



*MBO50 & MBO55
BUILT-IN MICROWAVE OVENS*

Cookery Book & Operating Instructions

Retention of this Instruction Book...

This Instruction Book must be kept handy for reference as it contains important details on the safe and proper use of the appliance.

If you sell or pass the appliance to someone else, or move house and leave it behind, make sure this Book is also provided so the new owner can become familiar with the appliance and safety warnings.

Standard Conversion Chart

Weight

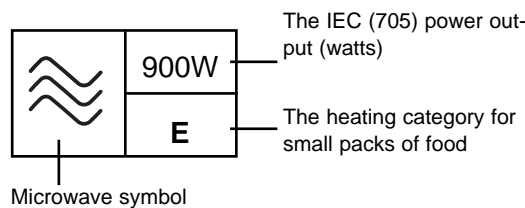
| | | |
|----------|---|------|
| 1/2oz | – | 15g |
| 1oz | – | 25g |
| 2oz | – | 50g |
| 3oz | – | 75g |
| 4oz | – | 100g |
| 5oz | – | 150g |
| 6oz | – | 175g |
| 7oz | – | 200g |
| 8oz | – | 225g |
| 9oz | – | 250g |
| 10oz | – | 275g |
| 11oz | – | 300g |
| 12oz | – | 350g |
| 13oz | – | 375g |
| 14oz | – | 400g |
| 15oz | – | 425g |
| 1lb/16oz | – | 450g |

Capacity

| | | |
|---------|---|---------|
| 1/2tsp | – | 3ml |
| 1tsp | – | 5ml |
| 1tbsp | – | 15ml |
| 1/4pt | – | 150ml |
| 1/2pt | – | 300ml |
| 3/4pt | – | 450ml |
| 1pt | – | 600ml |
| 1 3/4pt | – | 1 litre |

When using recipes in this book always follow metric or imperial measurements. Do not combine the two. In some recipes the conversions are not a direct equivalent due to recipe result.

Important Notice



Your oven is rated 900 Watts (IEC)*. When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods.

Your oven is rated 'E', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods. Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 27-36 of this book. ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time.

*1000 Watts IEC (705) is achieved by using the FAST-COOK pad, see page 16 for details.

Failure to follow the instructions given in this Cookbook and Operating Instructions, may affect the recipe result and in some instances may be dangerous.

Welcome to Creda Microwave Cooking

Thank you for purchasing a Creda Microwave Oven.
Even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.

Intelligent Wave Technology

This microwave oven has the benefit of Intelligent Wave Technology. This unique technology has been in use with microwave ovens in Japan for many years, improving the cooking performance of the oven. It also means that you benefit from having more space inside your oven, without taking up more room on your work surface.



CE marking certifies that this appliance conforms to the following EEC directives.

*Low Voltage Equipment 72/23/EEC
Electromagnetic Compatibility 89/336/EEC and subsequent modifications.*

Recycling & Disposal Information...

As part of Creda's continued commitment to helping the environment, Creda reserves the right to use quality recycled components to keep down customer costs and minimise material wastage.

Please dispose of packaging and old appliances carefully. To minimise risk of injury to children, remove the door, plug and cut mains cable off flush with the appliance, dispose of separately to ensure that the appliance can no longer be plugged into a mains socket.





CONTENTS

| | |
|-------------------------------|-------|
| Safety Information | 2 |
| Unpacking your oven | 3 |
| Care and Cleaning | 4 |
| Parts of your oven | 5 |
| Important Information | 6-7 |
| Microwaving Principles | 8 |
| General Guidelines | 9-10 |
| Containers to use | 11-12 |
| Control Panels | 13 |
| Operating Instructions | 14-20 |
| Auto Weight Cooking - MBO50 | 21-22 |
| Auto Sensor Cooking - MBO55 | 23-26 |
| Reheating Guidelines | 27 |
| Reheating Charts | 28-31 |
| Cooking Charts | 32-36 |
| Increasing/Decreasing Recipes | 37 |

RECIPES

| | |
|-----------------------|-------|
| Soups and Starters | 38-39 |
| Fish | 40-42 |
| Meat and Poultry | 43-46 |
| Pasta and Rice | 47-48 |
| Cheese and Egg Dishes | 49-50 |
| Vegetables/Vegetarian | 51-54 |
| Puddings and Desserts | 55-57 |
| Sauces | 58 |
| Baking | 59-60 |
| Preserves | 61-62 |
| Index | 64-65 |

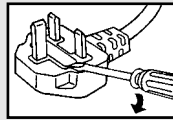
For your safety read the following information carefully

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA mark  or the BSI mark  on the body of the fuse.

If the fuse cover is detachable, never use the plug with the cover omitted. A replacement fuse cover can be purchased from your local Creda Dealer.

HOW TO REPLACE THE FUSE

Open the fuse compartment with a screwdriver and replace the fuse.




IF THE FITTED MOULDED PLUG IS UNSUITABLE FOR THE SOCKET OUTLET IN YOUR HOME THEN THE FUSE SHOULD BE REMOVED AND THE PLUG CUT OFF AND DISPOSED OF SAFELY AND AN APPROPRIATE ONE FITTED. THERE IS A DANGER OF SEVERE ELECTRICAL SHOCK IF THE CUT OFF PLUG IS INSERTED INTO ANY 13 AMP SOCKET.

If a new plug is to be fitted, please observe the wiring code as shown opposite. If in any doubt, please consult a qualified electrician. (For U.K. Models only)

WARNING: THIS APPLIANCE MUST BE EARTHED.

IMPORTANT: The wires in this mains lead are coloured in accordance with the following code: Green-and-yellow: Earth. Blue: Neutral. Brown: Live.

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

The wire which is coloured GREEN-AND-YELLOW must be connected to the terminal in the plug which is marked with the letter E or by the Earth symbol  or coloured GREEN or GREEN-AND-YELLOW.

The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter N or coloured BLACK.

The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter L or coloured RED.

To isolate the appliance from the electricity supply either switch off and remove the plug or switch off at the isolation switch.

Voltage & Power

The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

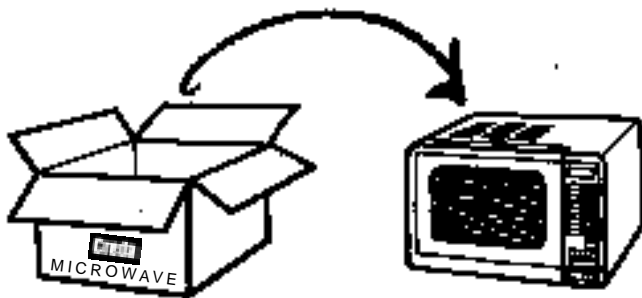
Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface.

Unpacking your oven

1. Examine Your Oven

Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. Do NOT install if unit is damaged.



2. Guarantee

Your receipt is your guarantee, please keep safely.

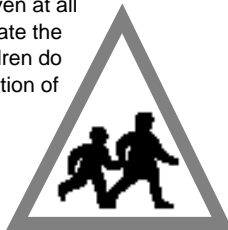
3. Cord

If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

N.B. The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a competent service technician.

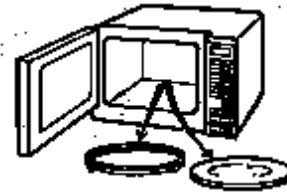
Using your oven

1. The appliance must not be operated by Microwave WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.
2. Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.



3. Storage of Accessories

Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on. In case of electronic failure, oven can only be turned off at wall socket.



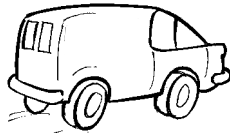
Care & Cleaning of your Microwave Oven

1. **Switch the oven off** at the oven wall switch before cleaning and unplug at socket if possible.
2. **Keep the inside of the oven, door seals and door seal areas clean.** When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergents or abrasives is not recommended.
3. The **outside oven surface** should be cleaned with a damp cloth. Do not allow water to seep into the ventilation openings.
4. If the **Control Panel** becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
5. **If steam accumulates** inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
6. It is occasionally necessary to remove the **glass turntable** for cleaning. Wash the tray in warm soapy water.
7. The **roller ring and oven cavity floor** should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven, particularly the turntable spindle and the area surrounding this, with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels. Replace properly after cleaning.

Maintenance of your oven

1. Repair

IF YOUR OVEN REQUIRES A REPAIR please call 08709 066066. Microwave ovens are specialised appliances and repairs should only be carried out by competent service technicians. Do not attempt to remove the outer casing of the oven.



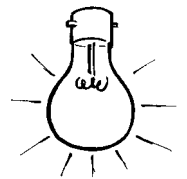
N.B. The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a competent service technician.

2. Door Seals

Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven. The door seals and door seal areas should always be kept clean – use a damp cloth.

3. Oven Light

The oven lamp must be replaced by a competent service technician. DO NOT attempt to remove the outer casing from the oven.

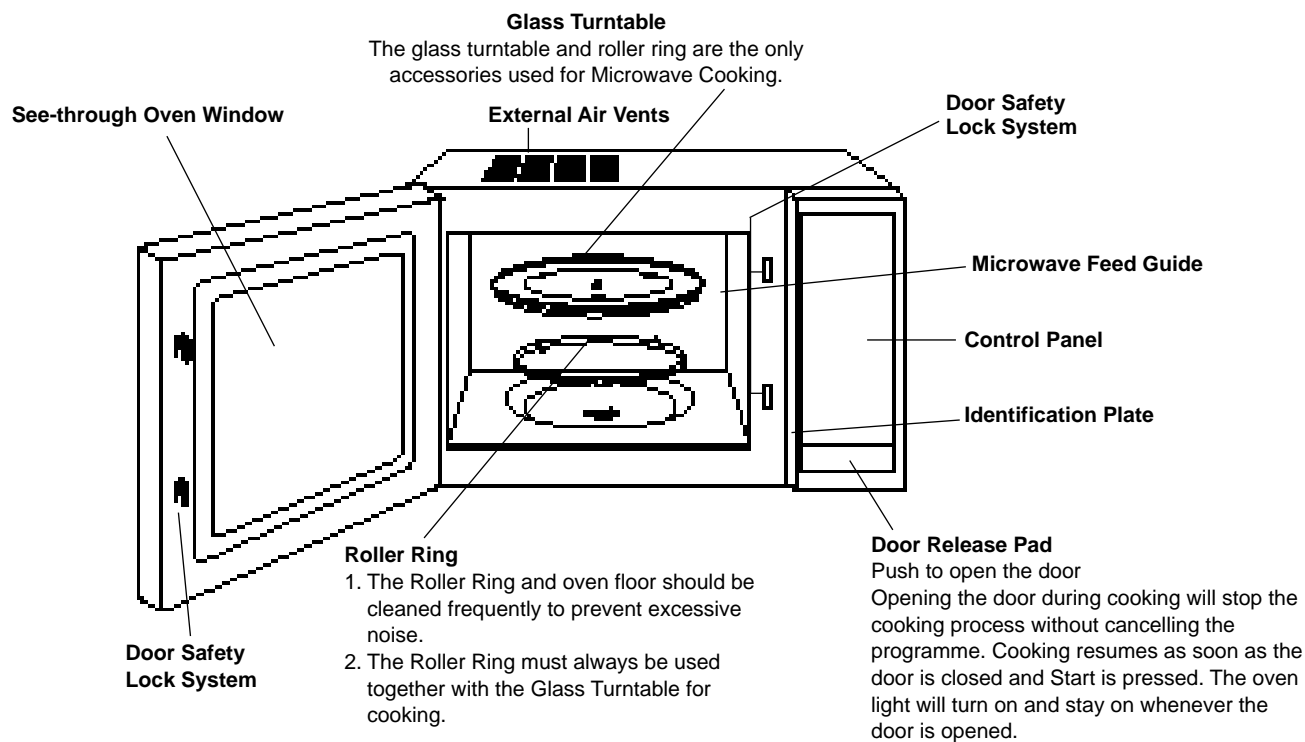


4. Selected Spares and Accessories

These may be ordered direct; on line at www.theservicecentre.co.uk or by telephoning 08709 077077. Please ensure you quote the correct model number.

Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes or Auto Programme Jacket Potatoes.
5. If food or utensil on Glass Turntable touches oven walls, causing the turntable to stop moving, it will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
6. The Glass Turntable can rotate in either direction.
7. While cooking by MICROWAVE the turntable may vibrate. This will not affect cooking performance.
8. Arcing may occur if the incorrect weight of food is used, a metal container has been used accidentally, or the grill accessory has been damaged. If this occurs, stop the machine immediately.
9. Always refer to instructions for correct accessories to use on all programmes. The glass turntable and roller ring are the only accessories used for Microwave Cooking.



Important Information – Read Carefully

Safety

If smoke or a fire occurs in the oven, press Stop/Cancel button and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off the power at the fuse or the circuit breaker panel.

Short Cooking Times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

Important.

If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.



1. Small quantities of food.

Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.

NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE.

2. Foods low in moisture.

Take care when heating foods low in moisture, eg bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long.



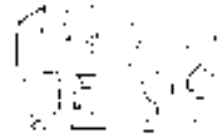
3. Christmas Pudding.

Christmas puddings and other foods high in fats or sugar, eg. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite.



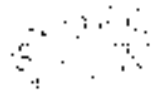
4. Boiled Eggs.

Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury.



5. Foods with Skins.

Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.



6. Liquids.

When heating liquids, eg 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 the hot liquid. To prevent this possibility the following steps should be taken:



- Avoid using straight-sided containers with narrow necks.
- Do not overheat.
- Stir the liquid before placing the container in the oven and again halfway through the heating time.
- After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

7. Lids.

Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

8. Deep Fat Frying.

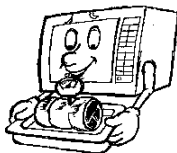
Do not attempt to deep fat fry in your oven.



Important Information – Read Carefully

9. Meat Thermometer.

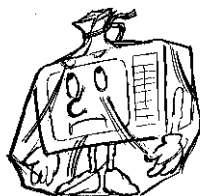
Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.



10. Paper, Plastic.

Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering. Do not use wire twist-ties with roasting bags as arcing will occur.

Do not use re-cycled paper products, eg Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

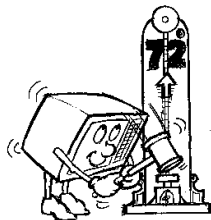


11. Reheating.

It is essential that reheated food is served "piping hot" and is reheated only once.

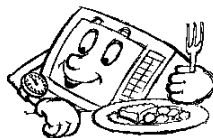
Remove the food from the oven and check that it is "piping hot", ie steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72°C with a food thermometer – but remember do not use this thermometer inside the microwave.)

For foods that cannot be stirred, eg lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.



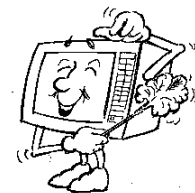
12. Standing Time.

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, ie. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots.



13. Keeping Your Oven Clean.

It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning.



14. Fan Motor Operation.

After using the microwave the fan motor may rotate for a few minutes to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

15. Containers.

Before use check that utensils/containers are suitable for use in microwave ovens.

16. Babies Bottles and Food Jars.

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked.



17. Arcing

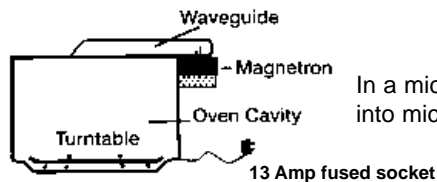
Arcing may occur if a metal container has been used accidentally or if the incorrect weight of food is used. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

Microwaving Principles

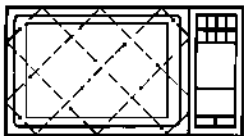
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

Manmade sources include radar, radio, television, telecommunication links and car phones.

