow pepper, roughly chopped
1 red pepper, roughly chopped
2 large garlic cloves
397 g can chopped tomatoes
2.5 ml (½ tsp) caster sugar
30 ml (2 tbsp) chopped fresh basil
salt and ground black pepper
1 small baguette, sliced
100 g (4 oz) pack of mozzarella cheese,
thinly sliced

Ingredients

1 clove of garlic, halved
675 g (1½ lb) potatoes, sliced very thinly
pinch nutmeg
pepper and salt
150 ml (¼ pt) double cream
25 g (1 oz) butter

Ingredients

1 large onion, chopped
25 g (1 oz) butter
1 clove of garlic, crushed
225 g (8 oz) each of diced carrots,
diced leeks, diced courgettes
1 green pepper, chopped
150 ml (¼ pt) hot vegetable stock
salt and pepper to taste
300 ml (½ pt) prepared tomato sauce
175 g (6 oz) pre-cooked lasagne
225 g (8 oz) Mozzarella cheese

Crispy Toast Topped Ratatouille

Serves 4

Dish: shallow dish

1. Combine all the ingredients in a casserole dish, apart from the baguette and the cheese.
2. Cover and cook on HIGH power for 15 mins. or until vegetables are soft, stirring halfway through the cooking time.
3. Arrange the slices of baguette on to the cooked ratatouille and top with the slices of cheese. Cook on Combination Grill 1 and WARM power for 7 mins. or until the cheese has melted and turned a golden brown.

Gratin Dauphinois

Serves 4

Dish: 20 cm (8") shallow dish

1. Rub halves of garlic around inside of dish and discard.
2. Layer the potato slices in the dish, seasoning with salt and pepper and nutmeg between each layer.
3. Pour the cream evenly over the top of the potatoes and dot with butter. Cook on Combination Grill 1 and MEDIUM power for 12-14 mins. or until cooked and browned.

Vegetable Lasagne

Serves 4-6

Dish: large shallow rectangular Pyrex® or heatproof dish

1. Place onion, butter and garlic in a casserole dish, cover and cook on HIGH power for 3 mins. Add vegetables and stock, re-cover and cook on HIGH power for 8-10 mins. or until vegetables are soft. Season to taste.
2. Cover base of dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175 g (6 oz) of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
3. Grate remaining cheese and arrange over top in 3 diagonal bands. Cook on Combination Grill 3 and MEDIUM power for 20 mins. or until the pasta is cooked.

Ingredients

2 medium sweet potatoes
 1 large tomato, sliced
 50 g (2 oz) spicy sausage, sliced
 30 ml (2 tbsp) coriander, chopped
 75 g (3 oz) cheddar cheese, grated
 salt and pepper

Stuffed Sweet Potatoes

Serves 4

Oven Accessory: glass turntable then grill accessory**Dish: shallow heatproof dish**

1. Wash and prick the potato skins. Cook on the Jacket Potato program.
2. Split the potatoes horizontally, keeping the edge joined.
3. Layer the tomatoes and the sausage alternately over the potatoes. Season and sprinkle with coriander and the grated cheese.
4. Arrange on the grill accessory and cook on GRILL 1 for 2-3 mins. or until browned.

Ingredients

1 cauliflower, trimmed
 90 ml (6 tbsp) water
 25 g (1 oz) butter
 25 g (1 oz) flour
 3 ml (1/2 tsp) French mustard
 300 ml (1/2 pt) milk
 seasoning to taste

Topping:

75 g (3 oz) grated cheese
 15 ml (1 tbsp) brown breadcrumbs

Cauliflower Cheese

Serves 4

Dish: large bowl + shallow casserole

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on MEDIUM power for 10 mins. or until tender. Drain.
2. Melt butter on HIGH power for 15-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on HIGH power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 50 g (2 oz) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on Combination Grill 1 and MEDIUM power for 4-5 mins. or until golden brown.

