

Panasonic

Microwave Oven

NEW ZEALAND COOKBOOK



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You have recently become the owner of a Panasonic Microwave Oven.

In order that you will gain the greatest benefits from your new appliance we have written this cookbook especially for the Panasonic oven you have chosen. Whether you have cooked by microwave previously, or are new at this style of cooking, we would ask that you read very carefully the introductory chapter and the notes at the beginning of the recipe sections. By the time you have studied the explanatory material, and the Instruction Manual, you will be ready to start cooking with confidence.

A few minutes spent learning the techniques of microwave cooking and the use of the features of your Panasonic Microwave Oven will represent a life time of creative enjoyment.

We have included a full range of recipes, all developed and tested in your oven. However, do not hesitate to use your own old favourite recipes, adapting ingredients as suggested in the Introduction, then checking times and power levels against a similar recipe in this book.

We know you will get hours of pleasure from this wonderful cooking appliance, especially the succulent, healthy results which you will doubtless be producing.

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Microwave Oven

NEW ZEALAND COOKBOOK

MODELS: NN-6550, NN-6500, NN-5550 and NN-5250



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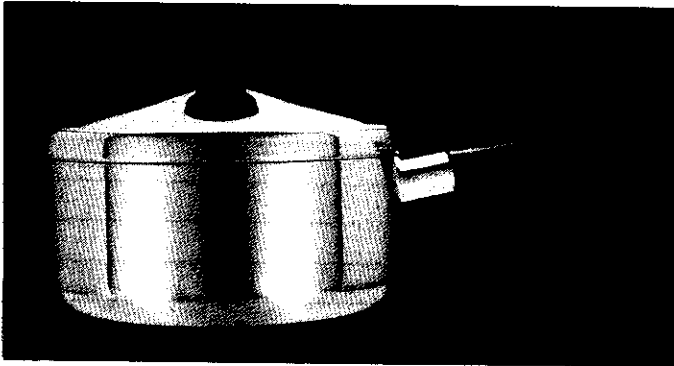
INTRODUCTION

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven). From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel

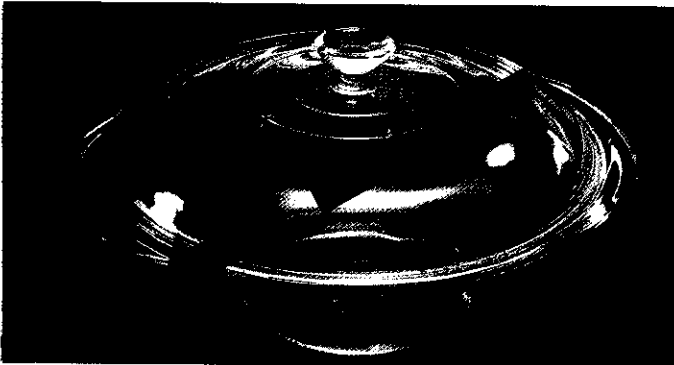
through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction. Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens. When the microwaves come in contact with a substance, any one or a combination of three things may occur. They can be:—

1. REFLECTED
2. TRANSMITTED
3. ABSORBED



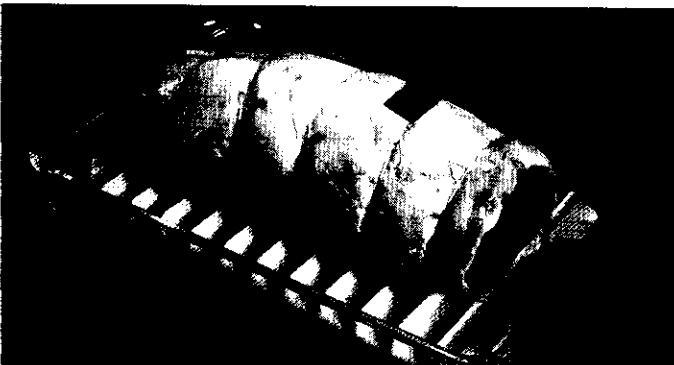
Reflection

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



Transmission

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



Absorption

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

Microwave Cooking Utensils

There are new microwave accessories constantly being introduced but you really don't have to buy all new equipment. Many items you already have can be tested to see if they are microwave oven safe. You will be surprised at the number of items you already have in your kitchen that are suitable for microwave cooking. Dishes with handles generally do not become hot as they are not in direct contact with heat from the food.

Size and Shape of Container

If the container is too deep, it takes longer to cook food in the centre. If the container is too shallow, the food cooks faster and may cause overcooking. Choosing the correct cooking container is important. This chapter will help you to understand.

Glass, Ceramic and China

Heat-resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes; glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes. Examples of this type of cookware are Pyrex® and Corningware®.



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

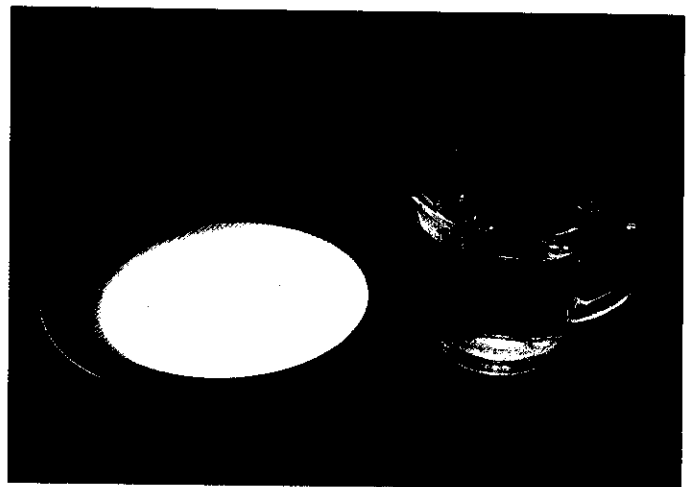
Several types of glassware and dinnerware are not recommended for use in the microwave oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued-on handles as they may fall off with continued heating. Do not use delicate glassware. Although the glassware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



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

How to test a Container for safe Microwave Oven Use:

Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested. Heat one minute on High. If the container is microwave oven safe it should remain comfortably cool and the water should be hot. If the container is hot it has absorbed some of the microwave energy and should not be used. This test cannot be used for plastic containers.



Straw, Wicker and Wood

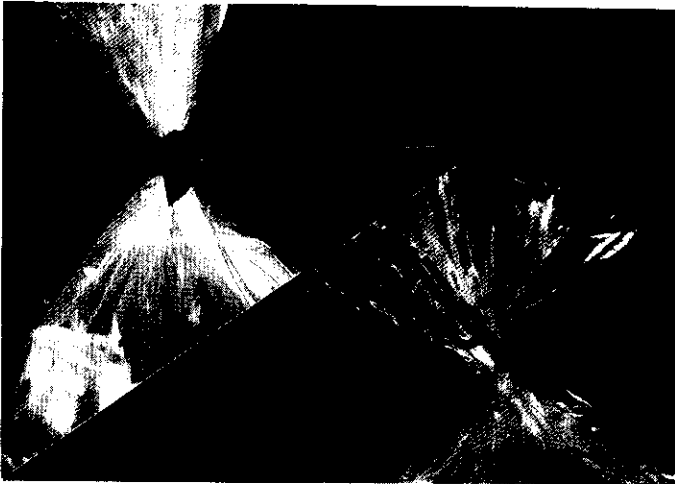
Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

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Plastic

Plastic dishes, cups and some freezer containers may be used in the microwave oven. Choose plastic containers carefully since some can become soft, distorted or pitted from the heat of the food. Check manufacturers' recommendations concerning microwave safety. Plastic dishes should not be used for cooking over an extended period of time or with foods having a high fat or sugar content. Most dishwasherproof plastics are suitable for microwave oven cooking. Melamine dishes and some Tupperware™ containers are NOT microwave safe.

Cooking bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. Close cooking bag with nylon tie provided, otherwise use a piece of cotton string, or a strip cut from the open end of the bag. Make six 1 cm slits in the top of the bag to allow steam to escape. DO NOT use wire twisties to close bag. They can act as an antenna and cause arcing (blue sparks). Wire twisties could ignite and damage the oven. DO NOT COOK IN PLASTIC FOOD STORAGE BAGS. They are not heat resistant and may melt.



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

Paper, Napkins, Paper Towels, Plates and Cups

All are handy materials for microwave cooking. Use them for foods with short cooking times and low fat content. Avoid wax coated paper goods since the wax may melt onto the food when the food reaches high temperatures. Greaseproof paper is suitable to use to prevent splatter. Disposable polyester coated paperboard containers are sturdy, come in a variety of sizes, and are ideal for microwaving.

Paper towel is suitable for short cooking times and for foods with a low fat or water content. It is often used to absorb fat and excess moisture. In cooking bacon for instance, cover with a layer of paper towel. Avoid colour printed paper towels as the colour may run into food.

Caution: DO NOT use recycled paper products such as brown paper bags and newspaper since they contain impurities which may cause arcing (blue sparks) and damage the oven.

Metal and Foil

Metal containers or utensils, and those with metallic trim, should NOT be used in the microwave oven. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly.

There is also the possibility of "arcing". This is a static discharge or blue spark between gaps in the metal or between the metal and the interior of the oven. Arcing may cause damage to the oven walls. If arcing occurs, turn the unit off and transfer food to a non-metallic container.

Aluminium foil can be used safely if certain guidelines are followed. Because it reflects microwave energy, foil can be used to advantage in some recipes. It can be used to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Foil is used in these cases to slow or stop the cooking process and prevent overcooking. Pieces of foil can be held in position with wooden cocktail sticks and must not be allowed to touch the oven walls.

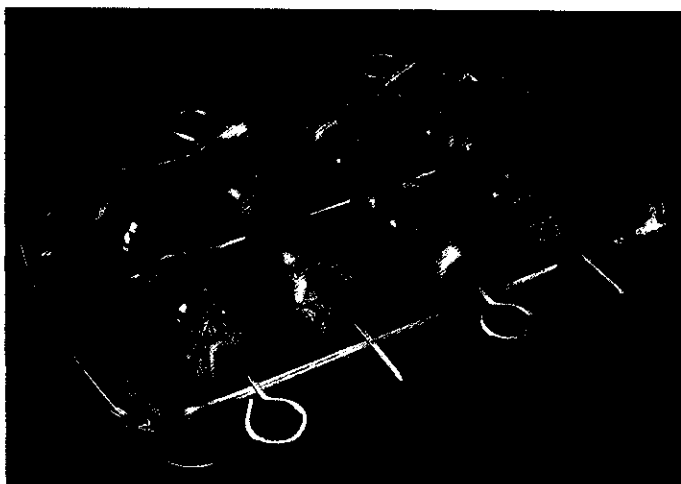


Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven. Arcing could occur.

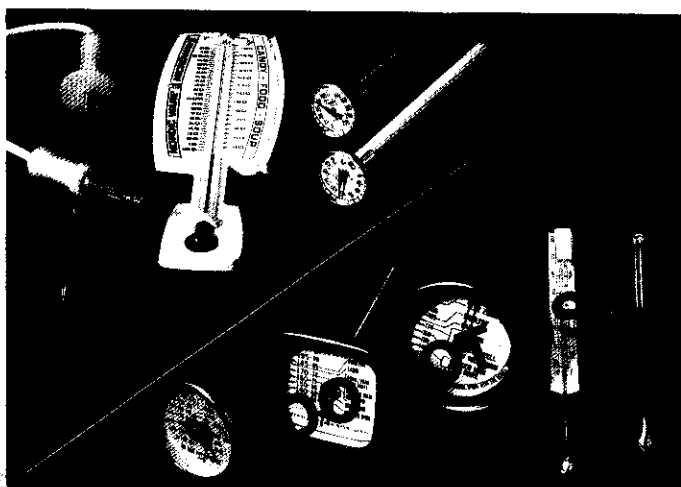
Metal twisties, either paper or plastic coated, should NOT be used in the microwave oven.

Foil dinner trays can be used in the microwave oven, but results are only satisfactory if the container is no higher than 2 cm. In metal containers, all the heating takes place from the top; the metal container reflects the energy directed to the sides and bottom (see heating Frozen convenience foods chart, page 15).

Metal skewers can be used if there is a large amount of food in proportion to the amount of metal. Take care in the placement of the skewers to avoid arcing between the skewers and the sides of the oven. Wooden skewers are the best and can be easily purchased at your local market, grocery store, or in the housewares section of many department stores.



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



- The surface of a browning dish can be scratched easily. Clean it gently with a liquid cleanser or soak overnight with a teaspoon of baking soda.
- Do not use your browning dishes on or in a conventional stove.
- Follow manufacturer's guide for heating times.
- Turn food over once during cooking.
- Always press food well down onto the surface of the browning dish for maximum contact.
- Take care when removing the browning dish from the oven as it is very hot. Place the hot dish on a heat resistant surface.

Browning Dish Cooking Chart

All items should be cooked on HIGH power.

Food	COOKING TIME IN MINUTES PER SIDE
Beef Steak (500 g) Rare Medium Well	2 to 3 3 to 4 4 to 6
Lamb Chops (500 g)	2 to 3
Pork Chops (500 g)	6 to 8
Sausages 175g 250g 375g	1½ to 2 2 to 2½ 3 to 3½
Bacon 4 rashers	1 to 1½

Note: Although Steaks, chops and sausages can be cooked by microwave, without the aid of a browning dish, the results are not as satisfactory. Cooking times are the same with or without a browning dish, but without a browning dish no searing will be achieved.

Canning

DO NOT USE YOUR MICROWAVE OVEN FOR CANNING. Canning and sterilising of canning jars should NOT be done in a microwave oven. Home canning destroys mould, yeast, bacteria and enzymes in foods to prevent spoilage. Low acid and non-acid foods require a temperature of 115°C which is above boiling point of water. In canning 115°C is obtained by using a pressure canner set at 4.5 kilograms pressure (at sea level). Your microwave oven can only bring water to the boiling point (100°C).

High acid foods are processed in a hot water bath canner. The canning jars are covered by water which is kept at a rolling boil. Your microwave oven cannot duplicate this procedure. Since canning jars also need to be submerged in water for sterilisation, it would be impossible to do this procedure in a microwave oven and would be dangerous to consume. We recommend that canning be done only on a conventional range top following standard canning procedures. In addition, certain canning lids and rings may cause arcing in the microwave oven.

Browning Dishes

These are used to sear chops, meat patties steaks etc.

The browning dish is specially designed for microwave oven use. However, it is by no means a necessity. You can sear some foods, such as meat, in a frying pan instead. Crown Corning makes a dish which comes in several styles and sizes. The browning dish is like a casserole dish and is ideal for sauteing onions, meats and shallow frying.

Remember:

- Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.

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Recipe Preparation and Techniques

Food Characteristics

Food characteristics which affect conventional cooking are more pronounced with microwave heating.

Size and Quantity

Small portions cook faster than large portions. As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has only the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.