HOW MICROWAVES COOK FOOD



In a microwave oven, electricity is converted into microwaves by the MAGNETRON



REFLECTION

The microwaves bounce off the metal walls and the metal door screen.



TRANSMISSION

Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.



Microwave



Water Molecule



Absorption



Vibration

The microwaves cause the water molecules to vibrate which causes FRICTION, ie. HEAT. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1½-2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

IMPORTANT NOTES

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required!

MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS SHOULD NEVER BE USED IN A MICROWAVE, FOR COOKING ON MICROWAVE ONLY

Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

Because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either.

Boiled Eggs

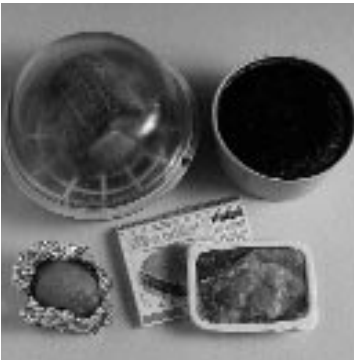
Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury

STANDING TIME

When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals. (Refer to page 9.)

General Guidelines

STANDING TIME



Dense foods e.g. meat, jacket potatoes and cakes, require a **STANDING TIME** (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

- **MEAT JOINTS** – Stand 15 mins. wrapped in aluminium foil.
- **JACKET POTATOES** – Stand 5 mins. wrapped in aluminium foil.
- **LIGHT CAKES** – Stand 5 mins. before removing from dish.
- **RICH DENSE CAKES** – Stand 15-20 mins.
- **FISH** – Stand 2-5 mins.
- **EGG DISHES** – Stand 2-3 mins.
- **PRECOOKED CONVENIENCE FOODS** – Stand for 5 mins.
- **PLATED MEALS** – Stand for 2-5 mins.
- **VEGETABLES** – Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately.
- **DEFROSTING** – It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

If food is not cooked after **STANDING TIME**, return to oven and cook for additional time.

PIERCING

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be



peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.**

MOISTURE CONTENT

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a



particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.

CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be



pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film.



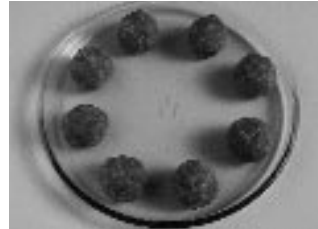
DISH SIZE

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.



QUANTITY

Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.



SPACING

Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.



SHAPE

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



DENSITY

Porous airy foods heat more quickly than dense heavy foods.



COVERING

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items.



ARRANGING

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside.



STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.



TURNING AND STIRRING

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.



LIQUIDS

All liquids must be stirred **before** and **during** heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. **DO NOT OVERHEAT.**



CHECKING FOOD

It is essential that food is checked during and after a recommended cooking time, even if an **AUTO PROGRAMME** has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.



CLEANING

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded microwave spray cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts and door area.

Containers to use

Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

Testing Dishes for Suitability



When unsure that a cooking container is suitable for use in your microwave, check by the following test:

1. Fill a microwave safe measuring jug with 300ml ($\frac{1}{2}$ pt) cold water.
2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.
3. Heat on HIGH power for 1 minute.

Result

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

QUICK CHECK GUIDE TO COOKING UTENSILS

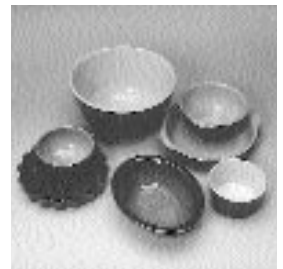


OVEN GLASS

Everyday glass that is heat resistant e.g. Pyrex®, is ideal. Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.

POTTERY, EARTHENWARE, STONEWARE

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.



CHINA AND CERAMIC

Everyday glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal. Fine bone china should only be used for reheating for short periods, otherwise the change in temperature may crack

the dish or craze the finish. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.

FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven. Small items in shallow foil containers can be REHEATED in the microwave, but take care that containers do not touch the oven walls or door. Use wooden kebab sticks instead of metal skewers. DO NOT RE-USE FOIL CONTAINERS AS THEY MAY BECOME DENTED OR DAMAGED AND ARCING MAY OCCUR.



PLASTIC

Many plastic containers are designed for microwave use. Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine – although it



is heat resistant it absorbs microwave energy and scorches. Even if a container is microwave safe, do not use for cooking foods high in sugar or fat. Foods that require long cooking times e.g. brown rice, should not be cooked in plastic. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. Many plastics that are not heatproof for cooking are suitable for defrosting.



CLING FILM

Microwave cling film can be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food.



ROASTING BAGS

Roasting bags are useful when slit up one side to tent a joint for roasting by power and time. Do not use the metal twists supplied.

PAPER

Plain white absorbent kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering BUT FOR SHORT COOKING TIMES ONLY. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.

Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt in the oven. Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers to stop them splattering. White paper plates can be used for SHORT REHEATING TIMES.



ALUMINIUM FOIL

Small amounts of smooth aluminium foil can be used to SHIELD joints of meat during defrosting and cooking, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or overdefrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven.

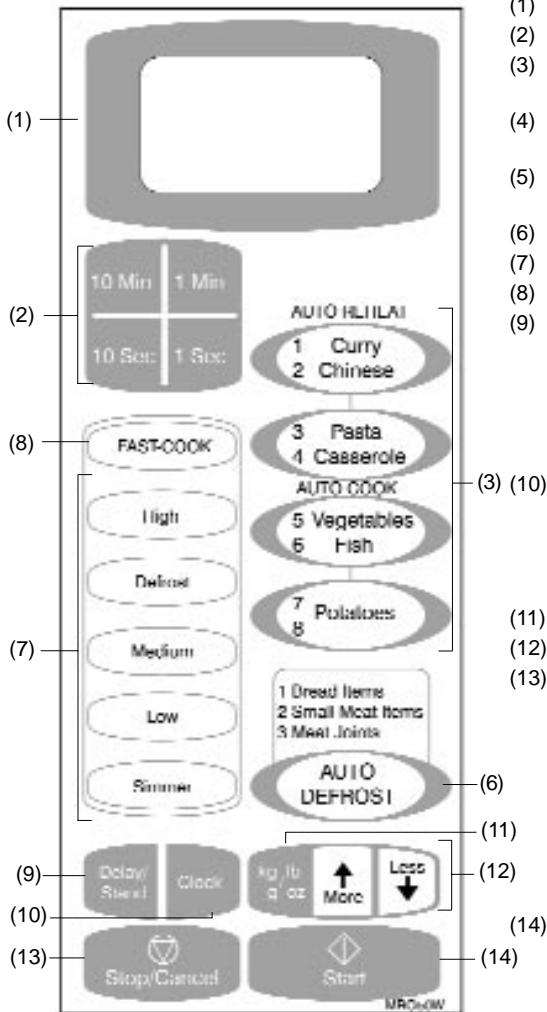
WICKER, WOOD, STRAW BASKETS

Do not use these items in your microwave. With continued use and with prolonged exposure they will crack and could ignite. Do not use wooden dishes in your microwave.



Control Panels

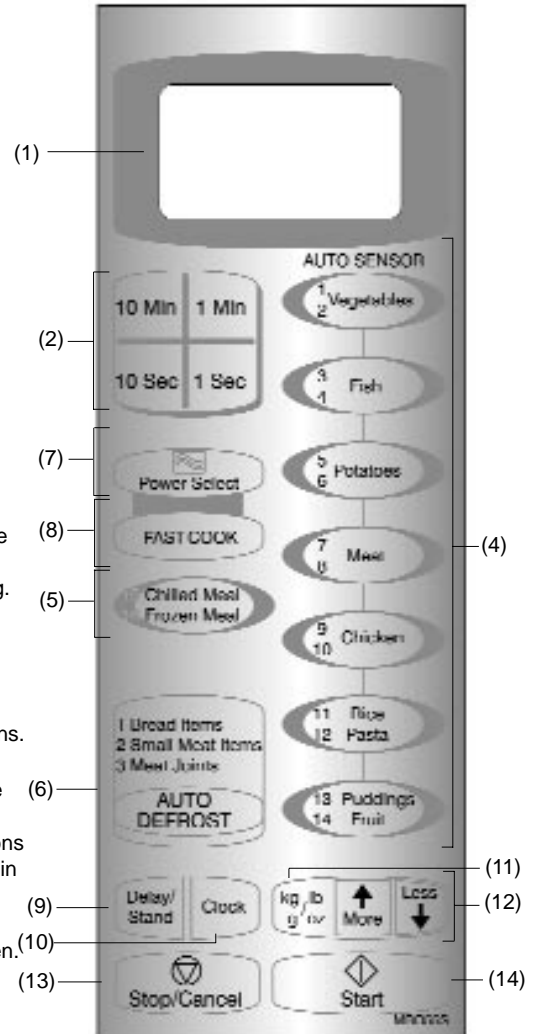
MBO50



Bleep Sound:
A bleep sounds when a pad is pressed. If this bleep does not sound, the setting is incorrect. When the oven changes from one function to another, two bleeps sound. After completion of cooking, five bleeps sound.

- (1) **Display Window**
- (2) **Time Pads**
- (3) **Auto Weight Microwave Programmes**
- (4) **Auto Sensor Microwave Programmes**
- (5) **Auto Sensor Microwave Programmes**
- (6) **Auto Defrost Programmes**
- (7) **Microwave Power Setting**
- (8) **Fast-Cook**
- (9) **Delay/Stand Pad:**
This can be used to delay a cooking programme for up to 9 hrs 99 mins., or used to time or for standing (non-cooking) time.
- (10) **Clock Pad:**
Press the clock pad. Using the minute and second pads set the clock (12 hr clock). Press clock pad again to stop colons flashing.
- (11) **Kg/g lb/oz Conversion Pad**
- (12) **Weight Selection Pads**
- (13) **Stop/Cancel Pad:**
Before Cooking:
one press clears your instructions.
During Cooking:
one press temporarily stops the cooking programme. Another press cancels all your instructions and the time of day will appear in the display.
- (14) **Start Pad:**
Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking.

MBO55



Let's Start to Use your Oven

1 Plug in

Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions.

MBO50

2 Press Clock Pad

Set clock as a 12hr clock. Set time using time pads. Press clock pad again. (See page 15 for details).

3 Demonstration Mode

This is to enable you to experiment setting various programmes. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To select this mode press the clock pad three times. "Demo Mode Press Any Key" will appear in the display window.

4 Select Power

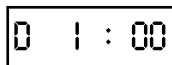
For example MBO50 - press HIGH
MBO55 - press POWER SELECT PAD once

5 Press Time Pad

To set a cooking time eg. 1 minute, press 1 minute pad once.

6 Press Start Pad

The time will be displayed in the window and count down. The oven will beep at the end of the cooking programme.

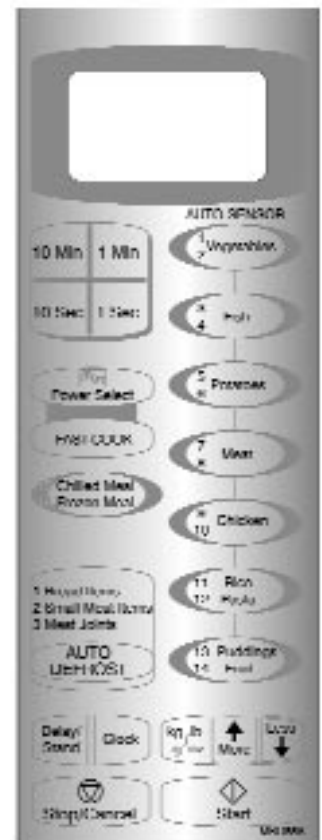
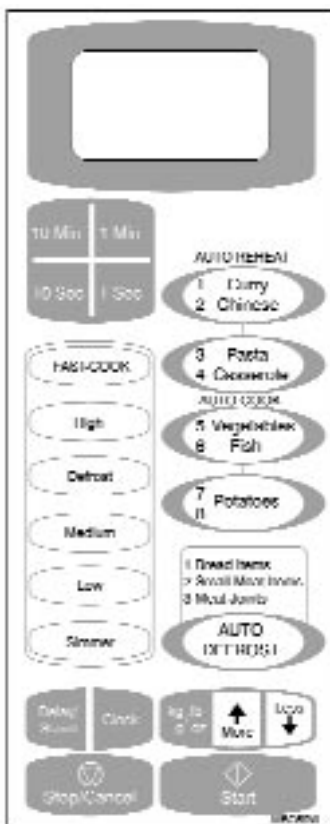


Check that the letter D appears in the display window, to confirm no microwave power is being produced, and it is safe to use the oven without any food. To cancel the demonstration mode press the clock pad a further three times.

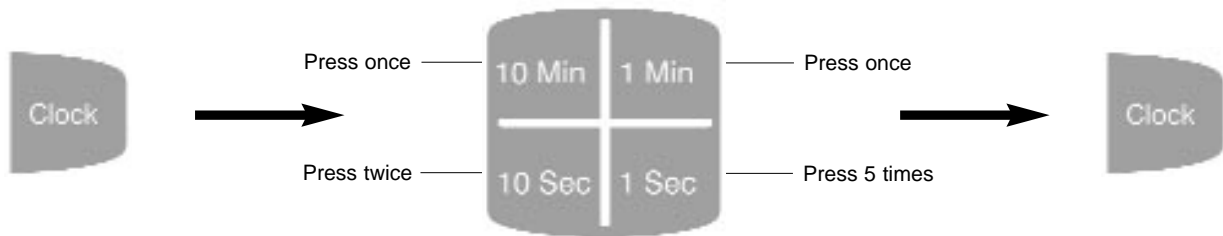
7 Child Lock

To operate the child lock facility press the start pad three times, this will deactivate the microwave. "Lock" will appear in the display and none of the controls will operate. To clear child lock facility press Stop/Cancel three times.

MBO55



Setting the Clock



• Press Clock Pad

• Press Time Pads

• Press Clock Pad

"SET TIME" will appear in the display window, and the colon starts to blink.

Enter time of day by pressing Time Pads. e.g. 11.25pm (12hr clock)

Colon stops blinking. Time of day is now locked into the display.

N.B.

1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 12 hour clock.

Microwave Cooking and Defrosting

There are different microwave power levels available.

Selecting Microwave Power Level

MBO50

| | |
|---------|-----------|
| High | 900 Watts |
| Defrost | 270 Watts |
| Medium | 600 Watts |
| Low | 440 Watts |
| Simmer | 250 Watts |



• Press the pad with the power you require.

• Select Cooking Time.

• Press Start.

MBO55



| Press | Power Level | Wattage |
|---------|-------------|---------|
| once | High | 900 W |
| twice | Defrost | 270 W |
| 3 times | Medium | 600 W |
| 4 times | Low | 440 W |
| 5 times | Simmer | 250 W |
| 6 times | Warm | 100 W |



• Press this pad until the power you require appears in the display window.

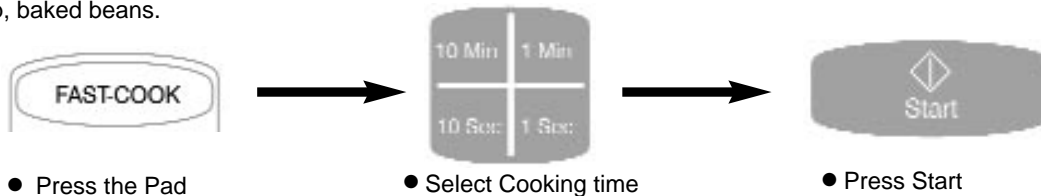
• Select Cooking Time.

• Press Start.

CAUTION: The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.