Ingredients

2 onions, chopped
 15 ml (1 tbsp) olive oil
 2 cloves garlic, crushed
 1 large aubergine, chopped
 2 courgettes, sliced
 1 large red pepper, deseeded and sliced
 1 large green pepper, deseeded and sliced
 400 g (14 oz) can chopped tomatoes
 300 ml (1/2 pt) vegetable stock
 5 ml (1 tsp) chopped rosemary
 10 ml (2 tsp) chopped thyme
 100 g (4 oz) red lentils

Red Lentil Casserole

Serves 4

Dish: large casserole

1. Place onions, oil, and garlic in the casserole. Cook on HIGH power for 3 mins.
2. Add chopped aubergine, courgettes, and peppers to the casserole. Cook on HIGH power for 4-5 mins.
3. Add the tomatoes, vegetable stock, herbs and lentils. Cook on HIGH power for 5 mins.
4. Stir and then cook on SIMMER power for 10-12 mins. or until lentils are tender.

Puddings and Desserts

Ingredients

150 g (5 oz) self-raising flour
pinch of salt
50 g (2 oz) caster sugar
50 g (2 oz) suet
1 egg
150 ml (1/4 pt) milk
30 ml (2 tbsp) jam or golden syrup
Optional:
add 1 tbsp of sultanas to dry ingredients

Ingredients

150 ml (1/4 pt) water
100 g (4 oz) caster sugar
3 eggs
3 ml (1/2 tsp) vanilla essence
30 ml (2 tbsp) caster sugar
300 ml (1/2 pt) cold milk

Ingredients

200 g (7 oz) fresh dates, stoned and finely chopped
175 g (6 oz) self-raising flour
5 ml (1 tsp) baking powder
5 ml (1 tsp) vanilla essence
15 ml (1 tbsp) Camp coffee essence
100 ml (3 1/2 fl. oz) milk
75 g (3 oz) butter
150 g (5 oz) caster sugar
2 eggs lightly beaten
Butterscotch sauce
45 g (1 1/4 oz) butter
120 ml (8 tbsp) soft brown sugar
200 ml (7 fl. oz) whipping cream
15 ml (1 tbsp) vanilla essence

Steamed Suet Sponge Pudding

Serves 4

Dish: 1 litre (2 pt) pudding basin

1. In a mixing bowl, sift together the flour and salt. Stir in the sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on HIGH power for 5-6 mins. until firm.

Crepe Caramel

Serves 4

Dish: 15 cm (6") souffle dish

1. Put water and the 100 g (4 oz) of sugar in a souffle dish. Cook on HIGH power for 2-3 mins. or until sugar has dissolved. Continue cooking on HIGH power for 6-10 mins. until sugar has caramelised, keeping a close watch as it can burn easily: **CAUTION** - Remove from oven very carefully using oven gloves (the base will be extremely hot) and cool.
2. Beat eggs, essence, caster sugar and milk together and strain over caramel.
3. Cook on SIMMER power for 14-16 mins. or until starting to set around edge of dish. The custard will continue to set on cooling. Refrigerate for several hours before turning out.

N.B. Individual Crepe Caramels can be prepared by dividing the above ingredients between 4 individual 9 cm (3 1/2") ramekins. Cook the sugar solution for approx. 10-12 mins. on HIGH power then cook the custards for approx. 11-13 mins. on SIMMER power.

Date Puddings and Butterscotch Sauce

Serves 6

Dish: Individual microwave proof moulds

1. Pour 175 ml (6 fl. oz) boiling water over the chopped dates and set aside to cool.
2. Sift together flour and baking powder. Add vanilla and coffee essence to the milk.
3. Cream the butter and sugar until light and fluffy. Add eggs a little at a time.
4. Fold in the flour and flavoured milk, then pour in the date mixture.
5. Place in six moulds. Cook on HIGH power for 7 mins. and leave to stand for 10 mins.

Sauce

1. Place butter in a large jug and cook on HIGH power for 45 sec. to 1 minute, or until bubbling.
2. Add sugar and stir until it has dissolved cooking for 1 minute at a time on HIGH power. Continue to cook until liquid is foaming and bubbling 30 sec. at a time on HIGH power.
3. Slowly pour in the cream and bring to the boil on HIGH power for 2-3 mins. Add essence. Stir, continue to boil on HIGH power 30 sec. at a time until it starts to thicken.