As a general guide, if you double the quantity suggested in the recipes, add half the time suggested again.

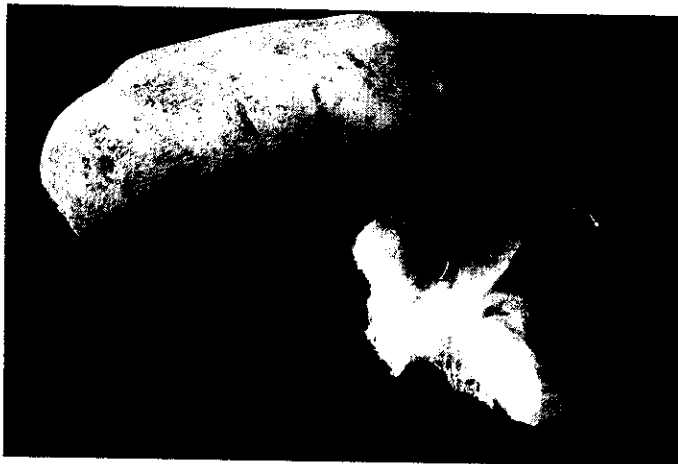
Shape

Uniform sizes cook more evenly. To compensate for irregular shapes, overlap thin pieces and arrange as evenly as possible.



Density

Porous foods (cakes/breads) take less time to cook than compact foods (meat/potatoes). Recipes high in fat and sugar content cook more quickly.



Bone and Fat

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

Liquid Content

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

Cooking in Layers

Cooking in layers is not always successful as it takes twice as long to cook as a single layer and cooking may be uneven. You can successfully reheat two dinner plates of food at one time, but remember to increase the reheating time and use a microwave warming rack.



Starting Temperature

Food which is at room temperature takes less time to cook than refrigerated or frozen foods.

Techniques for Preparation

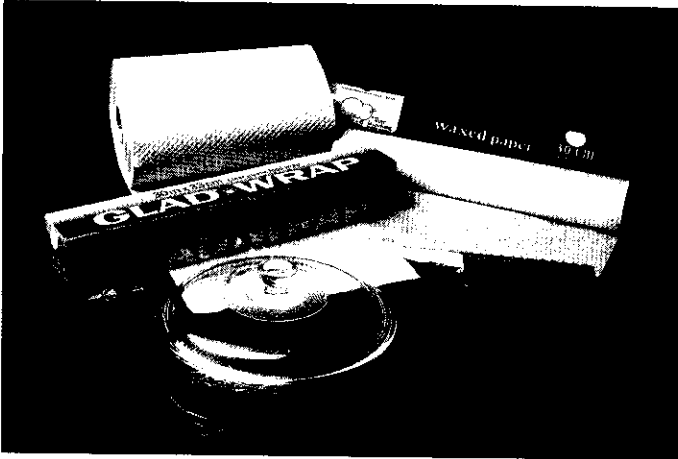
Browning

Meats and poultry cooked longer than 10 to 15 minutes brown from their own fat. Browning sauces, Worcestershire sauce or soya sauce, will add colour to meat or poultry cooked for shorter periods of time. Simply brush one of these sauces over meat or poultry before cooking. Baked goods do not need long cooking time and, therefore, do not brown. When cakes or cupcakes will be iced, no one will notice this visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of white sugar or the surface can be sprinkled with dark spices before baking.



Covering

As with conventional cooking moisture evaporates during microwave cooking. Because microwave cooking is done by time and not direct heat, the rate of evaporation cannot be easily controlled. This, however, can be easily corrected by using different materials to cover. Casserole lids or plastic wrap are used for a tighter seal. Various degrees of moisture retention are also obtained by using wax paper or paper towels. When using plastic wrap to cover meat, try to avoid the wrap touching bone or fat which will pierce or break the wrap.



Spacing

Individual foods, such as baked potatoes, cupcakes and hors d'oeuvres, will heat more evenly if placed in the oven an equal distance apart.

Similarly, when placing foods in a baking dish, arrange them evenly spaced apart.

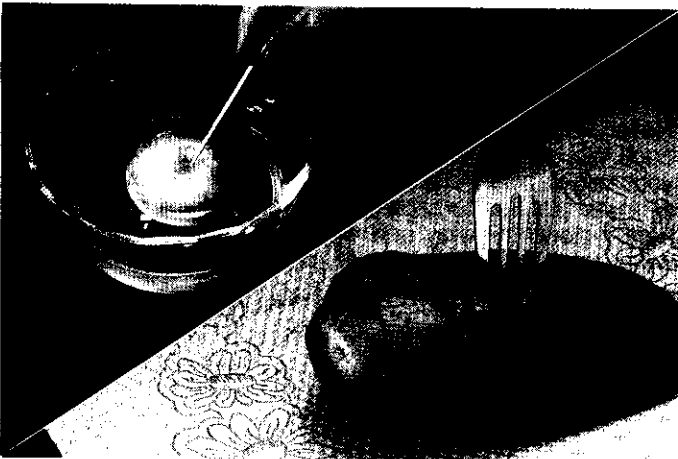
Foods should NOT be stacked on top of each other.

Piercing

The skin or membranes on some foods will cause steam to build up during microwave cooking. Foods must be pierced, scored or have a strip of skin peeled off before cooking to allow steam to escape.

Eggs should have the yolk pierced twice and the white pierced several times.

Potatoes and kumaras should be pricked and **Apples** should have a 2.5 cm strip of skin removed. Scrub **New Potatoes** to break the skin.



Stirring

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



Turning and Rearranging

It is not possible to stir some foods to redistribute the heat, therefore turning or rearranging will help ensure even cooking. Turn over large foods such as roasts or turkeys. Generally, they are turned once halfway through heating.



Rearrange small items such as chicken pieces, mussels, hamburger patties or chops. Rearrange pieces from the edge to the centre and vice versa.



INTRODUCTION

Oven Features

Variable Power

Your Microwave Oven is equipped with variable power settings: HIGH, MEDIUM-HIGH, MEDIUM, MEDIUM-LOW, DEFROST, LOW.

While many foods can be cooked on HIGH, certain types of food, for example milk, will benefit from heating with a reduced amount of energy over a slightly longer time. This variety of settings offers you complete flexibility in microwave cooking. Listed below is the approximate power output of your oven on each power setting:

POWER	OUTPUT	USE
HIGH	100%	Make sauces Boil water Cook fresh fruit and vegetables Cook fish Cook poultry up to 1 kg Pre-heat browning dish Reheating
MEDIUM-HIGH	70%	Roast meat and poultry Cook cakes Heat milk Cook eggs/cheeses
MEDIUM	55%	Cook pot roasts and casseroles Melt Chocolate
MEDIUM-LOW	30%	Simmer stews and casseroles Soften Butter
LOW	10%	Keep cooked food warm
DEFROST	30%	Thawing

Power/Time Program Cooking

Applies to models NN-6550, NN-6500 and NN-5550

You can program up to 3 stages in your oven. Once programmed it will automatically proceed from the first to the last stage. This is especially helpful when cooking casseroles and pot roasts. The ingredients are first brought to the boil on HIGH, then simmered at a lower power to allow flavours to blend or meat to tenderise. Stand time can be programmed as well.

The following is a guide for three stage cooking:

- Use HIGH power to bring food to the boil.
- Set MEDIUM-LOW power for the second cook stage when cooking less tender cuts of meat. Allow about 20 to 30 minutes per 500 grams.
- Choose MEDIUM for a second stage when blending flavours. Timing for this second stage is mostly a matter of preference.
- Program the necessary STAND time at the end of the program.
- Use LOW to keep food at serving temperature.

Example, to cook a casserole with 1 kg of meat program HIGH power for 10 minutes, then program MEDIUM-LOW for 50 to 60 minutes, then program LOW 30 minutes. Press START. The display will return to the first power level and start cooking as you have programmed the oven.

Auto Start/Clock

Models NN-6550, NN-6500 and NN-5550

This pad is used to both set the clock and to delay the start of cooking for up to 11 hours 59 minutes.

THE CLOCK IS A 12-HOUR CLOCK. To set, press the Auto Start/Clock pad. The colon in the display window will blink. Program in the time of day in hours and minutes, using the minutes and seconds pads. When used to set the clock, the time pads operate as hours/minutes rather than minutes/seconds as when used for cooking times. After setting the time, press the Auto Start/Clock pad again. The colon will stop blinking and the time will remain in the display.

If the power should fail the clock will need to be re-set. During normal oven use, however, there is no need to touch the clock pad as the time automatically returns to the display at the end of each cooking procedure.

AUTO START is used to delay the start of cooking. To operate, program in the desired cooking power and time (2 stages can be entered), then press the Auto Start pad. Using the time pads, enter the time of day at which you want your food to start cooking. Press Start. The display will return to the current time of day and counts down until the time you have selected is reached. The oven will automatically start cooking according to your instructions, turning off at the completion of the program.

To recall the selected start time before cooking, press the Auto Start pad. The start time will appear on the display while your finger is held on the pad.

Auto Start cannot be programmed in conjunction with any of the automatic features, for example Auto Defrost or Reheat. This is to prevent the starting temperature of the food from rising before the start of defrost or heating. A change in the starting temperature would give inaccurate results.

Timer/Stand

Models NN-6550, NN-6500 and NN-5550

This feature allows you to program in a Stand Time during a cooking sequence or at the completion of cooking. It is also very useful to use as a minute timer.

- To build a stand time into a cooking program:
Set power/time for the first stage of cooking, touch Timer/Stand, then set the delay time. Program in the remaining cooking power/time. Touch start.
- To add standing time at the end of cooking:
Program in one or two stage power/time cooking, then press Timer/Stand and set the required standing time. Press Start.
- To use as a kitchen minute timer:
Press Timer/Stand and put in the time required. Press Start. The oven will beep when the time is up.

Note: If the oven door is opened while the Timer/Stand is operating the display will continue to count down.

Handy Hints and Tips

In your Microwave Oven you can cook roasts, stew, steam, poach, sear and saute. There is also no need for double boilers. Because heat works on all areas of food at once in a Microwave Oven, scorching and lumping which occur as a result of concentrated heat (as with cooking on a conventional hotplate) does not happen in a Microwave Oven.

- Vulnerable foods which attract microwaves (dairy foods, fatty meats and sugar) should be placed underneath and dense food items (vegetables) should be placed on top for the best heat penetration.
- Stir sauces and soups occasionally during cooking or reheating to ensure even heating.
- Pierce foods with a skin to allow steam to escape and prevent exploding or bursting.
- Bottles with narrow necks should not be used for cooking or prolonged heating. As the food expands it may cause the container to break.
- Avoid overcooking food. As in a conventional oven, overcooking can cause food to burn, or just dry out. A few too many seconds can ruin food cooked by microwaves so it is best to cook foods to the minimum times suggested.
- Because the temperature of oil cannot be controlled in a Microwave Oven, DO NOT ATTEMPT DEEP FRYING.
- Use containers that will easily accommodate the amount of food you are cooking.
- It is easy to test food while it is cooking in a Microwave Oven. Because heat is instantaneous, the oven does not have to "reheat" after being opened briefly. If foods are tested while cooking you can vary suggested times to suit your tastes.
- Shorten cooking time when using polyunsaturated margarine rather than butter as the former reaches a higher temperature.
- To enjoy red wine at room temperature remove the cork then simply heat on HIGH for 40 to 50 seconds.
- To blanch 1 cup of nuts place in a pie plate, cover with hot tap water and heat on HIGH for 3 to 4 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.
- To toast coconut place half a cup on a plate and cook on HIGH for 2 to 4 minutes, stirring occasionally.
- To make buttered breadcrumbs combine 1 cup breadcrumbs and 3 tablespoons butter and heat on HIGH for 2 to 4 minutes, stirring occasionally.
- When heating baby food or formula (110g) select HIGH for 15 to 30 seconds, depending on the amount of food or liquid, and the starting temperature. Test temperature before serving or further heating.
- For an added touch at dinner parties steam your own hand towels. Saturate in cold water, wring and place on glass tray. Heat on HIGH for 1 to 2 minutes.
- To soften cream cheese or butter, place in oven on MEDIUM-LOW for 1 to 2 minutes per half cup.

- Refrigerated cheese can be heated to room temperature on MEDIUM for 1 to 1½ minutes, depending on size.
- When having a barbecue, partially cook food in the microwave, season and finish cooking on the barbecue.
- To melt chocolate place 100g broken chocolate in a 4-cup glass jug and heat on MEDIUM-HIGH for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time.
- To remove oven odours, combine ½ teaspoon of vanilla essence with 1 cup of water in a small bowl and heat on HIGH for 4 to 5 minutes. Wipe oven interior with a damp cloth.

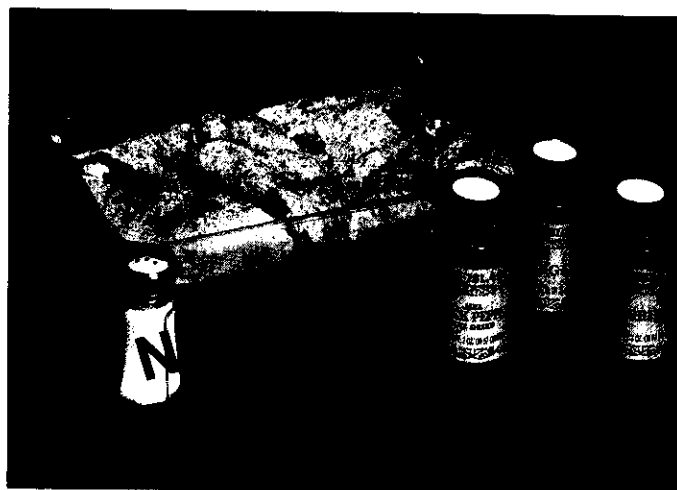
Foods Not Suited to Microwave Cookery

No single appliance does everything. From experience it is found that the following things are unsuccessful:

1. Cooking two food items from a raw state in layers.
2. Canning. This process requires prolonged high temperatures.
3. Deep frying. This cookery method requires a stable temperature for the oil.
4. Sterilising baby bottles and jam jars.
5. Reheating in narrow-neck bottles, for example tomato sauce bottles, for long periods of time.
6. Cooking choux and flaky pastries and others which require a crust to trap air.
7. Raw pastry and raw filling cook at different rates if cooked together.
8. Large food loads, example four chickens take a long time to cook.

In some instances microwaves penetrate to the centre and burn the food while the surface appears normal. Examples: drop biscuits, marshmallows and chocolate. However, careful timing can eliminate this problem.

Note: Do not salt the surface of meat or add it to vegetables before cooking.



