Operating Instruction and Cook Book
Microwave Oven
Household Use Only

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

Model Number: NN-ST785S
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 left side of the control panel. 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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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 door fits squarely and securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. 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 trays or 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 microwave ovens. 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.

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.
   (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.
Installation and General Instructions

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.


(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 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.

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.

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.

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, and/or shut off power at the fuse or circuit breaker panel.

3. Do not dry clothes, newspapers or other materials in oven. They may catch on 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 the 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 Glass Tray. The Glass Tray can be very hot after removing the cooking container from the oven.

8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.

9. Do not cook food directly on Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)

10. DO NOT use this oven to heat chemicals or other non-food 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.

11. If glass tray is hot, allow to cool before cleaning or placing in water.

12. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven cools down.

13. 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.

14. 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.
Placement of Oven
1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 15 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.**
   a. 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. Also allow sufficient space on back and both sides of the oven.
   b. Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
   c. Do not operate oven when room humidity is too high.
2. **This oven was manufactured for household use only.**

Building-in your oven
1. This oven is intended for counter-top and build-in use only. It is not intended for use inside a cupboard. This oven may be built into a wall cabinet by using the proper trim kit (NN-TK712SSQP) which may be purchased from your local Panasonic dealer.
2. In case of fitting into an oven housing, please use Panasonic’s Trim Kit, NN-TK712SSQP.
3. Microwave ovens should not be built into a unit directly above a top front venting conventional cooker. This may be a safety hazard and could result in damage to your oven. This will invalidate your one year guarantee.
4. 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 facia of the microwave.
5. **Care should be taken not to displace the turntable when removing containers from the appliance.**

Circuits
Your microwave oven should be operated on a separate 10 A circuit from other appliances. 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.

Food
1. **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.
2. **Do not attempt to deep fat fry in your microwave oven.**
3. **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.
4. 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.
5. **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 of hot liquid. To prevent this possibility the following steps should be taken:
   a) **Avoid using straight-sided containers with narrow necks.**
   b) **Do not overheat.**
   c) **Stir** the liquid before placing the container in the oven and halfway through cooking time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
   e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container.
6. **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.
7. **COOKING TIMES given in the Cooking Guide section 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.
8. **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.
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 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 through a small plastic covered piece. 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 combination 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.

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 P10. If the container is microwave ovensafe (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.
Cookware and Utensils Guide

Plastics
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 P10 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 “arching”.
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.
Glass Tray
1. Do not operate the oven without the Roller Ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute another Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Tray. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensil on Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal.
6. Glass Tray can rotate in either direction.

Waveguide Cover
Do not remove. It is not packaging material and must remain in place.

Door Safety Lock System

Roller Ring
1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise and scratching of painted surface.
2. The Roller Ring must always be used together with the Glass Tray for cooking.

Door Release Button
Press to open the door. 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. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

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

NOTE:
The above illustration is for reference only.
Beep Sound
When pad is pressed correctly, a beep sound will be heard. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete programme, the oven will beep five times.

NOTE:
If an operation is set and Start Pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.
Let’s Start To Use Your Oven!

1 Plug in

Plug into a properly earthed electrical outlet. ‘88:88’ appears in the Display Window. (This will immediately cease when any pad is pressed.)

2 Open Door

Open the door and place container with food in a dish on Glass Tray in the oven. Then close the door.

3 Select Power Level

eg. P7
Press Power Level Pad four times.
(see page 11 for Micro Power chart)

4 Set Time

eg. 12 minute 20 seconds
Press Time Pads

5 Press

Cooking will start.
The time in the Display Window will count down.

Display Window
To Set Clock

You can use the oven without setting the clock.

1  Press \(\text{Timer/Clock} \) \text{twice} \nColon will blink in Display Window.

2  Enter Time of Day
Enter time of day using Time Pads e.g. 12:35

<table>
<thead>
<tr>
<th>10 min</th>
<th>1 min</th>
<th>10 sec</th>
</tr>
</thead>
<tbody>
<tr>
<td>twelve times</td>
<td>three times</td>
<td>five times</td>
</tr>
</tbody>
</table>

Time appears in the Display Window, colon is blinking.
Verify time of day in the Display Window.

3  Press \(\text{Timer/Clock} \)
Colon stops blinking; time of day is entered and locked into Display Window.

NOTES:
1. Oven will not operate while colon is still blinking.
2. To reset time of day, repeat step 1 through 3.
3. Clock is a 12 hour display. There isn't a.m. or p.m. setting.
4. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
5. Maximum time available is 12:59. Clock is 12 hour only. One o'clock will be displayed as 1:00 not 13:00.

To Use Child Safety Lock

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

To set

Colon or time of day is displayed \(\) \text{Start} \(\) \text{Press 3 times.} \(\) Display Window

To cancel

Display Window \(\) \text{Stop/Reset} \(\) \text{Press 3 times.} \(\) Colon or time of day is displayed

NOTE:
To set or cancel child safety lock, \text{Start Pad} or \text{Stop/Reset Pad} must be pressed 3 times within 10 seconds.
To Use Micro Power and Time

1 Select Power Level

Press Micro Power Pad until your desired power level appears in the Display Window. (see chart below)

Note: When selecting P10 on the first stage, you can start from step 2.

2 Set Cooking Time

Enter cooking time using Time Pads.

Maximum Length of cooking time:
High power: up to 30 minutes,
other powers: up to 99 minutes and 50 seconds for a single stage

3 Press

Cooking will start.
The time in the Display Window will count down.

For more than one stage cooking,
Repeat steps 1 & 2 above then press Start. The maximum number of stages for cooking is 3. The oven will beep twice between stages. (For further information, refer to page 24)

Micro Power:
The Power Level Pad gives you a selection of different power levels representing decreasing amounts of microwave energy, used for cooking foods at different speeds.
e.g. The lower the micro power setting, the more evenly the food cooks, although it will take a little longer.
To select the correct power level for cooking different foods, refer to the chart below.

<table>
<thead>
<tr>
<th>Press</th>
<th>POWER LEVEL</th>
<th>WATTAGE</th>
<th>DISPLAY</th>
<th>EXAMPLE OF USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1x</td>
<td>P10</td>
<td>1100 W</td>
<td>P1</td>
<td>Boil water. Cook vegetables, rice, pasta and noodles. Reheating.</td>
</tr>
<tr>
<td>2x</td>
<td>P9</td>
<td>1000 W</td>
<td>P9</td>
<td>Cook fresh fruits.</td>
</tr>
<tr>
<td>3x</td>
<td>P8</td>
<td>900 W</td>
<td>P8</td>
<td>Cook cakes, desserts. Heat milk.</td>
</tr>
<tr>
<td>4x</td>
<td>P7</td>
<td>800 W</td>
<td>P7</td>
<td>Cook pork, whole chicken and chicken pieces.</td>
</tr>
<tr>
<td>5x</td>
<td>P6</td>
<td>700 W</td>
<td>P6</td>
<td>Cook beef, lamb and eggs. Melt butter.</td>
</tr>
<tr>
<td>6x</td>
<td>P5</td>
<td>600 W</td>
<td>P5</td>
<td>Cook meatloaves. Melt chocolate.</td>
</tr>
<tr>
<td>7x</td>
<td>P4</td>
<td>400 W</td>
<td>P4</td>
<td>Cook fish and seafood.</td>
</tr>
<tr>
<td>8x</td>
<td>P3</td>
<td>300 W</td>
<td>P3</td>
<td>Defrost meat, poultry and seafood.</td>
</tr>
<tr>
<td>9x</td>
<td>P2</td>
<td>200 W</td>
<td>P2</td>
<td>Simmer soups, stews and casseroles (less tender cuts).</td>
</tr>
<tr>
<td>10x</td>
<td>P1</td>
<td>100 W</td>
<td>P1</td>
<td>Keep cooked foods warm, simmer slowly.</td>
</tr>
</tbody>
</table>
To Defrost

To Defrost using Turbo Defrost
This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight of the food.

1 Press \[\text{Turbo Defrost}\] until the desired weight appears in the Display Window.
The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size. Weight must be programmed in kilograms and tenths of a kilogram (0.1 kg ~ 3.0 kg). For best results, the minimum recommended weight is 0.2 kg.

2 Press \[\text{Start}\]
Defrost time appears in the Display Window and begins to count down.

NOTES:
1. After you select the Turbo Defrost feature, you can also press \[\text{More/Less/Weight}\] Pads to select weight before pressing \[\text{Start}\].
2. The oven will beep once or twice during the total defrosting time. This indicates that food should be turned, broken apart or removed. After attending to food, close door and press \[\text{Start}\] to resume defrosting.
3. For further information, refer to next page.

To Defrost by Micro Power and Time Setting
This feature allows you to defrost meat, poultry and seafood by P3 and time.

1 Press \[\text{Micro Power}\]
2 Press once.
3 Set time according to chart on next page.

NOTE:
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.
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 Glass Tray.
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 P3):

<table>
<thead>
<tr>
<th>FOOD</th>
<th>APPROX. TIME (minutes per 500 g)</th>
<th>INSTRUCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEAT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minced Beef</td>
<td>5 - 6</td>
<td>Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.</td>
</tr>
<tr>
<td>Roast: Topside</td>
<td>8 - 10</td>
<td>Turn meat over two to three times during defrosting.</td>
</tr>
<tr>
<td>Beef Tenderloin</td>
<td>8 - 10</td>
<td></td>
</tr>
<tr>
<td>Chuck or Rump</td>
<td>8 - 10</td>
<td>Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.</td>
</tr>
<tr>
<td>Sirloin, rolled</td>
<td>8 - 10</td>
<td></td>
</tr>
<tr>
<td>Steak</td>
<td>6 - 8</td>
<td>Large roasts may still be icy in centre. Let stand.</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>7 - 9</td>
<td></td>
</tr>
<tr>
<td>Pork/Lamb</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roast</td>
<td>8 - 10</td>
<td></td>
</tr>
<tr>
<td>Chops</td>
<td>6 - 8</td>
<td></td>
</tr>
<tr>
<td>Ribs</td>
<td>6 - 8</td>
<td></td>
</tr>
<tr>
<td>POULTRY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>whole</td>
<td>8 - 10</td>
<td>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.</td>
</tr>
<tr>
<td>pieces</td>
<td>7 - 9</td>
<td>Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces.</td>
</tr>
<tr>
<td>fillets</td>
<td>7 - 9</td>
<td>Rinse poultry under cold water to remove ice crystals. Let stand 5 to 10 minutes, before cooking.</td>
</tr>
<tr>
<td>Duck</td>
<td>7 - 9</td>
<td></td>
</tr>
<tr>
<td>Turkey</td>
<td>8 - 10</td>
<td></td>
</tr>
<tr>
<td>FISH &amp; SHELLFISH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish Fillets</td>
<td>8 - 10</td>
<td>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.</td>
</tr>
<tr>
<td>Whole Fish</td>
<td>7 - 9</td>
<td>Let stand, 5 to 10 minutes, before cooking.</td>
</tr>
<tr>
<td>Crabmeat</td>
<td>6 - 8</td>
<td></td>
</tr>
<tr>
<td>Lobster Tails</td>
<td>6 - 8</td>
<td></td>
</tr>
<tr>
<td>Sea Scallops</td>
<td>6 - 8</td>
<td></td>
</tr>
<tr>
<td>Green Prawns</td>
<td>6 - 8</td>
<td></td>
</tr>
</tbody>
</table>
To Use Add Time

This feature allows you to add cooking time at the end of previous cooking.

1. After cooking, press once

To select the Add Time feature.

2. Add Cooking Time

Enter cooking time using Time Pads.

Maximum cooking time:
High power: up to 30 minutes,
other powers: up to 99 minutes and 50 seconds

3. Press

Time will be added.
The time in the Display Window will count down.

NOTES:
1. This feature is only available for Micro Power function and it is not available for Auto Control function.
   (Such as Turbo Defrost, Sensor Cook/Reheat, Beverage and Inverter Melt & Soften function.).
2. The Add Time feature will be canceled after 1 minute if you don't do any operation after cooking.
3. You can also use Add Time function after the 3-Stage Setting except Standing Time feature and the default Power Level is the same as the last stage.
To Use Beverage

This feature allows you to reheat coffee/milk without setting power and time.

1 Press **Beverage Pad**

Press once to reheat coffee, “1” will display in the dispay window. Press twice to reheat milk, “2” will display in the dispay window.

2 Select the Weight of beverage by pressing the **More/Less/Weight Pads**

For example: To reheat 2 cups coffee - Press **Beverage Pad** once, “1” will display in the dispay window, then press **More/Less/Weight (▲ or ▼)** Pad twice until desired menu number “1-2” appears in the display window (See below chart).

<table>
<thead>
<tr>
<th>Press</th>
<th>Menu Number (Press ▲/▼ Pad)</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>1x</td>
<td>1-1</td>
<td>1 cup coffee</td>
</tr>
<tr>
<td></td>
<td>1-2</td>
<td>2 cups coffee</td>
</tr>
<tr>
<td>2x</td>
<td>2-1</td>
<td>1 cup milk</td>
</tr>
<tr>
<td></td>
<td>2-2</td>
<td>2 cups milk</td>
</tr>
</tbody>
</table>

3 Press **Start Pad**

Reheat will start. The time in the display window will count down.

**NOTES:**
1. Use a microwave safe cup.
2. Heated coffee/milk can erupt if not mixed with air. Do not heat coffee/milk in your microwave oven without stirring before and halfway through heating.
3. Care must be exercised not to overheat coffee/milk when using the **Beverage** feature. It is programmed to give proper result when heating 1 cup or 2 cups of coffee/milk, starting from room temperature for coffee and refrigerator temperature for milk. Overheating will cause an increased risk of scalding, or water eruption. Refer to page 4, food, item 5.
4. 1 cup of milk is 200 ml to 250 ml and 1 cup of coffee is 150 ml to 200 ml.
To Use Inverter Melt & Soften

This feature allows you to melt & soften food at the touch of a pad. There is no need to select the power level or cooking time as the microwave does this for you.

1 Press Melt & Soften Pad

until the desired food number appears in the display window. (see below chart)

2 Press More/Less Weight Pad

until the desired food weight appears in the display window.

---

### Melt & Soften

<table>
<thead>
<tr>
<th>Menu Number</th>
<th>Menu</th>
<th>Weight 50 g</th>
<th>Weight 100 g</th>
<th>Weight 150 g</th>
<th>Weight 200 g</th>
<th>Weight 250 g</th>
<th>Weight 300 g</th>
<th>Recommended Containers</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Chocolate</td>
<td>100 g</td>
<td>150 g</td>
<td>200 g</td>
<td>250 g</td>
<td>300 g</td>
<td>microwave safe dish</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Butter</td>
<td>50 g</td>
<td>100 g</td>
<td>150 g</td>
<td>200 g</td>
<td>250 g</td>
<td>300 g</td>
<td>microwave safe dish with a lid or plastic wrap</td>
</tr>
<tr>
<td>5</td>
<td>Cream Cheese</td>
<td>50 g</td>
<td>100 g</td>
<td>150 g</td>
<td>200 g</td>
<td>250 g</td>
<td>300 g</td>
<td>microwave safe dish</td>
</tr>
<tr>
<td>6</td>
<td>Ice Cream</td>
<td>200 g</td>
<td>500 g</td>
<td>1000 g</td>
<td>2000 g</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

3 Press Start Pad

Cooking time appears in the Display Window and begins to count down.

---

For best results on Auto Cook, follow these recommendations:

3. **Chocolate**
   Remove wrapper and place chocolate into a microwave safe dish. Cook without cover. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press Start Pad to continue. After heating, stir until completely melted.
   **Note:** Chocolate holds its shape even when softened.

4. **Butter**
   Remove wrapper, cut butter into 2 tbsp cube, and place into a microwave safe dish. Melt with lid or plastic wrap. Stir after cooking.

5. **Cream Cheese**
   Remove wrapper and place in a microwave safe bowl/dish. Soften without cover.

6. **Ice Cream**
   Soften slightly without lid.

---

**NOTE:** If food needs more time cooking or weight exceeds range, cook using P3 for melting or softening.
To Use Sensor Cook

Sensor Cook allows you to cook foods without selecting times and power levels. The sensor detects the heat and humidity generated by the food and cooks your food automatically.

Place food into an appropriate sized dish for the volume of food you are cooking. Cover securely with plastic wrap or a securely fitting lid (do not use any snap closing lids). Plastic dishes are not suitable as a secure seal cannot be achieved and inaccurate cooking may result.