Fast-Cook

This will provide an added boost of microwave power up to 1000 watts, for the initial part of the cooking time, when reheating foods e.g. soup, baked beans.



● Press the Pad

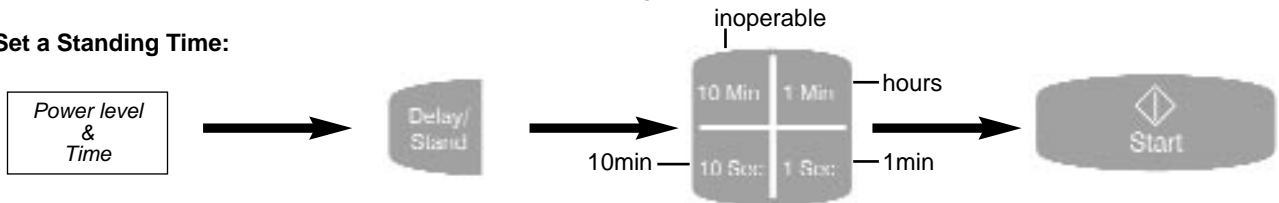
● Select Cooking time

● Press Start

Using the the Delay/Stand Feature

The Delay/Stand Pad is used as a timing pad either before, during or after a cooking programme. When the Delay/Stand Pad is selected with a time, there is no microwave power in the oven during this time.

1. To Set a Standing Time:



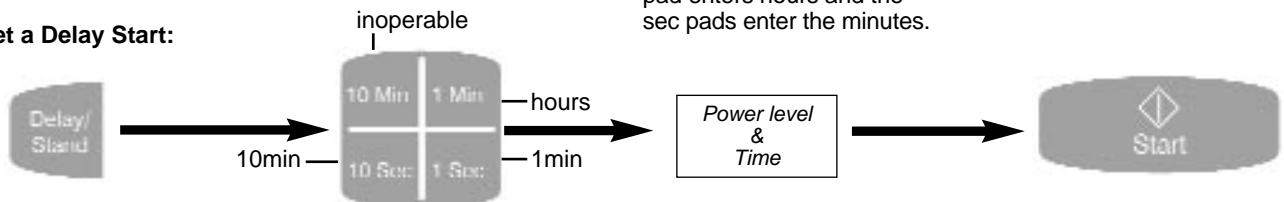
● Set the desired Cooking Programme, by selecting power level and time required.

● Then Press the Stand Pad.

● Set desired standing time (max 9hrs 99mins) (10 min. pad is inoperable) An "H" will appear in the display to denote hours. The minute pad enters hours and the sec pads enter the minutes.

● Press Start Pad. Cooking programme will commence after which the standing time will count down.

2. To Set a Delay Start:



● Press the Delay Pad

● Set Delay time (max 9hrs 99mins) (10 min. pad is inoperable) An "H" will appear in the display to denote hours. The minute pad enters hours and the sec pads enter the minutes.

● Set the complete cooking programme, by entering power level and time required.

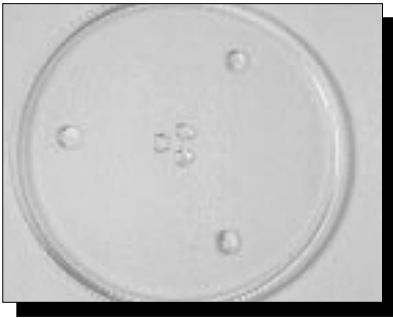
● Press Start Pad. Delayed time will count down then the cooking programme will start.

NB

1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start cannot be used before an Auto Programme.
3. If the Delay Stand pad is pressed three times, this will turn off the auto guide system. "Operation guide off" will appear once. The words will not now scroll in the display window. To turn the auto guide back on, press the Delay/Stand pad three times. "Operation guide on" will appear, and then the words will scroll again.

Microwave Cooking and Defrosting

ACCESSORY TO USE:



When using your oven, the glass turntable provided must always be in position.
DO NOT place food directly onto the turntable except in the case of Jacket Potatoes or Auto Programme Jacket Potatoes.

Foods reheated or cooked by MICROWAVE are normally covered with a lid or cling film, unless otherwise stated.

Two Stage Cooking:

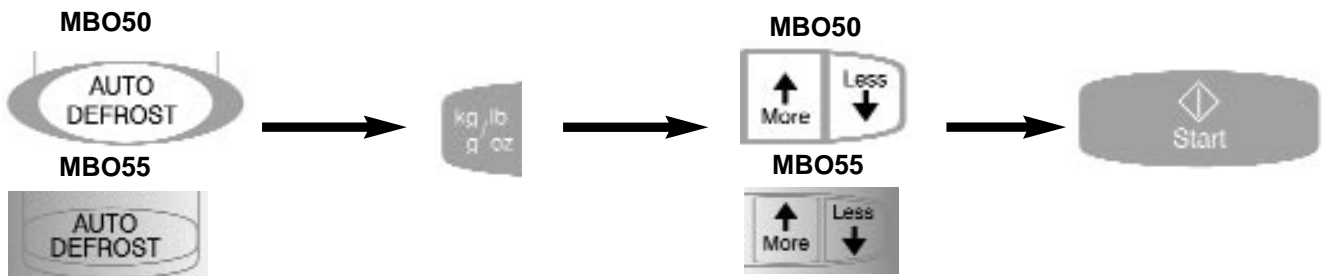
eg. High power 10 minutes followed by Simmer power 20 minutes; Select High power and programme 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

Three Stage Cooking:

eg. High power 5 minutes, Delay 5 minutes, High power 2 minutes; Select first Power level and cooking time, then press DELAY and time, then select final power level and final cooking time. Then press Start.

Auto Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight can be programmed in pounds and ounces or kilogrammes and grams. The weight starts from the minimum weight for each category.



•Select the desired programme by pressing pad. Press "AUTO DEFROST" pad once, twice or three times to select food.

•Press to select kg, g or lb and oz.

•Enter the weight by pressing the More & Less pads. The "more" pad will start with the minimum weight for each food.

• Press Start.

| Programme | Weight Range | Suitable Foods |
|--------------------|------------------------------|---|
| 1 Bread Items | 100 - 800g (4oz - 1lb 12oz) | Bread and rolls. Turn at bleep. |
| 2 Small Meat Items | 200 - 1200g (7oz - 2lb 10oz) | Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at bleeps. |
| 3 Meat Joints | 400 - 2000g (14oz - 4lb 6oz) | Whole chicken, meat joints. Turn at bleeps and shield. |

Auto Defrost Programmes

This feature allows you to defrost items such as minced meat, chops, chicken portions, meat joints and bread.

The AUTO DEFROST pad should be pressed to select the correct category and then enter in the weight of the food in kilogrammes, grams or pounds and ounces using the appropriate pads (See page 17).

Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a rack. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

The Intelligent Wave Technology used in AUTO DEFROST programmes gives you a quick and more even defrost.

The Intelligent Wave Technology uses a random sequence of pulsing microwave energy which speeds up the defrosting process.

During the programme the oven will bleep to remind you to check the food.

IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY. (See page 19).

On hearing the first bleep you should TURN and SHIELD (if possible). On the second bleep you should turn the food or break it up.

1st Bleep



Turn

1st Bleep



Shield

or

2nd Bleep



Turn or break up

CATEGORY 1 BREAD ITEMS

The Bread Programme is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this programme but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. THIS PROGRAMME IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS eg. cheesecake.

CATEGORY 2 SMALL MEAT ITEMS (MINCE/CHOPS/CHICKEN PORTIONS)

It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops and chicken portions should be arranged in a single layer and turned frequently.

CATEGORY 3 MEAT JOINTS/WHOLE CHICKENS

Meat joints and chickens will require shielding during defrosting especially if they are particularly fatty pieces. This is to prevent over defrosting on the outside edges. Smooth foil secured with cocktail sticks should be used. DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Back fat of joints, legs, wings and breast bones need shielding (see photograph above). Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted.



Defrosting Guidelines

By selecting the DEFROST power level, from the microwave power pad, and setting a time, you can defrost food in your microwave. The biggest problem is getting the inside defrosted before the outside starts to cook.

For this reason a defrost programme alternates between a defrost power and a standing time. The name for this type of defrost is cyclic and during the

standing stages there is no microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.



Separate chops and small items e.g. bread slices where possible.



Chickens and joints of meat will require shielding during defrosting.



Turn dense foods and meat 2/3 times during defrosting.



Break up small items e.g. minced meat, frequently during defrosting.

TIPS

- 1 *Check foods during defrosting. Foods vary in their defrosting speed.*
- 2 *It is not necessary to cover the food.*
- 3 *Always turn or stir the food especially when the oven "bleeps". Shield if necessary (see point 5).*
- 4 *Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.*
- 5 *Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks.*
- 6 *Allow standing time so that the centre of the food thaws out. (minimum 1 hour for joints of meat and whole chickens).*

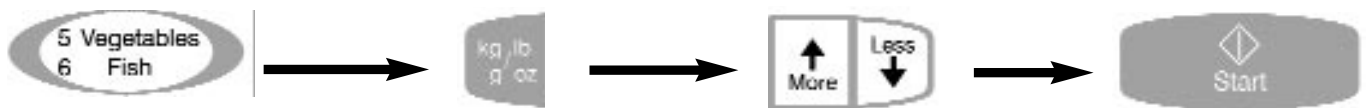
Defrosting Foods Using Defrost Power & Time

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

| Meat | Defrosting Time | Method | Standing Time |
|--------------------------|---------------------------|--|----------------------|
| Beef/Lamb/ Pork Joint | 14-16 mins 450g (1lb) | Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield. | 60 mins |
| Minced Beef | 12 mins 450g (1lb) | Place in a suitable dish. Break up and turn 3-4 times. | 15 mins |
| Chops | 10 mins 450g (1lb) | Place in a suitable dish in a single layer. Turn twice. Shield if necessary. | 15 mins. |
| Sausages | 12 mins. 450g (1lb) | Place in a suitable dish in a single layer. Turn twice. Shield if necessary. | 15 mins |
| Bacon | 6-7 mins 450g (1lb) | Place in a suitable dish in a single layer. Turn twice. Shield if necessary. | 10 mins |
| Stewing Steak | 12 mins. 450g (1lb) | Place in a suitable dish. Break up frequently. | 15 mins |
| Chicken | 13 mins. 450g (1lb) | Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield. | 60 mins. |
| Chicken Portions | 10-12 mins. 450g (1lb) | Place in a suitable dish in a single layer. Turn twice. Shield if necessary. | 30 mins. |
| Fish | | | |
| Whole | 9-10 mins 450g (1lb) | Place in a suitable dish. Turn Twice. Shield. | 15 mins. |
| Fillet/Steak | 7-8 mins 450g (1lb) | Place in a suitable dish. Turn twice, separate if necessary. | 15 mins |
| Prawns | 6-7 mins. 450g (1lb) | Place in a suitable dish. Stir twice during defrosting. | 10 mins |
| General | | | |
| Bread Sliced | 5 mins. 400g (14oz) | Place on the turntable. Separate and rearrange during defrosting. | 10 mins. |
| Slice of bread. | 30 sec. 30g (1oz) | Place on the turntable on a piece of kitchen paper. | 1-2 mins. |
| Pastry | 5½ mins. 450g (1lb) | Place on a plate. Turn over half way. | 10-15 mins. |
| Soft Fruit | 6-7 mins. 450g (1lb) | Place in a suitable dish. Stir twice during defrosting. | 10 mins. |

Auto Weight Cook Programmes for MBO50

This feature allows you to cook or reheat eight foods by setting the weight only. The oven determines the Microwave power level and then the cooking time automatically. Select the category of food and then just enter the weight. The weight can be entered in kilogrammes, grams or pounds and ounces.



- Select the desired Auto Weight Programme, by pressing the pad. The pad can be pressed once or twice to select one of the two programmes available.
- Press to select kilogrammes, grams or pounds and ounces.
- Enter the weight by pressing the "more" and "less" pads. This is the weight of the food.
- Press Start.

Guidelines for Use

The Auto Weight Programmes are designed to take the guesswork out of cooking or reheating your food. They must ONLY be used for the foods described.

1. Only cook foods within the weight ranges described (see table below).
2. Only use the accessories as indicated (see page 22).
3. Always choose a container size that is suitable for the quantities of food, ie. do not allow a large headspace or food may not cook correctly.
4. Always cover the dish with pierced cling film or a lid, this helps keep the food moist. The only exception to this rule is the Jacket Potato programme.
5. Most foods benefit from a STANDING time after cooking on an Auto Programme, to allow heat to continue conducting to the centre.
6. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Minimum/Maximum Weights to use on Auto Weight Programmes

| Programme | Minimum | Maximum |
|------------------|-------------|-----------------|
| Curry | 350g (12oz) | 1000g (2lb 2oz) |
| Chinese | 250g (9oz) | 500g (1lb 2oz) |
| Pasta | 300g (11oz) | 1500g (3lb 5oz) |
| Casserole | 350g (12oz) | 1000g (2lb 2oz) |
| Fresh Vegetables | 100g (4oz) | 800g (1lb 12oz) |
| Fresh Fish | 100g (4oz) | 800g (1lb 12oz) |
| Jacket Potatoes | 200g (7oz) | 1500g (3lb 5oz) |
| Boiled Potatoes | 200g (7oz) | 1000g (2lb 2oz) |

Auto Weight Cook Programmes for MBO50

Auto Programmes must ONLY be used for the foods described below.

1 Curry
2 Chinese

1 Curry



This programme is for reheating a curry convenience meal that can be stirred. Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable, press the pad once. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.

2 Chinese style



This programme is for reheating a chinese style convenience meal that can be stirred. Foods must be in a suitable microwaveable container and have the film pierced. Press the pad twice. Enter the weight. Press START. Stir halfway. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.

3 Pasta
4 Casserole

3 Pasta



This programme is for reheating a pasta style convenience meal that can be stirred. Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable, press the pad once. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.

4 Casserole



This programme is for reheating a casserole style convenience meal that can be stirred. Foods must be in a suitable microwaveable container and have the film pierced. Press the pad twice. Enter the weight. Press START. Stir halfway. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.

5 Vegetables
6 Fish

5 Fresh Vegetables



To cook FRESH vegetables. Place prepared vegetables into a shallow container on turntable. Add 90ml (6tbsp) of water. Cover with pierced cling film or lid. Press the pad once. Enter the weight. Press START.

6 Fresh Fish



To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15 ml (1tbsp) liquid. Cover with pierced cling film or lid. Press the pad twice. Enter the weight. Press START.

7 Potatoes
8

7 Jacket Potatoes



To cook jacket potatoes choose medium sized potatoes 200-250g (7-9oz). Wash and dry and prick with a fork several times. Arrange around edge of turntable. Press pad once. Enter weight. Press START. DO NOT COVER.

8 Boiled Potatoes



Cut into even size pieces. For weights below 500g (1lb) add 6tbsp (90ml) water. For large weights add 150ml (1/4pt) water. Cover with pierced cling film or a lid. Press the pad twice. Enter the weight and press START.

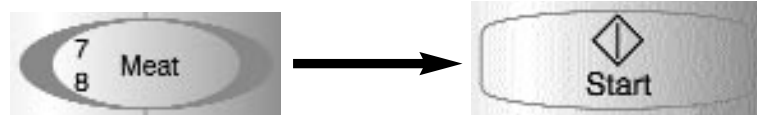
Auto Sensor Cook and Reheat Programmes for MBO55

This feature allows you to cook or reheat sixteen foods automatically. There is no need to enter the weight, as these programmes use a humidity sensor which will automatically select the correct Microwave power level and calculate the correct cooking time.

How it works

The Auto Sensor programmes take the guesswork out of cooking. Once the food has been selected and the start pad pressed the food is heated up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to cook. The remaining cooking time will appear in the display window after 2 bleeps.