INTRODUCTION

- Elevate the food on a low rack or upturned saucer so it does not sit in its own juices as it defrosts.
- During the defrost time the oven will beep twice. This will happen after one third and two thirds of the time having elapsed. The beeps remind you to turn meat over, rearrange piece meat, or remove defrosted portions of meat such as mince, chops or fish fillets.
- At the first beep shield areas of roasts such as thin areas near bones, wings, legs, breast etc. with aluminium foil to avoid heating. When using foil care should be taken that the foil does not touch the inside of the oven cavity. Foil should be held in place with toothpicks.
- After defrosting leave joints to stand for 15 to 30 minutes before cooking. For poultry, remove giblets and rinse under cold water, then stand for 15 to 30 minutes before cooking.

Defrosting Meat by Power/Time (Applies to models NN-6550, NN-6500, NN-5550, NN-5250)

Remove meat from its original wrapper and place on a rack in a shallow dish. Select DEFROST and set for time recommended in the chart.

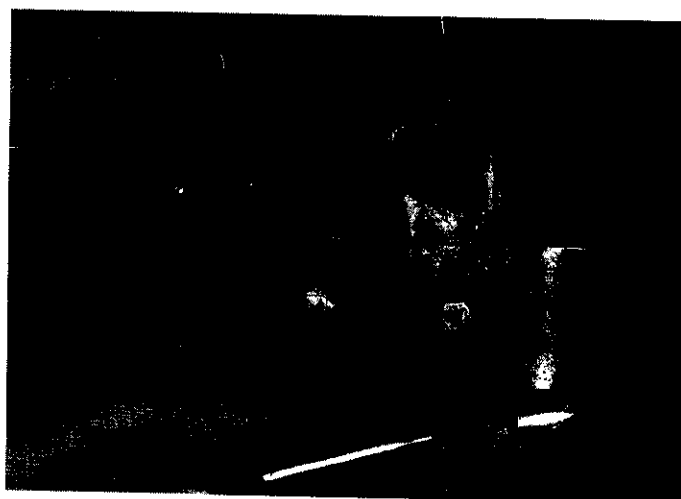
Turn joints of meat over twice during defrosting. Shield edges and unevenly shaped ends with foil halfway through defrost cycle. Halfway through defrost cycle break apart cubed or minced meat, separate chops and remove meat that is defrosted. Roasts may still be icy in the centre so stand for 15 to 30 minutes.

ITEM		DEFROST TIME PER 500 GRAMS
Beef	Roasts	16 to 20 minutes
	Mince	14 to 16 minutes
	Cubed	14 to 16 minutes
	Steak	8 minutes per 250g
Lamb	Roasts	15 to 18 minutes
	Chops	14 to 16 minutes
Pork	Roasts	15 to 18 minutes
Ham	Chops	14 to 16 minutes
	Roast	15 to 18 minutes
Offal	Heart	14 to 16 minutes
	Kidney	12 to 15 minutes
	Liver	12 to 15 minutes
	Tripe	14 to 16 minutes

Defrosting Poultry by Power/Time (Applies models NN-6550, NN-6500, NN-5550, NN-5250)

Remove poultry from original wrapper and place on a rack in a shallow dish. Select DEFROST and set calculated time. Turn poultry twice during defrosting. Shield the ends of drumsticks, wings and breast bone with foil after half the defrost time. Also break apart chicken portions and remove small pieces such as wings which may defrost before larger pieces. Rinse poultry under cold water to remove ice crystals.

ITEM	DEFROST TIME PER 500 GRAMS
Whole Chicken	16 to 20 minutes
Chicken Portions	14 to 16 minutes
Whole Turkey	16 to 20 minutes
Boneless Roast	16 to 20 minutes
Rabbit Portions	12 to 16 minutes
Beef	16 to 20 minutes



Defrosting Fish and Shellfish by Power/Time (Applies models NN-6550, NN-6500, NN-5550, NN-5250)

Remove fish from original wrapper and set on a rack in a shallow dish.

Select DEFROST and set calculated time recommended in the chart. Halfway through the defrost cycle turn whole fish or blocks of fillets over, separating any layers. Also break apart prawns or scallops. Remove pieces that are defrosted.

ITEM	DEFROST TIME PER 500 GRAMS
Fish Fillets	8 to 12 minutes
Fish Steaks	10 to 12 minutes
Whole Fish	10 to 12 minutes
Prawns/Shrimps	12 to 14 minutes
Mussels	12 to 14 minutes



Dial Defrost (model NN-5250)

To operate this program, simply select DEFROST on the lower dial control then select the desired defrosting time on the upper dial. Check food being defrosted at least once during the defrost time, to rearrange, shield or remove defrosted portions where necessary. Follow the times recommended for defrosting in the charts on this page and page 15.

Defrosting

Not only does a microwave allow you to defrost in a fraction of the time that it would take at room temperature, but because of this speed the likelihood of bacteria building up is minimised. On model NN-5250 defrost by time or dial defrost; allow standing time after defrosting to rest food before cooking (refer page 14). On models NN-6550, NN-6500 and NN-5550 you have the choice of defrosting by time, using the Defrost power pad selection, or Auto Defrost. To operate Auto Defrost select the weight using the 1.0 kg and the 0.1 kg pads. Press Start. The oven will then calculate the correct amount of time needed to defrost the food.

Preparing Food for Freezing

The finished quality of the food will depend on the original quality before freezing, the care the food receives during freezing, and the techniques and times used for defrosting. Select good quality fresh meat, poultry, or fish for freezing. Foods should be frozen as soon as possible after purchasing to preserve their quality. When WRAPPING FOR FREEZING arrange meat in thin uniform layers. Package mince in 2 to 5 cm thick rectangular, square or round shapes. Chicken pieces, chops and stewing meat will defrost more easily if frozen in 1 or 2 piece layers with a piece of waxed paper between the layers.

WRAPPING MATERIALS best suited for use in the freezer are odourless, moisture and vapour proof. Heavy-duty plastic wraps and bags, and freezer wrap are suitable. If aluminium foil is used for wrapping, all pieces of foil should be removed before defrosting in your microwave oven. Otherwise arcing may occur. Meats may also be frozen in their store packaging for short periods of time.

REMOVE GIBLETS from fresh whole poultry. (The giblets may be frozen separately, if desired). Clean and dry poultry. Tie legs and wings with string; this helps poultry keep its shape during freezing. If poultry is packaged frozen, it may be defrosted even though the giblets are inside the cavity. However, the cavity will be very icy after the defrosting cycle. It will be necessary to run cold water inside the poultry.

FISH AND SHELLFISH are best frozen in single layers. Fillets may be frozen 2 or 3 deep, but place a piece of wax paper or plastic wrap between each layer. Prawns or scallops may be quick frozen on a biscuit tray covered with plastic wrap. Once they are frozen simply remove from the biscuit tray and place in a freezer bag or container. If they are thoroughly frozen before placing in the bag they will not stick to each other.

REMOVE ALL AIR before sealing plastic bags. Plastic or freezer wrap is a good wrapping procedure to follow. Centre food to be wrapped on material. Bring two edges up over the centre and start folding down in 3 cm tucks until wrap is close to meat. Remove excess air from package. Shape ends into triangles and fold up over centre. Tape securely.

Auto Defrost

Applies to models NN-6550, NN-6500 and NN-5550

By programming Defrost and the weight of the food in kilos and tenths of kilos, the oven will determine defrosting time and power levels. Once the oven is programmed the defrosting time will appear in the display window. This time will be shorter than calculating times manually. The following is a guide as to types of food which can be defrosted using this program and maximum recommended weights:

FOOD	MAX. WEIGHT
Minced Meat, Sausages, Chicken Pieces, Chops	2 kg
Roast Meat, Whole Poultry	4 kg
Whole Fish, Fish Fillets, Scallops, Prawns, Mussels	1 kg

Auto Defrost is designed to automatically defrost popular cuts of meat and poultry as well as fish. To operate simply press the DEFROST pad, then feed in the weight of the item to be defrosted using the kilo and tenths of kilo pads. Be sure to follow the guideline above as to maximum weights. After selecting the weight press the START pad. The oven will automatically calculate the defrosting time. Food larger than the recommended weights or items not listed should be defrosted manually.

How to get the best results using Auto Defrost:

- Ensure food to be defrosted has been frozen for at least 48 hours.
- Remove meat, fish or poultry from its wrapping and place it in an uncovered dish.



INTRODUCTION

Auto Reheat

(Applies models NN-6550, NN-6500, NN-5550)

The Auto Reheat program is designed to warm food to eating temperature. Food should be at room or refrigerator temperature, whichever is its natural storage place.

Examples of types of food which reheat well on this program are: plated meals, soups, casseroles, spaghetti, baked beans, tinned vegetables, puddings and leftovers. The program works on numbers of servings, e.g. 1, 2, 3 or 4. Each serving should be approximately 250g. Cover food to be heated with plastic wrap, place in oven, then press the Auto Reheat pad until the number of servings required shows in the display. Press start. Allow food to stand for 2 to 3 minutes, before serving. Stir soups, casseroles, spaghetti, etc. before serving, to even out the temperature.

Important Points to Consider when Reheating Fresh Foods

1. **STARTING TEMPERATURE -**
These programs are designed for food at refrigerator or room temperature.
2. **PLATED MEALS -**
Arrange food evenly on the plate. Spread food so that it can heat evenly and quickly. When assembling plates of leftovers use foods that are of similar temperature (all refrigerated).
3. **COVERING FOODS -**
Food should be covered with plastic wrap to hold in the heat and prevent loss of moisture.
4. **HEATING ONE SERVING BY TIME -**
Place in oven on High for 1 to 2 minutes for most foods and test by feeling the bottom of the plate. If the plate is warm it indicates that the food is hot enough. If the plate is cool, food may be warm but it will lose heat to the plate and taste cold when served.
5. **ELEVATION -**
When heating more than one plated meal at a time on Auto Reheat use microwave plate stackers to fit the meals in the oven.

Reheat Fresh Convenience Foods by Time

ITEM-FRESH	POWER	TIME (IN MINUTES)	SPECIAL HINTS
Baked Beans (440g)	HIGH	4 to 6	Stand 3 minutes, covered.
Spaghetti (440g)	HIGH	4 to 6	Stand 3 minutes, covered.
Creamed Corn (440g)	HIGH	4 to 6	Stand 3 minutes, covered.
Ravioli (445g)	HIGH	5 to 7	Stand 3 minutes, covered.
Soups			
Milk Based (1 litre)			
4 cups	MEDIUM-HIGH	10 to 12	Uncovered. Stir once during heating.
Water based (1 litre)			
4 cups	HIGH	8 to 10	Stir during reheating.
Casserole (1 litre)	MEDIUM-HIGH	12 to 14	Reheat covered with lid or plastic wrap.
1 Plate Food	HIGH	2 to 4	Stir after heating. Stand 3-4 minutes.
2 Plates Food	HIGH	6 to 8	Arrange food evenly spread on plate.
			Add butter or gravy where desired. Cover plate with plastic wrap. Use plate divider to stack plates.
Family Meat Pie (450g)	HIGH	4 to 6	Leave in foil tray if less than 2 cm deep.

Defrosting Frozen Convenience Foods

Food that normally takes several hours to defrost at room temperature can quickly be defrosted in the Microwave Oven. Consult the chart for recommended defrosting times and techniques.

ITEM	WEIGHT	TIME ON DEFROST (in minutes)	STAND TIME (in minutes)	HINTS
Bacon Rashers	225g	1½ to 2	2	Turn once
Bread	Un sliced Loaf: (large) (small) Sliced (large) 1 slice Rolls — 2 Rolls — 4 Croissants — 4	8 to 10 4 to 6 9 to 11 35 seconds ¾ to 1 2½ to 3 2½ to 3	10 10 10 1 to 2 1 to 2 2 5	Leave in open plastic bag. Leave in open plastic bag. Leave in open plastic bag.
Butter	225g	10 seconds on HIGH		
Cakes	Layer type, whole Cheesecake Cupcake	45 to 60 seconds 45 to 60 seconds 10 to 15 seconds	5 5	Remove wrapping. Remove from foil tray.
Plated Meal	1 average meal	5 to 8 seconds		Reheat on HIGH for 2 minutes, covered.
Sausages	250g (thick) 500g (thick)	2 to 3 3 to 4	5 5	

Heating Frozen Convenience Foods

ITEM	APPROX. HEATING TIME on HIGH (in minutes)	SPECIAL HINTS
TV Style dinner	8 to 10	Remove foil cover and replace with plastic wrap.
Cannelloni, Lasagne	6 to 7	If foil container is deeper than 2cm remove to a plate.
Pie, Meat or Fruit (150g - 200g)	DEFROST 3 to 4	Defrost upside down on a paper towel lined plate. Turn right side up to heat.
Pizza 450g Individual	6 to 7 3 to 4	Heat on serving plate.
Cooked chicken 4 pieces 2 pieces	7½ to 11 4 to 6½	Arrange on paper towel lined plate. Turn over once
Fish Fingers - 6	3 to 4	Arrange on a plate.
Pouch type frozen meals	MEDIUM-HIGH 5 to 6	Pierce bag and place on plate.

INTRODUCTION

Convenient Recipe

(Models NN-6550, NN-6500 and NN-5550)

There are 6 convenient recipe pads. These programs are designed for easy cooking of everyday foods. Five of these pads have been pre-programmed with the sixth one, the MEMORY PAD, left blank for you to select your own food and program. For example, if you regularly cook an item of food you can program this pad to allow it to be prepared automatically. Two power levels and times can be put into this section. For example, if you cook a bowl of porridge each day this is an ideal pad to use. Simply pre-program in your cooking procedure, then each day it's simply a matter of pressing Memory then Start. To program for porridge, press Memory, then High power 2 minutes, Medium power 2 minutes. Press start. For subsequent use, press Memory, then Start. Should the power be turned off it is necessary to re-program this pad. If you require to change the program simply re-program as above. The new power and time will override the original program.

The remaining 5 Convenient Recipe pads are designed for 1 to 4 servings. By pressing the pads 1, 2, 3, or 4 times, the appropriate food weight will be displayed. When the start pad is pressed the cooking time will be displayed.

JACKET POTATOES

The average potato serving for this setting is 150g, therefore one press will display 150g, 2 presses 300g, 3 presses 450g and 4 presses 600g. To operate, simply scrub and prick the potato skin, place them on a paper towel on the turntable and press the Potato pad until the appropriate weight appears. Press Start.

FROZEN BREAD

This program is designed to defrost frozen bread, bread rolls and whole or sliced loaves. By pressing the Frozen Bread pad, the appropriate weight will show in the display - 30g, 60g, 180g or 1 loaf(680g). When thawing single slices of bread, or bread rolls, place them on a paper towel on the turntable. For loaves, remove the tie from the plastic bag, leaving the bread in the bag. Select the 680g weight and press Start. One bread slice is generally 30g, 2 slices or one bread roll 60g, 6 slices or 3 bread rolls 180g or an average loaf 680g.