1 Press Desired Food Category Pad

Select and press the appropriate pad for the food you are cooking. The number of category appears in the Display Window.

eg.: Press once for Vegetables.
Press twice for Frozen Vegetables.
Menu number appears in the display window.

* More/Less Function:
Preferences for food doneness varies with each individual. After having used Sensor Cook a few times, you may decide you prefer your food cooked to a different doneness. By using the More/Less/Weight Pads, the Auto Sensor programmes can be adjusted to cook food for a longer or shorter time. Press More/Less/Weight Pads before pressing Start Pad.

- Press More Pad (▲): “+” will display in display window. If you want to return to average cooking result, press Less Pad (▼).
- Press Less Pad (▼): “-” will display in display window. If you want to return to average cooking result, press More Pad (▲).

If you are satisfied with the result of the SENSOR COOK programme, you don’t have to use this pad.

2 Press Start

The menu number you have selected remains in the display window. Do not stop the oven or open the door during this part of the cooking stage as inaccurate cooking may result. After the heat humidity is detected by the SENSOR, the remaining time appears in the Display Window and begins to count down.

NOTES:
1. The door should not be opened before the time appears in the Display Window.
2. Do not use plastic dishes as a secure seal cannot be achieved and inaccurate cooking may occur.
3. Only cook foods within the weight ranges described and accessories as indicated, see table on page 18-22.
4. To prevent any mistakes during auto sensor programs ensure that the base of the oven and container are dry.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
6. The cavity may become very hot during and after use, please take special care and use kitchen gloves to take out the container when the oven beeps.
For best results, follow these recommendations:

### Vegetables

<table>
<thead>
<tr>
<th>Menu Number</th>
<th>Menu</th>
<th>Recommended Weight</th>
<th>Recommended Containers</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Vegetables</td>
<td>125 g - 500 g</td>
<td>microwave safe dish with plastic wrap</td>
</tr>
<tr>
<td>8</td>
<td>Frozen Vegetables</td>
<td>125 g - 1.0 kg</td>
<td>microwave safe dish with plastic wrap</td>
</tr>
</tbody>
</table>

7. **Vegetables**

It is suitable for cooking all types of leaf, green and soft varieties of vegetables, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these. All vegetables should be trimmed or prepared and cut into evenly sized pieces. Clean the vegetables and place them in a microwave safe container, add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired. Butter, herbs etc., may be added before heating, but do not salt vegetables until serving. Cover dishes securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start Pad** to continue. At the end of the cooking, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

8. **Frozen Vegetables**

It is suitable for all types of frozen vegetables. Put them in a microwave safe container. Do not use plastic dishes. Best results are achieved if large quantities are placed in a single layer. Add 1 tablespoon to ¼ cup water to vegetables, if desired. Butter, herbs etc. may be added before heating, but do not add salt until serving. Cover dishes securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start Pad** to continue. At the end of the cooking, stir vegetables and let stand, covered, for 2 to 3 minutes.

### Legumes

<table>
<thead>
<tr>
<th>Menu Number</th>
<th>Menu</th>
<th>Recommended Weight</th>
<th>Recommended Containers</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Legumes</td>
<td>1 cup - 4 cups</td>
<td>microwave safe dish with plastic wrap</td>
</tr>
<tr>
<td>10</td>
<td>Potatoes</td>
<td>125 g - 1.0 kg</td>
<td>microwave safe dish with plastic wrap</td>
</tr>
</tbody>
</table>

9. **Legumes**

It is suitable for cooking chickpeas, split peas dried beans and peas. Cover legumes with cold water and soak overnight, drain. Place legumes and boiling water into an appropriate sized microwave safe container. (See table for quantities)

<table>
<thead>
<tr>
<th>Amount of Legumes</th>
<th>1 cup</th>
<th>2 cups</th>
<th>3 cups</th>
<th>4 cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount of Boiling Water</td>
<td>3 cups</td>
<td>4 cups</td>
<td>6 cups</td>
<td>8 cups</td>
</tr>
<tr>
<td>Dish Size</td>
<td>2 litre</td>
<td>3 litre</td>
<td>4 litre</td>
<td>4 litre</td>
</tr>
</tbody>
</table>

Cover dishes securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR AND REMOVE THE PLASTIC WRAP WHEN TWO BEEPS HEARD** during cooking, press **Start Pad** to continue. At the end of cooking, allow legumes to stand for 5 minutes if required. If food needs more time cooking, cooking using **P6**.

10. **Potatoes**

It is suitable for cooking root vegetables such as potatoes, sweet potatoes, pumpkin, onions, swede, carrots, turnip and beetroot. All vegetables should be trimmed or prepared and cut into even sized pieces. Clean the vegetables and place them in a microwave safe container, add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired. If desired, butter, herbs etc. may be added, but do not add salt until after cooking. Cover dishes securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start Pad** to continue. At the end of the cooking, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.
Fish/Chicken

<table>
<thead>
<tr>
<th>Menu Number</th>
<th>Menu</th>
<th>Recommended Weight</th>
<th>Recommended Containers</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>Steam Fish</td>
<td>125 g - 500 g</td>
<td>microwave safe dish with plastic wrap</td>
</tr>
<tr>
<td>12</td>
<td>Steam Chicken Pieces</td>
<td>400 g - 1.0 kg</td>
<td>microwave safe dish with plastic wrap or fitted lid</td>
</tr>
</tbody>
</table>

11. Steam Fish

It is suitable for cooking whole fish and fish fillets (thickness of fish should not be more than 3 cm). Select fish suitable for microwave cooking and place in a single layer in a shallow microwave safe dish, with skinside down. Add butter, spices, herbs, or lemon juice to flavour. Overlap thin edges of fillets to prevent overcooking. Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking. Cover dishes securely with plastic wrap and place container at the center of the glass tray. Select the program then press Start. Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

12. Steam Chicken Pieces

It is suitable for cooking chicken pieces, such as wings, thighs, legs, breast fillets. Chicken pieces should be completely thawed before cooking. Pierce the chicken pieces. Marinate chicken pieces before cooking for added flavour and colour. Put the prepared chicken pieces onto a microwave safe dish. Cover securely with plastic wrap or fitted lid and place container at the center of the glass tray. Select the program then press Start. Open the door to STIR WHEN TWO BEEPS HEARD during cooking, press Start Pad to continue. Let stand 5 to 10 minutes at the end of cooking.
To Use Sensor Cook (continued)

### Rice

<table>
<thead>
<tr>
<th>Menu Number</th>
<th>Menu</th>
<th>Recommended Weight</th>
<th>Recommended Containers</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>Rice</td>
<td>1 cup - 2½ cups</td>
<td>microwave safe dish with plastic wrap</td>
</tr>
<tr>
<td>14</td>
<td>Curries</td>
<td>250 g - 750 g (meat weight only)</td>
<td>microwave safe dish with plastic wrap</td>
</tr>
<tr>
<td>15</td>
<td>Quinoa</td>
<td>¼ cup - 1 cup</td>
<td>microwave safe dish with plastic wrap</td>
</tr>
</tbody>
</table>

#### 13. Rice

It is suitable for cooking short and long grain rice including specialty rices. It is not suitable for cooking brown rice or wild rice. Place rice with water at room temperature in a suitable microwave safe dish. We recommend the following proportions of rice to cold tap water:

<table>
<thead>
<tr>
<th>Rice</th>
<th>1 cup</th>
<th>1½ cups</th>
<th>2 cups</th>
<th>2½ cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>1½ cups</td>
<td>2½ cups</td>
<td>3½ cups</td>
<td>4½ cups</td>
</tr>
<tr>
<td>Dish Size</td>
<td>3 litre</td>
<td>3 litre</td>
<td>4.5 litre</td>
<td>4.5 litre</td>
</tr>
</tbody>
</table>

It may be necessary to adjust the water to your personal preference. Soak in water for 10 - 15 minutes. Always allow at most ½ depth of volume for evaporation to prevent boiling over. Do not cook rice in plastic dishes as incorrect cooking times may result. Cover securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR AND REMOVE THE PLASTIC WRAP WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the end of the cooking, let stand 5 to 10 minutes, covered.

#### 14. Curries

It is suitable for cooking curries. See chart below for quantities to use.

<table>
<thead>
<tr>
<th>Serves</th>
<th>2</th>
<th>4</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight of meat</td>
<td>250 g</td>
<td>500 g</td>
<td>750 g</td>
</tr>
<tr>
<td>Amount of liquid (coconut milk, stock)</td>
<td>375 ml</td>
<td>500 ml</td>
<td>750 ml</td>
</tr>
<tr>
<td>Weight of hard vegetables</td>
<td>200 g</td>
<td>400 g</td>
<td>600 g</td>
</tr>
</tbody>
</table>

Cut meat and vegetables into even size pieces. Place curry paste, meat, onion and hard vegetable into a suitable size casserole dish, do not use plastic dishes. Cover securely with plastic wrap and place container at the center of the glass tray. Select curries then **Start**. Open the door to **STIR AND ADD REMAINING INGREDIENTS INCLUDING LIQUID WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the end of the cooking, allow to stand for 5-10 minutes. Serve with rice.

#### 15. Quinoa

It is suitable for cooking quinoa. Place quinoa in a microwave safe casserole dish. Add 2 parts water to 1 part quinoa. Use the above chart as a guide:

<table>
<thead>
<tr>
<th>Quinoa</th>
<th>¼ cup</th>
<th>½ cup</th>
<th>¾ cup</th>
<th>1 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tap water</td>
<td>2 litre</td>
<td>2.5 litre</td>
<td>3 litre</td>
<td>3.5 litre</td>
</tr>
</tbody>
</table>

Allow at least ½ depth of volume for evaporation to prevent boiling over. Soak in water for 10 - 15 minutes. Cover securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the end of the cooking, let stand 10-15 minutes.
To Use Sensor Cook (continued)

Pasta

<table>
<thead>
<tr>
<th>Menu Number</th>
<th>Menu</th>
<th>Weight</th>
<th>Recommended Containers</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>Fresh Pasta</td>
<td>125 g - 625 g</td>
<td>microwave safe dish with plastic wrap</td>
</tr>
<tr>
<td>17</td>
<td>Dried Pasta</td>
<td>125 g - 500 g</td>
<td>microwave safe dish with plastic wrap</td>
</tr>
</tbody>
</table>

16. Fresh Pasta
It is suitable for cooking fresh pasta such as fettuccine, tagliatelle, tortellini, ravioli and agnolotti. (Gnocchi should be cooked by manual MICRO POWER.) Place pasta in an appropriate size microwave safe dish with boiling water. Use the above chart as a guide:

<table>
<thead>
<tr>
<th>Pasta</th>
<th>150 g</th>
<th>250 g</th>
<th>350 g</th>
<th>500 g</th>
<th>625 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boiling Water</td>
<td>4 cups</td>
<td>5 cups</td>
<td>6 cups</td>
<td>8 cups</td>
<td>8 cups</td>
</tr>
<tr>
<td>Dish Size</td>
<td>3 litre</td>
<td>3 litre</td>
<td>4 litre</td>
<td>4 litre</td>
<td>5 litre</td>
</tr>
</tbody>
</table>

Always allow at most ½ depth of volume for evaporation to prevent boiling over. Add 1 tablespoon of oil, if desired, before cooking to prevent pasta from sticking together. Cover securely with plastic wrap and place container at the center of the glass tray. Select the program then press Start. Open the door to STIR AND REMOVE THE PLASTIC WRAP WHEN TWO BEEPS HEARD during cooking, press Start Pad to continue. At the end of the cooking, cover and let stand for 5 to 10 minutes, if required, before draining.

17. Dried Pasta
It is suitable for cooking dried pasta such as spaghetti, fettuccine, macaroni, penne, spiral and various pasta shapes. Place pasta in an appropriate size microwave safe dish with boiling water. Use the following as a guide:

<table>
<thead>
<tr>
<th>Pasta</th>
<th>150 g</th>
<th>250 g</th>
<th>350 g</th>
<th>500 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boiling Water</td>
<td>4 cups</td>
<td>5 cups</td>
<td>6 cups</td>
<td>8 cups</td>
</tr>
<tr>
<td>Dish Size</td>
<td>3 litre</td>
<td>3 litre</td>
<td>3 litre</td>
<td>4 litre</td>
</tr>
</tbody>
</table>

Always allow at most ½ depth of volume for evaporation to prevent boiling over. Add 1 tablespoon of oil, if desired, before cooking to prevent pasta from sticking together. Cover securely with plastic wrap and place container at the center of the glass tray. Select the program then press Start. Open the door to STIR AND REMOVE THE PLASTIC WRAP WHEN TWO BEEPS HEARD during cooking, press Start Pad to continue. At the end of the cooking, cover and let stand for 5 to 10 minutes, if required, before draining.
To Use Sensor Cook (continued)

Desserts

<table>
<thead>
<tr>
<th>Menu Number</th>
<th>Menu</th>
<th>Weight</th>
<th>Recommended Containers</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>Desserts</td>
<td>1 Serv. - 4 Serv.</td>
<td>microwave safe dish</td>
</tr>
</tbody>
</table>

18. Desserts

It is suitable for cooking individual steamed sponge puddings. Use packet mixes available from supermarkets or individual recipes. Not suitable for heavy fruit type puddings. See chart below for quantities.

<table>
<thead>
<tr>
<th></th>
<th>2 Serv.</th>
<th>4 Serv.</th>
</tr>
</thead>
<tbody>
<tr>
<td>self raising flour</td>
<td>½ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>cocoa powder</td>
<td>⅛ tablespoon</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>caster sugar</td>
<td>⅛ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>milk</td>
<td>⅓ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>vanilla essence</td>
<td>⅛ teaspoon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>chocolate</td>
<td>25 g</td>
<td>50 g</td>
</tr>
<tr>
<td>butter</td>
<td>50 g</td>
<td>100 g</td>
</tr>
<tr>
<td>brown sugar</td>
<td>⅛ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>cocoa, extra</td>
<td>1 tablespoon</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>water</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

Sift flour and cocoa into a bowl. Add sugar, milk and vanilla essence. Mix well and set aside. Melt chocolate and butter in a separate microwave safe container and pour it into the mixture while hot. Mix well. Combine brown sugar, cocoa and water in a jug. Spread all the mixture into base of a 2-litre casserole dish. Select the program then press Start. DO NOT USE PLASTIC WRAP OR LID.
To Use Sensor Reheat

Sensor Reheat allows you to reheat foods without selecting times and power levels. The sensor detects the heat and humidity generated by the food and reheat your food automatically.

1. Press the Sensor Reheat button.
2. If desired, press the More / Less Pad. (See page 17 “*” for reference.)
3. Press the Start button.

For best results on Sensor Reheat, follow these recommendations:
1. Reheating by Sensor is suitable for pre-cooked foods. There is a setting for frozen and refrigerator temperature or room temperature foods. It is suitable for casseroles, plated meals, soup, stews, pasta dishes (except lasagne) and canned foods.
2. Food being reheated should weigh between 125 g and 1.0 kg. For foods weighing less than 125 g and more than 1.0 kg, use a manual micro power setting.
3. Do not reheat bread or pastry products (raw or uncooked), or beverages.
4. Do not use if oven cavity is warm (from previously cooked foods).
5. Cover foods securely with plastic wrap. (Do not use any snap closing lids.)
6. The door should not be opened before the time appears in the Display Window.
7. During the heating time, the oven will ‘beep’ and prompt you to stir/rearrange the food. There is no need to recover if not required.
8. All foods should have a covered stand time of at least 3 to 5 minutes.

INGREDIENT CONVERSION CHART

<table>
<thead>
<tr>
<th>INGREDIENT CONVERSION CHART</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup</td>
</tr>
<tr>
<td>½ cup</td>
</tr>
<tr>
<td>¾ cup</td>
</tr>
<tr>
<td>1 cup</td>
</tr>
<tr>
<td>1¼ cups</td>
</tr>
<tr>
<td>1½ cups</td>
</tr>
<tr>
<td>1¾ cups</td>
</tr>
<tr>
<td>1¼ cups</td>
</tr>
<tr>
<td>2 cups</td>
</tr>
<tr>
<td>3 cups</td>
</tr>
<tr>
<td>3½ cups</td>
</tr>
<tr>
<td>4 cups</td>
</tr>
<tr>
<td>6 cups</td>
</tr>
<tr>
<td>8 cups</td>
</tr>
</tbody>
</table>

All recipes are tested using standard measurement that appear in the above chart.
3-Stage Setting

This feature allows you to program 3 Stage of cooking continuously.