Whilst the Sensor programme is still in the display window the oven door **SHOULD NOT BE OPENED**. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.



- Select the desired Auto Sensor programme, by pressing the pad. The pad can be pressed once or twice to select one of the two programmes available.
- Press Start. The food category will be repeated in the display window until the oven calculates the cooking time after detecting a burst of steam. **DO NOT** open the oven door until the remaining cooking time appears in the display window.

IMPORTANT NOTE: For best results the Sensor programmes should only be used when the oven is cold. It is recommended that the oven is allowed to cool between using the sensor programmes, if one or more programmes are being used (see note below). If in a hurry, cook the food manually i.e. select the correct power level and cooking time. It is not recommended to keep using the Auto Programmes consecutively.

N.B. When attempting to use a Sensor programme "HOT" may appear in the display window. Do not press Stop/Cancel when this appears, as a fan automatically operates to cool the oven. This fan will cool the oven within 10-15 minutes, as long as "HOT" is left in the display window, otherwise cooling may take longer.

Adjust to Taste

The Sensor programmes cook foods for average tastes. You are able to adjust the cooking programmes to your own taste by pressing the MORE/LESS pad.



After selecting the Sensor programme, but **BEFORE** pressing START. The oven will automatically cook the food 10% More or 10% Less.

Auto Sensor Cook and Reheat Programmes for MBO55

Guidelines for Use

The Auto Sensor Programmes are designed to take the guesswork out of cooking or reheating your food. They must ONLY be used for the foods described.

1. Only cook foods within the weight ranges described (see table below).
2. Only use the accessories as indicated on pages 24-26.
3. It is essential when using the Auto Sensor programmes to cover the food with pierced cling film or a lid that is designed to fit the dish. The exceptions to this rule are programme 5 Jacket Potatoes (see page 25) and programme 13 for steamed pudding (see page 26). Airtight containers must not be used e.g. sealable plastic containers.
4. Always choose a container size that is suitable for the quantity of food, ie. do not allow a large headspace or food may not be cooked correctly.
5. For perfect results ensure that the oven is cold before using any Sensor programme.
6. Most foods benefit from a STANDING time after cooking on an Auto Programme, to allow heat to continue conducting to the centre.
7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

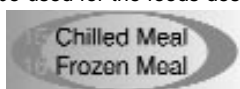
Minimum/Maximum Weights to use on Auto Sensor Programmes

| Programme | Minimum | Maximum |
|-------------------|--------------|-----------------|
| Chilled Meal | 300g (11oz) | 600g (1lb 5oz) |
| Frozen Meal | 300 g (11oz) | 600g (1lb 5oz) |
| Fresh Vegetables | 100g (4oz) | 800g (1lb 12oz) |
| Frozen Vegetables | 100g (4oz) | 800g (1lb 12oz) |
| Fresh Fish | 100g (4oz) | 800g (1lb 12oz) |
| Frozen Fish | 100g (4oz) | 800g (1lb 12oz) |
| Jacket Potatoes | 200g (7oz) | 1500g (3lb 5oz) |
| Boiled Potatoes | 200g (7oz) | 1000g (2lb 2oz) |

| Programme | Minimum | Maximum |
|------------------|-----------------|-----------------|
| Meat Sauce | 450g (1lb) | 2000g (4lb 6oz) |
| Casserole | 800g (1lb 12oz) | 2000g (4lb 6oz) |
| Whole Chicken | 500g (1lb 2oz) | 2000g (4lb 6oz) |
| Chicken Portions | 200g (7oz) | 1500g (3lb 5oz) |
| Rice | 150g (5oz) | 450g (1lb) |
| Pasta | 100g (4oz) | 450g (1lb) |
| Steamed Pudding | 100g (4oz) | 500g (1lb 2oz) |
| Stewed Fruit | 100g (4oz) | 800g (1lb 12oz) |

Sensor Reheat Programmes

Auto Sensor Reheat programmes must ONLY be used for the foods described below. For perfect results ensure that the oven is cold before using any sensor programme.



1 Chilled Meal



This programme is for reheating a chilled convenience meal that can be stirred.* Foods must be in a suitable shallow microwaveable container and have the film pierced. Place on turntable, press the pad once. Press START. Allow to stand for 1 minute. Ensure that the food is piping hot, stir before serving.
Note: Large pieces of fish/meat in a thin sauce, may require longer cooking.

2 Frozen Meal



This programme is for reheating a frozen convenience meal that can be stirred.* Foods must be in a suitable shallow microwaveable container which is covered and pierced. Press the pad twice. Press START. After the oven beeps, stir the food and re-cover with pierced cling film. Continue to cook for remainder of the time. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.

***IMPORTANT NOTE:** This programme is not suitable for foods that cannot be stirred e.g. Lasagne/Shepherds Pie. These foods can be cooked manually, by entering the microwave power and time. Refer to packet instructions or reheating charts on pages 28-31. Meals in bowl shaped containers will need extra cooking time.

Auto Sensor Cook Programmes for MBO55

Auto Programmes must ONLY be used for the foods described below. For perfect results ensure that the oven is cold before using any sensor programme. It is not recommended to keep using the Auto Programmes consecutively.



1 Fresh Vegetables



To cook FRESH vegetables eg. carrots, cauliflower, not suitable for potatoes. Place prepared vegetables into a shallow container on turntable. Add 90ml (6tbsp) of water. Cover with pierced cling film or lid. Press the pad once. Press START.

2 Frozen Vegetables



To cook FROZEN vegetables. Place in a shallow container on turntable, sprinkle with 1tbsp (15ml) of water. Cover with pierced cling film or lid. Press the pad twice. Press START.



3 Fresh Fish



To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15ml (1tbsp) liquid. Cover with pierced cling film or lid. Press the pad once. Press START.

4 Frozen Fish



To cook FROZEN fish. Place in a shallow container on turntable, sprinkle with 15ml (1tbsp) of water. Cover with pierced cling film or lid. Press the pad twice. Press START.

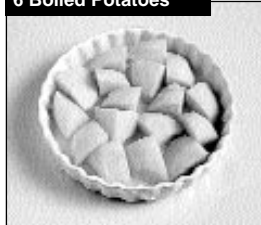


5 Jacket Potatoes



To cook jacket potatoes choose medium sized potatoes 200-250 g (7-9 oz) for best results. Wash and dry, prick with a fork several times. Arrange around edge of turntable. Press the pad once. Press START. DO NOT COVER. After cooking, wrap in foil and stand for 5 mins.

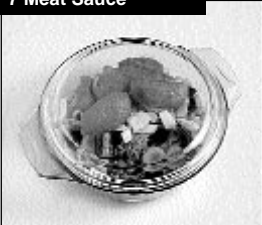
6 Boiled Potatoes



Cut into even size pieces. For weights below 500g (1lb) add 6tbsp (90ml) water. For large weights add 150 ml (1/4pt) water. Cover with pierced cling film or a lid. Press the pad twice. Press START.



7 Meat Sauce



To cook raw mince beef based sauce, i.e. Bolognese sauce, and also very finely diced chicken or pork fillet to be cooked in a sauce. Cover with pierced cling film or a lid. Press the pad once. Press START. Stir after time appears in display window.

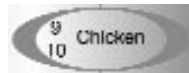
8 Casserole



To cook braising steak or neck of lamb etc. For chicken casseroles use power and time, or meat sauce programme for diced flesh. Use a minimum of 450ml of liquid per 450g (1lb) of meat. Place a small plate over the meat to keep it submerged in the liquid. This programme will operate for over 60 minutes. Cover with pierced cling film or a lid. Press the pad twice. Press START. Stir after time appears in the display window.

Auto Sensor Cook Programmes for MBO55

Auto Programmes must ONLY be used for the foods described below. For perfect results ensure that the oven is cold before using any sensor programme. It is not recommended to keep using the Auto Programmes consecutively.

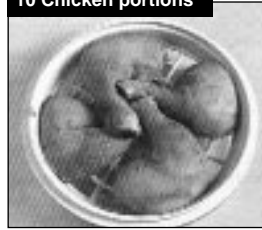


9 Chicken - WHOLE



To cook WHOLE FRESH unstuffed chickens. Cook stuffing separately. Place chicken breast side up on rack or an upturned saucer in a dish and cover with a lid or pierced cling film. Press pad once. Press START. Turn the chicken after the time comes up in the display window.

10 Chicken portions



For cooking fresh chicken portions e.g. leg quarters, breast quarters with bone. DO NOT use for drumsticks, boneless breasts or thighs. Place chicken in a dish, on a rack, if possible. Cover with a lid or pierced cling film. Press pad twice. Press START.



11 Rice



For cooking rice for savoury dishes not puddings. Rinse the rice thoroughly before cooking. Use a very large bowl i.e. 3 litres (6pts). Add 1/2tsp salt and boiling water, according to the chart below. Cover with pierced cling film or a lid. Press pad once. Press START.

12 Pasta



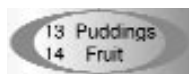
For cooking dried pasta. Use a very large bowl i.e. 3 litres (6pts). Add 1tsp salt, 1tbsp oil and boiling water. Cover with pierced cling film or a lid. It is important to add the correct amount of water as listed below.

| | |
|----------------------------|--------------------|
| 100g-290g (4oz-10oz) pasta | 1 litre water |
| 300g-450g (11oz-1lb) pasta | 1 1/2 litres water |

Press pad twice. Press START.

Volume of boiling water in mls.

| Quantity of Rice | Easy Cook White/Brown | Long Grain White | Long Grain Brown | Basmati |
|------------------|-----------------------|------------------|------------------|---------|
| 150g | 300ml | 250ml | 800ml | 300ml |
| 200g | 300ml | 300ml | 800ml | 300ml |
| 300g | 500ml | 500ml | 800ml | 600ml |
| 400g | 700ml | 600ml | 800ml | 600ml |
| 500g | 800ml | 800ml | 800ml | 600ml |



13 Steamed Pudding



For a standard sponge mixture (see recipe page 59). Put mixture in a 2pt basin or divide between individual ramekins. The mixture must completely cover any topping (see note on page 59). DO NOT COVER. Press pad once. Press START. Allow to stand for 5 mins before turning out.

14 Stewed Fruit



Peel, core and slice fruit. Add 15ml (1tbsp) water and cover with pierced cling film or use a dish with a lid. Omit water for soft fruit and rhubarb. Press pad twice. Press START.

Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by HIGH power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked and NOT leftover. Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 28-36 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

Remember when cooking or reheating any food that it should be stirred or turned wherever possible. This ensures even cooking or reheating on the outside and in the centre.

When is food reheated?

Food that has been reheated or cooked should be served "piping hot" i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating.

If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary. Food should be reheated on one occasion only.

PLATED MEALS

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 mins. on HIGH power will reheat an average portion. If stacking two meals, heat on HIGH power for 6-7 mins. and change the meals over halfway.

CANNED FOODS

Remove foods from can and place in a suitable dish before heating.

SOUPS

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

CASSEROLES

Stir halfway through and again at the end of heating.

MINCE PIES - CAUTION

REMEMBER even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat 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.

CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

Take great care when reheating these items. See Page 6.

Do not leave unattended.

Do not add extra alcohol.

BABIES' BOTTLES - CAUTION

Milk or formula MUST be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby.

See page 28 for details.

WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

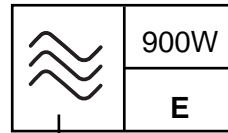
Reheating Charts

The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, dish size etc.

HEATING CATEGORY

Your oven is Heating Category E and this is displayed on the front of your oven door. The information on this label will assist you in using new instructions on food packs to enable you to programme the best heating time in your oven.

*1000 Watts IEC (705) is achieved by using the FAST-COOK pad, see page 16 for details.



The IEC (705) power output (watts)*

The heating category for small packs of food

Microwave symbol

| Food | Weight/Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|--|-----------------|-------------|-------------------------|---|
| BABIES BOTTLES – CAUTION | | | | |
| For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 25-30 secs. CHECK CAREFULLY For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. Milk or formula must always be tested carefully before feeding a baby. | | | | |
| BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base. | | | | |
| Croissants | 2 | HIGH | 15-20 secs. | Place on microwave safe plate on turntable. Do not cover. |
| | 4 | HIGH | 30-40 secs. | |
| Rolls | 1 | HIGH | 15 secs. | |
| | 4 | HIGH | 30-40 secs. | |
| CANNED BEANS, PASTA | | | | |
| Baked Beans | 225 g | FAST-COOK | 1 min. 40 secs. | Place in a microwave safe bowl on turntable. Cover. |
| | 447 g | FAST-COOK | 3 mins. 30 secs. | |
| Ravioli in sauce | 215 g | HIGH | 2 mins. 30 secs. | |
| | 400 g | HIGH | 4 mins. | |
| Macaroni chese | 225 g | FAST-COOK | 2 mins. | |
| Spaghetti Bolognese | 210 g | HIGH | 2 mins. | |
| | 430 g | HIGH | 4 mins. | |
| Spaghetti in Tomato Sauce | 213 g | FAST-COOK | 1 min. 40 secs. | |
| CANNED MEAT | | | | |
| Chilli Con Carne | 410 g | HIGH | 3 mins. 30 secs. | Place in a microwave safe bowl on turntable. Cover. |
| Hot Dogs (drained) | 415 g | HIGH | 2 mins. 30 secs. | |
| Meat Balls | 418 g | HIGH | 4 mins. 30 secs. | |
| Minced Beef & Onion | 392 g | HIGH | 4 mins. | |
| Stewed Steak | 405g | HIGH | 4 mins. | |
| CANNED SOUPS | | | | |
| Cream of Tomato | 425 g | HIGH | 4 mins. | Place in a microwave safe bowl on turntable. Cover. |
| Minestrone | 300 g | FAST-COOK | 2 mins. | |

POINTS FOR CHECKING

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

Reheating Charts

| Food | Weight/ Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|---|---------------------|----------------|----------------------------|--|
| CANNED PUDDINGS | | | | |
| Creamed Rice | 425 g | HIGH | 2 mins. | Place in a microwave safe bowl on turntable. Cover. |
| | 624g | HIGH | 3 mins. | |
| Custard | 425g | HIGH | 2 mins. | |
| Sponge Pudding | 300 g | HIGH | 2 mins. | |
| CANNED VEGETABLES – Drain where appropriate | | | | |
| Carrots, whole | 410 g | HIGH | 3 mins. | Place in a microwave safe bowl on turntable. Cover. |
| Mushrooms, whole | 300 g | HIGH | 2 mins. | |
| Peas, Mushy | 440 g | HIGH | 2 mins. | |
| Peas, Garden | 550 g | HIGH | 2 mins. 30 secs. | |
| Potatoes, new | 820 g | HIGH | 5 mins. | |
| Sweetcorn | 198 g | HIGH | 1 min. 30 secs. | |
| | 340 g | HIGH | 2 mins. | |
| Tomatoes, whole | 400 g | HIGH | 3 mins. | |
| CHRISTMAS PUDDINGS - Overheating may cause pudding to ignite | | | | |
| Slice | 150 g | HIGH | 30 secs. | Place in a microwave safe dish on turntable. Cover. |
| Small | 450 g | HIGH | 2 mins. | |
| Medium | 900 g | HIGH | 3 mins. | |
| Large | 1.1 kg | HIGH | 3 mins. 30 secs. | |
| DRINKS – COFFEE | | | | |
| 1 mug | 235 ml | HIGH | 2 mins. | Place in a microwave safe mug on turntable. Stir, before, during and after reheating. |
| 2 mugs | 470 ml | HIGH | 3 mins. 30 secs. | |
| 3 mugs | 705 ml | HIGH | 4 mins. 30 secs. | |
| 4 mugs | 940 ml | HIGH | 6 mins. | |
| DRINKS – MILK | | | | |
| 1 mug | 235 ml | MEDIUM | 2 mins. | Place in a microwave safe mug on turntable. Stir, before, during and after reheating. |
| 1 jug | 600 ml | MEDIUM | 4 mins. 30 secs. | |
| HOMEMADE MEAT DISHES | | | | |
| Casserole for 2 | 500 g | HIGH | 3 mins. | Place in a microwave safe dish on turntable. Cover. |
| Casserole for 4 | 1 kg | HIGH | 10 mins. | |
| Bolognese Sauce | 250 g | HIGH | 3 mins. | |
| | 1 kg | HIGH | 8 mins. | |