FROZEN VEGETABLES

The average serve size of vegetables has been calculated at 125g, thus the display will show 125g, 250g, 500g and 750g. Place the vegetables to be cooked in an appropriate sized dish and cover. Press the pad until the required weight appears, then press Start.

RICE

This category is designed to cook ½ cup, 1 cup, 1½ cups or 2 cups of white rice. The display will indicate these quantities as 100g, 200g, 300g and 400g. For ½ cup or 1 cup rice, add two cups of cold water, for 1½ cups add 3 cups of cold water and for 2 cups of rice add 4 cups of cold water. A little salt may be added if desired. Do not cover the rice. Stir and drain if necessary at the completion of cooking.

CHICKEN

Chicken pieces cook perfectly on this setting. The quantities catered for are 500g, 750g, 1kg or 1½kg. It is not designed for whole birds. Place chicken pieces in a shallow dish and cover with paper towel to avoid splatter if desired. When cooking the larger quantities, it is necessary to rearrange the pieces once or twice during cooking, for an even result.

BEGINNING MICROWAVE COOKERY

If you are new to microwave cookery the following section will help you get used to the basic techniques. It covers many simple, everyday recipes. To get the best results possible make sure you measure ingredients accurately. All spoon measures are level unless otherwise stated. Eggs are size 7. All ingredients are taken from their normal storage place, i.e. milk from the refrigerator.

Soups - Canned

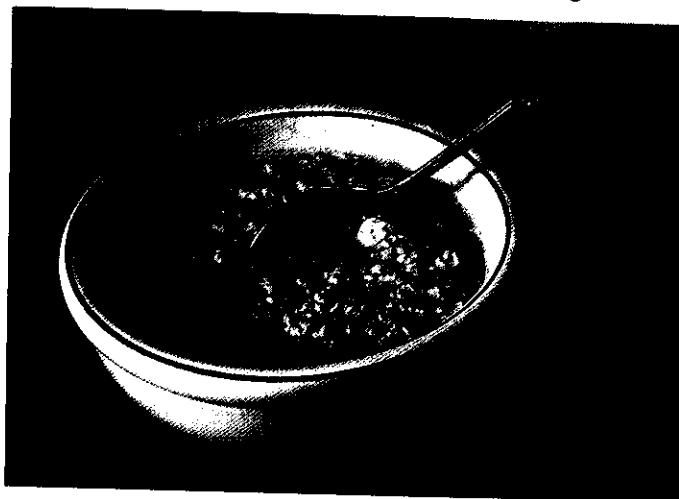
Empty contents of can into a casserole dish. Dilute according to label with milk or water. Mix well. Heat soups diluted with milk on MEDIUM-HIGH for 5 to 6 minutes. Others can be heated on HIGH for 4 to 6 minutes. Stand 2 to 3 minutes. Soups can also be diluted then heated on Auto Reheat. Stir well after heating.

Soups - Dry Soup Mixes

Select a large bowl. Add the water and stir in soup mix. Heat on HIGH until water boils, then reduce to MEDIUM-HIGH for 10 to 12 minutes. Stir once during heating. Soups with noodles will need a little longer. Leave to stand 5 minutes or until noodles/vegetables are soft.

Porridge - 1 Serving

Combine ¼ cup porridge oats with ¾ cup liquid in a deep dish or basin. Stir well. Cook on HIGH for 2 minutes. Stir well then cook on MEDIUM for a further 2 minutes. Let stand 1 to 2 minutes before serving.



Important Points to Consider when Reheating Food from Freezer-to-Table

1. **VOLUME -**
The greater the volume and the more dense the item, the longer it takes to reheat. For example, a frozen cake will take less time to heat than a frozen casserole.
2. **LARGE VOLUME -**
Large, dense, frozen pre-cooked foods are best thawed on defrost until icy in the centre and then heated on MEDIUM-HIGH. This prevents overcooking of the edges. Stirring is often needed to distribute heat evenly.
3. **COMMERCIAL FROZEN FOODS -**
These can be heated in their aluminium foil or plastic trays. Foil trays must be no more than 2 centimetres high and must not touch the interior of the Microwave Oven. Remove cover from the tray and replace with paper towel or plastic wrap to prevent splattering.
4. **COMMERCIAL FROZEN FOODS -**
May vary in size and ingredients from one brand to another so heating times may vary slightly.
5. **UNCOOKED FROZEN FOODS -**
These are cooked at similar power levels to pre-cooked convenience foods but times need to be increased.
6. **FOODS TO BE SERVED AT ROOM TEMPERATURE -**
For best results defrost for a short time and allow to stand to complete the thawing process.
7. **VACUUM-SEALED POUCHES -**
These must be pierced before heating to allow steam to escape. This prevents bursting. It is often better to remove food in pouches to a suitable dish for heating. It heats more evenly and is easier to handle.
8. **HIGH MOISTURE FOODS -**
Those which contain a raw pastry base and filling cannot be cooked in a Microwave Oven. The pastry and filling cook at different rates due to the moisture content. Follow the manufacturer's directions and heat such foods conventionally.
9. **STANDING TIME -**
Overheating or defrosting will result in toughness and hardening. Remember to allow 5 to 10 minutes standing time, covered, and then test before adding extra heating time. To test pies and rolls feel underneath. If warm they are ready to serve.

Heating Liquids Charts

DESIRED TEMPERATURE	LIQUID	AMOUNT	POWER	APPROX. HEATING TIME (in minutes)
Boiling (100°C)	Water	1 cup (250ml) 2 cups (500ml) 4 cups (1 litre)	HIGH HIGH HIGH	2 to 3 5 to 6 10 to 12
Scalding (about 82°C)	Milk	1 cup (250ml) 2 cups (500ml)	MEDIUM-HIGH MEDIUM-HIGH	3 to 5 5 to 7
Steaming (for beverages) (about 78°C)	Water	1 mug (250ml) 2 mugs (250ml ea) 4 mugs (250ml ea) 1 coffee cup (150ml) 2 coffee cups (150ml ea) 4 coffee cups (150ml ea)	HIGH HIGH HIGH HIGH HIGH HIGH	2 to 3 4 to 5 5 to 7 1 to 2 3 to 4 4 to 5
Steaming (about 70°C)	Milk	1 mug (250ml) 2 mugs (250ml ea) 4 mugs (250ml ea) 1 coffee cup (150ml) 2 coffee cups (150ml ea) 4 coffee cups (150ml ea)	MEDIUM-HIGH MEDIUM-HIGH MEDIUM-HIGH MEDIUM-HIGH MEDIUM-HIGH MEDIUM-HIGH	2 to 3 4 to 5 6 to 8 1 to 2 2 to 4 4 to 6

WARNING: Heated liquids can erupt if not mixed with air. Do not heat liquids in your Microwave Oven without first stirring.

INTRODUCTION

Metric Conversions Used

All cup and spoon measurements are level. There are four measuring spoons; tablespoon, teaspoon, half teaspoon, and quarter teaspoon. There are also metric measuring cups for dry ingredients; one, half, third and quarter. As well there is a metric cup and litre measure for liquids. One metric cup is equivalent to 250 ml. All liquids are measured at eye level on a flat surface.

Basic measures used in this book are:

1 cup	250ml
1 tablespoon	15ml
1 teaspoon	5ml
1 pint	600ml

Dish Sizes

It is important when cooking by microwave to select a dish of suitable size to comfortably contain the food being prepared.

What Accessories will you need?

When you first buy your Microwave Oven there is no need to buy a whole new range of dishes. You will find you have a lot of china, pyrex etc that will be quite suitable. However, items you will find useful for preparing recipes from this cookbook are a small microwave roasting rack, a large measuring jug, a deep sided dish suitable for cooking roasts or casseroles in, and an 18 to 20 cm round pyrex or glass souffle dish.

Precautions to Avoid Possible Exposure to Excessive Microwave Energy

- Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to make defective, or tamper with, the safety interlocks.
- Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
- Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the:
 - door (bent)
 - hinges and latches (broken or loosened)
 - door seals and sealing surfaces
- The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

Before Calling for Service

Many times a service call can be avoided by checking a few simple things. The following conditions are not caused by a defect in the unit itself, so please check the following points before requesting service:

Conditions	Time-Saving Checks
No Power	<ul style="list-style-type: none">•Oven Plugged in?•Check home fuse or circuit breaker
Oven not operating	<ul style="list-style-type: none">•Oven door closed?•Controls set properly?
Takes longer than time in cook book	<ul style="list-style-type: none">•Incorrect power selection?•Low voltage at power outlet?•Starting temperature and shape of food vary so simply cook a little longer
Uneven cooking Undercooking or Overcooking	<ul style="list-style-type: none">•Improperly wrapped or used incorrect containers?•Controls set properly?•For large meat, utilise standing time at room temperature after cooking.
Oven light flickers	<ul style="list-style-type: none">•This is normal.
Water Condensation around door	<ul style="list-style-type: none">•This is normal - merely wipe dry
Sparks occur	<ul style="list-style-type: none">•Metallic wrap or container touching oven wall.•Dish or glassware trimmed in gold or silver.•Container has metal parts or trim.

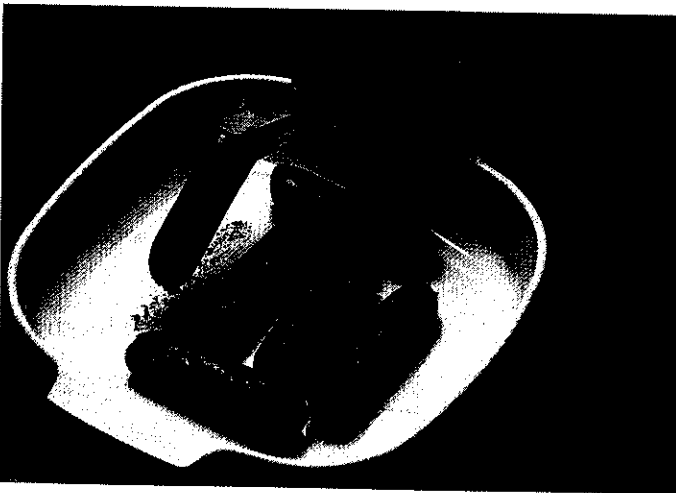
Crispy Bacon without a Browning Dish

Place bacon on a rack and lightly cover with a piece of paper towel. Heat on HIGH for 1 minute per rasher.

Note: Streaky or sugar cured bacon will cook more quickly than Back or Middle rashers.

Sausages - In a Browning Dish

Pre-heat the Browning Dish on HIGH for 6-7 minutes, or follow manufacturer's instructions. Add sausages and cook for 1½ to 2 minutes on HIGH. Turn over and cook for a further 1½-2 minutes on HIGH. The first side is known as the "presentation" side as it is browner. The cooking time may vary depending on the type of sausages being cooked. Sausages can be cooked by microwave without a browning dish, and allowing the same cooking time, but the appearance will not be as attractive.

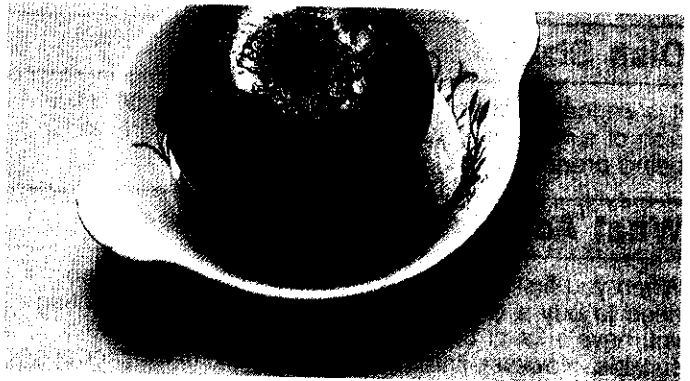


Custard - (300 ml)

In a 1 litre jug combine the custard powder, sugar and a little milk forming a smooth paste. Blend in the rest of the milk, whisking well. Cook for 2 minutes on HIGH, then stir. Cook for remaining 1 minute, then stir again. 600 ml will take approximately 5-6 minutes on HIGH.

Baked Apple

Core apple and fill with dried fruit. Place in a small dish or a saucer. Cook for recommended time. Apple will be firm and bright green when cooked. After standing the apple will become soft and dull.



Cook on HIGH, allowing:
2 minutes for 1 average apple
3-4 minutes for 2 apples
6-7 minutes for 4 apples

Vegetables - Fresh

Weights given in recipes are trimmed weights. Refer to Fresh Vegetable cooking chart for directions (page 40).

Vegetables - Frozen

Refer to Frozen Vegetable Cooking Chart (page 38).

Blanching Vegetables

Refer to page 38.

Browning Mince

Crumble 500g mince into a microwave-safe colander which is set in a bowl. Heat on HIGH for 3 to 5 minutes, or until mince is browned. Stir 2 to 3 times during cooking.



Beverages

Drinks can be made in the cup or mug you wish to drink out of provided it has no metallic trim or glued-on handles. When heating milk allow room for the milk to expand without boiling over. Always stir coffee/tea etc into the liquid after heating. Refer to Heating Liquids chart on page 17.

Chicken Portions

Arrange chicken portions, evenly, in a single layer in a shallow dish. Brush with oil or melted butter, sprinkle with microwave seasoning. Cover with paper towel and cook on HIGH for desired time. Stand for 5 minutes before serving. Refer to page 30 for chicken coatings.

Chicken Portion Cooking Chart

QUANTITY 225 g ea.	APPROX. COOKING TIME on HIGH (in minutes)	STAND TIME (in minutes)
1 portion	3 - 4	5
	6 - 8	5
	12 - 14	10

SOUPS



French Onion Soup

PUMPKIN SOUP

Serves: 4 to 6

Ingredients:

1 kg	pumpkin, deseeded and peeled
1/2 cup	water
1 tsp	chicken stock powder
1	clove garlic, crushed
	salt and pepper
2/3 cup	cream
1 tbsp	chopped chives

Method:

Dice pumpkin into 3 cm pieces. Place pumpkin in a casserole dish, add water, stock powder and garlic. Cover and cook on HIGH for 12 to 14 minutes. Cool slightly. Puree pumpkin and liquid in a blender or food processor. Stir in salt, pepper and cream. Pour back into casserole dish. Cook on HIGH for 4 to 5 minutes. Spoon into individual serving dishes and garnish with chives.

VICHYSOISE

Serves: 4

Ingredients:

2	potatoes, peeled and finely sliced
1 1/2 cups	leeks, finely sliced
435 g	can cream of chicken soup
2 tbsp	flour
	salt and pepper
1 1/2 cups	cream

Method:

Place potatoes, leeks and chicken soup in a large casserole dish. Cover and cook on HIGH for 12 to 14 minutes. Cool slightly. Puree potato mixture in a food processor, or blender, adding flour, salt, pepper and cream. Return to dish. Cook on MEDIUM-HIGH for 4 to 6 minutes. Serve hot or cold.