Ingredients

75 g (3 oz) butter
 175 g (6 oz) digestive biscuits, crushed
 5 ml (1 tsp) cinnamon

Filling:

175 g (6 oz) cream cheese
 175 g (6 oz) cottage cheese
 75 g (3 oz) caster sugar
 25 g (1 oz) cornflour
 1 lemon, grated rind of
 150 ml (¼ pt) soured cream
 2 eggs, separated
 50 g (2 oz) sultanas

Baked Lemon Cheesecake

Serves 8

Dish: 20 cm (8") deep pyrex dish, greased

1. Melt butter on HIGH power for 1-2 mins. or until melted. Stir in biscuits and cinnamon. Press into base of dish.
2. Blend cream cheese and cottage cheese together until smooth, add sugar, cornflour, lemon rind, soured cream and egg yolks.
3. Whisk egg whites until stiff and carefully fold into the cheese mixture. Sprinkle the sultanas over the biscuit base and pour over the filling mixture.
4. Cook on Combination Grill 1 and SIMMER power for 6-8 mins. or until the filling has set and is golden brown. Chill before serving.

Ingredients

1 cooking apple, peeled and grated
 1 carrot, peeled and grated
 1 orange, juice and grated rind of
 400 g (14 oz) mixed dried fruit
 45 ml (3 tbsp) brandy
 15 ml (1 tbsp) black treacle
 50 g (2 oz) self-raising flour
 pinch of salt
 15 ml (1 tbsp) cocoa
 5 ml (1 tsp) mixed spice
 3 ml (½ tsp) nutmeg
 100 g (4 oz) shredded suet
 150 g (5 oz) fresh breadcrumbs
 50 g (2 oz) mixed peel
 50 g (2 oz) flaked almonds
 2 eggs, beaten

Christmas Pudding

Serves 6-8

Dish: 1.3 litre (2½ pt) pudding basin lightly greased

1. Place apple and carrot in a large bowl. Cover and cook on HIGH power for 5 mins. Beat well to make a thick puree.
2. Stir in juice, rind and mixed fruit. Cook on HIGH power for 2 mins. Stir in brandy and treacle. Stand for 5 mins. Beat in rest of ingredients.
3. Press into the pudding basin. Cover with greaseproof paper and cook on HIGH power for 4 mins. Stand for 5 mins. Cook on HIGH power for another 2 mins. or until just firm.

N.B. One of the advantages of using your microwave to make this traditional pudding is that it can be made the week before Christmas and stored in a cool dry place. **Do not** attempt to make the pudding earlier than this, since the flavour will not improve with keeping, unlike a traditionally steamed pudding.

Ingredients

2 lemons
 500 ml (18 fl oz.) full fat milk
 1 cinnamon stick
 grated nutmeg
 4 medium egg yolks
 50 g (2 oz) caster sugar
 30 ml (2 tbsp) cornflour
 100 g (4 oz) demerara sugar

Lemon Brulee

Serves 4

Oven Accessory: glass turntable then grill accessory**Dish: 4 individual heatproof ramekins**

1. Place the grated rind of the lemons with the milk, cinnamon and nutmeg in a large jug and cook on HIGH power for 4 mins. Allow to cool.
2. Whisk the egg yolks and caster sugar until pale and foamy, then stir in the cornflour.
3. Strain the milk into the egg mixture and then cook on HIGH power for 4-5 mins. or until thickened. Stir frequently.
4. Pour into 4 ovenproof dishes and allow to cool for 4 hours or overnight.
5. Sprinkle with remaining sugar and place on grill accessory and cook on GRILL 1 for 5-6 mins. until caramelised.

Sauces

CONTAINER SIZE

Always use a container or jug at least twice the capacity of the sauce, to avoid boiling over.

COVERING

DO NOT cover sauces when cooking.

Ingredients

30 g (1 oz) butter
30 g (1 oz) flour
600 ml (1 pt) milk

Variations of White Sauce

Parsley

STIRRING – IMPORTANT



REHEATING

Sauces can be made in advance and reheated by microwave. Reheat on HIGH power and stir halfway.