POINTS FOR CHECKING

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

Reheating Charts

| Food | Weight/ Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|---|---------------------|----------------|----------------------------|---|
| PASTA | | | | |
| Cooked Spaghetti | 100 g | HIGH | 1 min. | Place in a microwaveable safe dish on turntable. Cover. |
| Macaroni Cheese | 225 g | HIGH | 3 mins. | |
| | 1 kg | HIGH | 8 mins. | |
| PASTRY PRODUCTS - PRECOOKED - N.B. Pastries reheated by microwave will have a soft base. | | | | |
| Beef & Onion Pie | 155 g | HIGH | 1-2 mins. | Place on microwaveable safe plate on turntable. Do not cover. |
| Chicken Pie | 480 g | HIGH | 4-5 mins. | |
| Cornish Pastie | 300 g (2) | HIGH | 2-3 mins. | |
| Quiche | 400 g (1) | HIGH | 3-4 mins. | |
| Samosas | 140 g (4) | HIGH | 1-2 mins. | |
| Steak & Kidney Pie | 325 g (1) | HIGH | 2-3 mins. | |
| Sausage Rolls | 260 g (4) | HIGH | 1½-2 mins. | |
| Spring Roll | 230 g (6) | HIGH | 1-2 mins. | |
| Christmas Mince Pies | 90 g (2) | HIGH | 10-20 secs. | |
| PLATED MEALS - HOMEMADE - CHILLED | | | | |
| Child Size | 1 | HIGH | 3 mins. | Place on a microwave safe plate on turntable. Cover. |
| | 2 | HIGH | 5 mins. | |
| Adult Size | 1 | HIGH | 4-5 mins. | |
| | 2 | HIGH | 5-6 mins. | |
| PORRIDGE | | | | |
| 1 portion | | HIGH | 1 min. | Use a large bowl on turntable. Stir during cooking. |
| 4 portions | | HIGH | 5 mins. | |
| PUDDINGS & DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish | | | | |
| Apple Pie | 500 g | HIGH | 4 mins. | Place in a microwave safe bowl on turntable. Do not cover. |
| Baked Apple - 1 | 175 g | HIGH | 30 secs.-1 min. | |
| Bread & Butter Pudding | 340 g | HIGH | 2-3 mins. | |
| Fruit Crumble | 400 g | HIGH | 4 mins. | |
| Fruit Pie, individual | 1 | FAST-COOK | 10 secs. | |
| | 4 | FAST-COOK | 30 secs. | |
| Milk Pudding for 1 | | HIGH | 50 secs. | |
| Milk Pudding for 4 | | HIGH | 3 mins. 40 secs. | |

POINTS FOR CHECKING

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

Reheating Charts

| Food | Weight/ Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|---|---------------------|----------------|------------------------------|---|
| PUDDINGS AND DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish | | | | |
| Pancakes, filled | 1 | HIGH | 45-60 secs. | Place in a microwaveable safe dish on turntable. Cover. |
| | 2 | HIGH | 1 min. 30 secs. | |
| Rice Pudding | 500 g | HIGH | 2 mins. 30 secs. | |
| PURCHASED CONVENIENCE FOODS - CHILLED N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care. | | | | |
| Cauliflower Cheese | 450 g | HIGH | 7 mins. | Place on microwaveable safe plate or rack on turntable. Do not cover. |
| Cottage Pie | 190 g | HIGH | 3-4 mins. | |
| | 600 g | HIGH | 6-8 mins. | |
| Hot & Spicy Wings | 700 g | HIGH | 6-7 mins. | |
| Lasagne | 300 g | HIGH | 5-6 mins. | |
| Onion Bhajis | 200 g (6) | HIGH | 1-2 mins. | |
| Pakora & Felafel | | | | |
| Vegetable Bake | 454 g | HIGH | 6-8 mins. | |
| PURCHASED CONVENIENCE FOODS - FROZEN N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care. | | | | |
| Lasagne | 400 g | HIGH | 5 mins. then rest for 1 min. | Place on turntable. Do not cover. |
| | | then HIGH | 4 mins. | |
| Salmon Crumble | 300 g | HIGH | 3 mins. then rest for 1 min. | |
| | | then HIGH | 3-4 mins. | |
| Shepherd's Pie | 460 g | HIGH | 6 mins. then rest for 1 min. | |
| | | then HIGH | 4-5 mins. | |
| SAUCES | | | | |
| Custard | 300 ml | HIGH | 1 min. 30 secs. | Use a large bowl on turntable. Stir during cooking. |
| | 600 ml | HIGH | 3 mins. | |
| Savoury Sauce | 300 ml | HIGH | 2 mins. | |
| VEGETABLES | | | | |
| Jacket Potato | 250 g | HIGH | 1 min. | Place in a microwave safe bowl on turntable. Do not cover. |
| Green Vegetables | 100 g | HIGH | 1 min. 30 secs. | |
| | 225 g | HIGH | 2 mins. | |
| Mashed Potato | 350 g | MEDIUM | 7-8 mins. | |
| Root Vegetables | 100 g | HIGH | 1 min. | |
| | 225 g | HIGH | 1 min. 30 secs. | |

POINTS FOR CHECKING

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

Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time Approx. (mins.) | Instructions/Guidelines |
|---|---------------------|----------------------------|-------------------------------|--|
| BACON – from raw | | | | |
| Rashers | 200 g (8) | HIGH | 4-5 or 45 secs per rasher. | Place on microwave safe rack or plate on turntable and cover with kitchen towel to minimise splatter. |
| Steaks | 210 g (4) | HIGH | 4-5 mins. | Place on microwave safe rack or plate on turntable. |
| BEANS & PULSES – should be pre-soaked (except lentils) | | | | |
| Black Eyed Beans | 225 g | HIGH | 10 | Use 600 ml (1 pt) boiling water in a large bowl. Cover. |
| | | then SIMMER | 25-30 | |
| Chick Peas | 225 g | HIGH | 10 | |
| | | then SIMMER | 40 | |
| Lentils | 225 g | MEDIUM power | 10-15 | |
| Red Kidney Beans | 225 g | HIGH | 15 | Use 600 ml (1 pt) boiling water in a large bowl. Cover. Must boil for at least 12 minutes to destroy toxic enzymes. |
| | | then SIMMER | 40 | |
| BEEF – Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat Chapter page 43. | | | | |
| Medium Rare | | MEDIUM | 11-14 per 450 g (1 lb) | Place on upturned saucer in flan dish or drip tray. Cover. Place on turntable. Turn joint over halfway during cooking. Drain off fat during cooking. |
| BEEF – Steaks from raw – Caution: Hot fat! Remove dish with care. | | | | |
| Rump | 350 g (2) | MEDIUM | 6-8 | Place on microwave safe rack or plate on turntable. Cover. |
| Sirloin | 400 g (2) | MEDIUM | 7-9 | |
| BEEFBURGERS – Fresh from raw – Caution: Hot fat! Remove dish with care. | | | | |
| | 227 g (2) | MEDIUM | 3-4 | Place on microwave safe rack or plate on turntable. Cover. |
| BEEFBURGERS – Frozen from raw – Caution: Hot fat! Remove dish with care. | | | | |
| | 335 g (6) | MEDIUM | 6 | Place on microwave safe rack or plate on turntable. Cover. |
| CHICKEN from raw – Caution: Hot fat! Remove dish with care. | | | | |
| Breasts, boneless | 595 g | MEDIUM | 12-14 | Place on microwave safe rack or plate on turntable. Cover. |
| Drumsticks | 900 g (8) | MEDIUM | 12-14 | |
| Quarters | 1.2 kg (4) | MEDIUM | 20-25 | |
| Whole | | MEDIUM | 9-10 per 450 g (1 lb) | Place on upturned saucer breast side down in flan dish or drip tray. Cover. Place on turntable. Turn chicken over halfway. |

POINTS FOR CHECKING

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

Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time Approx. (mins.) | Instructions/Guidelines |
|--|---------------------|----------------------------|-------------------------|---|
| EGGS – Poached. | | | | |
| Water | 45 ml | HIGH | 50 secs. | <ul style="list-style-type: none"> Place in a small bowl and heat for 1st cooking time. Add egg (medium sized). Pierce yolk and white. Cover. Cook for 2nd cooking time. Then leave to stand for 1 min. |
| Egg | 1 | MEDIUM | 30 secs. | |
| Water | 90 ml | HIGH | 1 | |
| Eggs | 2 | MEDIUM | 1 | |
| Water | 135 ml | HIGH | 1 min. 30 secs. | |
| Eggs | 3 | MEDIUM | 1 min. 30 secs. | |
| Water | 180 ml | HIGH | 2 | |
| Eggs | 4 | MEDIUM | 1min. 50 secs. | |
| EGGS – Scrambled. | | | | |
| 1 Egg | | HIGH | 30 secs. | <ul style="list-style-type: none"> Add 1 tbsp of milk for each egg used. Beat eggs, milk and knob of butter together. Cook for 1st cooking time then stir. Cook for 2nd cooking time then stand for 1 min. |
| | | HIGH | 20 secs. | |
| 2 Eggs | | HIGH | 50 secs. | |
| | | HIGH | 30 secs. | |
| 3 Eggs | | HIGH | 1 min. 20 secs. | |
| | | HIGH | 30 secs. | |
| FISH – FRESH from raw – For Guidelines see Fish Chapter page 40. | | | | |
| Filletts | 450 g (3) | HIGH | 3-4 | Place in microwave safe dish. Add 30 ml liquid. Cover. |
| Steaks | 350 g (2) | HIGH | 3-4 | |
| Whole | 280 g (1) | HIGH | 3-4 | |
| FISH – FROZEN from raw – For Guidelines see Fish Chapter page 40. | | | | |
| Fish Fingers | 210 g (8) | HIGH | 4-5 | Place on microwave safe dish. Do not cover. |
| Haddock Fillets | 380 g (4) | HIGH | 7 | Place in microwave safe dish. Add 30 ml of liquid. Cover. |
| Whole | 450 g (2) | HIGH | 10-12 | |
| Boil in the Bag | 170 g (1) | DEFROST | 4 | Place bag sauce side down on a microwave safe plate. Slash top of bag with a knife. |
| | | then stand | 2 | |
| | | then MEDIUM | 6 | |
| FRUIT – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish. | | | | |
| Apples – poached | 450 g | HIGH | 6 | Add 300 ml (1/2 pt) water. Only half fill dish. Cover. |
| Apples – stewed | 450 g | HIGH | 5 | Only half fill dish. Cover. |
| Peaches – poached | 450 g | HIGH | 4-5 | Add 300 ml (1/2 pt) water. Only half fill dish. Cover. |
| Pears – poached | 450 g | HIGH | 5-6 | |
| Plums – poached | 450 g | HIGH | 8 | Add 30 ml (2 tbsp) of water. Only half fill dish. Cover. |
| Plums – stewed | 450 g | HIGH | 8-10 | |
| Rhubarb – stewed | 450 g | HIGH | 5 | Only half fill dish. Cover. |

POINTS FOR CHECKING

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

Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time Approx. (mins.) | Instructions/Guidelines |
|--|---------------------|----------------------------|---------------------------|---|
| LAMB – from raw – CAUTION: Hot Fat! Remove dish with care. For Guidelines see Meat Chapter page 43. | | | | |
| Chops, cutlets | 425 g (4) | MEDIUM | 6-7 | Place in microwave safe dish or rack on turntable. Cover. |
| Chops, loin | 600 g (4) | MEDIUM | 7-8 | |
| Joints | | MEDIUM | 12-13 per 450 g (1 lb) | Place on upturned saucer in microwave safe dish or drip tray. Cover. Place dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking. |
| PASTA – Place in a large 2 litre (4 pint) microwave safe bowl. | | | | |
| Twists | 225 g | HIGH | 8-10 | Use 1 litre (1¾ pt) boiling water. Add 15 ml oil. Cover. Stir halfway. |
| Macaroni | 225 g | HIGH | 10-12 | |
| Spaghetti | 225 g | HIGH | 8 | |
| Lasagne | 225 g | HIGH | 6-8 | |
| Tortellini | 225 g | HIGH | 12 | |
| Tagliatelli | 225 g | HIGH | 8-9 | |
| Spaghetti (Quick Cook) | 225 g | HIGH | 5-7 | |
| Pasta Shapes (Quick Cook) | 225 g | HIGH | 6-7 | |
| PASTRY – UNCOOKED | | | | |
| Shortcrust Flan Case | 23 cm (9") | HIGH | 3-4 | Prick base of pastry, chill well. Lay piece of kitchen towel in base. Place on turntable. |
| PIZZA – FRESH CHILLED – N.B. Remove all packaging. Pizzas will have a soft base. | | | | |
| Thin & Crispy | 400 g | HIGH | 4-5 | Place on heatproof plate on turntable. Do not cover. |
| Deep Pan | 475 g | HIGH | 4-6 | |
| PORK – from raw – CAUTION: Hot Fat! Remove dish with care. For Guidelines see Meat Chapter page 43. | | | | |
| Chops | 360 g (2) | MEDIUM | 5-6 | Place in microwave safe dish on rack on turntable. Cover. |
| Joints | | MEDIUM | 13-14 per 450 g (1 lb) | Place on upturned saucer in microwave safe dish or drip tray on turntable. Turn joint over halfway during cooking. Drain off fat during cooking. |
| PORRIDGE – N.B. Use a large bowl. | | | | |
| 1 serving | ½ cup oats | HIGH | 2-2½ | Add 1 cup of water or milk. Stir halfway. |
| 2 servings | 1 cup oats | HIGH | 4-5 | Add 2 cups of water or milk. Stir halfway. |
| 3 servings | 2 cups oats | HIGH | 8-9 | Add 4 cups of water or milk. Stir halfway. |
| RICE – Place in a large microwave safe bowl. | | | | |
| Basmati | 250 g | MEDIUM | 10-12 | Use 600 ml (1 pt) boiling water. Cover. |
| Easycook White | 250 g | HIGH | 12-13 | |

POINTS FOR CHECKING

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

Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time Approx. (mins.) | Instructions/Guidelines |
|---|---------------------|----------------------------|-------------------------|--|
| RICE – Place in a large microwave safe bowl. | | | | |
| Easycook Brown | 250 g | HIGH | 15-17 | Use 600 ml (1 pt) boiling water. Cover. |
| Long Grain White | 250 g | MEDIUM | 14 | |
| Long Grain Brown | 250 g | MEDIUM | 20 | |
| Wild Rice & Brown Rice Mix | 250 g | MEDIUM | 18 | |
| MILK PUDDING – Place in a large microwave safe bowl. | | | | |
| Flaked Rice | 50 g | SIMMER power | 20 | Add 600 ml (1 pt) milk. 30 ml sugar. |
| Pudding Rice | 50 g | HIGH then SIMMER | 5 30 | Add 450 ml (¾ pt) milk. 30 ml sugar. |
| Tapioca | 50 g | SIMMER | 30-35 | Add 600 ml (1 pt) milk. 30 ml sugar. |
| SAUSAGES from raw – CAUTION: Hot Fat! Remove dish with care. | | | | |
| Chipolatas | 227 g (8) | HIGH | 3-4 | Place on microwave safe plate or rack on turntable. Cover. |
| Thick | 454 g (8) | HIGH | 4-5 | |
| FRESH VEGETABLES – Place in shallow microwave safe dish. | | | | |
| Asparagus | 450 g | HIGH | 6-8 | Add 90 ml (6 tbsp) water. Cover. |
| Aubergine | 450 g | HIGH | 7 | |
| Broad Beans | 450 g | HIGH | 6 | |
| Runner Beans | 450 g | HIGH | 7 | |
| French Beans | 450 g | HIGH | 7-8 | |
| Beetroot | 450 g | MEDIUM | 12 | |
| Broccoli | 450 g | HIGH | 8 | |
| Brussel Sprouts | 450 g | HIGH | 8-9 | |
| Cabbage – sliced | 450 g | HIGH | 7-9 | |
| Carrots | 450 g | HIGH | 7-9 | |
| Cauliflower – florets | 450 g | HIGH | 9 | |
| Celery | 450 g | HIGH | 8-9 | |
| Corn on the Cob | 450 g | HIGH | 6-7 | |
| Courgettes | 450 g | HIGH | 5 | |
| Leeks | 450 g | HIGH | 7-9 | |
| Mange Tout | 450 g | HIGH | 4-5 | |
| Marrow – cubed | 450 g | HIGH | 4-5 | |
| Mushrooms | 450 g | HIGH | 5 | |
| Parsnips – sliced | 450 g | HIGH | 6-7 | |

POINTS FOR CHECKING

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

Cooking Charts

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

POINTS FOR CHECKING

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

Increasing and Decreasing Recipes

INCREASING RECIPES

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

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

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

DECREASING RECIPES

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

Using Recipes from Other Books

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

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

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

Cooking for One

- For one serving quarter ALL ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe.
- Use the same cooking power recommended in the original recipe.
- Start by cooking for one quarter of the recommended cooking time, although extra time in most cases will be required.
- Always check the food during cooking.
- There is not a great saving for reduced quantities of soups, casseroles, stews and rice, as a minimum time is required to tenderise meats and blend flavours.
- When cooking for one it often makes sense to cook for two and plate up both meals. Freeze one meal for a later date.