FRENCH ONION SOUP

Serves: 6 to 8

Ingredients:

50 g	butter
750 g	onion, peeled and finely sliced
2 tbsp	flour
4 cups	beef stock
1/2 cup	white wine
	freshly ground black pepper
1	small french loaf, cut into 16 slices
125 g	grated swiss cheese

Method:

Place butter in a casserole dish. Cook on High for 1 minute. Add onions and cook on HIGH for 6 to 8 minutes. Add flour, stir well and cook on HIGH for 1 minute. Gradually stir in stock, wine and black pepper. Cook on HIGH for a further 10 to 12 minutes. Toast french bread conventionally. Place bread on top of soup. Sprinkle with cheese and place under a grill and cook until cheese has melted and slightly golden.

POTATO AND CORN SOUP

Serves: 6 to 8

Ingredients:

6	rashers bacon, rind removed
1	onion, finely sliced
500 g	potatoes, peeled and diced
4 cups	chicken stock
440 g	creamstyle corn
2 tbsp	flour, mixed with a little stock
1/2 tsp	thyme
	salt and pepper

Method:

Chop bacon and place in a large casserole dish. Cook on HIGH for 4 to 6 minutes. Remove bacon from dish and set aside. Add onion and potatoes to dish and cook on HIGH for 6 to 8 minutes. Add stock and cook on HIGH for a further 8 to 10 minutes. Add bacon, corn, flour and thyme to dish. Cook on HIGH for 4 to 5 minutes. Stir halfway through cooking. Season with salt and pepper. Serve.

OYSTER SOUP

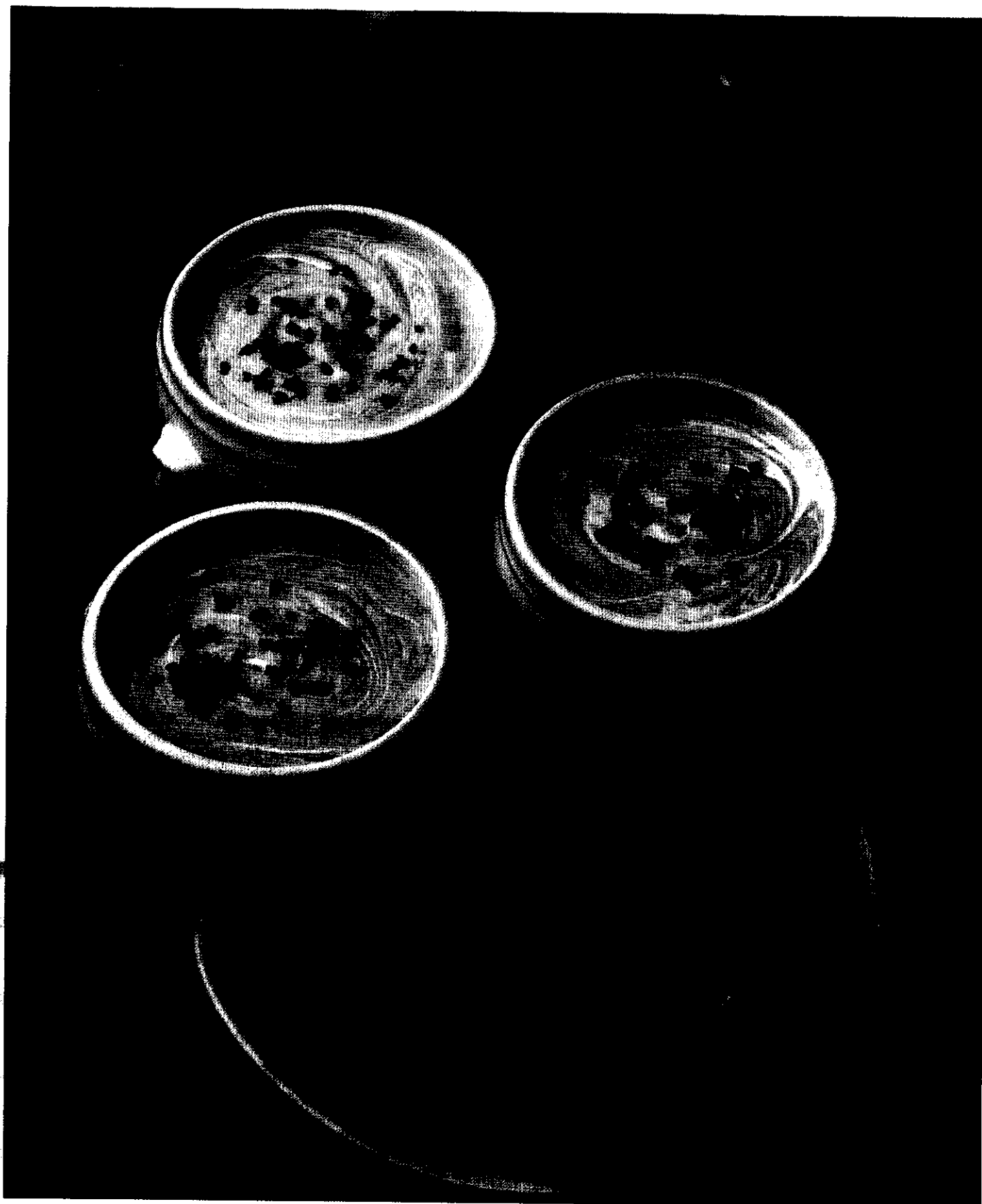
Serves: 4

Ingredients:

30 g	butter
2 tbsp	flour
2 cups	chicken stock
1/2 cup	cream
24	fresh oysters, drained
	salt and white pepper
	snipped chives to garnish

Method:

Place butter in a small casserole dish and cook on HIGH for 1 minute. Add flour, stir well and cook on HIGH for 30 seconds. Gradually add stock, stirring continuously. Cook on HIGH for 3 to 5 minutes. Stir halfway through cooking. Add cream, oysters, salt and pepper. Cook on MEDIUM-HIGH for 1 to 2 minutes. Spoon into individual serving dishes and garnish with chives.



Pumpkin Soup

EGGS AND CHEESE

SCRAMBLED EGGS

Allow 1 tablespoon milk and a knob of butter per size 7 egg. Combine egg, milk and butter thoroughly in a jug. Heat for half the time on the chart. Stir. Complete cooking. Stir gently and season to taste. When first cooked scrambled eggs should be creamy, setting after one to two minutes standing time.

Number of Eggs	Approx. Cooking Time on HIGH (in minutes)	Stand Time (in minutes)
1	$\frac{1}{2}$ to $\frac{3}{4}$	1
2	1 to $1\frac{1}{2}$	1
4	2 to 3	2
6	$3\frac{1}{2}$ to 4	3
8	$4\frac{1}{2}$ to 5	3

BOILED EGG

Eggs cooked in their shells in a Microwave Oven can, and often do, explode due to the build up of internal pressure. However, by following the instructions given here you can boil an egg successfully. Just take care to use foil as instructed below.

Ingredients:

1 egg (size 7)
 $\frac{1}{2}$ cup warm water
aluminium foil

Method:

Wrap egg totally in aluminium foil. There should be no egg showing. Place egg in a 1-cup glass jug with $\frac{1}{2}$ cup water. Cook on HIGH -

For soft boiled - 4 to 5 minutes

For hard boiled - 5 to 6 minutes

Allow to stand in the cooking water 2 minutes for soft boiled and 5 minutes for hard boiled before serving.

Tip:

If you want more than one egg use a larger dish, more water (say, two cups) and cook a little longer (an extra two to four minutes).

VEGETABLE BAKE

Ingredients:

250 g cauliflower flowerettes
250 g broccoli flowerettes
3 carrots, sliced
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ cup cottage cheese
1 egg
 $\frac{1}{2}$ cup cream
 $\frac{1}{2}$ tsp lemon pepper
 $\frac{1}{2}$ tsp seasoned herbs
 $\frac{1}{2}$ cup grated tasty cheese

Method:

Place vegetables and water in a 3 litre casserole. Cook on HIGH for 6 to 8 minutes. Drain well. Place remaining ingredients, except tasty cheese in a bowl and mix well. Pour over vegetables. Cook on MEDIUM-HIGH for 12 to 14 minutes. Sprinkle with tasty cheese and grill conventionally.

POACHED EGGS

Each egg should be cooked in an individual, small glass dish. In each dish heat on HIGH $\frac{1}{4}$ cup water with a dash of vinegar and salt. Break the eggs into the boiling water, pierce the yolk twice and the white several times. Cover with plastic wrap and cook on MEDIUM-HIGH according to times on chart. Let stand, covered, then drain and serve.

Number of Eggs	Approx. Cooking Time on MEDIUM-HIGH (in minutes)	Stand Time (in minutes)
1	$\frac{3}{4}$ to 1	1
2	$1\frac{1}{4}$ to $1\frac{3}{4}$	2
4	2 to $2\frac{1}{2}$	2
6	3 to $3\frac{3}{4}$	2

FRIED EGGS

Ingredients:

1 to 4 eggs (size 7)
1 to 2 tbsp butter

Method:

Preheat a browning dish on HIGH for 5 to 6 minutes. Add butter. Break eggs into browning dish. Cook on High for -

1 egg - 10 to 15 seconds

2 eggs - 20 to 30 seconds

4 eggs - 30 to 40 seconds

Allow to stand in browning dish for 1 minute before serving.

Tips:

• While you are likely to hear a certain amount of popping while cooking fried eggs, this can be lessened to a degree by pricking the egg yolk and white with a toothpick several times before cooking.

• Remember that the eggs should be moist at the end of cooking as they will set during standing time.

FLUFFY OMELETTE

Ingredients:

2 eggs, separated
1 tsp flour
Filling of choice

Method:

Pre-heat a browning dish on HIGH for 4 to 5 minutes. Mix together egg yolks and flour. In a separate bowl, whisk the egg whites, until stiff and fold in the yolks. Add 1 tablespoon of oil to the heated browning dish. Pile on the omelette and spread to size. Cook on HIGH for 40 seconds to 1 minute. Cover with chosen filling and cook on HIGH for a further 40 to 60 seconds. Fold over and serve immediately.

TOMATO SOUP

Serves: 4 to 6

Ingredients:

2 rashers bacon, chopped
30 g butter
1 kg ripe tomatoes, peeled and chopped
1 onion, sliced
1 carrot, sliced
2½ cups chicken stock
1 tsp oregano
salt and pepper to taste

Method:

Place bacon on a dinner plate, cover with a paper towel and cook on HIGH for 2 to 3 minutes. Place butter in a large casserole dish and heat on HIGH for 30 to 60 seconds. Add bacon and vegetables. Cook on HIGH for 8 to 10 minutes. Pour in stock and oregano. Heat, covered, on HIGH for 15 minutes. Puree in food processor or blender. Serve in individual soup bowls.

CRAB AND CORN SOUP

Serves: 4

Ingredients:

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

Method:

Place oil and onion in a large casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Add chicken stock, sweetcorn and salt and pepper. Cook on HIGH for 5 minutes. Add crab and mix well. Puree soup with milk in a blender or food processor. Pour back into casserole dish and cook on HIGH for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

VEGETABLE SOUP

Serves: 4 to 6

Ingredients:

500 g prepared vegetables of your choice (carrots, turnips, celery etc), roughly chopped
1 onion, chopped
2 tbsp butter
2 tbsp flour
3½ cups chicken stock
salt and pepper
3 tbsp parsley, chopped

Method:

Place vegetables, except onion, in a large casserole dish. Cover and cook on HIGH for 6 to 8 minutes. Set aside. Place onion and butter in a small dish and cook on HIGH for 2 minutes. Add flour to onion mixture and mix well. Gradually add 1 cup of stock. Stir well. Cook on HIGH for 3 minutes, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables. Cook on HIGH for 12 to 14 minutes. Season with salt and pepper and serve, sprinkled with chopped parsley.

PEA AND HAM SOUP

Serves: 6 to 8

Ingredients:

500 g split peas
2 cups water
500 g ham or bacon bones
1 bayleaf
2 cups water, extra
2 rashers bacon, rind removed
1 medium carrot, peeled and diced
1 large onion, peeled and diced
½ tsp thyme
6 cups chicken or bacon stock

Method:

Soak peas in 2 cups of water for at least 1 hour. Drain. Place peas and 2 cups of extra water in a large casserole dish with bones and bayleaf. Cook on HIGH for 10 minutes. Reduce power to MEDIUM-HIGH and cook for a further 20 to 25 minutes. Remove meat from bones and reserve. Remove bayleaf. Place bacon under 2 sheets of paper towel on a dinner plate and cook on HIGH for 2 to 3 minutes. Chop bacon very finely. Place meat from bones, carrot and onion in a casserole dish and cook on HIGH for 2 minutes. Add bacon, thyme, stock and split peas. Cook on HIGH for 10 minutes. Reduce power to MEDIUM-HIGH and cook for a further 15 minutes. Serve hot in individual bowls.

COUNTRY STYLE CHICKEN SOUP

Serves: 4 to 6

Ingredients:

1 kg chicken pieces
4 cups water
1 tbsp butter
1 onion, finely chopped
1 stick of celery, finely sliced
1 turnip, finely diced
1 carrot, finely diced
½ cup plain flour
2 tsp chicken stock powder
salt and pepper to taste

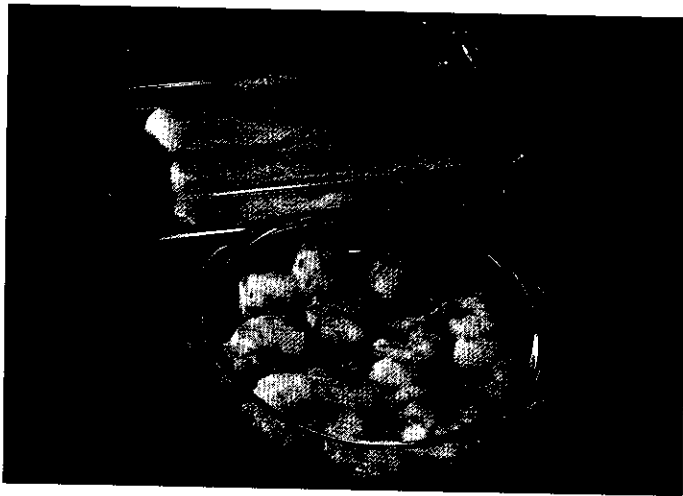
Method:

Place chicken pieces, with water, in a large casserole dish. Cook on HIGH for 15 to 20 minutes. Drain chicken and reserve the cooking liquid. Remove meat from the chicken bones. Place butter and vegetables in a large casserole dish. Cook, covered, on HIGH for 3 to 5 minutes. Add flour and gradually blend in cooking liquid. Add chicken meat, stock powder, salt and pepper. Cook, covered, on HIGH for 4 to 6 minutes, stirring halfway through cooking. Stand 5 minutes before serving. Serve hot, garnished with fresh parsley.