POWER LEVEL

Most sauces require HIGH Power for cooking. Sauces containing eggs should be cooked on SIMMER power.

WOODEN SPOONS

Do not leave wooden spoons in the sauce when cooking. The wood may dry out and burn. NEVER LEAVE metal spoons in the sauce.



Dish: 1 litre (2 pt) jug

1. Melt butter in jug on HIGH power for 20-40 secs.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook for 2 mins. on HIGH power. Stir and cook for a further 3 mins. Sauce should be smooth and glossy and coat the back of a spoon.

Stir 60 ml (4 tbsp) chopped parsley and 15 ml (1 tbsp) lemon juice into sauce halfway through cooking time.

Onion

Cook 1 small onion in the butter for 30 secs. on HIGH power before adding the flour and milk.



Dish: 1 litre (2 pt) jug

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on HIGH power for 4-6 mins. Whisk well halfway through cooking time and again at the end.



Dish: 1 litre (2 pt) jug

1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Cook on HIGH power for 15 secs.
3. Whisk. Cook on HIGH power for 10 secs.
4. Whisk again and cook on HIGH power for 10 secs. Repeat 10 secs. stages until sauce is thick and creamy.
5. Season and serve immediately with salmon steaks or asparagus spears.

N.B. This sauce must not boil or eggs will curdle.

Ingredients

3 egg yolks
30 ml (2 tbsp) white wine vinegar
100 g (4 oz) chilled, unsalted butter, cut into cubes
pepper

Baking Guidelines

DISH SHAPE

Ring moulds are ideal for baking cakes in, especially dense cakes. They help prevent the outside edge of the cake overcooking before the dense centre is cooked through.

KEEPING QUALITY

Light sponge type cakes cook very quickly by microwave and so should be cooked as required, since their keeping quality is not as long as those baked traditionally.

CONSISTENCY

Generally cakes to be cooked by microwave should have a softer consistency than those baked traditionally. As a general rule add 15-30 ml (1-2 tbsp) of milk or water to the mixture.

COVERING

Just as you wouldn't cover a cake baked in a traditional oven, NEVER cover your cakes cooked by microwave.

DISH SIZE

Always use the exact dish size stated in the following recipes, otherwise cooking times and results will be affected.

MIXING/BEATING

Cakes cooked by microwave need to be well mixed, but not over beaten. Generally it is unnecessary to cream butter and sugar or beat eggs in an electric mixer or food processor. Do not attempt to cook whisked/fatless sponges, or any cakes containing whisked egg white.

EGGS

The following recipes have been tested using medium eggs. Using a different size of egg may affect cooking times.

Ingredients

100 g (4 oz) self raising flour
100 g (4 oz) soft margarine
100 g (4 oz) caster sugar
2 eggs
30 ml (2 tbsp) milk*

Sponge Cake*

Dish: 18 cm (7") souffle dish, based lined with greaseproof paper

1. Combine all ingredients together in a large bowl. Mix well until smooth. Tip into prepared dish and smooth the top.
2. Cook on Combination Grill 1 and MEDIUM power for 3½-4 mins. Cool for 10 mins. before turning out onto a rack. The cake is cooked when it has just dried on the top. Do not overcook as overcooked cakes stale quickly.

*N.B. When using this recipe for steamed pudding program in NN-V681, omit the 30ml(2tbsp) milk. Flavourings can be mixed in e.g. dried fruit, or toppings (Max. 30ml/2tbsp) can be placed in the bottom of the bowl e.g. jam/treacle. It is important not to use too much as this will cause the pudding to undercook.

Ingredients

2 eggs beaten
150 ml (¼ pt) vegetable or corn oil
150 g (5 oz) self-raising wholemeal flour
100 g (4 oz) soft light brown sugar
10 ml (2 tsp) cinnamon
75 g (3 oz) raisins
100 g (4 oz) carrots, grated

Carrot Cake

Dish: 25 cm (10") ring mould, based lined with greaseproof paper

1. Mix eggs and oil together.
2. Combine flour, sugar, cinnamon, raisins and carrots in a mixing bowl. Pour egg mixture into flour and stir well until well combined.
3. Pour into ring mould and cook on Combination Grill 2 and LOW power for 7-8 mins. or until firm. Stand for 10 mins. before turning out.
4. Beat cream cheese and butter until smooth. Gradually beat in icing sugar and lemon juice. Spread over sides and top of cake and sprinkle with walnuts.