Soups and Starters

Ingredients

8 field mushrooms, approx. 150 g
(5 oz) total weight
50 g (2 oz) butter
60 ml (4 tbsp) chopped mixed herbs
1 garlic clove, crushed
seasoning

Ingredients

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

Ingredients

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

Garlic Mushrooms with Herbs

Serves 4

Dish: large flan dish

1. Arrange the mushrooms in a large flan dish. Dot with butter and sprinkle with the herbs and garlic.
2. Cover and cook on HIGH power for 3-4 mins. or until mushrooms are just tender. Season and serve.

Coarse Pork Pâtés

Serves 4

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

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

Creamy Cod and Leek Chowder

Serves 4

Dish: deep casserole dish

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

Ingredients

40 g (1½ oz) dried Cep mushrooms
 50 g (2 oz) butter
 1 clove garlic, finely chopped
 1 small onion, finely chopped
 freshly ground black pepper
 250 g (9oz) Arborio rice
 300 ml (½ pt) hot vegetable stock
 12 basil leaves, torn
 Parmesan cheese shavings to garnish

Ingredients

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

Ingredients

225 g (8 oz) smoked haddock
 30 ml (2 tbsp) lemon juice
 15 ml (1 tbsp) single cream
 15 ml (1 tbsp) horseradish
 100 g (4 oz) cream cheese
 15 ml (1 tbsp) parsley, chopped

Garnish:

4 slices of lemon
 sprigs of parsley

Wild Mushroom and Basil Risotto

Serves 6

Dish: 3 litre (6 pt) casserole dish

1. Soak mushrooms in 300 ml (½ pt) warm water.
2. Place the butter, garlic and onion in a large bowl, cover with cling film and cook on HIGH power for 3 mins, or until softened. Season with freshly ground black pepper.
3. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms. Cover and cook for a further 5 mins on HIGH power.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 mins. on HIGH power.
5. Stir and add the basil. Continue to cook for the final 5 mins. on HIGH power. Leave to stand for approx. 10 mins. and then stir with a fork.

Serving suggestion:

Place the cooked risotto in greased dariole moulds, press in firmly. Then turn out and serve garnished with shavings of Parmesan cheese.

Broccoli and Stilton Soup

Serves 4

Dish: large bowl

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

Smoked Haddock Pâté

Serves 4

Dish: flat plate + 4 x 3" diameter ramekins

1. Place haddock and lemon juice in dish. Cover and cook on HIGH power for 2 mins. or until fish flakes easily. Remove bones and flake.
2. Blend the fish with all other ingredients to form a smooth pâté. Divide mixture between 4 ramekins. Smooth over top.
3. Decorate with lemon twists and parsley. (Pâté can be topped with 30ml (2 tbsp) of melted butter if desired).

Fish

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

WHEN IS FISH COOKED?

Fish is cooked when it flakes easily and becomes opaque.



ARRANGING

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

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

Ingredients

4 trout, 350 g (12 oz) each

Stuffing:

1 bunch spring onions, finely chopped
100 g (4 oz) button mushrooms, finely sliced
grated rind and juice of 1 orange

2½ cm (1") cube fresh ginger, peeled and
grated

dash of Soy sauce

juice of 1 orange

juice of 1 lime

black pepper

25 g (1 oz) butter

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



LIQUID

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

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

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

WHOLE FISH

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

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



NOISE

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

Stuffed Citrus Trout

Serves 4

Dish: large shallow dish

1. Wash, cut the heads off the fish and pat dry. Pierce the flesh all over. Fill the fish cavities with the combined stuffing ingredients and arrange the fish in a shallow dish.
2. Pour over the orange and lime juice. Season. Marinade for one hour.
3. Dot with butter, cover and cook on HIGH power for 10-12 mins. or until cooked. Allow to stand for 5 mins. before serving.

Ingredients

100 g (4 oz) broccoli
100 g (4 oz) cauliflower
1 medium red pepper, diced
198 g (7 oz) can salmon, drained
25 g (1 oz) butter
30 ml (2 tbsp) plain flour
300 ml (½ pt) milk
50 g (2 oz) grated tasty cheese
150 ml (¼ pt) cream cheese (optional)
salt and pepper to taste
15 g (½ oz) butter
75 g (3 oz) fresh white breadcrumbs
15 ml (1 tbsp) chopped fresh parsley
pinch paprika

Ingredients

450 g (1 lb) smoked haddock cut into
4 portions
300 ml (½ pt) milk
knob of butter

Ingredients

450 g (1 lb) smoked haddock
30 ml (2 tbsp) lemon juice
15 ml (1 tbsp) oil
1 large onion, sliced
600 g (1¼ lb) cooked jacket potatoes, sliced
(see page 36)
40 g (½ oz) butter
40 g (½ oz) flour
3 ml (½ tsp) mustard
600 ml (1 pt) milk
salt and pepper
100 g (4 oz) Red Leicester cheese
75 g (3 oz) wholemeal breadcrumbs

Salmon and Vegetable Mornay

Serves 4

Dish: 20 x 25 cm (8" x 10") dish

1. Break broccoli and cauliflower into florets, add red pepper and 2 tbsp water. Cover and cook on HIGH power for 5 mins. or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in a jug on HIGH power for approx. 20-30 secs. Stir in flour then milk. Cook on HIGH power for 2 mins. or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
4. Melt extra butter in a small bowl on HIGH power for approx. 15-20 secs. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Cook on MEDIUM power for 7-8 mins. or until piping hot.

Poached Smoked Haddock

Serves 4

Dish: casserole dish

1. Place haddock in single layer in casserole dish and cover with milk and butter. Cover and cook on HIGH power for 5-6 mins. Serve on its own or with poached eggs on top.

Family Fish Pie

Serves 4

Dish: large casserole

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on HIGH power for 3 mins. or until it flakes easily.
2. Place onion and oil in a bowl. Cover and cook on HIGH power for 3 mins. or until the onion is soft.
3. Melt the butter on HIGH power for 30 secs. Stir in the flour and mustard and cook for a further 15 secs. Add milk and seasoning, gradually stirring to a smooth paste. Cook on HIGH power for 5 mins. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3 oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in the serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on MEDIUM power for 8-10 mins. or until the mixture has been completely reheated.

Ingredients

25 g (1 oz) butter
 2 onions, peeled and quartered
 1 clove of garlic, crushed
 2 courgettes, sliced
 1 yellow pepper, sliced
 3 ml (½ tsp) cumin
 3 ml (½ tsp) paprika
 15 ml (1 tbsp) tomato puree
 400 g (14 oz) can tomatoes
 8 plaice fillets
 15 ml (1 tbsp) lemon juice

Ingredients

1 red pepper, cut into chunks
 350 g (12 oz) cod or huss, cubed
 8 button mushrooms
 1 small sweetcorn, cooked and cut into slices

Marinade:

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

Ingredients

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

Plaice Provencal

Serves 4

Dish: large shallow rectangular dish

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

Fish Kebabs

Serves 4

Dish: shallow dish + wooden skewers

1. Place pieces of red pepper in a bowl with 30 ml (2 tbsp) of water. Cover and cook on HIGH power for 1-2 mins, or until slightly softened.
2. Prepare 4 kebabs by threading fish and vegetables alternately. Place in a shallow dish.
3. Mix together the marinade ingredients. Pour over the kebabs, cover and leave to marinate in the fridge for at least 2 hours.
4. Place the kebabs in a shallow dish. Cover and cook on HIGH power for 6-7 mins. or until cooked. Rearrange the kebabs halfway through cooking. Fish should be white and flake easily when cooked. Serve on a bed of wild rice.

Fish Balti

Serves 4

Dish: 3 litre (6 pt) casserole dish

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

Meat and Poultry

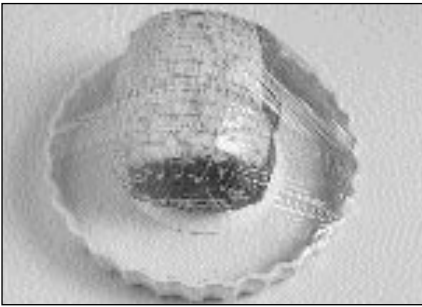
Guidelines

DEFROSTED JOINTS

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

FAT

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



How to roast a joint by microwave

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

STANDING TIME

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

BONE

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



How to cook small cuts of meat by microwave

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

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

TURNING

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

SHIELDING

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

ROASTING BAGS

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

Do not use the metal twists supplied.

TIPS

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

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

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

Ingredients

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

Ingredients

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

Ingredients

675 g (1 $\frac{1}{2}$ lb) shoulder of lamb, cubed
 1 large onion, chopped
 450 ml ($\frac{3}{4}$ pt) hot chicken stock
 15 ml (1 tbsp) dried rosemary
 450 g (1 lb) potatoes, peeled and coarsely
 chopped
 salt and pepper
 10 ml (2 tsp) cornflour
 50 g (2 oz) tasty cheese grated

44

Bolognese Sauce

Serves 4

Dish: 1.5 litre (3 pt) casserole dish

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

Lamb in a Spicy Cream and Almond Sauce

Serves 4

Dish: large casserole dish

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

Lamb Casserole

Serves 4

Dish: 3 litre (6 pt) casserole dish

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

Ingredients

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

Ingredients

Filling:

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

Pudding:

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

Ingredients

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

Belgian Beef Casserole

Serves 4

Dish: large casserole with lid

1. Combine all the casserole ingredients in dish. Cover with lid and cook on HIGH power for 10 mins. Stir then use SIMMER power for 90 mins. or until meat is tender, stir every 30 mins. Remove bay leaves.

Steak and Kidney Pudding

Serves 4

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

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

Chicken Satay

Serves 4

Dish: 4-8 wooden skewers + large shallow dish

1. For the serving sauce: Crumble 50 g (2 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1 tbsp) of the lemon juice, 15 ml (1 tbsp) of the soy sauce, the chilli powder and 300 ml (½ pt) water. Cook on HIGH power for 5-6 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
2. Cut the chicken into small chunks and place in a bowl.
3. Put the remaining creamed coconut, lemon juice and soy sauce into a blender or food processor. Add the remaining ingredients and blend until smooth.
4. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
5. Thread the chicken onto wooden skewers. Place on a shallow dish, cover with any remaining marinade and cook covered on HIGH power for 7-8 mins. or until cooked, turn and baste frequently. Serve hot with the sauce for dipping.

Ingredients

15 ml (1 tbsp) sunflower oil
 450 g (1 lb) pork, cubed
 1 onion, sliced
 1 clove garlic, crushed
 1 green pepper, deseeded and cut into strips
 15 ml (1 tbsp) paprika
 3 ml ($\frac{1}{2}$ tsp) ground cumin
 396 g (14 oz) can chopped tomatoes
 15 ml (1 tbsp) tomato puree
 150 ml ($\frac{1}{4}$ pt) hot pork or chicken stock
 175 g (6 oz) button mushrooms
 black pepper
 10 ml (2 tsp) cornflour
 30 ml (2 tbsp) crème fraîche

Ingredients

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

Ingredients**Sauce**

15 ml (1 tbsp) cornflour
 15 ml (1 tbsp) caster sugar
 15 ml (1 tbsp) white wine vinegar
 15 ml (1 tbsp) orange juice
 15 ml (1 tbsp) tomato sauce
 15 ml (1 tbsp) sherry
 juice from pineapple
 seasoning to taste

450 g (1 lb) pork fillet, diced and trimmed
 $\frac{1}{2}$ green pepper sliced
 225 g (8 oz) can pineapple chunks, drained
 (reserve juice)

Paprika Pork Casserole

Serves 4

Dish: large casserole

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

Chicken Casserole

Serves 4

Dish: 3 litre (6 pt) casserole

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

N.B.

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

Sweet and Sour Pork

Serves 4

Dish: 20 cm (8") casserole

1. Mix all sauce ingredients together.
2. Layer pork, pepper and pineapple in casserole, pour over sauce.
3. Cover and cook on HIGH power for 5 mins. then LOW power for 10-15 mins. or until meat is tender. Stir halfway through cooking time.

Pasta and Rice

Ingredients

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

Ingredients

225 g (8 oz) mixed dried pasta i.e. tagliatelle, twists, shells
1½ litre (3 pt) boiling water
15 ml (1 tbsp) oil
3 ml (½ tsp) salt
25 g (1 oz) butter
100 g (4 oz) mushrooms, peeled and sliced
198 g (7 oz) can tuna, drained

Sauce:

40 g (1½ oz) butter
40 g (1½ oz) flour
600 ml (1 pt) milk
30 ml (2 tbsp) Dry Vermouth (optional)
salt & pepper
100 g (4 oz) prawns to garnish

Ingredients

175 g (6 oz) easycook brown rice
450 ml (¾ pt) hot chicken stock
450 g (1 lb) smoked haddock
30 ml (2 tbsp) lemon juice
1 medium onion, chopped
15 ml (1 tbsp) oil
150 ml (¼ pt) sour cream
15 ml (1 tbsp) curry paste
100 g (4 oz) frozen peas
30 ml (2 tbsp) parsley, chopped
2 hardboiled eggs, chopped

Pesto Spaghetti

Serves 4

Dish: large casserole

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

Tuna Pasta Bake

Serves 4

Dish: 3 litre (6 pt) casserole dish

1. Cook pasta in water with oil and salt covered on HIGH power for 10-12 mins. (or Sensor Pasta) or until soft. Leave to stand for 2-3 mins. Drain.
2. Melt butter in small dish on HIGH power for approx. 45 secs. Add mushrooms and cook on HIGH power for 3-4 mins. or until soft.
3. To make sauce, melt butter on HIGH power for 30-40 secs. Stir in flour to make a roux. Gradually whisk in milk until well combined. Cook on HIGH power for 3-5 mins. or until smooth and glossy. Stir halfway through cooking. Add Vermouth and season.
4. Combine pasta, tuna and mushrooms in dish. Pour sauce over and stir to mix thoroughly. Garnish with prawns.