**e.g.: Continuously set [P10] 2 minutes, [P7] 3 minutes and [P4] 2 minutes.**

1. Press once to select “P10”.
2. Set as 2 minutes using Time Pads.
3. Press 4 times to select “P7”.
4. Set as 3 minutes using Time Pads.
5. Press 7 times to select “P4”.
6. Set as 2 minutes using Time Pads.

7. Press once. The time will count down at the first stage in the display window.

**NOTES:**
1. When operating, two beeps will sound between each stage.
2. When selecting P10 on the first stage, you can skip step 1.
3. This feature is only available for manual cooking and it is not available for Auto Contorl function. (Such as Turbo Defrost, Sensor Cook/Reheat, Beverage and Inverter Melt & Soften function.)
To Use Timer

This feature allows you to program standing after cooking is completed and to program the oven as a minute or a second timer or program delay start.

To Use as a Kitchen Timer

Press once. Set desired amount of time. (up to 99 minutes and 50 seconds) Press Start. Time will count down without oven operating.

To Set Standing Time

Press once. Set desired amount of standing time. (up to 99 minutes and 50 seconds) Press Start. Cooking will start. After cooking, standing time will count down without oven operating.

To Set Delay Start

Press once. Set desired amount of delay time. (up to 99 minutes and 50 seconds) Press Start. Delayed time will count down without oven operating. Then cooking will start.

NOTES:

1. If oven door is opened during the Standing Time, Delay Start or Kitchen Timer, the time in the Display Window will continue to count down.
2. Delay Start/Standing Time cannot be programmed before/after any Auto Control function (Such as Turbo Defrost, Sensor Cook/Reheat, Beverage and Inverter Melt & Soften function.). This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results and/or food may deteriorate.
3. When using Standing time or Delay Start, it's up to 2 Power stages.
Before Requesting Service

THESE THINGS ARE NORMAL

<table>
<thead>
<tr>
<th>PROBLEM</th>
<th>POSSIBLE CAUSE</th>
<th>REMEDY</th>
</tr>
</thead>
<tbody>
<tr>
<td>The oven causes interference with my TV.</td>
<td>Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth</td>
<td>It does not indicate a problem with your oven.</td>
</tr>
<tr>
<td></td>
<td>or other wireless equipment interference might occur when you cook</td>
<td></td>
</tr>
<tr>
<td></td>
<td>with the microwave oven. This interference is similar to the interference</td>
<td></td>
</tr>
<tr>
<td></td>
<td>caused by small appliances such as mixers, vacuums, blow dryers, etc.</td>
<td></td>
</tr>
<tr>
<td>Steam accumulates on the oven door and warm air</td>
<td>During cooking, steam and warm air are given off from the food. Most of the</td>
<td></td>
</tr>
<tr>
<td>comes from the oven vents.</td>
<td>steam and warm air are removed from the oven by the air which</td>
<td></td>
</tr>
<tr>
<td></td>
<td>circulates in the oven cavity. However, some steam will condense on</td>
<td></td>
</tr>
<tr>
<td></td>
<td>cooler surfaces such as the oven door. This is normal.</td>
<td></td>
</tr>
<tr>
<td>I accidentally ran my microwave oven without any</td>
<td>Running the oven empty for a short time will not damage the oven. However,</td>
<td></td>
</tr>
<tr>
<td>food in it.</td>
<td>we do not recommend this.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Oven will not turn on.

- The oven is not plugged in securely.
- Circuit breaker or fuse is tripped or blown.
- There is a problem with the outlet.

- Remove plug from outlet, wait 10 seconds and re-insert.
- Reset circuit breaker or replace fuse.
- Plug another appliance into the outlet to check if the outlet is working.

Oven will not start cooking.

- The door is not closed completely.
- Start Pad was not pressed after programming.
- Another program has already been entered into the oven.
- The program has not been entered correctly.
- Stop/Reset Pad has been pressed accidentally.

- Close the oven door securely.
- Press Start Pad.
- Press Stop/Reset Pad to cancel the previous program and program again.
- Program again according to the Operating Instructions.
- Program oven again.

When the oven is turning on, there is noise coming from Glass Tray.

- The roller ring and oven bottom are dirty.
- The Child Lock was activated by pressing Start Pad 3 times.
- “H97”, “H98” or “H00” appears in the display window.

- Clean these parts according to care of your oven (See next page).
- Deactivate Lock by pressing Stop/Reset Pad 3 times.
- The display indicates a problem with microwave generation system.

If it seems there is a problem with the oven, contact an authorized Service Centre.
Care of your Microwave Oven

BEFORE CLEANING:
Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

Inside of the oven:
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

Glass Tray:
Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a nonabrasive nylon mesh scouring pad and a non-abrasive cleanser.

Outside oven surfaces and back vents:
Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.

Oven Door:
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or of microwave leakage.

Roller Ring and oven cavity floor:
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

Note:
1. The oven should be cleaned regularly and any food deposits removed. 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.
2. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.

Technical Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Supply</td>
<td>230 V - 240 V, 50 Hz</td>
</tr>
<tr>
<td>Power Consumption*:</td>
<td>4.4 A 1000 W</td>
</tr>
<tr>
<td>Power Requirement: (Maximum)</td>
<td>7.5 A 1800 W</td>
</tr>
<tr>
<td>Output*:</td>
<td>1100 W</td>
</tr>
<tr>
<td>Outside Dimensions (W x H x D):</td>
<td>555 mm (W) x 304 mm (H) x 493 mm (D)</td>
</tr>
<tr>
<td>Oven Cavity Dimensions (W x H x D):</td>
<td>398 mm (W) x 210 mm (H) x 470 mm (D)</td>
</tr>
<tr>
<td>Overall Cavity Volume:</td>
<td>44 L</td>
</tr>
<tr>
<td>Glass Tray Diameter:</td>
<td>Ø380 mm</td>
</tr>
<tr>
<td>Operating Frequency:</td>
<td>2450 MHz</td>
</tr>
<tr>
<td>Uncrated Weight:</td>
<td>Approx. 14.3 kg</td>
</tr>
<tr>
<td>Trim Kit (Australia and New Zealand only)</td>
<td>NN-TK712SSQP</td>
</tr>
<tr>
<td>Outside Dimensions</td>
<td>596 mm (W) x 410 mm (H)</td>
</tr>
<tr>
<td>Cabinet Opening</td>
<td>600 mm (W) x 395 mm (H) x 533 mm (D)</td>
</tr>
</tbody>
</table>

* IEC Test Procedure
Specifications subject to change without notice.
As for the voltage requirement, the production month, country and serial number, please refer to the identification 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 it's 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
   from wear and tear in normal use
   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 dependent 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: customercare@nz.panasonic.com
Website: www.panasonic.co.nz/support
# Quick Guide to Operation

<table>
<thead>
<tr>
<th>Feature</th>
<th>How to Operate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>To Set Clock</strong></td>
<td></td>
</tr>
<tr>
<td><em>(page 10)</em></td>
<td></td>
</tr>
<tr>
<td>Press twice</td>
<td>Set time of day. (Max 12:59)</td>
</tr>
<tr>
<td>Press once</td>
<td></td>
</tr>
</tbody>
</table>

| **To Set/Cancel Child Safety Lock**          |                                  |
| *(page 10)*                                  |                                 |
| **To set**                                   | Display                         |
| 3 times.                                     | or                              |
| **To cancel**                                |                                 |
| 3 times.                                     |                                 |
| **Display**                                  |                                 |

| **To Cook/Reheat/Defrost by Micro Power and Time Setting** |                                  |
| *(page 11)*                                             |                                 |
| Select power.                                            | Select cooking time.            |
| Press once                                                |                                 |

| **To Use Turbo Defrost Pad**                         |                                  |
| *(page 12)*                                            |                                 |
| Press to select the desired weight                    |                                 |
| After you select the Turbo Defrost feature, you can also press **More/Less/Weight Pads** to select weight before pressing **Start**. |

| **To Use Add Time Pad**                              |                                  |
| *(page 14)*                                            |                                 |
| At the end of program.                                |                                 |
| Press once                                              |                                 |

| **To Cook using “Beverage” Pad**                     |                                  |
| *(page 15)*                                            |                                 |
| Press to select coffee or milk.                       |                                 |

| **To Cook using “Melt & Soften” Pad**                |                                  |
| *(page 16)*                                            |                                 |
| Press until desired menu number appears.             |                                 |
| Set weight                                             |                                 |

---
## Quick Guide to Operation (continued)

<table>
<thead>
<tr>
<th>Feature</th>
<th>How to Operate</th>
</tr>
</thead>
</table>
| **To Cook using “Sensor Cook” Pads** *(page 17)* | e.g. Frozen Vegetables  
Vegetables ➔ ▲ More/Less Weight ➔ ![Start](icon)  
Press twice. optional Press once |
| **To Cook using “Sensor Reheat” Pad** *(page 23)* | Sensor Reheat ➔ ▲ More/Less Weight ➔ ![Start](icon)  
Press once. optional Press once |
| **To Use Kitchen Timer** *(page 25)* | Timer/Clock ➔  
10 min  
1 min  
10 sec ➔ ![Start](icon)  
Press once. Set time. Press once |
| **To Set Standing Time** *(page 25)* | Timer/Clock ➔  
10 min  
1 min  
10 sec ➔ ![Start](icon)  
Press once. Set time. Press once |
| **To Set Delay Start** *(page 25)* | Timer/Clock ➔  
10 min  
1 min  
10 sec ➔ ![Start](icon)  
Press once. Set time. Press once |

[icon](icon)
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 the 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.

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

### 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 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, nuts or potatoes. 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 eggs, tomatoes and jacket 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.
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. Rice 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 P7 Power 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 casseroles, 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 P7, 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 P10 for cooking times refer to vegetable cooking chart on page 50-51. Fresh and frozen vegetables can be mixed on a vegetable platter, but remember frozen vegetables 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.

Increasing & Decreasing Recipes

Increasing
• To increase a recipe from 4 to 6 servings, increase each ingredient listed by half.
• To increase a recipe from 4 to 8 servings, double each ingredient listed.
• For larger quantities of a recipe, a large dish should be used. Make sure that the dish is deep enough to prevent the recipe from boiling over during cooking.
• Make sure to cover, stir or rearrange food as directed in the recipe and always check the food during cooking.
• Increase standing times by 5 minutes per 500 g.
• Use the same Power Level recommended in the original recipe.
• Increase the cooking times by: ½ of original cooking time for 6 servings; and an extra ½ of original cooking time for 8 servings.

Decreasing
• To decrease a recipe from 4 to 2 servings, decrease each ingredient listed by half.
• For small quantities, a small dish should be used. Make sure that the dish is large enough to prevent the recipe from boiling over during cooking.
• Use the same Power Level recommended in the original recipe.
• Decrease the cooking times by ½ to ⅔ of the original cooking time.

Cooking for One
• To decrease a recipe from 4 to 1 serving, quarter each ingredient listed.
• A smaller dish should be used, making sure that the dish is still large enough to prevent the recipe from boiling over.
• Use the same Power Level recommended in the original recipe.
• Quarter the original cooking times, then add extra time, if needed.
• Make sure to cover, stir or rearrange food as directed in original recipe and always check the food during cooking.
Converting Recipes from Other Sources

When the recipe is written with a wattage different than your oven, adjust the cooking time by approximately 10% per 100 watts, e.g. 6 minutes would be adjusted by 36 seconds. Alternately, adjust the power level by one level. If your wattage is higher than the recipe: (1) Adjust time downward or (2) Adjust power level downward. If your wattage is lower than the recipe: (1) adjust time upward or (2) adjust power level upward (when possible).

General rules for reheating foods by Micro Power

- Many convenience foods contain heating instructions on the packaging. It is best to follow these instructions, being sure to check the wattage of the oven they used and adjust the cooking time if necessary (decrease cooking time by 10% for every 100 watts more powerful your oven is).
- If package directions are not available, follow the recommendations in the charts on the following pages.
- All foods must be pre-cooked; raw foods will not cook through during reheating times and if consumed may cause illness.
- Do not reheat in foil containers, cans or plastic containers as incorrect heating times will result. Place foods into microwave safe bowls or onto dinner-plates before heating.
- Most foods can be heated on P10 but consider if the food is delicate in structure like baked custard or you have a large quantity, a lower power level for slightly longer may be gentler.
- Cover foods with plastic wrap if you require a steamed effect or leave uncovered for a drier surface, e.g. Crumbed foods.

Note: when cooking by Sensor Cook all food must be covered.
- Stir or re-arrange foods during heating as this will help food heat evenly. Stir after heating and let stand for 2 to 3 minutes. Check temperatures before adding extra heating time and ensure food is hot. If food is not heated enough, consumption may cause illness.

Caution:
Pastry items which have a filling that is high in fat, sugar or moisture will become hotter in the centre and the pastry may only feel warm. Ensure you allow it to stand for several minutes before eating.

Converting Recipes from Other Sources

One of the most common uses for a microwave oven is to reheat food. Your Panasonic microwave allows you to either reheat by placing food into the oven and you choose the micro power level and length of heating time or you may reheat automatically by using the SENSOR REHEAT Pad on your microwave. Following are some directions for reheating pre-cooked foods from either frozen refrigerator temperature or room temperature.
## Reheating by Micro Power - Frozen Pre-cooked Foods

<table>
<thead>
<tr>
<th>FROZEN ITEM (Pre-cooked)</th>
<th>POWER</th>
<th>TIME (in minutes)</th>
<th>SPECIAL INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAD &amp; BAKED PRODUCT</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread 1 slice</td>
<td>P7</td>
<td>10 - 15 sec</td>
<td>Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper. Place on paper towel to absorb moisture.</td>
</tr>
<tr>
<td>1 loaf</td>
<td>P7</td>
<td>1 - 3</td>
<td></td>
</tr>
<tr>
<td>6 rolls</td>
<td>P6</td>
<td>1 - 2</td>
<td></td>
</tr>
<tr>
<td>Cheesecake (450 g)</td>
<td>P3</td>
<td>5 - 7</td>
<td>Remove from container. Defrost on plate.</td>
</tr>
<tr>
<td>Muffins - 4 (400 g)</td>
<td>P7</td>
<td>1½ - 2</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>Scones - 6 (400 g)</td>
<td>P6</td>
<td>1½ - 2</td>
<td>Defrost on paper lined plate. Stand 2 minutes.</td>
</tr>
<tr>
<td><strong>PIES</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit Pie (600 g)</td>
<td>P3</td>
<td>5 - 7</td>
<td>Remove from foil container and place uncovered into a pie dish.</td>
</tr>
<tr>
<td>then</td>
<td>P7</td>
<td>5 - 7</td>
<td></td>
</tr>
<tr>
<td>Meat Pie (175 g)</td>
<td>P7</td>
<td>4 - 5</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>Pizza (350 g)</td>
<td>P10</td>
<td>5 - 7</td>
<td>Remove from package and place onto paper towel or follow manufacturer’s instructions.</td>
</tr>
<tr>
<td><strong>FROZEN MEAL</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish in Sauce (200 g)</td>
<td>P5</td>
<td>5 - 7</td>
<td>Pierce corner of bag. Heat on a plate.</td>
</tr>
<tr>
<td>Frozen Casserole (500 g)</td>
<td>P10</td>
<td>9 - 11</td>
<td>Pierce pouch. Heat on a plate or bowl.</td>
</tr>
<tr>
<td>(500 g)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lasagne (500 g)</td>
<td>P9</td>
<td>11 - 13</td>
<td>Remove from foil container, place into serving dish.</td>
</tr>
<tr>
<td>Plated style dinner</td>
<td>P5</td>
<td>8 - 10</td>
<td>Remove foil cover and replace with plastic wrap.</td>
</tr>
<tr>
<td>(320 g)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables &amp; Sauce</td>
<td>P7</td>
<td>6 - 8</td>
<td>Pierce corner of bag. Heat on a plate.</td>
</tr>
<tr>
<td>(in the bag) (500 g)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MISCELLANEOUS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Pieces (500 g)</td>
<td>P7</td>
<td>8 - 10</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>Chicken Nuggets (12)</td>
<td>P7</td>
<td>3 - 4</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>Croissants - 4 (200 g)</td>
<td>P3</td>
<td>1 - 1½</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>Fish Fingers - 8 (200 g)</td>
<td>P3</td>
<td>2 - 4</td>
<td>Place onto paper towel lined plate.</td>
</tr>
<tr>
<td>then</td>
<td>P10</td>
<td>2 - 3</td>
<td></td>
</tr>
<tr>
<td>Sausage Rolls (225 g)</td>
<td>P5</td>
<td>2 - 3</td>
<td>Place onto paper towel lined plate.</td>
</tr>
</tbody>
</table>
IMPORTANT POINTS TO CONSIDER WHEN REHEATING COLD FOODS

STARTING TEMPERATURE —
Foods taken from the refrigerator will take longer to reheat than foods from room temperature.