FISH AND SHELLFISH

Cooking Fish by Power/Time

Fish cooks well by microwave but care should be taken not to overcook, and consequently dry, thin fish fillets. Thin fillets are best rolled or folded in thirds to avoid overcooking of thin areas. Cover with plastic wrap to retain moisture.



Fish steaks or thicker fillets should be evenly arranged in a shallow dish. Add a little lemon juice or white wine. Cover with plastic wrap to retain moisture.

To steam fish, arrange in a shallow dish and cover with a piece of wet paper towel.

Prawns, mussels and scallops should be placed in a shallow dish in a single layer and cooked covered with plastic wrap. It is often beneficial to rearrange small items once during cooking.



Whole fish, such as trout, should have the thin areas protected with small pieces of foil. Brush whole fish with oil or melted butter, then cover with plastic wrap to cook.



Fish is done when it is opaque and flakes easily when tested with a fork.

Fish and Shellfish Chart for Time Cooking

FISH OR SHELLFISH	AMOUNT	POWER	APPROXIMATE COOKING TIME (in minutes)
Fish Fillets	500 g	HIGH	5 to 6
Scallops	500 g	MEDIUM-HIGH	4 to 6
Mussels	500 g	HIGH	4 to 6
Whole Fish (stuffed or unstuffed)	500 g	HIGH	6 to 7

SPINACH QUICHE

Serves: 3 to 4

Ingredients:

1½ cups flour
125 g butter
pinch salt
water to mix
½ bunch spinach, chopped (stalks removed)
3 eggs (size 7)
250 ml evaporated milk
½ tsp nutmeg
125 g freshly ground black pepper
grated tasty cheese

Method:

Rub flour and butter together to resemble fine breadcrumbs. Add salt and water. Mix to form dough. Turn onto a lightly floured board and knead lightly. Roll dough out to fit a 23 cm pie plate. Refrigerate for 30 minutes.

Prick the base of the pastry several times and cook on HIGH for 3½ to 5½ minutes. Place spinach in a casserole dish. Cover and cook on HIGH for 3 to 5 minutes. Drain well. Beat eggs, evaporated milk, nutmeg and pepper together. Add spinach and mix well. Pour into pastry case and sprinkle with cheese. Cook on HIGH for 8 to 9 minutes. Garnish with chopped parsley.

MACARONI AND CHEESE

Serves: 4 to 6

Ingredients:

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

Method:

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

CHEESY HAM OMELETTE

Serves: 1 to 2

Ingredients:

3 eggs, separated
2 tbsp milk
salt and pepper to taste
¼ cup grated tasty cheese
¼ cup ham, cut into strips
1 spring onion, finely sliced
butter for greasing

Method:

Beat egg yolks, with milk, salt and pepper in a small bowl. In a separate bowl beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture, adding cheese, ham and spring onion. Place onto a well greased pan. Cook on MEDIUM-HIGH for 3½ to 4½ minutes. Turn out onto a plate and fold in half to serve.

CHEESE SOUFFLE

Serves: 4

Ingredients:

1½ tbsp butter
1½ tbsp flour
1 tsp mustard powder
300 ml evaporated milk
1 cup grated tasty cheese
3 eggs, separated
1 tbsp dry breadcrumbs
grated parmesan cheese

Method:

Grease a 20 cm souffle dish and sprinkle with some dry crumbs. In a separate bowl melt the butter, then stir in flour and mustard. Stir in evaporated milk and bring to the boil (approx. 3 minutes on HIGH). Stir twice. Add cheese. Mix egg yolks with a little of the hot mixture then return this to the cheese sauce and mix well. Beat egg whites until stiff, fold into the sauce, pour into souffle dish. Sprinkle top with crumbs and parmesan cheese. Cook, elevated, on MEDIUM-LOW for 9 to 10 minutes. Serve.

CHEESE SAUCE

Makes: 1½ cups

Ingredients:

2 tbsp butter
2 tbsp flour
1¼ cups milk
salt and pepper to taste
75 g tasty cheese, grated

Method:

Melt butter in a 2-cup jug on HIGH for 1 minute. Add flour and mix well. Gradually stir in milk, salt and pepper. Cook on HIGH for 3 to 4 minutes. Stir halfway through cooking. Add cheese and cook on HIGH for a further 1 to 2 minutes. Stir and serve over vegetables.



Cheesy Ham Omelette

FISH AND SHELLFISH

SCALLOP AND PEACH KEBABS

Serves: 4

Ingredients:

250 g	scallops
6	rashers bacon, rind removed
8	20 cm wooden skewers
425 g	can sliced peaches, drained and ½ cup syrup reserved
1 tsp	honey

Method:

Pat scallops dry with paper towel. Cut bacon into 3 cm pieces. Place half the bacon on a plate. Cover with paper towel. Cook on HIGH for 1 minute. Repeat with remaining bacon. Wrap a bacon piece around each scallop, thread alternately with peach slices onto skewers starting and ending with a scallop. In a jug mix together reserved syrup and honey. Place 4 of the kebabs into a shallow casserole and brush with syrup mixture. Cook on MEDIUM-HIGH for 3 to 4 minutes, turning halfway through cooking. Repeat with remaining kebabs. Allow to stand for 2 minutes before serving.

KEDGEREE

Serves: 4

Ingredients:

150 g	long grain rice
2 cups	hot water
450 g	smoked fish
75 g	butter
	black pepper
2	hard boiled eggs

Method:

Put rice in deep dish with water. Cook on HIGH for 12 minutes. Put the fish on a plate and cover with plastic wrap. Cook on HIGH for 5 minutes. Flake fish, mix into drained rice with the butter. Season with black pepper. Spoon onto a serving dish and garnish with slices of hard boiled egg.

CHEESY TOPPED FISH

Serves: 4

Ingredients:

4	fish steaks
	squeeze lemon juice
100 g	tasty cheese, grated

Method:

Arrange fish in a shallow dish; sprinkle with lemon juice. Cover with lid or plastic wrap. Cook on HIGH allowing 4 to 5 minutes per 500 g. Uncover, sprinkle with cheese and cook on HIGH for 1 to 2 minutes. Stand for 5 minutes before serving.

SEAFOOD PAELLA

Serves: 4 to 6

Ingredients:

4 tbsp	vegetable oil
1	large onion, sliced
1	clove garlic, crushed
1	red pepper, de-seeded and cut in strips
1	green pepper, de-seeded and cut in strips
250 g	long grain white rice
1 tsp	salt
	pinch saffron
500 ml	chicken stock, boiling
180 g	prawns
120 g	mussels
12	black olives
	parsley to garnish

Method:

Place oil, onion, garlic and peppers in a large bowl. Cook on HIGH for 3 to 4 minutes. Add rice, salt, saffron and chicken stock, stirring thoroughly. Cook on HIGH for 8 to 10 minutes. Stir in the prawns and washed mussels, cover loosely with plastic wrap and cook on HIGH for 4 to 5 minutes. Stir in the olives, turn onto a serving dish, garnish with parsley and serve.

Note:

If small, clean mussels are available in their shells they can be cooked, entire, in the dish. It looks very attractive prepared this way, but it is a little more fiddly to eat.

SALMON CAKES

Serves: 4

Ingredients:

440 g	can salmon, drained
2 cups	dry breadcrumbs
2 tbsp	melted butter
3	eggs, beaten
1 tbsp	lemon juice
1 tsp	lemon rind, grated
¼ cup	milk
1 tbsp	freshly chopped parsley
1	onion, finely chopped
	salt and pepper to taste
¼ cup	dry breadcrumbs, extra
¼ cup	oil

Method:

Combine salmon, breadcrumbs, butter, eggs, lemon juice and rind, milk, parsley, onion, salt and pepper. Shape into approximately 10 even-sized cakes. Roll cakes in extra dry breadcrumbs giving them an even coating. Pre-heat browning dish on HIGH for 6 to 7 minutes. Add oil and half the salmon cakes. Cook on HIGH for 2 to 3 minutes. Turn halfway through cooking. Drain on paper towel. Re-heat browning dish. Repeat with remaining salmon cakes. Serve hot, garnished with lemon wedges.

FISH ROLL

Serves: 4 to 6

Ingredients:

170 g crabmeat
2 egg whites
¼ cup cream
salt and black pepper
7 to 8 spinach leaves
5 small, skinned and boned snapper fillets
100 g sliced smoked salmon

Sauce:

1 tbsp butter
1 tbsp flour
½ cup chicken stock
2 tbsp vermouth
½ cup cream
1 tbsp black peppercorns, crushed
pinch salt

Method:

Place crabmeat into a bowl. Beat egg whites until stiff peaks form. Beat cream in a separate bowl until thick. Add egg whites, cream, salt and pepper to crabmeat. Mix lightly. Set aside. Place spinach in a covered bowl and cook in High for 1 to 2 minutes. Remove and drain. Lay a large sheet of plastic wrap on a flat surface. Lay fillets on wrap so they form a rectangle. Place spinach evenly on top of fish and then spoon over crab mixture. Place smoked salmon on top of crab mixture and roll up using wrap to form a tight roll. Secure roll in extra plastic wrap. Cook on HIGH for 5 to 6 minutes. Stand for 15 minutes and cut into slices.

Sauce:

Melt butter in a 2 cup jug on HIGH for 30 seconds. Add flour, stir well. Add stock and vermouth, stirring continuously. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add cream, peppercorns and salt. Stir well. Pour sauce over fish roll and serve with prawns and lemon wedges.

FISH ALMONDINE

Serves: 4

Ingredients:

¼ cup flaked almonds
60 g butter
500 g white fish fillets, skinned and boned
1 tbsp chopped parsley
juice of ½ lemon
pepper to taste

Preparation:

Place almonds and butter in a small bowl and cook on HIGH for 2 to 4 minutes. Arrange fish fillets in a shallow casserole dish. Pour butter and almonds over fish, sprinkle with parsley, lemon juice and season with pepper.

Cook on HIGH for 4 to 6 minutes. Stand covered for 5 minutes.

WHOLE STUFFED FISH

Serves: 2

Ingredients:

500 g whole fish, cleaned and scaled (snapper)
2 tbsp melted butter

Stuffing:

1 cup fresh breadcrumbs
4 spring onions, sliced
1 tsp dried basil
juice of ½ lemon
2 tbsp chopped parsley
freshly ground black pepper

Method:

Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden toothpicks. Place fish in a shallow dish and cover with a lid or plastic wrap. Cook on MEDIUM-HIGH for 6 to 8 minutes. Stand covered for 5 minutes before serving.

OYSTERS KILPATRICK

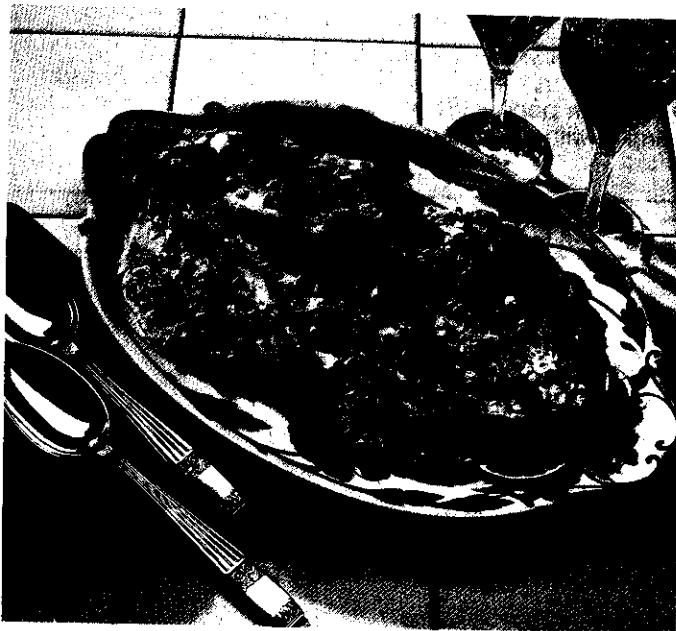
Makes: 12

Ingredients:

2 rashers bacon, rind removed and bacon finely chopped
1 tbsp worcestershire sauce
2 tsp lemon juice
12 oysters in shell

Method:

Mix together bacon, worcestershire sauce and lemon juice in a small bowl. Cover bacon mixture and cook on HIGH for 1 to 2 minutes. Place oysters in shell evenly around a dinner plate and sprinkle with bacon mixture. Cook on HIGH for 2 minutes. Serve with drinks.



Fish Almondine

POULTRY

Both whole poultry and chicken pieces cook well by microwave and are best cooked on a rack so that they do not sit in their own juices during cooking time. It is important to ensure that poultry is well cooked as it can contain dangerous bacteria. Poultry is well cooked when

the juices run clear, the flesh is white and the limbs move freely. Poultry should reach a minimum temperature of 72°C and maintain that temperature for 5 minutes.

Cooking Poultry by Power/Time

A whole bird should be started breast-side down, on a rack in a suitable dish. It may be brushed with oil and sprinkled with browning seasoning or brushed with melted butter and paprika. To avoid splatter, cover the bird with a layer of paper towel.

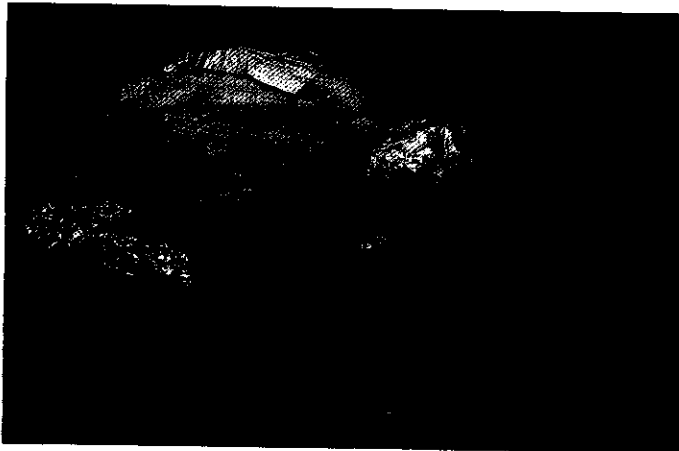
Turn the bird over with about 10 minutes of cooking time remaining. It may be necessary to shield legs, wing tips and the breast bone during cooking to prevent drying out. At the end of cooking allow to stand, wrapped in foil (shiny side in), for one third of cooking time. Whole poultry should not be cooked on HIGH power. Calculate the cooking time by following the recommendations in the chart below.

When cooking chicken portions arrange them in a single layer on a rack in a shallow dish. If desired, brush with oil or melted butter, or sprinkle with microwave seasoning. Cover with paper towel to avoid splatter. As with whole poultry, best results are achieved by cooking on MEDIUM-HIGH rather than HIGH power.