Kedgerree

Serves 2

Dish: large casserole

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

Ingredients

30 ml (2 tbsp) olive oil
 1 onion, finely chopped
 2 cm ($\frac{3}{4}$ ") fresh root ginger, peeled and chopped
 10 ml (2 tsp) cumin seeds
 3 ml ($\frac{1}{2}$ tsp) turmeric
 1 cinnamon stick, broken in half
 4 boneless chicken breasts, cubed
 275 g (10 oz) basmati rice
 1 litre ($1\frac{3}{4}$ pt) hot chicken stock
 75 g (3 oz) ready to eat dried apricots, chopped
 50 g (2 oz) sultanas
 salt and pepper

Ingredients

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

Ingredients

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

Fruity Chicken Risotto

Serves 4

Dish: 3 litre (6 pt) casserole

1. Place the oil, onion and ginger in a large bowl, cover and cook on HIGH power for 3 mins. or until softened.
2. Add the cumin, turmeric, cinnamon and chicken. Cover and cook on HIGH power for 1 minute.
3. Add the rice, stock, apricots and sultanas. Cover and cook on HIGH power for 10 mins. and then MEDIUM power for 8 mins. or until the chicken and rice are cooked.
4. Season to taste and cover and allow to stand 5 mins. before serving.

Tagliatelle Toscana

Serves 4

Dish: deep casserole dish

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

Vegetable Couscous

Serves 4

Dish: large casserole

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

Cheese and Egg Dishes

PIERCING

Always pierce egg yolk and white to stop them exploding when poaching or frying in a microwave.

Ingredients

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

Ingredients

2 onions, finely chopped
50 g (2 oz) butter or margarine
225 g (8 oz) long grain rice
600 ml (1 pt) hot chicken stock
800 g (1½ lb) tin tomatoes
100 g (4 oz) mature cheddar cheese, grated
25 g (1 oz) Parmesan cheese, grated
salt and pepper
1 bunch of chives, chopped

Ingredients

15 ml (1 tbsp) olive or vegetable oil
½ red pepper, deseeded & diced
½ green pepper, deseeded & diced
1 onion finely chopped
4 eggs
3 ml (½ tsp) basil
salt and pepper to taste

BOILED EGGS IN SHELLS

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

QUICHES

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

Swiss Cheese Fondue

Serves 4-6

Dish: large 2 litre (4 pt) bowl

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

Cheesy Risotto

Serves 4

Dish: large casserole

1. Place the onions and butter in a large casserole. Cover and cook on HIGH power for 3 mins. or until softened.
2. Stir in the rice, cover and cook on HIGH for 1 minute.
3. Add the hot stock and tomatoes, cover and cook on HIGH power for 5 mins. and then MEDIUM power for 15 mins. or until the rice is cooked. Stir halfway during cooking.
4. Season and stir in 75 g (3 oz) cheese. Cover and leave to stand for 5 mins. (this enables the rice to absorb any excess stock).
5. Serve the Risotto sprinkled with remaining cheese and chives.

Piperade

Serves 2

Dish: 22 cm (9") Pyrex plate

1. Place oil and vegetables in a bowl, cover and cook on HIGH power for 3-4 mins. or until soft.
2. Grease the plate and spread with vegetables. Beat the eggs with salt and pepper and pour over the vegetables.
3. Cook on HIGH power for 3-4 mins. or until eggs are softly set, but still moist, beating with a fork several times during cooking. Allow to stand covered for 2 mins. before serving.

Ingredients

225 g (8 oz) shortcrust pastry
 1 medium onion, chopped
 15 ml (1 tbsp) oil
 6 streaky bacon rashers,
 or 100 g (4 oz) ham cut into strips
 2 eggs
 150 ml (1/4 pt) single cream
 salt and pepper to taste
 50 g (2 oz) cheddar cheese, grated

Ingredients

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

Ingredients

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

Quiche Lorraine

Serves 4

Dish: 20 cm (8") flan dish

1. Roll out pastry and use to line the flan dish. Prick base of pastry with a fork, chill for 15 mins. Line base of pastry with kitchen towel and cook on HIGH power for 4-5 mins. or until pastry is starting to dry.
2. Place the onion and oil in a small dish. Cover and cook on HIGH power for 2 mins. or until onion is soft. Drain onion and place in bottom of flan case.
3. Place bacon on a microwave rack and cook on HIGH power for 4 mins. or until starting to crisp. Cool and cut into bite-sized pieces. Place in flan case.
4. Beat the eggs, cream, salt and pepper and pour over the bacon. Sprinkle with cheese and cook uncovered on LOW power for 10-12 mins. or until just set.

Creamy Cheese, Potato & Broccoli Bake

Serves 4

Dish: large bowl + heatproof dish

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

Macaroni Cheese

Serves 4

Dish: large dish + jug

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

Vegetables and Vegetarian



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



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



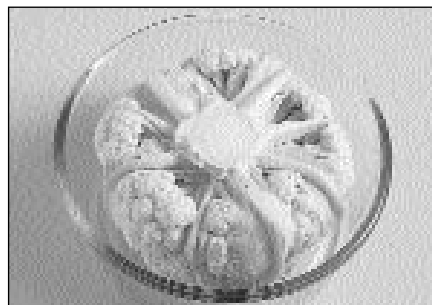
- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.
- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.



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



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



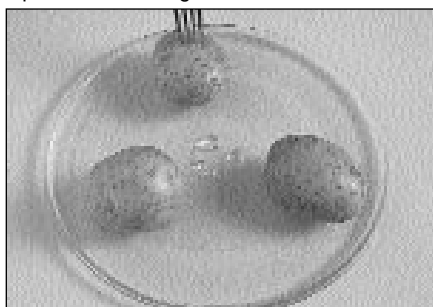
- Whole cauliflower should be cooked upside down on MEDIUM power for 10 mins. approx. with 90 ml (6 tbsp) water.

Jacket Potatoes

Varieties of potatoes vary in their suitability for cooking by microwave. We recommend Maris Piper for consistently good results. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by microwave is 150 g-225 g (5-8 oz).

Before Cooking

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



After Cooking

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



Ingredients

1 aubergine, sliced
 5 ml (1 tsp) salt
 1 courgette, sliced
 1 onion, sliced
 1 green pepper, trimmed and sliced
 1 clove of garlic, peeled and crushed
 396 g (14 oz) can of tomatoes
 30 ml (2 tbsp) olive oil
 salt and pepper to taste

Ingredients

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

Ingredients

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

Ratatouille

Serves 4

Dish: 20 cm (8") casserole

1. In a colander sprinkle aubergine slices with salt and leave for 30 mins. to remove bitter juices. Rinse with cold water.
2. Combine all ingredients in a casserole. Cover and cook on HIGH power for 15 mins. or until vegetables are soft. Stir halfway through cooking time.

Gratin Dauphinois

Serves 4

Dish: 20 cm (8") shallow dish

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

Vegetable Lasagne

Serves 4-6

Dish: large shallow rectangular Pyrex® or heatproof dish

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

Ingredients

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

Ingredients

1 cauliflower, trimmed
 90 ml (6 tbsp) water
 25 g (1 oz) butter
 25 g (1 oz) flour
 3 ml (½ tsp) French mustard
 300 ml (½ pt) milk
 seasoning to taste

Topping:

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

Ingredients

2 onions, chopped
 15 ml (1 tbsp) olive oil
 2 cloves garlic, crushed
 1 large aubergine, chopped
 2 courgettes, sliced
 1 large red pepper, deseeded and sliced
 1 large green pepper, deseeded and sliced
 400 g (14 oz) can chopped tomatoes
 300 ml (½ pt) vegetable stock
 5 ml (1 tsp) chopped rosemary
 10 ml (2 tsp) chopped thyme
 100 g (4 oz) red lentils

Stuffed Sweet Potatoes

Serves 4

Dish: shallow heatproof dish

1. Wash and prick the potato skins. Cook on the Jacket Potato programme.
2. Split the potatoes horizontally, keeping the edge joined.
3. Layer the tomatoes and the sausage alternately over the potatoes. Season and sprinkle with coriander and the grated cheese.
4. Cook on HIGH power for 2-3 mins. until the cheese melts.

Cauliflower Cheese

Serves 4

Dish: large bowl + shallow casserole

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

Red Lentil Casserole

Serves 4

Dish: large casserole

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

Ingredients**Tomato Sauce:**

½ green pepper, chopped
 1 onion, chopped
 1 clove garlic, crushed
 15 ml (1 tbsp) oil
 397 g (14 oz) can chopped tomatoes
 227 g (8 oz) can whole tomatoes
 3 ml (½ tsp) ground cumin
 3 ml (½ tsp) dried oregano
 3 ml (½ tsp) chilli powder
 salt and pepper

Enchiladas:

50 g (2 oz) cheddar cheese, grated
 100 g (4 oz) cottage cheese
 pinch salt
 2 ml (½ tsp) chilli powder
 pinch ground cumin
 1 tomato, chopped
 1 courgette, grated
 ½ green pepper, chopped
 1 small onion, chopped
 6 x 15 cm (6") corn tortillas or thin crepes

Ingredients

22.5 ml (1 ½ tbsp) olive oil
 ½ large red onion, chopped
 450 g (1 lb) red cabbage, finely shredded
 2 eating apples, cored, peeled and sliced
 37 ml (2 ½ tbsp) light muscovado sugar
 30 ml (2 tbsp) red wine vinegar
 22.5 ml (1 ½ tbsp) red currant jelly
 ¼ tsp ground cinnamon
 50 g (2 oz) flaked almonds, toasted

Ingredients

100 g (4 oz) black-eye beans, soaked overnight
 100 g (4 oz) adzuki beans, soaked overnight
 15 ml (1 tbsp) vegetable oil
 1 garlic clove, crushed
 1 yellow pepper, chopped
 10 ml (2 tsp) caraway seeds, lightly crushed
 15 ml (1 tbsp) paprika
 397 g (14 oz) can chopped tomatoes
 175 g (6 oz) mushrooms, thickly sliced
 60 ml (4 tbsp) natural yoghurt
 salt and pepper
Garnish:
 fresh parsley, chopped

54

Vegetable Enchiladas

Serves 4

Dish: 20 x 25cm (8 x 10") shallow dish

1. Combine the green pepper, onion, garlic and oil in a bowl. Cover and cook on HIGH power for 3-5 mins. or until tender.
2. Stir in remaining sauce ingredients and cook uncovered on HIGH power for 5-7 mins. or until piping hot and thickened. Leave to one side.
3. Combine 25 g (1 oz) cheddar cheese in a small bowl with the cottage cheese, salt, chilli and cumin. Mix well.
4. Mix tomato, courgette, green pepper and onion in a bowl. Cover and cook on HIGH power for 4-6 mins. or until vegetables are tender. Drain and press lightly to remove excess moisture. Stir in half of the tomato sauce.
5. Spread the cheese mixture over each tortilla, top with vegetable mixture and roll up. Arrange tortillas seam side down in a shallow dish. Pour the remaining sauce down the centre.
6. Cook on MEDIUM for 6-8 mins. or until piping hot.

Red Cabbage with Red Onion and Almonds

Serves 4-6

Dish: large bowl

1. Soften the onion on HIGH power for 2 mins.
2. Add all the other ingredients except the almonds, mix well and then cook on HIGH power for 10-12 mins. or until cabbage is softened. Stir halfway through cooking.
3. Stir in the almonds just before serving, so they retain their crunch.

Spicy Bean Goulash

Serves 4-6

Dish: large casserole

1. Drain the beans, rinse well and place in a large bowl. Add 600 ml (1pt) boiling water. Cover and cook on HIGH power for 15 mins. then LOW power for 30 mins. or until tender.
2. Place the oil, garlic, yellow pepper, caraway seeds and paprika in a large casserole. Cover and cook on HIGH power for 2 mins. or until softened.
3. Add drained, rinsed beans, tomatoes and mushrooms. Cover and cook on HIGH power for 8-10 mins. or until piping hot and the mushrooms are soft. Stir once during cooking.
4. Stir in 30 ml (2 tbsp) yoghurt and season to taste. Drizzle remaining yoghurt on top and sprinkle with parsley.

Puddings and Desserts

Ingredients

385 g (13 oz) can apple slices
100 g (4 oz) margarine
100 g (4 oz) light muscovado sugar
2 eggs
50 g (2 oz) ground almonds
50 g (2 oz) self raising flour
5 ml (1 tsp) ground mixed spice
60 ml (4 tbsp) flaked almonds

Ingredients

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

Ingredients

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

Butterscotch sauce
45 g (1 3/4 oz) butter
120 ml (8 tbsp) soft brown sugar
200 ml (7 fl. oz) whipping cream
15 ml (1 tbsp) vanilla essence

Almond Eve's Pudding

Serves 4

Dish: 22 cm (8 1/2") Pyrex® or microwave safe dish

1. Arrange the apple slices in the base of the dish.
2. Beat together the remaining ingredients except the flaked almonds until smooth.
3. Spread over the top of the apples and sprinkle with flaked almonds.
4. Cook on MEDIUM power for 8-9 mins or until cooked. Test with a skewer to ensure the middle is cooked.

Creme Caramel

Serves 4

Dish: 15 cm (6") souffle dish

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

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

Date Puddings and Butterscotch Sauce

Serves 6

Dish: 6 Individual microwave proof moulds

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

Sauce

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

Ingredients

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

Ingredients

4 medium sized apples
 30 ml (2 tbsp) sugar
 25-50 g (1-2 oz) mixed dried fruit
 25g (1 oz) butter

Ingredients

1 whole orange
 1 orange, juice and grated rind of
 175 g (6 oz) self-raising flour, sifted
 100 g (4 oz) soft margarine
 100 g (4 oz) caster sugar
 2 eggs, beaten
 100 g (4 oz) chocolate drops

Lemon Brulee

Serves 4

Dish: 4 individual heatproof ramekins

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

Baked Apples

Serves 4

Dish: 20cm (8") shallow dish

1. Core the apples and score the skin around the middle.
2. Mix together the sugar and fruit and fill the centres of the apples.
3. Dot the top with butter. Stand the apples in a suitable dish and cook on HIGH power for 5-7 mins. before serving.

The apples will look quite green when removed from the oven, but they should feel slightly soft when tested with a sharp knife. During the standing time, the colour will become dull and the apples will be tender. The apples will overcook very easily, so take care to undercook slightly. For 1 baked apple cook for 2-3 mins. For 2 baked apples cook for 3-5 mins.

Orange and Chocolate Drop Pudding

Serves 4-6

Dish: 1.2 litre (2 pt) pudding basin

1. Cut one orange into slices and arrange around the sides of the basin.
2. Mix flour, margarine, sugar, grated rind and orange juice and eggs and beat well until thoroughly mixed. Stir in chocolate drops. Spoon mixture into pudding basin and cook on HIGH power for 5-6 mins. or until just set.