Quantity —
One serving heats faster than several servings. When heating large quantities, stir food to ensure even heating. It is quicker to heat individual plates of food than large quantities in a casserole dish.

Plated Dinners —
Arrange foods with the most dense items towards the outside of the plate. Cover meats with sauces/gravies if desired, spread out mashed potatoes or rice so it heats more evenly. When assembling plates of leftover foods, use foods which have a similar starting temperature.

Covering Foods —
Most foods need to be covered with one sheet of absorbent paper towel to hold in the heat and prevent splattering without steaming. When more moisture is desired, cover with plastic wrap.

Heating —
Reheating is usually done on P10, however, if food has a more delicate texture, like a baked custard, a lower power setting should be used. P7 for a little longer will be gentler on the food. An average plate of food would generally take 1 to 3 minutes to heat depending on the density of the food. Place it in for the minimum time and add extra heating time if required.

Ensure food is hot by feeling the bottom of the plate in the centre. If the plate is cool, food may be warm but will lose heat quickly as the plate will absorb the heat and taste cold when served. If food is not heated enough, consumption may cause illness.

Elevation —
Elevate pastries and breads on a small plastic rack with paper towel under the food to prevent it from becoming soggy.

Caution:
Pastry items which have a filling that is high in fat, sugar or moisture will become hotter in the centre and the pastry may only feel warm. Ensure you allow it to stand for several minutes before eating.

IMPORTANT POINTS TO CONSIDER WHEN REHEATING FOODS FROM THE FREEZER

VOLUME —
The greater the volume and the more dense the item, the longer it takes to reheat, e.g. frozen cake will take less time than frozen casserole.

LARGE VOLUME —
Large, dense, frozen precooked foods are best thawed on defrost until icy in the centre then heated on P7. This prevents overcooking of the edges. Stirring is often needed to distribute heat evenly.

Commercial frozen foods —
These foods should be removed from their foil containers if possible and placed into suitable microwave safe containers. If a foil container is used in the microwave oven it shouldn’t be more than 4 cm high and must not touch the interior of the microwave oven. Remove the cover from the tray and replace with paper towel or plastic wrap to prevent splattering.

Foods to be served at room temperature —
For best results, defrost for a short time and allow to stand to complete thawing, e.g. frozen cake.

Vacuum sealed pouches —
Pierce pouches, bags before heating to allow steam to escape. This prevents bursting.

Containers —
Use dishes about the same volume of the food or slightly larger to allow for stirring. Remove or release snap seal lids otherwise they will pop during heating and may disfigure.

Pies and pastries —
Pies and pastries that contain raw pastry and filling cannot be cooked in the microwave oven. Precooked products can be thawed and heated. Place them on a sheet of paper towel and elevate on plastic rack for best results. For added crispness place under the grill or in a hot oven for few minutes. Pastry items can become tough and rubbery if overheated, remember to allow 5 minutes standing then test before adding extra heating time.
**PUMPKIN SOUP**

Serves: 4

**Ingredients:**
- 1 kg diced pumpkin
- 1 onion, diced
- 2 cups chicken stock
- 1 teaspoon curry powder
- pepper

**Method:**
Place pumpkin, onion and curry powder in a 2-litre casserole dish. Cover and cook on P10 for 12 minutes. Add chicken stock and pepper. Cook on P10 for 10 minutes. Cool slightly. Purée pumpkin and liquid in blender or food processor. Pour into individual serving dishes and garnish with chives.

**To cook by:**
Prepare pumpkin as above. Cover securely with plastic wrap. Refer to Potatoes directions on page 18. Select Potatoes, then Start.

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**SHORT AND LONG SOUP**

Serves: 4

**Ingredients:**
- 200 g fresh singapore noodles
- 12 (200 g) frozen mini dim sims
- 4 green onions, sliced
- 1 litre chicken stock
- 1 teaspoon crushed garlic
- ½ teaspoon chopped ginger
- 2 tablespoons soy sauce
- 1 chicken breast, cooked and sliced
- 4 baby bok choy, quartered
- 1 cup bean sprouts
- 2 tablespoons dried onion (optional)

**Method:**
Place all ingredients except bok choy and bean sprouts in a 4-litre casserole dish and cook on P10 for 10 minutes. Add bok choy and cook on P10 for 2 minutes. Serve in individual bowls topped with bean sprouts and onion.

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**HINT:**
To cook 1 double chicken breast. Place onto a dinner plate. Cover and cook on P7 for 8 to 10 minutes.

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**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 capacity 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 capacity microwave safe dish. Add ham bone, chopped ham, onion, thyme, bay leaf and chicken stock. Cook uncovered on P10 for 15 minutes. Reduce power to P6 and cook for 15 minutes. Skim top of soup and cook on P6 for a further 30 minutes. Remove ham bone and bay leaf and stir in frozen peas. Cook on P6 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.

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**POTATO AND LEEK SOUP**

Serves: 4 to 6

**Ingredients:**
- 1 kg potatoes, peeled and diced
- 2 medium thinly sliced leeks
- 2 teaspoons fresh thyme
- pepper
- 3 cups chicken stock
- 150 ml cream

**Method:**
Place potatoes, leeks, thyme and pepper in 4-litre casserole dish. Cover and cook on P10 for 8 minutes. Stir in chicken stock. Cover and cook on P10 for 14 to 16 minutes. Purée soup mixture. Stir in cream and serve hot or cold in individual bowls.

**To cook by Sensor Cook:**
Prepare as above. Cover securely with plastic wrap. Refer to Potatoes directions on page 18. Select Potatoes, then Start.
**CHICKEN AND PRAWN LAKSA**

Serves: 4

**Ingredients:**

**Soup:**
- 2 tablespoons laksa paste
- 400 ml coconut milk
- 1 litre chicken stock
- 1 tablespoon soy sauce
- fresh ground black pepper

**Laksa:**
- 250 g rice noodles
- 8 cups boiling water
- 1 bunch coriander, leaves chopped
- 4 small red chillies, seeds removed and finely chopped
- ½ cup bean sprouts
- 4 limewedges
- 1 tablespoon peanut oil
- 400 g cooked chicken tenderloins, sliced
- 12 green king prawns, peeled

**Method:**

**Soup:**
Place the laksa paste, coconut milk, stock, soy sauce and pepper into a 3-litre dish and cook covered on P10 for 8 to 10 minutes.

**Laksa:**
Place the noodles and water in a 4 litre dish. Cover and cook on P10 for 2 to 3 minutes, stirring halfway through. Drain well and divide between 4 deep bowls. Place the coriander, chillies, bean sprouts and lime on top. Place the peanut oil and prawns in a 1-litre dish and cook on P7 for 3 to 5 minutes, stirring halfway through. Add the chicken and prawns to each individual bowl and set aside.

To serve:
Heat soup on P10 for 2 minutes. Pour the hot soup over the ingredients in the 4 bowls and serve.

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**NACHOS SUPREME**

Serves: 4 to 6

**Ingredients:**
- 500 g topside mince
- 35 g packet taco seasoning mix
- ½ cup tomato paste
- 1 teaspoon Mexican chilli powder
- 310 g red kidney beans, mashed in liquid
- 180 g packet corn chips
- 1 avocado
- ½ cup sour cream
- ½ cup grated cheese
- paprika

**Method:**

Place meat in a 2-litre dish. Cook on P7 for 6 minutes, stirring halfway through. Mix with fork, breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on P7 for further 10 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Place meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle with paprika. Heat on P7 for 3 to 4 minutes.

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**NUTS AND BOLTS**

Serves: 6 to 8

**Ingredients:**
- 80 g butter
- 2 teaspoons curry powder
- 2 tablespoons worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- 100 g packet mixed rice crackers
- 100 g fried noodles
- 200 g salted peanuts
- 125 g packet pretzel sticks
- ½ cup Nutri-Grain

**Method:**

Lightly grease a 25 cm square microwave safe dish. Place bacon, onion, carrot, cheese and flour. In a 1-litre bowl whisk together eggs, oil and parsley. Add to bacon mixture season with salt and pepper and stir until combined. Pour into prepared dish. Cook on P6 for 22 to 24 minutes.
Cooking Fish and Shellfish by Micro Power

Clean fish before starting the recipe. Arrange fish in a single layer, overlap thin fillet ends to prevent overcooking. Prawns and scallops should be placed in a single layer. Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns, fish fillets or scallops.

### Cooking Fish and Shellfish by Micro Power

<table>
<thead>
<tr>
<th>FISH OR SHELLFISH</th>
<th>AMOUNT</th>
<th>POWER</th>
<th>APPROX. COOKING TIME (in minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Fillets</td>
<td>500 g</td>
<td>P4</td>
<td>8 to 10</td>
</tr>
<tr>
<td>Scallops (sea)</td>
<td>500 g</td>
<td>P4</td>
<td>6 to 8</td>
</tr>
<tr>
<td>Green Prawns medium size (shelled and cleaned)</td>
<td>500 g</td>
<td>P4</td>
<td>7 to 9</td>
</tr>
<tr>
<td>Whole Fish (stuffed or unstuffed)</td>
<td>500 g to 600 g</td>
<td>P4</td>
<td>7 to 10</td>
</tr>
</tbody>
</table>

**GARLIC & CHILLI PRAWNS**

Serves: 4

**Ingredients:**
- 1 kg medium uncooked king prawns
- 1 small red onion, thinly sliced
- 40 g butter
- 3 garlic cloves, crushed
- 2 fresh bird's eye chillies, deseeded & finely chopped
- ½ small red capsicum, finely sliced
- 100 g snow peas, trimmed
- 1 tablespoon lemon juice
- 80 ml thickened cream
- ¼ cup coriander leaves, chopped

**Method:**
Peel and de-vein prawns leaving tails in tact, set aside. Place onion, butter, garlic and chilli into a 3 Litre microwave safe dish. Cook on P10 for 4 minutes, stir halfway through cooking. Add prawns and mix to combine. Cook on P7 for 3 minutes. Stir in capsicum and snow peas, cover and cook on P7 for a further 3 minutes. Stir through lemon juice, cream and coriander, season and cook on P10 for 1 minute. Serve immediately with cooked rice.

**STEAKS WITH LIME BUTTER**

Serves: 4

**Ingredients:**
- 30 g butter
- 1 clove garlic, crushed
- 1 teaspoon grated fresh ginger
- 1 teaspoon grated lime rind
- 2 tablespoons lime juice
- ½ teaspoon sugar
- 500 g salmon, steaks

**Method:**
Place butter, garlic, ginger, lime rind, juice and sugar in a shallow dish. Cook on P7 for 1 to 2 minutes. Stir halfway through cooking. Add salmon steaks and coat with sauce. Cover and cook on P5 for 5 to 7 minutes. Stand for 2 to 3 minutes before serving.

**To cook by Sensor Cook:**
Prepare as above. Cover securely with plastic wrap. Refer to Steam Fish directions on page 19. Select Steam Fish, then Start.

**LEMON PEPPER FISH**

Serves: 2

**Ingredients:**
- 350 g fish fillets
- ¼ cup lemon juice
- 1 teaspoon cracked black pepper

**Method:**
Place fish, lemon juice and cracked black pepper in 1-litre casserole dish. Cook on P4 for 4 to 6 minutes. Let stand for 3 minutes before serving.

**To cook by Sensor Cook:**
Prepare as above. Cover securely with plastic wrap. Refer to Steam Fish directions on page 19. Select Steam Fish, then Start.
Bouillabaïsse

Serves: 4 to 6

Ingredients:
- 2 tablespoons olive oil
- 2 onions, sliced
- 1 large leek, sliced
- 4 cloves garlic, crushed
- 425 g tomato pieces
- ½ cup tomato paste
- 4 cups hot fish stock
- ½ cup dry white wine
- 1 tablespoon fresh thyme leaves
- ⅓ cup dry white wine
- 1 tablespoon saffron powder
- 1 teaspoon chilli powder
- freshly ground black pepper
- salt
- 500 g firm fish fillets, chopped
- 500 g green prawns meat de-veined

Method:
Place oil, onions, leek and garlic in a 4-litre dish. Cover and cook on P10 for 6 to 8 minutes. Stir halfway through cooking. Add tomatoes, tomato paste, fish stock, wine, thyme, saffron, and chilli powder. Season with salt and pepper. Cook on P10 for 12 minutes. Add fish fillets and prawns. Cook on P10 for 8 to 10 minutes or until seafood is cooked. Serve garnished with fresh thyme.

Tomato Basil Mussels

Serves: 4

Ingredients:
- 1 kg fresh mussels
- ¼ cup water
- 1 tablespoon olive oil
- 1 leek, sliced
- 1 clove garlic, crushed
- 1 (425 g) can tomato pieces
- 1 tablespoon tomato paste
- ½ teaspoon oregano
- 2 tablespoons chopped fresh basil
- freshly ground black pepper

Method:
Place mussels and water into a bowl. Cover and cook on P7 for 4 to 6 minutes. Stir halfway through cooking. Add tomatoes, tomato paste, wine, thyme, saffron, and chilli powder. Season with salt and pepper. Cook on P10 for 12 minutes. Add mussels. Cover and cook on P10 for 8 to 10 minutes or until seafood is cooked. Serve garnished with fresh thyme.

Oysters Kilpatrick

Makes: 12

Ingredients:
- 2 rashers bacon, finely chopped
- 1 tablespoon worcestershire sauce
- 2 teaspoons lemon juice
- 1 tablespoon barbecue sauce
- 12 oysters in shell

Method:
Spread bacon onto a dinner plate. Cover with paper towel and cook on P10 for 2 to 3 minutes. Mix together worcestershire sauce, lemon juice and barbecue sauce. Place oysters in shell evenly around dinner plate and sprinkle with bacon mixture. Pour some sauce mixture over each oyster. Cook on P10 for 1 to ½ minutes. Serve with drinks or as an entree.

Seafood Marinara

Serves: 4

Ingredients:
- 750 g Marinara mix
- 2 tablespoons butter
- 2 cloves garlic, crushed
- 2 tomatoes, peeled and chopped
- 1 tablespoon tomato paste
- ¼ cup white wine
- ¼ cup fresh basil leaves, chopped
- pepper

Method:
Place marinara mix into a 2-litre casserole dish. Set aside. Place butter and garlic in 1-litre casserole dish. Cook on P7 for 1 minute. Add remaining ingredients (except seafood), to dish and cook on P10 for 5 minutes. Purée tomato mixture in blender or food processor and pour over seafood. Cook on P6 for 7 to 9 minutes, stir halfway through cooking. Stand for 5 minutes. Serve with salad and pasta.
Cooking Whole Poultry by Micro Power

Season as desired, but salt after cooking. Browning sauce mixed with equal parts of butter will enhance the appearance.

Poultry must be unstuffed. Tie legs together with cotton string. Place on a 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 at the recommended power level.

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 equalize 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 juices 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 a covered casserole. Select a covered casserole deep enough so that bird does not touch the lid.

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 on top of bag.

Cooking Poultry Pieces by Micro Power

Cover with wax paper or paper towel. Use the chart below to determine recommended minimum cooking times.

Arrange pieces skin-side down and evenly spread in a shallow dish. Turn or rearrange halfway through cooking. Shield wing tips, drumstick ends etc., if required.

Cooking Poultry by Micro Power

<table>
<thead>
<tr>
<th>POULTRY</th>
<th>POWER</th>
<th>TEMPERATURE AFTER COOKING</th>
<th>APPROX. COOKING TIME (minutes per 500 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickens</td>
<td>P7</td>
<td>87 °C</td>
<td>10 to 15</td>
</tr>
<tr>
<td>Chicken (pieces)</td>
<td>P7</td>
<td>87 °C</td>
<td>8 to 10</td>
</tr>
<tr>
<td>Turkey</td>
<td>P7</td>
<td>87 °C</td>
<td>12 to 17</td>
</tr>
<tr>
<td>Duck</td>
<td>P7</td>
<td>87 °C</td>
<td>10 to 15</td>
</tr>
</tbody>
</table>
COOKING EGGS BY MICRO POWER

Boiled Eggs: Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury.