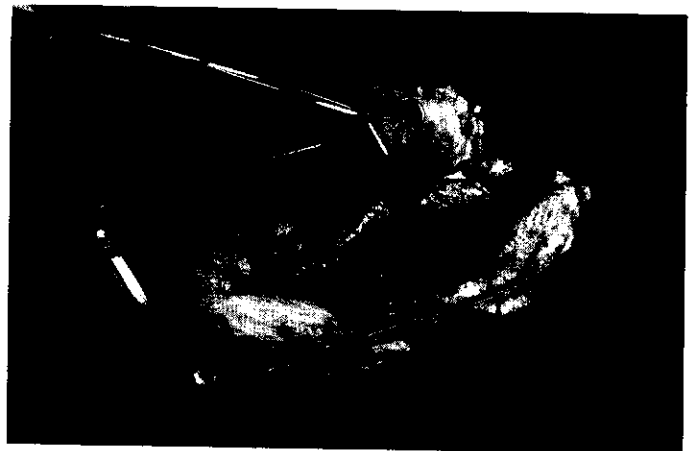
To add variety to chicken pieces try these coatings: crushed crisps, crushed cheesy cornchips, barbecue sauce, microwave browning, paprika, brown breadcrumbs.

Poultry Roasting Chart for Time Cooking

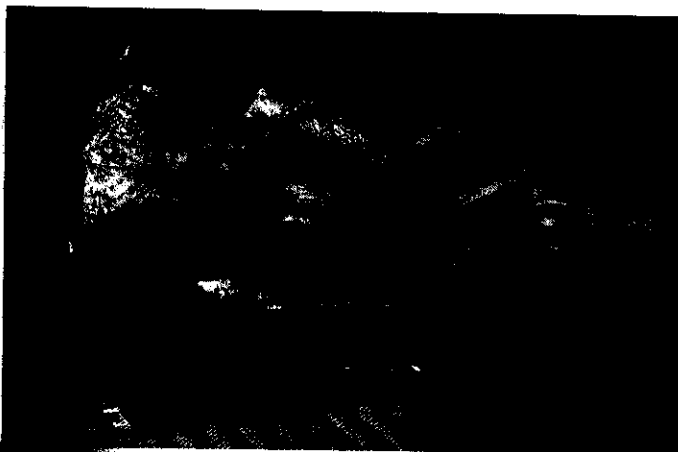
POULTRY	POWER	APPROXIMATE COOKING TIME (minutes per 500g)
Chicken	MEDIUM-HIGH	12 to 15
Chicken Pieces	MEDIUM-HIGH	10 to 14
Turkey	MEDIUM-HIGH	10 to 12
Duck	MEDIUM-HIGH	10 to 15



Shield thin areas to prevent overcooking.



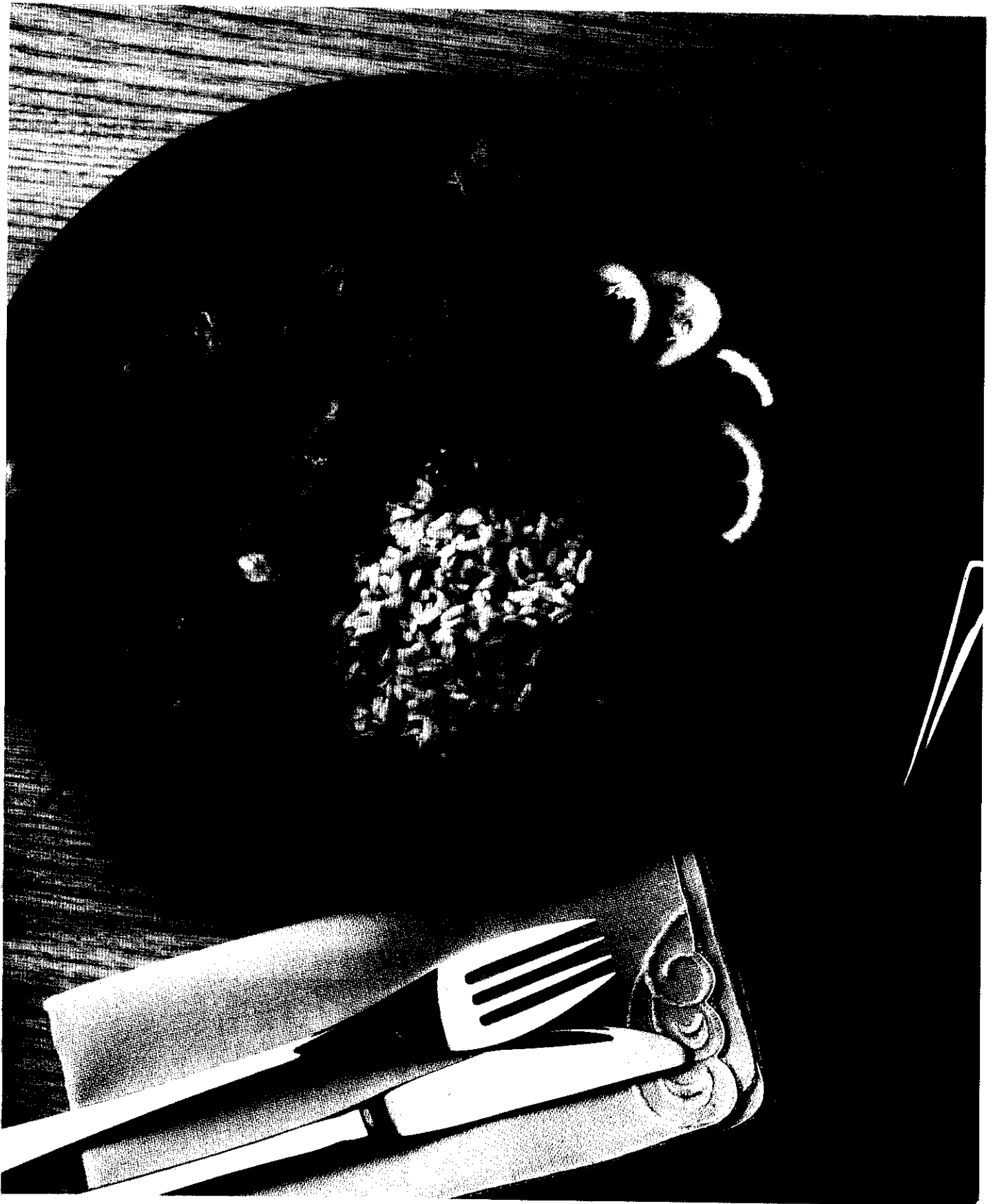
Turn and rearrange pieces during cooking.



birds over approximately 10 minutes before completed



Check temperature after cooking is completed.



Peanut Satay



Chicken Curry

ROAST TURKEY

Serves: 6 to 8

Ingredients:

- 2.5 to 2.8 kg turkey, cleaned and washed
- 2 tbsp brandy
- 1 tbsp oil
- lemon pepper or seasoned salt
- 60 g butter
- 1 stick celery, finely sliced
- 1 small onion, finely chopped
- 2 small cooking apples, peeled and grated
- 2 cups fresh breadcrumbs
- 2 tbsp brandy, extra
- 1 tbsp parsley, finely chopped
- 1 egg
- 1 salt and pepper

Method:

Melt butter in a small dish on HIGH for 30 to 40 seconds. Add celery, onion and apple and cook on HIGH for 2 to 3 minutes. Add breadcrumbs, brandy (extra), parsley, egg, salt and pepper. Mix well and stuff into cleaned turkey. Place turkey, breast-side down on a rack in a shallow dish. Pierce skin of turkey with fork and pour over brandy. Secure legs with string and brush with oil. Sprinkle with lemon pepper or seasoned salt. Cook on MEDIUM-HIGH for 60 to 70 minutes, turning halfway through cooking. Stand for one third of cooking time, wrapped in foil, before serving.

SWEET AND SOUR CHICKEN

Serves: 4

Ingredients:

- 1 tbsp butter
- 1 onion, finely chopped
- 1 carrot, finely sliced
- 1/2 green pepper, finely chopped
- 2 sticks celery, finely sliced
- 2 tbsp cornflour
- 1 tbsp soy sauce
- 1 tbsp brown sugar
- 1 cup pineapple juice
- 1 cup water
- 2 tbsp cider vinegar
- 2 tsp chicken stock powder
- salt and pepper to taste
- 3 cups cooked chicken, roughly chopped

Method:

Place butter and vegetables in a casserole dish. Cook, covered, on HIGH for 4 to 6 minutes. Blend together cornflour, soy sauce, brown sugar, pineapple juice, water, vinegar, stock, salt and pepper. Add to the vegetables and cook on MEDIUM-HIGH for 8 to 10 minutes. Stir in chicken. Heat on HIGH for 4 to 5 minutes. Serve with rice.

PEANUT SATAY

Serves: 3 to 4

Marinade:

- 1 tsp caraway seeds
- 1 tsp ground coriander
- 1 clove garlic, crushed
- 1 tbsp brown sugar
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- pinch salt
- 750 g boneless chicken, cut into 2.5 cm cubes

Satay Sauce:

- 3 red chillies, finely chopped
- 2 cloves garlic, crushed
- 1 cm root ginger, grated
- 1 tsp salt
- 3 tbsp peanut butter
- 1 cup water
- 1/4 cup sultanas
- 1/4 cup raisins
- 1/2 cup vinegar
- 1/2 cup sugar
- 1/2 cup peanuts
- 1/4 cup chutney (optional)

Method:

Combine all marinade ingredients in a bowl with chicken meat and marinate in the refrigerator for at least 24 hours. Combine all sauce ingredients in a 4-cup jug and cook on HIGH for 10 to 12 minutes, stirring halfway through cooking. Puree sauce in a blender or food processor. Set aside. Pre-heat a browning dish on HIGH for 7 minutes.

Thread chicken cubes onto bamboo skewers. Add chicken skewers to browning dish and cook on HIGH for 2 minutes. Turn chicken and cook on HIGH for a further 3 minutes, or until tender. You will have to do this in a few batches. Serve with satay sauce. If necessary, reheat sauce on HIGH for 1 to 2 minutes.

LEMON CHICKEN

Serves: 4

Ingredients:

1 tsp soy sauce
 1 tsp salt
 1 tsp sugar
 1/4 tsp cinnamon
 1.5 kg chicken
 1 lemon, sliced finely
 1 clove garlic, crushed
 5 cm piece root ginger, grated
 juice of 1 lemon
 cornflour to thicken

Method:

Mix the soy sauce, salt, sugar and cinnamon together. Weigh the chicken and place on a roasting rack, breast-side down. Brush the sauce over the chicken. Place half the sliced lemon over the chicken, sprinkle with crushed garlic and grated ginger. Baste again with sauce. Cover and cook on MEDIUM-HIGH for 12 to 15 minutes per 500g. Turn breast-side up halfway through cooking. Stand for 15 minutes before serving. Drain all the juices from the dish. Mix 2 tsp cornflour with lemon juice and stir into the sauce. Heat on HIGH for 2 minutes. Meanwhile, cut the chicken into bite-size pieces, arranging on a serving dish. Pour over sauce and serve garnished with remaining lemon slices.

CHICKEN PARCELS

Serves: 4 to 6

Ingredients:

12 pieces boneless chicken thigh
 2 to 3 bananas
 6 slices bacon

Glaze:

2 tbsp honey
 1/4 cup soy sauce
 1 tsp paprika
 1/2 tsp chilli powder

Method:

Wrap boneless chicken pieces around a piece of banana. Wrap in bacon and spear with toothpick. Mix glaze ingredients to thoroughly combine. Place chicken parcels on a rack in a dish. Brush with glaze. Cover with paper towel. Cook on HIGH for 12 to 15 minutes, or until well cooked and tender. Turn halfway through cooking and brush again with glaze.

CHINESE CHICKEN WINGS

Makes: 16

Ingredients:

16 chicken wings
 1/2 cup teriyaki sauce
 2 tbsp tomato sauce
 1 tbsp worcestershire sauce
 1 clove garlic, crushed
 2 tbsp honey

Method:

Place chicken wings in a large, shallow dish. Add all remaining ingredients. Stir well. Cover and leave to marinate in the refrigerator overnight. Stir well and cook on HIGH for 20 to 25 minutes. Stir halfway through.

ITALIAN CHICKEN CASSEROLE

Serves: 4 to 6

Ingredients:

1 tbsp oil
 1 clove garlic, crushed
 6 chicken pieces
 250 g baby onions
 425 g can tomatoes
 1/4 cup tomato paste
 1/2 tsp majoram
 1/2 tsp oregano
 100 g button mushrooms
 20 black olives
 2 tbsp chopped parsley
 salt and pepper

Method:

Preheat a browning dish on HIGH for 6 minutes. Add oil, garlic and chicken pieces to dish. Cook on HIGH for 4 minutes, turn and cook on HIGH for a further 4 minutes. Set aside. Place onions in a casserole dish, cover and cook on HIGH for 4 minutes. Add chicken, tomatoes, tomato paste, marjoram and oregano to dish and cook on MEDIUM-HIGH for 10 minutes. Add remaining ingredients to dish and cook on MEDIUM-HIGH for a further 5 minutes. Serve with garden salad and crusty bread.

Tip:

This dish is better made the day before to allow the flavour to develop.

CHICKEN CURRY

Serves: 4

Ingredients:

4 chicken fillets
 1 tbsp butter
 1 clove garlic, crushed
 1 onion, finely sliced
 1/2 tsp ground ginger
 1 tsp coriander
 3 tsp curry powder
 1 tsp turmeric
 1 cup chicken stock
 1 1/2 tbsp peanut butter
 2 tbsp desiccated coconut
 1/2 tsp salt
 pepper to taste
 1 apple peeled, cored and diced
 2 tbsp plain flour

Method:

Cut chicken into thin strips. Place butter, onion, curry powder and turmeric in a casserole dish. Cook on HIGH for 3 to 4 minutes. Add remaining ingredients, except flour. Cover and cook on MEDIUM-HIGH for 10 to 12 minutes. Blend flour with a little juice from the mixture and add to chicken mixture. Mix well. Cook on HIGH for 2 to 3 minutes.

MEATS

Meat cooks well by microwave, provided both the meat and the microwave are properly handled. Prime cuts of meat cook well. Less tender cuts which require slower cooking should either be marinated in an oil/vinegar/wine mixture for 2 or 3 hours prior to cooking, or cooked with stock in a tightly sealed dish.

Prime cuts should be cooked on no more than a MEDIUM-HIGH power setting. Less tender cuts should be cooked on MEDIUM-LOW power.

To Cook Tender Cuts by Time:

Place roast fat-side down on a rack or upturned saucer in a shallow dish. If desired, brush with oil then sprinkle with seasoning or herbs. DO NOT SALT THE SURFACE. Cover meat with paper towel to avoid splatter. Calculate cooking time from the chart below. Turn meat over halfway through cooking, shielding any thin areas, which may overcook, with foil. When cooking is complete wrap roast in foil, shiny side in, and allow to stand for one third of cooking time.