Ingredients

30 g (1 ¼ oz) unsalted butter
 125 g (4 ½ oz) arborio rice
 600 ml (1 pint) milk
 50 g (2 oz) granulated sugar
 50 g (2 oz) fine plain Continental chocolate,
 broken into pieces
 50 g (2 oz) plain dark chocolate chips

Ingredients

150 g (5 oz) self-raising flour
 pinch of salt
 50 g (2 oz) caster sugar
 50 g (2 oz) suet
 1 egg
 150 ml (¼ pt) milk
 30 ml (2 tbsp) jam or golden syrup
 Optional:
 add 1 tbsp of sultanas to dry ingredients

Ingredients

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

Chocolate Risotto Indulgence

Serves 4-6

Dish: Large bowl

1. Place butter in the bowl, cook on HIGH power for 1 min. to melt.
2. Stir in the rice and ensure all grains are coated with a little butter.
3. Add the milk and the sugar to the rice, cook on HIGH power for 10 mins. stir at the end of cooking.
4. Cook on Simmer power for 7 mins.
5. Add the plain Continental chocolate to the rice mixture, stir well and then cook for a further 11-12 mins. on Simmer power, or until thickened.
6. Allow to cool slightly then stir in the chocolate chips just before serving.
7. Serve immediately with clotted cream, mascarpone or vanilla ice cream.

Steamed Suet Sponge Pudding

Serves 4

Dish: 1 litre (2 pt) pudding basin

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

Christmas Pudding

Serves 6-8

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

1. Place apple and carrot in a large bowl. Cover and cook on HIGH power for 5 mins. Beat well to make a thick puree.
 2. Stir in juice, rind and mixed fruit. Cook on HIGH power for 2 mins. Stir in brandy and treacle. Stand for 5 mins. Beat in rest of ingredients.
 3. Press into the pudding basin. Cover with greaseproof paper and cook on HIGH power for 4 mins. Stand for 5 mins. Cook on HIGH power for another 2 mins. or until just firm.
- N.B.** One of the advantages of using your microwave to make this traditional pudding is that it can be made the week before Christmas and stored in a cool dry place. **Do not** attempt to make the pudding earlier than this, since the flavour will not improve with keeping, unlike a traditionally steamed pudding.

Sauces

CONTAINER SIZE

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

COVERING

DO NOT cover sauces when cooking.

Ingredients

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

Variations of White Sauce

Parsley

Ingredients

30 ml (2 tbsp) custard powder
15 ml (1 tbsp) sugar
600 ml (1 pt) cold milk

Onion

Ingredients

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

STIRRING – IMPORTANT

Sauces/gravy should be thoroughly stirred before, during and after cooking, to avoid any eruptions and to result in a smooth sauce.

REHEATING

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

POWER LEVEL

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

WOODEN SPOONS

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

White Pouring Sauce

Dish: 1 litre (2 pt) jug

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

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

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

Custard

Dish: 1 litre (2 pt) jug

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

Hollandaise Sauce

Dish: 1 litre (2 pt) jug

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

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

Baking Guidelines

DISH SHAPE

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

KEEPING QUALITY

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

CONSISTENCY

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

COVERING

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

DISH SIZE

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

MIXING/BEATING

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

EGGS

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

Ingredients

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

Sponge Cake*

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

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

*N.B. When using this recipe for steamed pudding programme in MBO55, omit the 30ml (2tbsp) milk. Flavourings can be mixed in e.g. dried fruit, or toppings (Max. 30ml/2tbsp) can be placed in the bottom of the bowl e.g. jam/treacle/pineapple rings. It is important not to use too much as this will cause the pudding to undercook.

Ingredients

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

Icing

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

Carrot Cake

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

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

Ingredients

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

Ingredients

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

Ingredients

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

Chewy Flapjacks

Makes: 8 slices

Dish: 20 cm (8") round flan dish

1. Place butter, syrup and sugar in a bowl and cook on HIGH power for 1-2 mins. or until melted.
2. Stir in the oats and raisins. Press into dish. Cook on HIGH power for 3-4 mins. or until firm. Allow to cool slightly then cut into pieces.

Ginger Cake

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

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

Boston Brownies

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

1. Place chocolate and butter in a bowl and cook on HIGH power for 1 minute or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on MEDIUM power for 6 mins. or until just slightly sticky. Allow to cool and then cut into squares.

Preserves

STERILIZING JARS

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

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

Ingredients

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

Ingredients

4 lemons, grated rind and juice of
450 g (1 lb) caster sugar
4 eggs, beaten
100 g (4 oz) butter

Ingredients

450 g (1 lb) seville oranges
1 lemon
900 ml (1½ pts) water
450 g (1 lb) sugar
knob of butter

DISH SIZE

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

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

COVERING

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

WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILIZE BABIES' BOTTLES.
(See details on page 27)

DO NOT SEAL PRESERVING JARS IN YOUR MICROWAVE.

SETTING POINT

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

Soft Fruit Jam

Makes approx. 1½ lbs jam

Dish: large bowl

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

Lemon Curd

Makes 2 lbs

Dish: large bowl

1. Place all ingredients in bowl. Mix well.
2. Cook on HIGH power for 1 min. Stir. Continue to cook in 1 minute stages until mixture starts to thicken, then cook for 30 secs. at a time until mixture coats back of spoon. (The eggs will curdle if overcooked).
3. The mixture will thicken on cooling. Pot into warm jars. Cover with a circle of waxed paper and a jam pot cover.

Orange Marmalade

Makes 1½-2lbs

Dish: large bowl

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

Ingredients

675 g (1½ lb) plums or damsons
 200 ml (7 fl. oz) water
 675 g (1½ lb) sugar
 30 ml (2 tbsp) lemon juice
 5 ml (1 tsp) butter

Ingredients

675 g (1½ lb) tomatoes
 225 g (8 oz) cooking apples, peeled and sliced
 1 medium onion, chopped
 100 g (4 oz) granulated sugar
 30 ml (2 tbsp) tomato puree
 5 ml (1 tsp) salt
 200 ml (7 fl. oz) white distilled vinegar
 10 ml (2 tsp) ground ginger
 2 ml (¼ tsp) cayenne pepper
 3 ml (½ tsp) mustard powder

Ingredients

45 ml (3 tbsp) olive oil
 4 large red onions halved and thinly sliced
 50 g (2 oz) demerara sugar
 100 g (4 oz) sultanas
 300 ml (½ pint) red wine
 125 ml (4 fl.oz) red wine vinegar

Plum Jam

Makes approx. 2-2½ lbs jam

Dish: large bowl

1. Prick the plums and place in a large bowl with the water. Cook on HIGH power for 5-10 mins. or until the fruit is soft. Add the rest of ingredients. Cook on HIGH power for 5 mins. stirring frequently.
2. Wash down any sugar crystals from around the bowl and bring to the boil on HIGH power. Continue to cook until setting point is reached - approx. 15-20 mins., opening the door and testing regularly. Leave to cool slightly, remove the stones, then pot, seal and label.

Tomato Chutney

Makes approx. 2 lbs

Dish: large bowl

1. Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 mins. Drain. Peel off skin and roughly chop flesh.
2. Blend apple and onion in a food processor to a thick puree.
3. Combine all ingredients together in a bowl. Cook on HIGH power for 25-30 mins., stirring occasionally, or until the mixture is thick with no excess liquid.
4. Leave to stand covered for 10 mins. then stir and pour into sterilised jars. Cover and label.

Red Onion Chutney

Makes approx 1½ - 2 lbs

Dish: large bowl

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

Questions and Answers

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

A Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.

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

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

Technical Specifications

| | |
|-------------------------|--|
| Rated Voltage: | 230-240 V 50 Hz |
| Operating Frequency: | 2,450 MHz |
| Input Power: | Microwave 1300 W |
| Output Power: | Microwave 900 W (IEC-705) 1000 W Turbo Reheat (IEC-705) |
| Outer Dimensions: | 510 (W) x 380 (D) x 304 (H) mm |
| Oven Cavity Dimensions: | 359 (W) x 352 (D) x 217 (H) mm |
| Weight: | 11.5 kg |

Weight and Dimensions are approximate.

Index

- A**
- Adapting Recipes..... 37
 - Apples, poached/stewed..... 33
 - Arcing..... 7
 - Auto sensor cooking 23-26
 - Auto weight cooking 21-22
 - Auto defrosting 17-19
- B**
- Bacon
 - Rashers 32
 - Baked Apples..... 56
 - Baking guidelines..... 59
 - Beans, cooking chart 32
 - Beef**
 - guidelines..... 43
 - cooking charts..... 32
 - Belgian Beef Casserole 45
 - Bolognese Sauce..... 44
 - Steak and Kidney Pudding 45
 - Boil in the bag fish 33
- C**
- Cakes**
 - Boston Brownies..... 60
 - Carrot Cake 59
 - Chewy Flapjacks..... 60
 - Ginger Cake..... 60
 - Sponge Cake 59
 - Cheese and Egg Dishes**
 - Cheesy Risotto 49
 - Creamy Cheese, Potato & Broccoli Bake 50
 - Macaroni Cheese..... 50
 - Piperade 49
 - Quiche Lorraine 50
 - Swiss Cheese Fondue..... 49
 - Chicken**
 - guidelines..... 43
 - cooking charts..... 32
 - Chicken Casserole..... 46
 - Chicken Satay..... 45
 - Fruity Chicken Risotto..... 48
 - Christmas Pudding 57
- D**
- reheating..... 6, 29
 - Cleaning your Microwave 4
 - Cling Film..... 9, 12
 - Clock, setting the time 15
 - Containers to use..... 11-12
 - Control Panel..... 13
 - Cooking Charts..... 32-36
 - Custard 58
- Defrosting**
 - guidelines..... 19
 - charts 20
- E**
- Eggs poached/scrambled 33
- F**
- Fast-Cook 16
 - Fish**
 - guidelines..... 40
 - cooking charts..... 33
 - Family Fish Pie 41
 - Fish Balti..... 42
 - Fish Kebabs..... 42
 - Plaice Provencale..... 42
 - Poached Smoked Haddock 41
 - Salmon and Vegetable Mornay..... 41
 - Stuffed Citrus Trout..... 40
 - Fruit, poached and stewing..... 33
- G**
- General Guidelines..... 9-10
- H**
- Hollandaise Sauce..... 58
- J**
- Jacket Potatoes 36, 51
 - Jam 61, 62
- K**
- Kedgeree 47

Index

| | |
|---|--------|
| L | |
| Lamb | |
| guidelines..... | 43 |
| cooking charts..... | 34 |
| Chops | 34 |
| Lamb Casserole..... | 44 |
| Lamb in a spicy cream & almond sauce..... | 44 |
| Lemon Curd | 61 |
| M | |
| Meat and Poultry recipes | 43-46 |
| Microwave power levels..... | 15 |
| Microwave principles | 8 |
| Milk puddings..... | 35 |
| Mince pies, reheating..... | 27, 30 |
| O | |
| Orange Marmalade..... | 61 |
| P | |
| Pasta and Rice recipes | |
| Kedgeree | 47 |
| Fruity Chicken Risotto | 48 |
| Pesto Spaghetti | 47 |
| Tagliatelle Toscana | 48 |
| Tuna Pasta Bake | 47 |
| Vegetable Couscous..... | 48 |
| Pork | |
| guidelines..... | 43 |
| cooking | 34 |
| chops | 34 |
| Paprika Pork Casserole | 46 |
| Sweet and Sour | 46 |
| Porridge | 34 |
| Preserves | |
| Fruit Jam..... | 61 |
| Lemon Curd..... | 61 |
| Orange Marmalade..... | 61 |
| Piccalilli | 62 |
| Plum Jam..... | 62 |
| Tomato Chutney..... | 62 |
| Pulses, cooking..... | 32 |
| Puddings and Desserts | |
| Almond Eves Pudding..... | 55 |
| Baked Apples..... | 56 |
| Chocolate Risotto Indulgence..... | 57 |
| Christmas Pudding | 57 |
| Creme Caramel | 55 |
| Date Puddings and Butterscotch Sauce | 55 |
| Lemon Brûlée | 56 |
| Orange and Chocolate Drop Pudding..... | 56 |
| Steamed Suet Sponge Pudding | 57 |
| R | |
| Reheating | 27 |
| Reheating Charts..... | 28-31 |
| Rice, cooking..... | 34-35 |
| S | |
| Sauces | 58 |
| Sausages..... | 35 |
| Shielding..... | 19 |
| Soups and Starters | |
| Broccoli & Stilton Soup | 39 |
| Coarse Pork Paté | 38 |
| Creamy Cod & Leek Chowder | 38 |
| Garlic Mushrooms with Herbs..... | 38 |
| Smoked Haddock Pâté | 39 |
| Wild Mushroom and Basil Risotto..... | 39 |
| Standing Times | 9 |
| T | |
| Technical Specification | 63 |
| V | |
| Vegetables + Vegetarian | |
| guidelines..... | 51 |
| cooking | 35-36 |
| Cauliflower cheese | 53 |
| Gratin Dauphinois..... | 52 |
| Ratatouille..... | 52 |
| Red Cabbage with Red Onions and Almonds | 54 |
| Red Lentil Casserole | 53 |
| Spicy Bean Goulash | 54 |
| Stuffed Sweet Potatoes | 53 |
| Vegetable Enchiladas | 54 |
| Vegetable Lasagne..... | 52 |
| W | |
| White Sauce | 58 |



AFTER SALES SERVICE

“No company is better positioned to offer an after sales service on a Creda appliance than us - the manufacturer”

As part of our commitment to you, all Creda appliances have the added benefit of a fully inclusive parts and labour guarantee for the first 12 months. When the 12 months parts and labour guarantee expires we offer the following after sales service options:

Repair Service and Information Help Desk

UK: 08709 066 066

www.theservicecentre.co.uk

Republic of Ireland: 1850 302 200

(Our operators will require the Model Number and Serial Number of your appliance)

Available 364 days a year with a fast, effective and value for money service, we have the largest white goods repair service in the UK with over 1,200 of our own fully trained engineers.

All repairs include a parts and labour guarantee for 12 months from the date of the repair.

If you require any information or have any questions about your appliance, our operators are on hand with help and advice.

All this ensures that you will receive the best available after sales service possible.

Extended Warranties

UK: 08709 088 088

www.theservicecentre.co.uk

Republic of Ireland: 1850 502 200

Whether you have just one or a number of Creda appliances in your kitchen, we offer two service cover plans to give you total peace of mind.

- Repair Protection Plan FREE service repairs for a single Creda appliance during the period of cover.
- Kitchen Cover FREE service repairs for all your Creda appliances less than 10 years old.

Genuine Parts and Accessories

UK: 08709 077 077

www.theservicecentre.co.uk

Republic of Ireland: (01) 842 6836

A wide range of genuine parts and accessories are available from our hotline or through our web site.

Genuine parts and accessories, extended warranties and service repairs are all available on our web-site at:



www.theservicecentre.co.uk



KEY CONTACTS

Repair Service and Information Help Desk

UK: 08709 066 066

(Open 8 to 8 Mon - Fri, 8 to 6 Sat & 10 to 4 Sun and Bank Holidays)

www.theservicecentre.co.uk

Republic of Ireland: 1850 302 200

Our operators will require the following information:

Model number

Serial number

Extended Warranties

UK: 08709 088 088

(Open 8 to 8 Mon - Sun)

www.theservicecentre.co.uk

Republic of Ireland: 1850 502 200

Genuine Parts and Accessories

UK: 08709 077 077

(Open 8-30 to 5-30 Mon - Fri & 9 to 12 Sat)

www.theservicecentre.co.uk

Republic of Ireland: (01) 842 6836

Creda Appliance Information

UK: 08701 54 64 74

(Open 8 to 5-30 Mon - Fri & 9 to 2 Sat)

www.creda.co.uk

Genuine parts and accessories, extended warranties and service repairs are all available on our web-site at:



www.theservicecentre.co.uk

General Domestic Appliances Limited, Morley Way, Peterborough, PE2 9JB.

Part no. FP104-01

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