Poached Eggs: The membrane on egg yolks must be pierced before cooking, otherwise steam will build up and cause yolk to pop.

Scrambled Eggs: Slightly undercook scrambled eggs as they will finish cooking during standing.

SCRAMBLED EGGS
Serves: 2
Ingredients:
- 2 x 60 g eggs
- 2 tablespoons milk
- pinch of salt

Method:
In a 1-litre casserole dish, beat eggs lightly with whisk. Add milk and salt. Whisk until well combined. Cover dish with plastic wrap and cook on P6 for 1 to 1½ minutes. Stir eggs and cook for further 1 to 1½ minutes. Stand, covered, for 1 minute before serving.

POACHED EGGS
Serves: 2
Ingredients:
- 2 x 60 g eggs
- ½ cup hot tap water
- dash of vinegar
- pinch of salt

Method:
Place one quarter of cup of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls. Heat water on P10 for 30 - 60 seconds. Break egg into the water and with toothpick pierce the egg yolk twice and egg white several times. Cover dishes with plastic wrap and cook on P6 for 1 to 1½ minutes. Stand, covered, for 1 minute before serving.

Note: The size of the eggs will alter cooking time.

BACON AND EGG IN A CUP
Serves: 1
Ingredients:
- 2 slices bacon
- 1 x 60 g egg
- 1 tablespoon grated cheddar cheese

Method:
Place bacon on a dinner plate between 2 sheets of paper towel cook on P10 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 toothpick. Cover and cook on P5 for 50 to 70 seconds. Sprinkle with grated cheese.

GREEN PEPPERCORN CHICKEN
Serves: 4
Ingredients:
- 500 g sliced chicken breast fillets
- 2 tablespoons green peppercorns
- 1 tablespoon seeded mustard
- 1 teaspoon chicken stock powder
- 2 tablespoons lemon juice
- ½ cup cream

Method:
Place chicken in a 3-litre casserole dish. Cook on P7 for 8 to 10 minutes stirring halfway through cooking. Mix together peppercorns, mustard, stock powder, lemon juice and cream. Pour over chicken, stir. Cook on P10 for 2 to 3 minutes.

CHICKEN CURRY
Serves: 4
Ingredients:
- 1 onion, chopped
- 2 tablespoons red curry paste
- 500 g chicken fillets, sliced
- 1 tablespoon fish sauce
- 1 tablespoon brown sugar
- 2 cups finely sliced vegetables
- 1 cup coconut milk

Method:
Place onion and curry paste in a 3-litre casserole dish. Cook on P10 for 2 to 3 minutes. Add chicken and combine. Cook on P7 for 6 minutes, stirring once during cooking. Add fish sauce, brown sugar, vegetables and coconut milk. Stir well. Cover and cook on P10 for 4 to 6 minutes. Serve with Jasmine rice.
**CHICKEN CACCIATORE**
Serves: 4

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

**Method:**
Place all ingredients in a 2-litre casserole dish. Stir until combined. Cover and cook on P7 for 10 to 12 minutes. Turn chicken and stir. Cook on P7 for 10 to 12 minutes.

---

**THAI CHICKEN WINGS**
Serves: 3 to 4

**Ingredients:**
- 1 kg chicken wings
- 2 tablespoons soy sauce
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 1 teaspoon crushed garlic
- 1 teaspoon crushed ginger
- 1 teaspoon crushed chilli

**Method:**
Place wings into a shallow dish. Combine remaining ingredients and pour over wings. Marinate for at least 2 hours in the refrigerator. Cook on P7 for 15 to 20 minutes, rearranging halfway through cooking.

**To cook by Sensor Cook:**
Prepare as above. Cover securely with plastic wrap. Refer to Steam Chicken Pieces directions on page 19. Select Steam Chicken Pieces, then Start.

---

**ROAST CHICKEN**
Serves: 4 to 6

**Ingredients:**
- 1.5 kg chicken
- 2 tablespoons melted butter
- seasonings of your choice

**Method:**
Clean and pat dry chicken with paper towel. Brush chicken with melted butter and sprinkle with seasoning. Place chicken, breast-side down, on rack in 3-litre dish. Cook on P7 for 30 to 35 minutes. Turn halfway through cooking.

**HINT:**
After cooking whole poultry, cover with foil to retain heat while finishing the remainder of the meal.

---

**APRICOT NECTAR CHICKEN**
Serves: 4

**Ingredients:**
- 400 ml apricot nectar
- 40 g French onion soup mix
- 1 onion, diced
- 1 clove garlic, crushed
- ½ cup dried apricots
- 1 kg chicken legs

**Method:**
Place all ingredients except chicken legs into a 3-litre dish. Mix well to combine. Add chicken legs and stir to coat with sauce. Cook on P7 for 20 to 25 minutes, stirring halfway through cooking.

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**CHICKEN BURRITOS**
Serves: 4

**Ingredients:**
- 1 clove garlic, crushed
- 2 large onions, chopped
- 1 teaspoon chilli powder (optional)
- 35 g taco seasoning mix
- 500 g chicken tenderloins, diced
- 425 g can red kidney beans, drained
- ½ cup tomato paste
- ½ cup water
- 1 cup grated cheese
- 12 tortillas

**Method:**
Place garlic, onion and chilli in a 3 litre casserole dish. Cook on P10 for 2 minutes. Stir in remaining ingredients except cheese and tortillas. Cover and cook on P7 for 16 to 18 minutes, stirring twice during cooking. Serve in warmed tortillas topped with grated cheese.

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**CHICKEN SAN CHOY BAU**
Serves: 4 to 6

**Ingredients:**
- 10 dried shiitake mushrooms
- 2 teaspoons sesame oil
- 1 clove garlic, chopped
- 500 g minced chicken
- 10 water chestnuts, finely chopped
- 227 g can bamboo shoots, chopped
- ½ cup soy sauce
- 1 tablespoon oyster sauce
- 2 tablespoons dry sherry
- 1 small iceberg lettuce

**Method:**
Cover mushrooms with boiling water, stand for 30 minutes. Drain, remove stems and chop finely. Place oil and garlic in a 2 litre casserole dish, cook on P10 for 40 to 50 seconds. Add chicken and cook on P7 for 5 to 6 minutes. Add remaining ingredients except lettuce and cook on P7 for 5 to 6 minutes. Separate lettuce leaves. Place tablespoons of mixture into each lettuce leaf. Serve immediately.
**CHICKEN ROLLS WITH HONEY MUSTARD**

**Serves:** 4 to 6  

**Ingredients:**  
- 8 chicken thigh fillets  
- 16 prunes, pitted  
- 8 green onions, sliced  
- 2 tablespoons flaked almonds  
- 4 rashers rindless bacon, halved lengthwise  

**Honey Mustard Glaze**  
1 tablespoon brown sugar  
1 tablespoon French Mustard  
1 tablespoon honey  
10 g butter, melted  

ground black pepper  

**Method:**  
Open out each thigh fillet and trim away fat. Place 2 prunes, some spring onion and a few flaked almonds on each fillet. Roll fillets up and wrap a piece of bacon around each one. Secure with toothpicks. Blend all glaze ingredients together in a small bowl. Place chicken into a 3-litre dish in a single layer and brush with glaze mixture. Cook on P7 for 16 to 20 minutes, turning halfway through cooking.

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**HONEY SESAME DRUMSTICKS**

**Serves:** 4  

**Ingredients:**  
- 1 kg chicken drumsticks  
- 1 clove garlic, chopped  
- 1 teaspoon chopped ginger  
- ¼ cup soy sauce  
- ¼ cup honey  
- 2 tablespoons sesame seeds  

**Method:**  
Place all ingredients in 2-litre bowl, stir until combined. Marinate for at least 2 hours or overnight. Remove chicken from marinade and place in shallow dish with the meatiest ends to the outside. Cook on P7 for 15 to 18 minutes, turning once during cooking.

**To cook by Sensor Cook:**  
Prepare as above. Cover securely with plastic wrap. Refer to Steam Chicken Pieces directions on page 19. Select Steam Chicken Pieces, then Start.

---

**CHICKEN AND ASPARAGUS 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  
- 1 tablespoon chopped parsley  
- extra coarsely grated parmesan cheese  

**Method:**  
Place asparagus into 2-litre dish and cook on P10 for 1 minute. Set aside. Place oil, rice and garlic in a large microwave safe bowl. Cook covered on P10 for 1 minute. Add 2 cups of boiling chicken stock, cook on P10 for 5 minutes. Stir twice during cooking. Add remaining chicken stock and cook on P10 for another 5 minutes. Add remaining ingredients along with asparagus and stir into risotto. Cook covered on P10 for 2 minutes. Stand for 5 minutes. Serve topped with extra parmesan and black pepper.

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**CHICKEN WINGS IN LEMON SAUCE**

**Serves:** 4 to 6  

**Ingredients:**  
- 1 kg chicken wings  
- ¼ cup soy sauce  
- 1 teaspoon ginger powder  
- 2 cloves garlic, crushed  
- ¼ cup lemon juice  

**Method:**  
Place chicken wings in 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinate for 1 to 2 hours in the refrigerator. Cook, covered, on P7 for 15 to 20 minutes. Serve hot with rice.

**To cook by Sensor Cook:**  
Prepare as above. Cover securely with plastic wrap. Refer to Steam Chicken Pieces directions on page 19. Select Steam Chicken Pieces, then Start.
Meat

Cooking Tender Cuts of Meat using Micro Power

For best results, select roasts that are uniform in shape.
Place meat on a microwave rack in a suitable 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. 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 reshield 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. Multiply the weight of the roast by the minimum recommended times per 500 g. Programme Micro Power and Time.

Meat 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 around the bones. Foil should extend about 5 cm down from bones. The shank and thin ends of boneless roasts should also be shielded. Make sure foil does not touch the sides of the oven, as arcing may occur. 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. 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 at the recommended power level. 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.

Cooking Less-Tender Cuts of Meat by Micro Power

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use ½ to 2 cups 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. Multiply the weight of the roast by the minimum recommended minutes per 500 g as suggested in the chart below. Programme Power and Time. Turn meat over halfway through cooking. Meat should be tender when cooked.

Meat Chart for Microwave Cooking

<table>
<thead>
<tr>
<th>MEAT</th>
<th>POWER</th>
<th>APPROX. COOKING TIME (minutes per 500 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasts Medium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>P6</td>
<td>10 to 12</td>
</tr>
<tr>
<td>Medium</td>
<td>P6</td>
<td>12 to 14</td>
</tr>
<tr>
<td>Well</td>
<td>P6</td>
<td>14 to 16</td>
</tr>
<tr>
<td>Pot Roast</td>
<td>P2</td>
<td>25 to 30</td>
</tr>
<tr>
<td>Pork</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg of Pork</td>
<td>P7</td>
<td>11 to 13</td>
</tr>
<tr>
<td>Loin of Pork</td>
<td>P7</td>
<td>11 to 13</td>
</tr>
<tr>
<td>Ham Canned (fully cooked)</td>
<td>P7</td>
<td>4 to 5</td>
</tr>
<tr>
<td>Lamb</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>P6</td>
<td>8 to 10</td>
</tr>
<tr>
<td>Well</td>
<td>P6</td>
<td>12 to 14</td>
</tr>
</tbody>
</table>
THAI BEEF CURRY
Serves: 4 to 6

Ingredients:
1 onion, thinly sliced
2 tablespoons Thai green curry paste
500 g thinly sliced lean beef
½ red capsicum, thinly sliced
1 carrot, thinly sliced
1 zucchini, sliced
200 g broccoli, broken into flowerets
1 cup coconut milk
1 tablespoon soy sauce
1 tablespoon lemon juice
2 tablespoons shredded fresh basil
½ cup roasted unsalted peanuts

Method:
Place the onion and curry paste into a 4-litre dish. Cook on P10 for 2 to 3 minutes. Add the beef and cook on P10 for 4 to 6 minutes, stirring halfway through cooking. Add the vegetables and coconut milk and cook on P10 for 6 to 8 minutes. Mix in the soy sauce, lemon juice and basil and serve sprinkled with peanuts.

MUSSAMAN BEEF CURRY
Serves: 4

Ingredients:
500 g round steak diced
½ cup mussaman curry paste
400 g potato diced
250 ml coconut milk
250 ml beef stock
1 tablespoon brown sugar

Method:
Place steak, curry paste and potato in a 3-litre casserole dish cook on P10 for 6 minutes. Add coconut milk, beef stock and brown sugar, stir, cook on P5 for 40 minutes. Stir once during cooking serve with jasmine rice.

To cook by:

BEEF BOURGUIGNONNE
Serves: 4 to 6

Ingredients:
750 g diced chuck steak
4 rashers bacon
6 pickling, onions
2 cloves garlic, minced
¼ cup red wine
400 ml tomato puree
½ cup beef stock
1 teaspoon minced chilli
1 teaspoon dried tarragon
250 g button mushrooms, halved

Method:
Place all ingredients except mushroom in a 3-litre casserole dish, stir until combined. Cover and cook on P7 for 14 to 16 minutes. Stir and cook on P4 for 28 to 30 minutes. Stir and add mushrooms halfway through cooking.

CORNED BEEF
Serves: 4

Ingredients:
1.5 corned silverside
1 tablespoon brown sugar
1 tablespoon white vinegar
1 onion, cut in half
4 cloves
6 peppercorns
1 bay leaf
5 cups water

Method:
Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in 4-litre casserole dish. Add remaining ingredients. Cover and cook on P10 for 10 minutes. Turn meat, cover and cook on P3 for 1¼ to 1½ hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

Note: Depending on the size and shape of the silverside, it may require a further 10 to 15 minutes on P3.
**FRENCH ONION BEEF CASSEROLE**

Serves: 4

**Ingredients:**
- 100 g onion, chopped
- 1 teaspoon minced garlic
- 200 g diced potatoes
- 600 g beef, diced
- 100 g carrots, diced
- ½ cup tomato paste
- 1½ cups beef stock
- 100 g whole button mushrooms
- ¼ cup frozen peas

**Method:**
Place onion and garlic in 3-litre casserole dish. Cook on P10 for 1 to 2 minutes. Add remaining ingredients, except mushrooms and peas. Stir until combined. Cover and cook on P10 for 8 minutes. Stir and cook on P4 for 28 to 30 minutes. Add mushrooms and frozen peas. Stir cook on P4 for 14 to 15 minutes.

**SPAGHETTI MEAT SAUCE**

Serves: 4 to 6

**Ingredients:**
- 500 g minced beef
- 1 onion, chopped
- 1 clove garlic, minced
- 425 g can tomatoes
- 1 cup beef stock
- 2 beef stock cubes
- 1 teaspoon dried mixed herbs
- pepper

**Method:**
Combine all ingredients in a 3-litre casserole dish. Cook on P10 for 7 minutes, stir. Cook on P7 for 14 to 16 minutes. Stir halfway through cooking. Serve with spaghetti.

**BEEF STROGANOFF**

Serves: 4

**Ingredients:**
- 1 onion, sliced
- 1 clove garlic, minced
- 750 g rump steak sliced thinly
- 2 tablespoons tomato sauce
- 2 tablespoons worcestershire sauce
- 1 beef stock cube
- 1 teaspoon paprika
- ½ cup sour cream
- 200 g sliced mushrooms

**Method:**
Place all ingredients (except sour cream and mushrooms) in a 3-litre casserole dish. Stir until combined. Cover and cook on P7 for 7 to 9 minutes, stirring once during cooking. Add mushrooms. Stir and cook on P7 for 4 to 5 minutes. Stir through sour cream.