Icing

50 g (2 oz) cream cheese
50 g (2 oz) butter
100 g (4 oz) icing sugar
10 ml (2 tsp) lemon juice
50 g (2 oz) walnuts, chopped

Ingredients

75 g (3 oz) butter or margarine
30 ml (2 tbsp) golden syrup
75 g (3 oz) light brown sugar
150 g (5 oz) porridge oats
50 g (2 oz) raisins

Chewy Flapjacks

Makes 8 flapjacks

Dish: 20 cm (8") round flan dish

1. Place butter, syrup and sugar in a bowl and cook on HIGH power for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on Combination Grill 1 and SIMMER power for 4-5 mins. or until firm and golden. Allow to cool slightly then cut into pieces.

Ingredients

100 g (4 oz) butter or margarine
100 g (4 oz) golden syrup
100 g (4 oz) black treacle
75 g (3 oz) soft brown sugar
100 g (4 oz) self-raising flour
100 g (4 oz) plain wholemeal flour
5 ml (1 tsp) mixed spice
30 ml (2 tsp) ground ginger
5 ml (1 tsp) bicarbonate of soda
pinch salt
150 ml (1/4 pt) milk
2 eggs beaten

Ginger Cake

Dish: 20 cm (8") Soufflé dish base lined with greaseproof

1. Place butter, syrup, treacle and sugar in a bowl and heat on HIGH power for 1-2 mins. or until fat has melted.
2. Place flours, spices, bicarbonate and salt in a large bowl. Stir in treacle mixture and mix well. Stir in milk and eggs and beat until smooth.
3. Pour into cake dish and cook on MEDIUM power for 8-9 mins. or until set around edges. The cake will appear slightly wet in centre, but will continue cooking as it cools.

Ingredients

100 g (4 oz) plain chocolate
100 g (4 oz) butter
100 g (4 oz) soft dark brown sugar
100 g (4 oz) self-raising flour
10 ml (2 tsp) cocoa powder
pinch salt
2 eggs, beaten
3 ml (1/2 tsp) vanilla essence
100 g (4 oz) walnuts, chopped

Boston Brownies

Dish: 20 cm (8") square dish base lined with greaseproof

1. Place chocolate and butter in a bowl and cook on HIGH power for 1 minute or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on Combination Grill 2 and LOW power for 6-8 mins or until just lightly browned. Allow to cool and then cut into squares.

Preserves

STERILIZING JARS

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on HIGH power until water boils (approx. 3 mins. for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

If you wish to cook larger quantities than given in the recipes below, revert to the traditional hob method, using a traditional recipe.

Ingredients

450 g (1 lb) soft fruit, washed
450 g (1 lb) caster sugar
30 ml (2 tbsp) lemon juice
5 ml (1 tsp) butter

Ingredients

45 ml (3 tbsp) olive oil
4 large red onions halved and thinly sliced
50 g (2 oz) demerara sugar
100 g (4 oz) sultanas
300 ml (1/2 pint) red wine
125 ml (4 fl.oz) red wine vinegar

Ingredients

450 g (1 lb) seville oranges
1 lemon
900 ml (1 1/2 pts) water
450 g (1 lb) sugar
knob of butter

DISH SIZE

Always use a very large pyrex bowl. DO NOT attempt to use jam pans or saucepans in your microwave.

DO NOT LEAVE JAMS UNATTENDED DURING COOKING BECAUSE OF THE HIGH SUGAR CONTENT.

COVERING

Do not cover preserves whilst cooking, apart from if recommended in the recipe.

DO NOT USE YOUR MICROWAVE TO STERILIZE BABIES' BOTTLES.

DO NOT SEAL PRESERVING JARS IN YOUR MICROWAVE.

SETTING POINT

To determine whether setting point is reached, place a couple of drops of jam or marmalade on a cold saucer (put one in the fridge whilst making the jam). Leave to cool. The jam should wrinkle on the surface when your finger pushes across the top.

Soft Fruit Jam

Makes approx. 1 1/2 lbs jam

Dish: large bowl

1. Place all ingredients in a large bowl and stir. Cook on HIGH power for 5 mins. (10-15 mins. if using frozen fruit), stirring frequently. Continue to cook in one minute intervals until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-25 mins. Test regularly for setting point.

Red Onion Chutney

Makes 2 lbs

Dish: large bowl

1. Put oil in bowl with onions. Soften on HIGH power for 10 minutes, stirring halfway.
2. Add all other ingredients and mix well.
3. Cook on MEDIUM power for 20 mins, or until soft.
4. Cool slightly, then pour into a jar.
5. Allow to cool thoroughly before chilling.

Orange Marmalade

Makes 1 1/2-2lbs

Dish: large bowl

1. Grate oranges and lemon ensuring all the pith is left on the fruit.
2. Place the peeled fruit in a food processor and chop until the pips are broken.
3. Place the chopped mixture in a large bowl and pour over boiling water. Cover and cook on HIGH power for 10 mins.
4. Strain the mixture through a sieve into another large bowl pressing the pulp well until all the juice is extracted. Discard the pulp.
5. Stir the shredded rind into the hot juice and cook uncovered on HIGH power for 10 mins. until rind is tender, stirring occasionally. Stir in the sugar until dissolved.
7. Cook on HIGH for 8 mins covered. Stir in the butter and cook to setting point 4-6 mins.
8. Leave to stand for 10 mins then pour into warmed sterilized jars.

Questions and Answers

Q My microwave oven causes interference with my TV, is this normal?

A Some radio and TV 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, hair dryers, etc. It does not indicate a problem with your oven.

Q Sometimes warm air comes from the oven vents. Why?

A The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There isn't an airtight seal to the air therefore steam can escape. There are no microwaves in the air, or steam. The oven vents should never be blocked during cooking.

Technical Specifications

Rated Voltage:	230-240 V 50 Hz
Operating Frequency:	2,450 MHz
Input Power:	Max 2450 W Microwave 1260 W Grill 1410 W
Output Power:	Microwave 900 W (IEC-705) 1000 W Turbo Reheat (IEC-705) Grill 1300 W
Outer Dimensions:	510 (W) x 380 (D) x 304 (H) mm
Oven Cavity Dimensions:	359 (W) x 352 (D) x 217 (H) mm
Weight:	13 kg
Weight and Dimensions are approximate.	

Building-in Your Oven

MODEL NN-V671 (STAINLESS STEEL) CAN NOT BE BUILT IN, NO TRIM KIT IS AVAILABLE.

1. In case of fitting into an oven housing, please use Panasonic's Trim Kit

NN-TKV69W - white
NN-TKV69C - Brown
NN-TKV69M - silver (painted metallic look)
2. Microwave ovens should **not be built** into a unit **directly above** a top front venting conventional cooker. This will invalidate your one year guarantee.
3. A microwave which is built in must be more than 850 mm above floor level. Read Trim-Kit instructions carefully before installation.

It is recommended that the microwave oven is placed below a conventional oven to avoid heat damage to the fascia of the microwave.

However if it is necessary to install the microwave above, then a gap of at least 15 cm (6 inches) is required from the top of the conventional oven casing to the bottom of the trim kit.

Index

A

Adapting Recipes.....	40
Apples, poached/stewed.....	36
Arcing.....	7
Auto sensor cooking.....	27-29
Auto weight cooking.....	24-26
Auto weight defrosting.....	17-19

B

Bacon	
Rashers.....	35
Baked Apples.....	36
Baking guidelines.....	60
Beans, cooking chart.....	35
Beef	
guidelines.....	46
cooking charts.....	35
Belgian Beef Casserole.....	47
Bolognese Sauce.....	47
Steak and Kidney Pudding.....	48
Boil in the bag fish.....	36