**CHINESE BEEF AND VEGETABLES**

Serves: 4 to 6

**Ingredients:**
- 500 g rump steak sliced
- 1 teaspoon chopped ginger
- 1 clove garlic, chopped
- 1 tablespoon soy sauce
- ¼ cup Hoisin sauce
- ¼ cup sweet chilli sauce
- 3 cups sliced vegetables

**Method:**
Place steak, ginger and garlic in a 3-litre casserole dish. Cook on P10 for 1 minute. Add soy sauce, Hoisin sauce and chilli sauce to meat mixture. Cook on P10 for 4 to 5 minutes. Add the vegetables, cover and cook on P10 for 3 to 5 minutes, stirring halfway through cooking. Let stand for 5 minutes before serving.
LAMB KORMA
Serves: 4
Ingredients:
1 onion, diced
500 g lamb, cubed
1⁄2 cup korma curry paste
2 large carrots sliced
250 ml tomato puree
250 ml beef stock
2 tablespoons natural yoghurt
Method:
Place onion, lamb, curry paste and carrot in a 3-litre casserole dish. Cook on P10 for 6 minutes. Add tomato puree and beef stock and stir, cook on P5 for 40 minutes, stirring once during cooking. Stir in yoghurt and serve with basmati rice.

To cook by:
Follow general directions. Cover securely with plastic wrap. Refer to Curries directions on page 20. Select Curries, then press Start.

SEASONED ROAST LAMB
Serves: 4 to 6
Ingredients:
1.4 kg leg of lamb
1 tablespoon seeded mustard
1 tablespoon rosemary
Method:
Place lamb fat side down on rack set in a 3-litre dish. Brush with mustard and rosemary. Cook on P6 for 30 to 35 minutes, turn halfway through cooking. Stand, covered, for 15 minutes before slicing.

GOULASH
Serves: 4
Ingredients:
1 onion, chopped
1 clove garlic, crushed
1 tablespoon butter
2 tablespoons tomato paste
1 teaspoon paprika
500 g lamb, diced
1 small capsicum, diced
1 cup beef stock
2 tablespoons flour
2 tablespoons water
2 tablespoons sour cream
Method:
Place onion, garlic and butter in 3-litre casserole dish. Cook on P10 for 1 to 2 minutes. Add tomato paste and paprika. Cook on P10 for a further 2 minutes. Add lamb, capsicum and stock. Cover and cook on P6 for 25 to 30 minutes, stirring halfway through cooking. Mix flour with 2 tablespoons of water and stir into goulash mixture. Cook on P10 for 1 to 2 minutes. Stir in sour cream and serve with pasta and rice.

LAMB PILAU
Serves: 4
Ingredients:
1 tablespoon oil
1 large onion, sliced
600 g lean lamb, diced
400 g can tomato pieces
2 teaspoons garam masala
1 teaspoon dried thyme
1 cup long grain rice
600ml hot chicken stock
150g natural yoghurt freshly ground black pepper
Method:
Place the oil and onion in a 3 litre dish. Cover and cook on P10 for 2 to 3 minutes. Add lamb, tomato pieces, garam masala, and thyme. Cover and cook on P7 for 10 minutes. Stir. Cook on P7 for a further 10 minutes. Add the rice and chicken stock and cook covered on P5 for a further 30 minutes or until the rice is tender. Stir in yoghurt, season with pepper and serve.

GINGERED PORK STIR FRY
Serves: 4
Ingredients:
500 g sliced lean pork
1⁄4 cup teriyaki sauce
1 tablespoon honey
2 teaspoons minced ginger
2 tablespoons cornflour
1 onion, sliced
300 g sugar snap peas, trimmed
1 zucchini, sliced
1⁄2 red capsicum, sliced
2 green onions, sliced
3⁄4 cup bean sprouts
1 tablespoon toasted sesame seeds
Method:
Place pork, teriyaki sauce, honey, ginger and cornflour in a 2-litre dish. Cover and marinate in the refrigerator for 2 hours. Place onion in a 3 litre dish. Cook on P10 for 1 to 2 minutes. Add marinated pork and sauces and cook on P7 for 3 to 4 minutes. Add peas, zucchini, capsicum, green onions and bean sprouts. Cook on P10 for 3 to 4 minutes. Sprinkle with sesame seeds and serve with noodles.

HINT:
It is better to cook meat for a lesser time in a recipe and add extra time if needed. This will prevent over cooking.
Cooking Fresh Vegetables By Micro Power

Place vegetables in a casserole dish. Add 2 to 3 tablespoons 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. Cook on P10 according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange.

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. Allow to stand, covered, according to the time indicated in the charts.

### Cooking Fresh Vegetables by Micro Power

Vegetables should be covered and cooked on P10 power for best results. Weights given are trimmed weights.

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>QUANTITY</th>
<th>COOKING PROCEDURE</th>
<th>APPROX. TIME (in minutes) on P10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>250 g</td>
<td>Covered dish with ¼ cup water</td>
<td>1 to 3</td>
</tr>
<tr>
<td>Beans (finely sliced)</td>
<td>250 g</td>
<td>Covered dish with ¼ cup water</td>
<td>3 to 5</td>
</tr>
<tr>
<td>Beetroot</td>
<td>4 whole (1 kg)</td>
<td>Covered with 1 cup water in 4-litre dish. Stand after cooking - 5 mins.</td>
<td>14 to 18</td>
</tr>
<tr>
<td>Broccoli</td>
<td>250 g</td>
<td>Covered dish with ¼ cup water</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>250 g</td>
<td>Covered dish with ¼ cup water</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Cabbage</td>
<td>500 g</td>
<td>Shredded, with ¼ cup water in covered dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Carrots</td>
<td>4 (sliced finely) 250 g</td>
<td>With ¼ cup water in covered dish.</td>
<td>5 to 6</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>500 g</td>
<td>With ¼ cup water in covered dish.</td>
<td>6 to 8</td>
</tr>
<tr>
<td>Celery</td>
<td>6 stalks (400 g) cut in 1 cm pieces</td>
<td>With ¼ cup water in covered dish.</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Corn</td>
<td>2 cobs (500 g) 4 cobs (1 kg)</td>
<td>Brush with melted butter and cook in covered dish.</td>
<td>4 to 6 10 to 12</td>
</tr>
<tr>
<td>Eggplant</td>
<td>1 (500 g)</td>
<td>Dice with ¼ cup water in covered dish.</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>250 g (sliced)</td>
<td>Cook with 2 tablespoons butter in covered dish.</td>
<td>2 to 4</td>
</tr>
<tr>
<td>Onions</td>
<td>3 (200 g)</td>
<td>Cut in quarters with ¼ cup water in covered dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Peas</td>
<td>250 g</td>
<td>Shell peas and place with ¼ cup water in covered dish.</td>
<td>3 to 5</td>
</tr>
<tr>
<td>Potatoes-Mashed -Jacket</td>
<td>500 g 3 Med</td>
<td>Peeled and quartered with ¼ cup water. Covered. Cook uncovered on paper towel lined plate.</td>
<td>8 to 10 7 to 9</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>500 g</td>
<td>Peeled and cut into uniform pieces with ¼ cup water in covered dish.</td>
<td>7 to 9</td>
</tr>
<tr>
<td>Spinach/Silver Beef</td>
<td>250 g</td>
<td>Remove stem, cut leaves into small pieces. Cook with ¼ cup water in covered dish.</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>500 g</td>
<td>In serving size pieces with 2 tablespoons water in covered dish.</td>
<td>7 to 9</td>
</tr>
<tr>
<td>Turnips</td>
<td>500 g</td>
<td>Peeled and sliced finely with ¼ cup water in covered dish.</td>
<td>6 to 8</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>2 (300 g)</td>
<td>Sliced and cooked covered.</td>
<td>2 to 4</td>
</tr>
<tr>
<td>Zucchini</td>
<td>500 g</td>
<td>Cut in 2 cm pieces in covered dish.</td>
<td>5 to 7</td>
</tr>
</tbody>
</table>
Cooking Frozen Vegetables By Micro Power

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in a pouch should be placed on a dish and the top pierced. Cook on P10 according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap. Halfway through cooking, stir, turn vegetables over or rearrange. Stir after cooking. Allow to stand for 2 to 3 minutes before serving.

### Cooking Frozen Vegetables by Micro Power

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>QUANTITY</th>
<th>COOKING PROCEDURE</th>
<th>APPROX. COOKING TIME (in minutes) on P10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Broad Beans</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Broccoli (spears)</td>
<td>350 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Carrots (baby)</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>6 to 8</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>500 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Corn (½ cob)</td>
<td>125 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Corn (cobs)</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>5 to 7</td>
</tr>
<tr>
<td>Peas</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>4 to 6</td>
</tr>
<tr>
<td>Spinach</td>
<td>250 g</td>
<td>Cook in covered 2-litre dish.</td>
<td>4 to 6</td>
</tr>
</tbody>
</table>

Cooking Dried Beans and Peas by Micro Power

Place hot tap water in 4-litre dish. Bring hot water to the boil on High for 10 to 12 minutes. Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir. Allow to stand, covered, for 15 to 20 minutes.

**Note:** Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups cooked beans. Use in place of canned beans.

### Cooking Dried Beans and Peas by Micro Power

<table>
<thead>
<tr>
<th>ITEM</th>
<th>CONTAINER</th>
<th>AMOUNT OF HOT WATER</th>
<th>APPROX. TIME TO BOIL HOT WATER on P10 (in minutes) COVERED</th>
<th>TO COOK BEANS on P3 (in minutes) COVERED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lentils (250 g)</td>
<td>4-litre dish</td>
<td>2 litres</td>
<td>10 to 12</td>
<td>15 to 20</td>
</tr>
<tr>
<td>Soup Mix (250 g)</td>
<td>4-litre dish</td>
<td>2 litres</td>
<td>10 to 12</td>
<td>20 to 25</td>
</tr>
<tr>
<td>Split Peas or Lentils (250 g)</td>
<td>4-litre dish</td>
<td>2 litres</td>
<td>10 to 12</td>
<td>25 to 30</td>
</tr>
<tr>
<td>Beans (250 g) Soaked overnight</td>
<td>4-litre dish</td>
<td>2 litres</td>
<td>10 to 12</td>
<td>25 to 30</td>
</tr>
</tbody>
</table>
**POTATO BAKE**  
Serves: 4 to 6  
**Ingredients:**  
- 750 g peeled and sliced potatoes  
- 300 ml cream  
- ¼ cup milk  
- 3 green onions, sliced  
- 2 bacon rashers, chopped  
- ½ cup grated cheese  
**Method:**  
Combine potatoes, cream and milk in 2-litre casserole dish. Cook on P10 for 15 to 18 minutes. Top with green onions, bacon and cheese. Cook on P10 for 5 minutes.

**VEGETABLE FRITTATA**  
Serves: 4 to 6  
**Ingredients:**  
- 400 g potatoes, thinly sliced  
- ½ red capsicum, sliced into strips  
- ¼ green capsicum, sliced into strips  
- 1 tomato, diced  
- 2 tablespoons fresh basil, chopped  
- 4 eggs  
- ½ cup sour cream  
- ½ teaspoon cracked black pepper  
- ½ cup grated tasty cheese  
**Method:**  
Place potatoes in a 2-litre shallow dish. Cook on P10 for 5 to 7 minutes. Arrange capsicum in a circular pattern on top of potato sprinkle with tomato and basil. Beat together eggs and sour cream in a jug. Pour over vegetables. Cook on P6 for 3 to 5 minutes. Sprinkle with pepper and cheese and cook on P6 for 7 to 9 minutes.

**ARDENNIS STYLE POTATOES**  
Serves: 4  
**Ingredients:**  
- 4 medium sized potatoes  
- 100 g ham, finely diced  
- 3 tablespoons snipped chives  
- 50 g butter  
- ½ cup grated Cheddar cheese  
- ground black pepper  
**Method:**  
Scrub potatoes, wash and pat dry with paper towel. Prick skins and place on a dinner plate. Cook on P10 for 6 to 8 minutes.  
**To cook by Sensor Cook:**  
Prepare as above. Cover securely with plastic wrap. Refer to Potatoes directions on page 18. Select Potatoes, then Start. Allow to cool slightly. Cut tops off potatoes and scoop out pulp from centre, leaving 1 to 2 cm in shell. Mash pulp and combine with remaining ingredients. Spoon filling back into potato shells. Place potatoes in 2-litre casserole dish. Cook on P10 for 2 to 3 minutes.

**CREAMED SPINACH**  
Serves: 4  
**Ingredients:**  
- 1 bunch spinach, roughly chopped  
- 4 green onions, finely chopped  
- 1 clove garlic, crushed  
- 2 tablespoons sour cream  
- salt and pepper  
**Method:**  
Cook washed spinach leaves, green onions and garlic in a covered 3-litre casserole dish on P10 for 5 to 7 minutes.  
**To cook by Sensor Cook:**  
CAULIFLOWER AU GRATIN
Serves: 4
Ingredients:
- 500 g trimmed cauliflower and cut into pieces
- 2 tablespoons water
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- ¼ cup grated tasty cheese
Method:
Place cauliflower and water in a shallow casserole dish. Cover and cook on P10 for 6 to 8 minutes.

To cook by Sensor Cook:
Prepare as above. Cover securely with plastic wrap. Refer to Vegetables directions on page 18. Select Vegetables, then Start.

Stand, covered, while making sauce. Place butter in a 4-cup glass jug. Cook on P10 for 1 to 2 minutes. Stir in flour and cook on P10 for 1 minute. Add milk gradually. Stir well. Cook on P10 for 2 to 3 minutes, stirring halfway through cooking. Drain cauliflower and pour over sauce. Sprinkle with cheese. Cook on P7 for 1 to 2 minutes.

Note: Depending on size and arrangement of cauliflower pieces, timing will vary.

THAI VEGETABLE CURRY
Serves: 4
Ingredients:
- 1 onion, sliced
- 2 tablespoons green curry paste
- 3 cups sliced vegetables
- 440 g chick peas, drained
- 1 cup coconut milk
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- ½ cup chopped nuts
Method:
Place onion and curry paste in a 3-litre casserole dish. Cook on P10 for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on P10 for 6 to 8 minutes. Sprinkle with chopped nuts. Serve with jasmine rice.

HERBED VEGETABLES
Serves: 4 to 6
Ingredients:
- 200 g sliced snow peas
- 200 g sliced carrots
- 200 g sliced zucchini
- 2 tablespoons chopped fresh parsley
Method:
Place snow peas, carrots and zucchini in a 2-litre casserole dish. Cover and cook on P10 for 4 to 6 minutes, stirring once during cooking. Sprinkle with parsley. Serve.

TOMATO VEGETABLE CASSEROLE
Serves: 4 to 6
Ingredients:
- 200 g mushrooms, sliced
- 1 eggplant, chopped
- 200 g zucchini, sliced
- 1 capsicum, sliced
- 1 onion, sliced
- 400 g can tomatoes
- ½ cup tomato paste
- 1 tablespoon chopped basil
- 1 clove garlic, minced
Method:
Place mushrooms, eggplant, zucchini, capsicum and onion in a 3-litre casserole dish. Cover. Cook on P7 for 10 minutes. Add tomatoes, tomato purée, herbs and garlic. Re-cover and cook on P10 for 8 to 10 minutes. Add remaining ingredients. Cover with plastic wrap. Cook on P10 for 8 to 10 minutes.

HINT:
It is better to slightly undercook vegetables as they will soften on standing. Allow to stand, covered, with plastic wrap or a lid.

HINT:
Wrap jacket potatoes in foil after cooking. They will retain their heat for about 15 to 20 minutes.

HINT:
TO SKIN TOMATOES: Cut a cross into the tomato skin. Place 1 cup of hot tap water in a 2 cup jug or bowl and heat on P10 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 loosen and can be easily removed.
### PARMESAN ASPARAGUS

**Serves:** 2 to 4  
**Ingredients:**  
1 bunch of asparagus spears  
2 tablespoons water  
1 tablespoon butter  
1 clove garlic, crushed  
1 tablespoon grated Parmesan cheese  

**Method:**  
Place asparagus and water in a 2-litre casserole dish. Cover and cook on P10 for 1 to 2 minutes. Drain. Place butter and garlic in a small dish and cook on P10 for 1 minute. Add drained asparagus and mix lightly. Cook on P10 for a further 1 minute. Sprinkle Parmesan cheese over asparagus. Serve.  

**Tip:**  
When placing asparagus in dish, place half the tips one way and half the tips in the opposite direction for more even cooking.

### RED COCONUT DHAL

**Serves:** 4 to 6  
**Ingredients:**  
1 cup red lentils  
1 teaspoon turmeric  
400 ml coconut milk  
250 ml water  
1 teaspoon crushed red chilli  
1 teaspoon crushed garlic  
1 teaspoon lemon juice to taste  

**Method:**  
Place all ingredients in a 2 litre casserole dish. Stir and cook on P6 for 18 to 20 minutes, stirring twice during cooking.  