C

Cakes

Boston Brownies.....	61
Carrot Cake.....	60
Chewy Flapjacks.....	61
Ginger Cake.....	61
Sponge Cake.....	60
Chaos defrost.....	18

Cheese and Egg Dishes

Ciabatta with Scrambled Eggs.....	52
Creamy Cheese, Potato & Broccoli Bake.....	53
French Bread Pizza.....	52
Macaroni Cheese.....	53
Summer Vegetable Flan.....	53
Swiss Cheese Fondue.....	52

Chicken

guidelines.....	46
cooking charts.....	35
Chicken Casserole.....	49
Chicken Pesto Crumble.....	48

Chicken Satay.....	47
Christmas Pudding.....	58
reheating.....	32
Cleaning your Microwave.....	4
Cling Film.....	9, 12
Clock, setting the time.....	15
Combination cooking.....	22-23
Containers to use.....	11-12
Control Panel.....	13
Cooking Charts.....	35-39
Custard.....	59

D

Defrosting

guidelines.....	19
charts.....	20

E

Eggs poached/scrambled.....	36
-----------------------------	----

F

Fish

guidelines.....	43
cooking charts.....	36
Fish Balti.....	45
Fish Kebabs.....	45
Mixed Seafood Gratin.....	45
Plaice Provencale.....	44
Stuffed Citrus Trout.....	43
Tasty Fish Pie.....	44
Tuna Fish Cakes.....	44
Fruit, poached and stewing.....	36

G

General Guidelines.....	9-10
Grilling.....	21

H

Hollandaise Sauce.....	59
------------------------	----

J

Jacket Potatoes.....	39, 54
Jam.....	62

K	
Kedgerree	51

L	
Lamb	
guidelines.....	46
cooking charts.....	37
Chops	37
Lamb Casserole.....	49
Lamb in a spicy cream & almond sauce	48

M	
Meat and Poultry recipes	47-49
Microwave power levels.....	15
Microwave principles	8
Milk puddings.....	38
Mince pies, reheating.....	30, 33

O	
Orange Marmalade.....	62

P	
Pasta and Rice recipes	
Kedgerree	51
Lemon and Asparagus Risotto.....	50
Lentil Biryani	50
Pesto Spaghetti	50
Tagliatelle Toscana	51
Vegetable Couscous.....	51

Pork	
guidelines.....	46
cooking	37
chops	37
Paprika Pork Casserole	49
Porridge	37

Preserves	
Fruit Jam.....	62
Orange Marmalade.....	62
Red Onion Chutney	62
Pulses, cooking.....	35

Puddings and Desserts	
Baked Lemon Cheesecake.....	58
Christmas Pudding	58

Creme Caramel	57
Date Puddings and Butterscotch Sauce	57
Lemon Brûlée	58
Steamed Suet Sponge Pudding	57

R	
Reheating guidelines	30
Reheating Charts.....	31-34
Rice, cooking.....	37-38

S	
Sauces	59
Sausages.....	38
Shielding	19
Soups and Starters	
Aubergine with Creamy Mushroom Sauce	41
Broccoli & Stilton Soup	42
Cheese and Garlic Loaf.....	42
Coarse Pork Paté	41
Creamy Cod & Leek Chowder	41
Stuffed Croissants	42
Standing Times.....	9

T	
Technical Specification	63
Turbo reheat	16

V	
Vegetables	
guidelines.....	54
cooking	38-39
Cauliflower cheese	56
Crispy Toast Topped Ratatouille	55
Gratin Dauphinois	55
Red Lentil Casserole	56
Stuffed Sweet Potatoes	56
Vegetable Lasagne.....	55

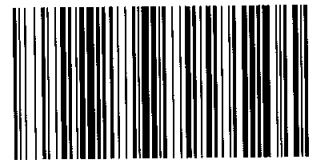
W	
White Sauce	59

PHONE OUR COOKERY ADVICE LINE

We provide friendly guidance on any queries relating to your oven or recipes. This service, staffed by Home Economists, is available Monday to Friday on

01344 862108

(9:30am - 5:00pm) or alternatively you can write to the address inside this cookbook.



E00035D00BP
M0401-0
Printed in the UK