**To cook by Sensor Cook:**  
Prepare as above. Cover securely with plastic wrap. Refer to Legumes directions on page 18. Select **Legumes** then **Start**.

---

### HONEY GLAZED CARROTS AND SUGAR SNAP PEAS

**Serves:** 4 to 6  
**Ingredients:**  
350 g carrots  
150 g sugar snap peas, trimmed  
2 tablespoons brown sugar  
2 teaspoons butter  
2 tablespoons honey  
1 tablespoon toasted sesame seeds  

**Method:**  
Peel and thinly slice carrots. Combine all ingredients in a 2-litre casserole dish. Cover and cook on P10 for 5 to 7 minutes, stirring halfway through cooking. Serve.  

**To cook by Sensor Cook:**  
Prepare as above. Cover securely with plastic wrap. Refer to Vegetables directions on page 18. Select **Vegetables** then **Start**.
**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)
- 4 cloves garlic, minced
- 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 P6 for 25 to 30 minutes. Drain, process with remaining ingredients.

**To cook by Sensor Cook:**
Prepare as above. Cover securely with plastic wrap. Refer to Legumes directions on page 18. Select Legumes then Start.

**CHICKPEA SALAD WITH CORIANDER DRESSING**

Serves: 4 to 6

**Ingredients:**
- 1 cup dried chickpeas, water for soaking
- 3 cups boiling water
- 1 red capsicum, diced
- 1 lebanese cucumber, diced
- 250 g cherry tomatoes, quartered
- 1 Spanish onion, diced

**Coriander Dressing:**
- ½ cup lemon juice
- 2 teaspoons sugar
- ½ cup chopped fresh coriander
- 1 teaspoon chopped red chilli

**Method:**
Cover chickpeas with water and soak overnight. Drain. Place chickpeas and boiling water into a 3-litre dish and cook on P7 for 25 to 30 minutes.

**To cook by Sensor Cook:**
Prepare as above. Cover securely with plastic wrap. Refer to Legumes directions on page 18. Select Legumes then Start.

Drain and allow to cool. Combine remaining salad ingredients in a large bowl and mix well.

**Dressing:**
Combine all ingredients in a screw top jar, shake well. Pour over salad and toss well.

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**LENTIL HOT POT**

Serves: 4 to 6

**Ingredients:**
- 900 g new potatoes
- 2 onions, diced
- 2 carrots, diced
- 2 stalks celery, sliced
- 3 cloves garlic, minced
- 400 g can diced tomatoes
- 1 cup vegetable stock
- 2 tablespoons tomato paste
- ¾ cup red lentils, washed
- ½ cup grated cheese
- 1 tablespoon paprika
- 1 tablespoon parsley

**Method:**
Wash potatoes and place onto a paper towel lined plate. Cook on P7 for 8 to 10 minutes.

**To cook by Sensor Cook:**
Prepare as above. Cover securely with plastic wrap. Refer to Potatoes directions on page 18. Select Potatoes then Start.

Set aside. Place onion, carrot, celery and garlic into a 3 litre dish. Cook on P7 for 7 to 8 minutes. Add curry powder and cook on P7 for a further 1 minute. Add tomatoes, stock, tomato paste and lentils. Cook on P7 for 20 to 24 minutes, stirring halfway through cooking. Slice potatoes thickly and layer over the top of lentil mixture. Sprinkle with grated cheese, paprika and parsley. Cook on P10 for 4 to 6 minutes.
Cooking Rice by Micro Power

Follow directions in chart for recommended dish size, amounts of water and cooking time. Add rice to water. Add salt and butter according to package directions. Cook on P10 for time recommended in chart. Allow to stand, covered, before serving. For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>CONTAINER</th>
<th>AMOUNT OF WATER</th>
<th>APPROX. TIME TO COOK GRAIN on P10 UNCOVERED (in minutes)</th>
<th>STANDING TIME (in minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quick Cook Brown (1 cup)</td>
<td>2-litre dish</td>
<td>1⅓ cups</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>Brown (1 cup)</td>
<td>3-litre dish</td>
<td>3 cups</td>
<td>25 to 30</td>
<td>10</td>
</tr>
<tr>
<td>Long Grain (1 cup)</td>
<td>2-litre dish</td>
<td>2 cups</td>
<td>12 to 14</td>
<td>5</td>
</tr>
<tr>
<td>Short Grain (1 cup)</td>
<td>2-litre dish</td>
<td>2 cups</td>
<td>12 to 14</td>
<td>5</td>
</tr>
<tr>
<td>Jasmine (1 cup)</td>
<td>3-litre dish</td>
<td>2 cups</td>
<td>12 to 14</td>
<td>5</td>
</tr>
</tbody>
</table>

Cooking Pasta by Micro Power

Follow directions in chart for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for time recommended in chart. Cook on P10. Test pasta for desired cooking before adding more time. Slightly undercook pasta that will be heated again in casserole. Stir and let stand, uncovered, 5 minutes.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>CONTAINER</th>
<th>AMOUNT OF BOILING WATER</th>
<th>APPROX. TIME TO COOK GRAIN on P10 UNCOVERED (in minutes)</th>
<th>STANDING TIME (in minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried Fettuccine (250 g)</td>
<td>4-litre dish</td>
<td>6 cups</td>
<td>10 to 12</td>
<td>5</td>
</tr>
<tr>
<td>Elbow Macaroni, shells, etc. (250 g)</td>
<td>3-litre dish</td>
<td>4 cups</td>
<td>12 to 14</td>
<td>5</td>
</tr>
<tr>
<td>Fresh Spaghetti, Fettuccine (375 g)</td>
<td>4-litre dish</td>
<td>6 cups</td>
<td>6 to 8</td>
<td>5</td>
</tr>
<tr>
<td>Dried Spaghetti (250 g)</td>
<td>4-litre dish</td>
<td>4 cups</td>
<td>12 to 14</td>
<td>5</td>
</tr>
<tr>
<td>Fresh Tortellini, Ravioli (250 g)</td>
<td>4-litre dish</td>
<td>4 cups</td>
<td>7 to 9</td>
<td>5</td>
</tr>
<tr>
<td>Fresh Gnocchi (375 g)</td>
<td>4-litre dish</td>
<td>6 cups</td>
<td>6 to 8</td>
<td>5</td>
</tr>
</tbody>
</table>

Cooking Dried Noodles by Micro Power

Follow directions in chart recommended dish size, amount of water and cooking time. Add 1 tablespoon of oil to water to prevent noodles from sticking together. Add noodles and cook for time recommended in chart. Cook noodles on P10. Test noodles for desired cooking before adding extra time. Slightly undercook noodles that will be cooked again in a stir-fry or recipe. Always drain noodles immediately after cooking or they may overcook on standing.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>CONTAINER</th>
<th>AMOUNT OF BOILING WATER</th>
<th>APPROX. TIME TO COOK GRAIN on P10 UNCOVERED (in minutes)</th>
<th>INSTRUCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 minutes noodles (85 g)</td>
<td>1-litre</td>
<td>500 ml</td>
<td>2 to 3</td>
<td>drain immediately</td>
</tr>
<tr>
<td>Long Life Asian Noodles (250 g)</td>
<td>3-litre</td>
<td>1 litre</td>
<td>5 to 6</td>
<td>drain immediately</td>
</tr>
<tr>
<td>Rice Vermicelli (125 g)</td>
<td>2-litre</td>
<td>1 litre</td>
<td>3 to 4</td>
<td>drain immediately</td>
</tr>
</tbody>
</table>
**PAELLA**  
Serves: 6 to 8  
**Ingredients:**  
- 500 g mussels  
- \( \frac{1}{4} \) cup water  
- 1 green capsicum, sliced  
- 1 red capsicum, sliced  
- 1 onion, sliced  
- 1 clove garlic, crushed  
- 2 tablespoons butter  
- 2 cups long grain rice  
- 400 g can peeled tomatoes, chopped  
- 2 cups hot chicken stock  
- pinch saffron powder  
- 1½ cups cooked diced chicken  
- 200 g peeled green prawns  
**Method:**  
Place mussels and water in a 3-litre dish. Cover and cook on P7 for 3 to 5 minutes. Set aside. Place capsicum, onion, garlic and butter into 4-litre dish and cook on P10 for 4 to 5 minutes. Add rice and stir well. Cook on P10 for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on P10 for 16 to 18 minutes. Stir in chicken, prawns and mussels. Cook on P7 for 4 to 6 minutes. Stand for 10 minutes before serving.

**SEASONED RICE**  
Serves: 4 to 6  
**Ingredients:**  
- 1 onion, chopped  
- 1 cup long grain rice  
- 1 teaspoon thyme  
- 1½ cups chicken stock  
- \( \frac{1}{4} \) cup toasted slivered almonds  
**Method:**  
Place onion, rice, thyme and chicken stock in a 3-litre casserole dish. Cook on P10 for 14 to 16 minutes. Stir, cover, and let stand for 10 minutes. Stir through slivered almonds and serve hot.  
**To cook by Sensor Cook:**  
Prepare as above. Cover securely with plastic wrap. Refer to Rice directions on page 20. Select Rice, then Start. When oven beeps, remove plastic wrap.

**FRAGRANT COCONUT RICE**  
Serves: 4 to 6  
**Ingredients:**  
- 1 onion, chopped  
- 2 cups long grain rice  
- 500 ml chicken stock  
- 400 ml coconut milk  
- 1 teaspoon turmeric  
**Method:**  
Place all ingredients in a 3-litre casserole dish. Stir. Cook on P10 for 15 to 18 minutes. Cover and let stand 10 minutes before serving.  
**To cook by Sensor Cook:**  
Prepare as above. Cover securely with plastic wrap. Refer to Rice directions on page 20. Select Rice, then Start.

**FRIED RICE**  
Serves: 4  
**Ingredients:**  
- 1 tablespoon sesame oil  
- 1 clove garlic, crushed  
- 1 cm piece of green ginger, finely chopped  
- 1 small carrot, finely chopped  
- 1 stick celery, sliced  
- \( \frac{1}{2} \) green or red capsicum, cut in strips  
- 2 eggs  
- 4 green onions, chopped  
- black pepper  
- 1 small can prawns  
- 1 tablespoon soy sauce  
- 6 cups cooked rice  
**Method:**  
Place oil, garlic and ginger in a large shallow dish. Cook on P10 for 15 to 18 minutes. Cover and let stand 10 minutes before serving.  
**Notes:**  
1. 1 cup uncooked rice will yield 2 cups cooked rice.  
2. Cooked rice can be cooked using Sensor Cook functions.  

**Rice, Pasta and Noodles**  

**HINT:**

TO REHEAT 2 CUPS OF COOKED RICE:  
Add 1 to 2 tablespoons of water or a knob of butter and cook on P10 for 2 to 3 minutes.
**CHICKEN RISOTTO**

Serves: 4

**Ingredients:**
- 1 onion, sliced
- 2 cups short grain rice
- 1 teaspoon dried oregano
- 1 teaspoon cracked black pepper
- 4 cups chicken stock
- ¼ green capsicum, sliced
- ¼ red capsicum, sliced
- 200 g mushrooms, sliced
- ½ cup frozen peas
- 2 cooked chicken breast fillets, sliced
- ¼ cup grated parmesan cheese

**Method:**
Place onion, rice, oregano, pepper and chicken stock into a 4-litre dish. Cook on P10 for 17 to 19 minutes. Add remaining ingredients, stir well and cook on P10 for 4 minutes. Serve.

**CREAMY SUN-DRIED TOMATO PENNE**

Serves: 4

**Ingredients:**
- 250 g penne
- 6 cups boiling water
- ½ cup sun-dried tomatoes in oil, drained
- 1 cup basil leaves
- ¼ cup toasted pine nuts
- ¼ cup grated parmesan cheese
- 300 ml cream
- ½ cup sliced ham
- ¼ cup grated parmesan cheese, extra

**Method:**
Place pasta and water into a 4-litre casserole dish. Cook on P10 for 14 to 16 minutes.

**To cook by Sensor Cook:**
Prepare as above. Cover securely with plastic wrap. Refer to Dried Pasta directions on page 21. Select Dried Pasta, then Start.

While pasta is cooking, prepare sauce. Place all ingredients except ham and extra parmesan cheese into a food processor. Process until smooth. Drain pasta and add sauce. Serve topped with ham and extra parmesan cheese.

**Tip:**
To toast ¼ cup pine nuts place into a small bowl. Cook on P10 for 3 to 4 minutes, stirring every minute.

**PENNE PUTTANESCA**

Serves: 4

**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 kalamata olives, pitted
- 8 anchovy fillets, drained and chopped
- ½ cup capers, drained and rinsed
- ½ cup flat leaf parsley, chopped
- ⅓ cup finely shredded basil leaves

**Method:**
Place pasta and boiling water into a 4-litre dish. Stir and cook on P10 for 12 to 14 minutes or until tender. Drain and set aside. Place oil and garlic into a 2 litre dish and cook on P10 for 1 minute. Add tomatoes, chillies, basil and pepper. Stir until combined. Cover and cook on P7 for 10 to 15 minutes, stirring halfway through cooking. Serve with spaghetti.

**SPAGHETTI WITH CHILLI TOMATO SAUCE**

Serves: 4

**Ingredients:**
- 250 g spaghetti
- 4 cups boiling water
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 425 g can crushed tomatoes
- 2 teaspoons crushed chillies
- 2 tablespoons fresh chopped basil
- 1 teaspoon pepper

**Method:**
Place spaghetti and water into a 3-litre casserole dish. Cook on P10 for 12 to 14 minutes.

**To cook by Sensor Cook:**
Prepare as above. Cover securely with plastic wrap. Refer to Dried Pasta directions on page 21. Select Dried Pasta, then Start.

Stir until combined. Cover and cook on P7 for 10 to 15 minutes, stirring halfway through cooking. Serve with spaghetti.
**CREAMY BACON SAUCE**  
Makes: Approximately 300 ml  
Ingredients:  
1 onion, chopped  
3 bacon rashers, chopped  
1 teaspoon minced garlic  
300 ml cream  
¼ cup Parmesan cheese  
2 tablespoons chopped fresh parsley  
Method:  
Place onion, bacon and garlic in a 2-litre casserole dish. Cook on P10 for 4 to 5 minutes. Add cream, Parmesan cheese, pepper, parsley and stock. Mix well. Cook on P10 for 3 to 4 minutes. Serve with cooked Fettuccine.

**MACARONI AND CHEESE**  
Serves: 4 to 6  
Ingredients:  
40 g butter  
1 onion, 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  
Method:  
Place butter and onion in a 2-litre casserole dish and cook on P10 for 3 to 5 minutes. Add flour, mix well and cook on P10 for 1 minute. Blend in milk and cook on P10 for 4 to 5 minutes, stirring halfway through cooking. Add cheese to sauce and season. Place macaroni and sauce in a 3-litre casserole dish. Mix well. Top with extra cheese and sprinkle with paprika. Cook on P10 for 6 to 8 minutes.

**SZECHUAN SALAD NOODLES**  
Ingredients:  
350 g fresh Hokkien noodles  
½ cup boiling water  
250 g cooked chicken, shredded  
½ cup roasted cashew nuts  
Dressing:  
4 green onions, finely sliced  
2 tablespoons chopped coriander  
2 cloves garlic, minced  
2 tablespoons smooth peanut butter  
2 tablespoons sweet chilli sauce  
1 tablespoon soy sauce  
1 tablespoon sweet sherry  
2 teaspoons sesame oil  
2 tablespoons olive oil  
2 teaspoons chicken stock  
10 toasted szechuan peppercorns, ground  
Method:  
Place noodles in a bowl with the boiling water. Cook on P7 for 1 to 2 minutes. Drain and rinse under cold water. Drain well. Combine all dressing ingredients and whisk well. Combine noodles, chicken and cashew nuts and pour over dressing. Toss well to combine. Serve immediately.

**TERIYAKI TOFU VEGETABLE NOODLES**  
Serves: 4  
Ingredients:  
1 tablespoon sesame oil  
350 g firm tofu, diced  
1 onion, cut into petals  
300 g stir fry vegetables  
1 tablespoon hoisin sauce  
1 tablespoon teriyaki sauce  
85 g 2 minute noodles  
2 cups boiling water  
Method:  
Place oil, tofu and onion in a 3-litre dish and cook on P10 for 2 to 3 minutes. Add vegetables and sauces and cook on P10 for 3 to 4 minutes, stirring once during cooking. Place noodles and water in a 2-litre bowl and cook on P10 for 2 minutes. Stir and drain. Toss noodles through tofu and vegetables and serve.
Cakes, Desserts and slices can successfully be cooked in the microwave oven if a few simple rules are followed see individual recipes for instructions.

**COOKING CAKES BY MICRO POWER**

- The texture of cakes cooked in the microwave oven is not the same as cakes cooked in a conventional oven, but it is a convenient way of cooking cakes.
- Do not use metal cake tins, plastic dishes and pyrex, give the best results when cooking cakes. Grease the dish and line with paper towel or bake paper to absorb excess moisture.
- Round or oval shaped dishes produce the most even cooking results. Square cakes may need the corners shielded with foil to prevent overcooking.
- Choose light coloured cakes that can be iced or substitute brown sugar for white sugar and sprinkle the top of cake with spices to give a darker appearance.
- Do not fill cake pans more than half full. Microwaved cakes rise substantially more than conventionally cooked cakes.
- Cakes need to be well mixed but do not over beat. Creaming with an electric mixer or food processor is not necessary. Use a fork to mix as the microwave aerates the mixture as it cooks.
- Do not cover cakes as the top will steam.
- Cakes should be removed from the oven just before they look cooked as the cooking process will finish during standing time.
- Chocolate cakes cook slightly faster than plain cakes.
- Cakes containing a large amount of whisked egg white will not cook successfully in the microwave oven.

**COOKING FRUIT BY MICRO POWER**

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on turntable.</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples - poached 500 g P10 8</td>
<td>Add 300 ml of water. Only half fill dish. Cover.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples - stewed 500 g P10 6</td>
<td>Only half fill dish. Cover.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches - poached 500 g P10 4 - 5</td>
<td>Add 300 ml of water. Only half fill dish. Cover.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pears - poached 500 g P10 6 - 7</td>
<td>Add 300 ml of water. Only half fill dish. Cover.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plums - poached 500 g P10 8</td>
<td>Add 300 ml of water. Only half fill dish. Cover.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plums - stewed 500 g P10 8 - 10</td>
<td>Add 30 ml (2 tablespoon) of water. Only half fill dish. Cover.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhubarb - stewed 500 g P10 5</td>
<td>Only half fill dish. Cover.</td>
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</tr>
</tbody>
</table>

**SULTANA CAKE**

Serves: 4 to 6

**Ingredients:**
- 100 g butter
- 1 cup sultanas
- 1 cup brown sugar
- 1 cup milk
- 1 egg, beaten
- 2 cups self-raising flour

**Method:**
Place butter, sultanas, brown sugar and milk in heat resistant mixing bowl. Cook on P10 for 3 to 4 minutes. Stir halfway through cooking. Allow to cool. Add egg and flour. Pour batter into base of lined 20 cm round dish. Cook on P6 for 9 to 11 minutes. Let cool, loosely covered, with plastic wrap on wire rack.

**QUICK MIX CHOCOLATE CAKE**

Serves: 4 to 6

**Ingredients:**
- 1 cup self-raising flour
- 1 cup caster sugar
- 2 tablespoons cocoa
- 3 tablespoons butter, softened
- 2 eggs
- ½ cup milk

**Method**
Sift all dry ingredients into a bowl. Add butter, eggs and milk. Beat with wire whisk for 1 to 2 minutes. Grease 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on P7 for 5 to 7 minutes. Stand, covered, for 5 minutes before turning out. Cool on wire rack.

**Tip:** To soften butter cook on P5 for 10 to 20 seconds.
**APPLE CRUMBLE**

*Serves: 4*

**Ingredients:**
1 (780 g) can pie apples  
½ cup rolled oats  
¼ cup plain flour  
½ cup desiccated coconut  
½ cup brown sugar  
1 teaspoon cinnamon  
60 g butter

**Method:**
Place apples in the base of a 1-litre casserole dish. Place remaining ingredients (except butter) in mixing bowl. Melt butter in 2-cup jug on P10 for 40 to 60 seconds. Combine melted butter with dry ingredients and mix well. Spread evenly over apples. Cook on P10 for 5 to 8 minutes.

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**PEACH AND MUESLI CRUMBLE**

*Serves: 6 to 8*

**Ingredients:**
80 g butter  
½ cup flour  
¼ cup caster sugar  
1½ cups toasted muesli  
½ cup shredded coconut  
½ teaspoon cinnamon  
810 g peach slices, drained

**Method:**
Place butter in a 2-litre jug. Cook on P7 for 1 minute. Add flour, sugar, muesli, coconut and cinnamon, stir until combined. Place peaches into a 1-litre casserole dish. Place crumble mixture on top of peaches and cook on P10 for 10 to 12 minutes. Serve with cream or ice cream.
**APRICOT COBBLER**

Serves: 4 to 6

**Ingredients:**
- 1 (810 g) can apricot halves, drained
- 1 (340 g) packet butter cake mix
- ½ cup toasted coconut
- 70 g butter, melted

**Method:**
Arrange apricot halves on the base of a 20 cm casserole dish. Combine cake mix, toasted coconut and butter. Sprinkle cake mixture over peaches. Cook on P10 for 6 to 8 minutes.

---

**SWEET BERRY SAUCE**

Makes: Approximately 2 cups

**Ingredients:**
- ½ cup caster sugar
- ½ cup water
- 500 g berries, halved if large
- 2 tablespoons water
- 1 tablespoon cornflour

**Method:**
Combine sugar and water in a 3-litre bowl. Cook on P10 for 2 to 3 minutes. Add berries. Cook on P10 for 3 to 4 minutes. Blend water and cornflour. Mix into berry sauce. Cook on P10 for 2 minutes. Serve hot or cold with ice cream.

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**CINNAMON POACHED Pears**

Serves: 4

**Ingredients:**
- ½ cup water
- ½ cup caster sugar
- ½ teaspoon cinnamon
- 4 pears, peeled and sliced

**Method:**
Combine water, caster sugar and cinnamon in a 1-litre jug. Cook on P10 for 2 minutes. Place the pears in a 2-litre dish. Pour over syrup and cover. Cook on P10 for 6 to 8 minutes.

**Tip:**
To soften butter cook on P5 for 10 to 20 seconds.

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**FIGS IN RIESLING AND HONEY**

Serves 4

**Ingredients:**
- 8 firm figs
- 1½ cups Riesling wine
- 80 ml honey
- 1 teaspoon lemon juice
- 1 teaspoon grated lemon rind
- 2 tablespoons chopped pistachio nuts

**Method:**
Wash and stem the figs place into a 2 litre dish. Combine Riesling, and honey and pour over figs. Cook on P7 for 6 to 8 minutes. Remove figs from syrup, set aside. Add lemon juice and rind to syrup and cook on P10 for 3 to 4 minutes or until slightly reduced. Pour syrup over figs and allow to cool. Serve with ice cream or cream and sprinkle with pistachio nuts.

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**FRUIT MINCE**

Serves: 4

**Ingredients:**
- 250 g mixed dried fruit
- 400 g can crushed pineapple and juice
- 1 cooking apple peeled, cored and grated
- 1 cup brown sugar
- 1 tablespoon brandy
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 tablespoon cornflour
- ¼ cup water

**Method:**
Combine all ingredients (except cornflour and water) in a 2-litre casserole dish. Cook on P7 for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on P10 for 3 to 5 minutes. Stir. Cool. Bottle and seal or use immediately.
Cakes, Desserts and Slices

**INDIVIDUAL CHRISTMAS PUDDING**

Makes: 8

**Ingredients:**
- 100 g sultanas
- 150 g raisins
- 50 g craisins
- 100 g dates, chopped
- 100 g dried figs, chopped
- 50 g glace ginger, chopped
- ½ cup brandy
- 125 g butter
- ¾ cup firmly packed brown sugar
- 2 eggs
- ½ teaspoon cinnamon
- ½ teaspoon mixed spice
- ¼ teaspoon nutmeg
- ¼ cup plain flour
- ¼ cup pie apple
- ¾ cup fresh breadcrumbs
- 1 tablespoon golden syrup
- 1 tablespoon parisiennne essence

**Method:**
Place all dried fruits and brandy into a 2-litre bowl. Mix and cook uncovered on P3 for 10 minutes. Stir halfway through cooking. Cool. Beat butter and sugar in a large bowl with an electric mixer until light and fluffy. Add eggs, one at a time, beating between each addition. Stir in cooled fruits, then remaining ingredients. Grease 4 x 200 ml microwave safe cups. Place half a cup of mixture into each cup, pushing mixture in firmly. Smooth over the top of puddings with the back of a spoon. Place cups evenly around the edge of the microwave turntable and cook uncovered on P3 for 20 minutes. Stand for 5 minutes before turning out. Repeat with remaining mixture. Serve with cream or custard.

**MINCE PIES • CAUTION**

Take care not to overheat mince pies, otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth. REMEMBER even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through.

**CHOCOLATE PÂTÉ**

Makes 24 x 8 cm loaf tin

**Ingredients:**
- 300 g dark chocolate
- 400 g can condensed milk
- 1 cup brazil nuts
- ½ cup hazelnuts
- ½ cup glace cherries
- ½ cup sultanas

**Method:**
Break chocolate into pieces and place with condensed milk in a 2-litre dish. Cook on P7 for 3 to 5 minutes, stirring twice during cooking. Fold through nuts and fruits. Line a 24 x 8 cm loaf tin with foil and pour in the mixture. Chill for several hours or until set. Turn out and serve thinly sliced.

**STIRRED CUSTARD**

Makes: Approximately 400 ml

**Ingredients:**
- 3 tablespoons sugar
- 2 tablespoons custard powder
- 1½ cups milk
- 2 egg yolks, lightly beaten
- 1 teaspoon vanilla essence

**Method:**
Combine sugar and custard powder in 4-cup jug. Gradually stir in milk until smooth. Cook on P6 for 4 to 5 minutes, stirring halfway through cooking. Add egg yolks and mix well. Cook on P6 for further 30 to 60 seconds. Add vanilla, stir well and serve.

**BRANDY SAUCE**

Makes: 1½ cups

**Ingredients:**
- 2 tablespoons butter
- 2 tablespoons cornflour
- 3 tablespoons sugar
- 2 tablespoons golden syrup
- 1 cup milk
- ¼ cup brandy

**Method:**
In a 1-litre pyrex jug melt butter on P10 for 20 to 30 seconds. Blend in cornflour, sugar and golden syrup and cook on P10 for 50 to 60 seconds. Add milk gradually and cook on P6 for 3 to 4 minutes. Stirring halfway through cooking. Stir in brandy. Serve hot with fruit or Christmas pudding.
CHOCOLATE BROWNIES
Makes: 1 x 20 cm square slice pan
Ingredients:
- 125 g butter
- 200 g chocolate
- 1 cup caster sugar
- 1 teaspoon vanilla essence
- 3 eggs
- 1 cup plain flour
Method:
Grease and line 20 cm square pyrex dish. Melt butter and chocolate in 2-litre dish on P7 for 2 minutes. Stir in sugar, vanilla essence, eggs and flour. Spread into prepared dish. Cook on P7 for 5 to 6 minutes. Refrigerate until cold. Cut into squares.

RHUBARB, APPLE & GINGER COMPOTE
Serves: 4
Ingredients:
- 300 g rhubarb, trimmed cut to 3 cm lengths
- 2 apples, peeled, cored and diced
- 30 g crystallised ginger, thinly sliced
- ½ cup caster sugar
- 1 orange, grated rind and juice
Method:
Place all ingredients into a 2-litre microwave safe dish. Stir to dissolve sugar. Cook on P10 for 8 to 10 minutes or until fruit is softened.

MOCHA FUDGE
Makes: 64 x 2.5 cm square pieces
Ingredients:
- 395 g can sweetened condensed milk
- 300 g dark chocolate melts
- 1 teaspoon vanilla extract
- 1 teaspoon instant coffee powder
- 64 chocolate coated coffee beans
Method:
Grease a square (20 cm) cake pan, set aside. Place condensed milk and chocolate in a 1.5-litre microwave safe and heatproof bowl. Cook on P7 for 2 minutes. Stir in vanilla and coffee. Mix until well combined. Cook on P5 for 2 minutes. Stir and pour into prepared pan. Arrange coffee beans evenly over the fudge. Chill for 2 hours or until set. Cut into 2.5 cm squares to serve.
Tip:
Chocolate coated coffee beans are available from specialty coffee shops.

PRESERVING PRECAUTIONS
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.

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.

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. Alternatively, a conventional meat thermometer may be used after the food is removed from the oven.

Sterilizing Jars
Jam jars can be sterilised by microwave ready for your jams. Half fill with water and heat them on P10 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.

TOMATO CHUTNEY
Makes: 3 cups (750 ml)
Ingredients:
- 250 g onion, finely chopped
- 1.5 kg ripe tomato, skins removed and chopped
- 1 teaspoon salt
- 1 teaspoon paprika
- pinch cayenne pepper
- 150 ml malt vinegar
- 175 g sugar
Method:

LEMON BUTTER
Makes: 1 cup (250 ml)
Ingredients:
- ½ cup lemon juice
- 1 tablespoon lemon rind
- ½ cup sugar
- 3 egg yolks
- 1 tablespoon butter
- 1 tablespoon cornflour
Method:
Blend all ingredients in a 4-cup glass jug. Cook on P6 for 4 to 5 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.
**Sauces and Extras**

**BASIC WHITE SAUCE**
Makes: 1 cup

**Ingredients:**
- 2 tablespoons butter
- 2 tablespoons flour
- salt and white pepper
- 1¼ cups milk

**Method:**
Place butter in a 4-cup jug. Cook on P10 for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on P10 for 2 minutes, stirring every minute.

**Tip:** For cheese sauce, stir in ½ cup grated cheese once sauce has thickened.

**GRAVY**
Makes: 2 cups

**Ingredients:**
- 2 tablespoons dripping or pan juice
- 1 small onion, finely chopped
- 2 tablespoons flour
- 1 tablespoon tomato paste
- 1½ cups beef stock
- salt and pepper

**Method:**
Place dripping or pan juices and onion in a 2-cup jug. Cook on P10 for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well. Cook on P10 for 2 minutes. Add remaining stock. Stir well and cook on P10 for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

**CHEESE SAUCE**
Makes: 1½ cups

**Ingredients:**
- 40 g butter
- 2 tablespoons flour
- 1½ cups milk
- ½ cup grated cheese

**Method:**
Melt butter in 1-litre jug on P10 for 30 seconds. Add flour and mix well. Gradually stir in milk. Cook on P10 for 3 to 4 minutes. Stirring halfway through cooking. Add cheese and cook on P10 for a further 1 to 1½ minute. Stir and serve with vegetables of your choice.

**HINT:**
COOKING SAUCES:
When making some sauces in the microwave oven, less liquid may be needed as less evaporation occurs with a shorter cooking time.

**LEMON LIME CORDIAL**
Makes: approximately 1.5 litres of undiluted cordial

**Ingredients:**
- 10 large lemons
- 6 limes
- 4 cups sugar
- 2 cups water
- 2 teaspoons citric acid

**Method:**
Squeeze juice from lemons and limes. Place in a 3 to 4-litre dish with the remaining ingredients. Cook on P10 for 8 to 10 minutes. Stir 2 to 3 minutes during this cooking time to dissolve sugar. Cook on P10 for 25 to 30 minutes, or until the mixture has become a syrupy consistency. Set aside to cool. Pour into bottles and seal. Store in the refrigerator and serve with cold water, soda or mineral water and fresh mint leaves if desired.

**RICH CHOCOLATE SAUCE**
Makes: 1¼ cups

**Ingredients:**
- 200 g chocolate pieces
- 300 ml cream

**Method:**

**STRAWBERRY LIQUEUR**
Makes: 750 ml

**Ingredients:**
- 500 g sugar
- 500 g washed and hulled strawberries
- 600 g brandy or whisky

**Method:**
Place sugar and strawberries in a 4-litre dish. Stir well. Cook on P10 for 15 minutes. Stir in brandy or whisky. Pour into an airtight container. Store refrigerated for 2 to 3 months. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

**MINT SAUCE**
Makes: Approximately ¼ cup

**Ingredients:**
- ¼ cup water
- 1 tablespoon sugar
- 2 tablespoons brown vinegar
- 2 tablespoons mint, finely chopped

**Method:**
Combine all ingredients in 1-cup jug. Cook on P10 for 30 to 60 seconds. Stir well and serve with Roast Lamb.