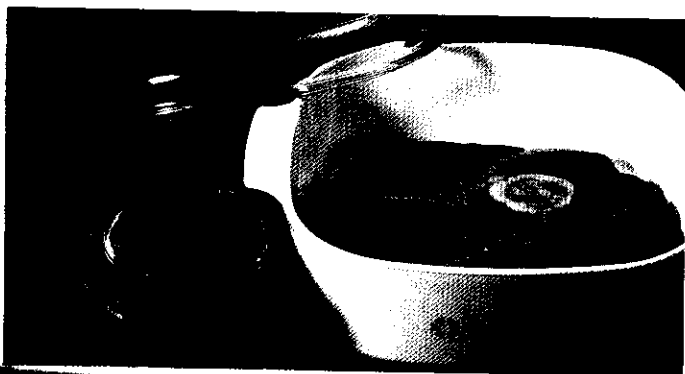
To Cook Less Tender Cuts by Time:

Meats such as pot roasts and corned beef should be cooked in liquid. Use $\frac{1}{2}$ to 1 cup of water, stock or broth per 500g meat. Select a covered casserole, deep enough to contain the meat without it touching the lid. Place meat fat side down in the casserole, then add liquid, vegetables and seasonings as desired. Cover and cook for the time calculated from the cooking chart. Turn meat over halfway through cooking.

When cooking casseroles, place diced meat in bottom of casserole dish, add enough liquid to just cover meat, then add vegetables and seasoning.

Less tender cuts cook most satisfactorily using two power levels. Start by programming your oven on HIGH for 8 to 10 minutes, then drop the power level to MEDIUM-LOW and cook for 20 to 25 minutes per 500g.

Do not stir meat and vegetables together in a casserole until cooking is completed.



MEAT TIME COOKING CHART

MEAT	POWER	APPROX. COOKING TIME (minutes per 500g)
Beef Roasts: Rare Medium Well	MEDIUM-HIGH MEDIUM-HIGH MEDIUM-HIGH	9 to 11 12 to 14 15 to 17
Pork: Bone-In Bone-Out	MEDIUM-HIGH MEDIUM-HIGH	15 to 17 16 to 18
Lamb	MEDIUM-HIGH	14 to 16
Veal	MEDIUM-HIGH	12 to 14
Corned Beef Pot Roasts Less Tender Cuts	HIGH THEN MEDIUM-LOW	10 (total) 20 to 25

Tips for Successful Meat Cooking

- Always ensure meat is totally thawed before cooking.
- Place roasts on a low rack in a shallow dish, in order to prevent the meat sitting in its own juice.
- Start meat fat-side down and turn it over halfway through cooking.
- Never cook red meat on HIGH power.
- Never salt the surface of meat - this will cause drying.
- Where possible, select evenly shaped roasts which are well marbled with fat.
- When cooking less tender cuts, simmer them gently on MEDIUM-LOW power to bring out the flavour and tenderise the meat.
- Always allow roasts to stand for one third of their cooking time. When the roast has completed cooking, wrap it in foil, shiny side in, and let it stand. The temperature will rise, thus finishing the cooking process and the meat will become easier to carve.
- When cooking stews and casseroles ensure that the meat is covered by liquid. Place vegetables on top. Stir after standing time of about 10 minutes before serving.





Rack of Lamb

MEATS

PEPPERED STEAK

Serves: 2

Ingredients:

2 pieces rump steak
2 tbsp cracked peppercorns
1 tbsp oil

Method:

Preheat a browning dish on HIGH for 7 minutes. Trim excess fat from steak and coat each side of steak with peppercorns. Remove dish from oven, add oil and place steaks in dish. Press down well to ensure maximum contact. Cook on HIGH for 4 minutes. Turn and cook for a further 4 minutes. Remove steaks and serve with vegetables.

Note:

Time will need to be varied depending on thickness of steak and how well done it is required.

CORNEB BEEF

Serves: 4 to 6

Ingredients:

1.5 to 1.7 kg corned silverside
1 tbsp brown sugar
1 tbsp white vinegar
1 onion, cut in half
4 cloves
6 peppercorns
1 bay leaf
3 cups orange juice

Method:

Rinse corned silverside under cold running water to remove excess salt. Place corned silverside fat side down in a large casserole dish. Add remaining ingredients. Cover and cook on HIGH for 10 minutes. Turn meat, cover and cook on MEDIUM-LOW for 1½ to 1¾ hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

Note:

Depending on the shape of the silverside it may require a further 10 to 15 minutes on MEDIUM-LOW.

ROAST LAMB

Serves: 4

Ingredients:

¼ cup apricot jam
1.2 kg leg lamb

Method:

Brush apricot jam over lamb. Place fat side down on a rack in a shallow dish. Cook on MEDIUM-HIGH for 30 to 35 minutes. Turn halfway through cooking. Stand covered 10 minutes before carving.

TRIBE AND ONIONS IN PARSLEY SAUCE

Serves: 4

Ingredients:

1 kg tripe, rinsed and cut in 2.5 cm cubes
4 cups water
1½ cups extra water
4 onions, sliced
1 tsp salt

Sauce:

2 tbsp butter
2 tbsp flour
½ cup milk
½ cup reserved liquid
salt and pepper
3 tbsp chopped parsley

Method:

Place tripe in a large casserole dish. Add 4 cups water, ensuring tripe is covered, and cook on HIGH for 10 minutes. Drain off water and add extra water, onions and salt to dish. Cover and cook on MEDIUM-LOW for 60 to 70 minutes or until tender. Drain off liquid and reserve half a cup for sauce.

Sauce:

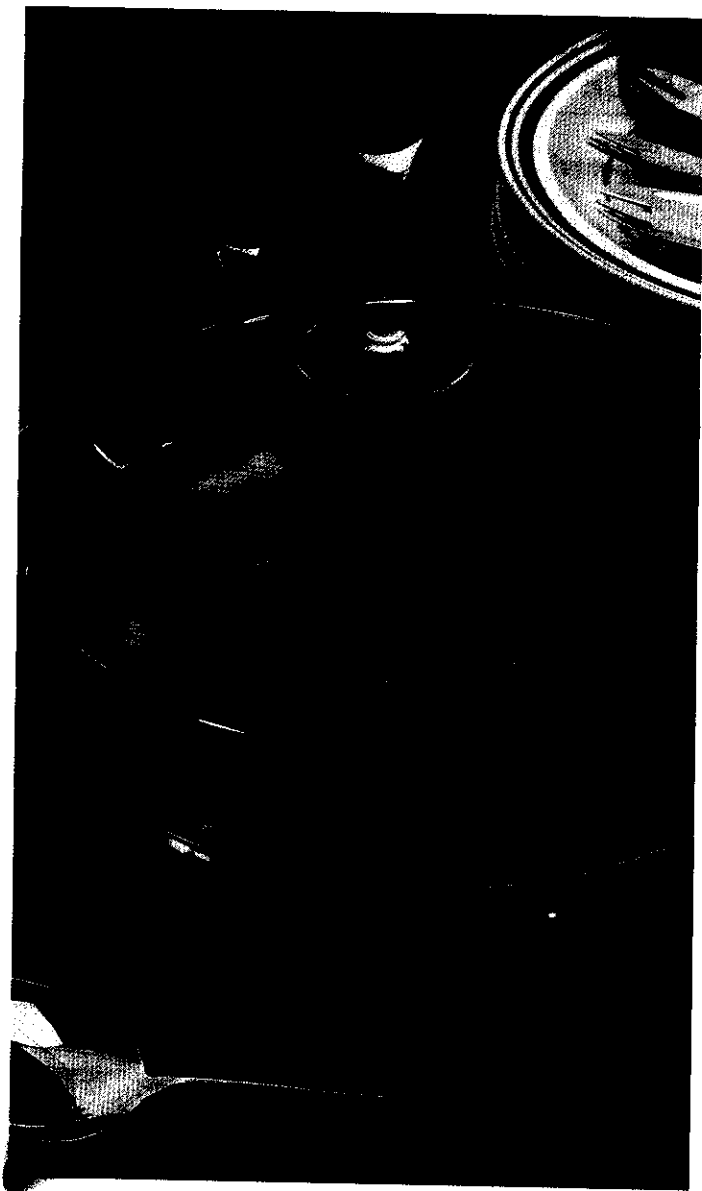
Place butter in a 4-cup glass jug and cook on HIGH for 40 seconds. Add flour, mix well and cook on HIGH for 30 seconds. Gradually add milk and reserved liquid to jug, stirring all the time. Cook on HIGH for 1 minute. Stir and cook for a further 30 to 60 seconds. Season to taste with salt and pepper. Add parsley and mix well. Add sauce to tripe and cook on HIGH for 1 minute. Serve hot with vegetables.

Note:

As tripe varies in thickness it may need to be cooked for an extra 10 minutes on MEDIUM-LOW.



Roast Lamb



Veal and Pineapple Casserole

VEAL AND PINEAPPLE CASSEROLE

Serves: 4 to 6

Ingredients:

750 g	veal steak, diced
2 tbsp	seasoned flour
6	rashers bacon, rind removed
2	onions, sliced
450 g	can pineapple pieces, drained
2 tbsp	parsley, finely chopped
½ tsp	dried basil
1 cup	tomato puree
1 tsp	chicken stock powder

Method:

Toss veal in flour. Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in a casserole dish. Cover and cook on MEDIUM-HIGH for 30 to 35 minutes, stirring halfway through cooking.

CHINESE BEEF AND VEGETABLES

Serves: 4 to 6

Ingredients:

500 g	rump steak
1 tsp	grated root ginger
1	clove garlic, crushed
1 tbsp	oil
½ cup	beef stock
1 tbsp	soy sauce
2 tbsp	Hoi Sin sauce
2 tsp	cornflour
375 g	prepared vegetables, e.g. broccoli, onion petals, mushrooms, pepper chunks, cauliflower

Method:

Cut beef into paper thin strips. Place ginger, garlic and oil in a casserole dish. Cook on HIGH for 1 minute. Mix together stock, soy sauce, Hoi Sin sauce and cornflour. Add to garlic and ginger mixture. Cook on HIGH for 2 minutes. Add vegetables and cook, covered, on HIGH for 4 to 6 minutes. Add meat strips and cook on HIGH for 6 to 8 minutes, stirring halfway through cooking. Stand covered for 3 minutes before serving with boiled rice.

MEATBALLS IN TOMATO MINT SAUCE

Serves: 4 to 6

Ingredients:

500 g	topside mince
1 ½ cups	fresh breadcrumbs
1	onion, chopped
1	clove garlic, crushed
1	egg, lightly beaten
1 tbsp	worcestershire sauce
1 tbsp	tomato sauce
4 tbsp	freshly chopped mixed herbs
	freshly ground black pepper
	grated parmesan cheese

Sauce:

1	small onion, chopped
1 tbsp	pine nuts
1 tbsp	butter
1 cup	tomato puree
1 tbsp	chopped mint

Method:

Place mince, breadcrumbs, onion, garlic, egg, worcestershire sauce, tomato sauce, herbs and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls. Place half of the meatballs onto a paper towel lined dinner plate. Cook on HIGH for 3 to 4 minutes, turning halfway through cooking. Set aside. Repeat with remaining meatballs. Place onion, pine nuts and butter in a 2-cup jug and cook on HIGH for 2 to 3 minutes. Add tomato puree and mint, stir well. Place meatballs and sauce in a shallow dish and combine gently. Sprinkle with parmesan cheese and heat on MEDIUM-HIGH for 3 to 4 minutes.

VEGETABLES

Weights given in cooking charts or recipes are trimmed weights. Prepare vegetables as you would for conventional cooking, cutting them into as even sized pieces as possible. As such a small amount of water is used when cooking vegetables by microwave, salt need not be added.

In fact, the addition of salt will cause drying of vegetables. If necessary, add salt after cooking.

Your Microwave Oven is ideal for blanching vegetables for the freezer and for cooking fresh or frozen vegetables.

TO BLANCH VEGETABLES

Wash vegetables and slice or chop into even sizes ready for cooking. Place approximately 500 g vegetables at a time into dish, add $\frac{1}{4}$ to $\frac{1}{2}$ a cup of water and cover. Cook on HIGH for $3\frac{1}{2}$ to 5 minutes, or until vegetables

are very hot and an even, bright colour. Plunge immediately into iced water. Pat dry on paper towel and package in freezer bags, ensuring all air is extracted. Seal, label and date.

TO COOK FROZEN VEGETABLES

On models NN-6550, NN-6500 and NN-5550 use the Convenient Recipe - Frozen Vegetable pad, which will automatically set the power and heating time.

For model NN-5250 follow the times given in the following chart:

Frozen Vegetable Cooking Chart - Vegetables should be cooked on **HIGH** power for best results.

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes)
Beans	250 g	Cook in covered dish	5 to 6
Broad Beans	500 g	Cook in covered dish	7 to 8
Broccoli	350 g	Cook in covered dish	6 to 8
Brussels Sprouts	500 g	Cook in covered dish	7 to 9
Carrots (baby)	250 g	Cook in covered dish	5 to 6
Cauliflower	250 g	Cook in covered dish	5 to 6
Corn	250 g (2 x $\frac{1}{2}$ cobs) 750 g	Cook in covered dish	4 to 5 10 to 12
Mixed Vegetables			
Small	250 g	Cook in covered dish	3 to 4
Chunky	250 g		5 to 6
Peas	250 g	Cook in covered dish	5 to 6
Spinach	250 g	Cook in covered dish	5 to 6

TO COOK FRESH VEGETABLES BY POWER/TIME

Follow the chart on page 40 for the best method of cooking vegetables.

Unless otherwise stated, all vegetables should be covered and cooked on HIGH power.

GOULASH

Serves: 4

Ingredients:

500 g lean lamb
 1 onion, chopped
 1 clove garlic, crushed
 1 tbsp butter
 2 tbsp tomato paste
 ½ tsp paprika
 1 green pepper, cut into 2.5 cm cubes
 1 cup beef stock
 1 tbsp flour
 1 tbsp water
 2 tbsp sour cream

Method:

Trim fat from meat and cut meat into 2 cm cubes. Place onion, garlic and butter in a large casserole dish. Cook on HIGH for 2 to 3 minutes. Add tomato paste and paprika and cook on HIGH for a further 1 minute. Add lamb, green pepper and stock. Cover and cook on MEDIUM-HIGH for 25 to 30 minutes. Mix flour with 1 tbsp of water and stir into goulash mixture. Cook on HIGH for 1 minute. Stir in sour cream and serve with noodle salad or vegetables.

CRUSTY RACK OF LAMB

Serves: 2 to 3

Ingredients:

1 rack of lamb (6-8 cutlets)
 ⅓ cup fresh breadcrumbs
 3 tbsp sweet marmalade
 2 tbsp finely chopped mixed herbs
 pinch cayenne pepper

Method:

In a small bowl combine all ingredients except lamb and mix well. Place rack of lamb, fat side up, on a rack in a casserole dish. Spread marmalade mixture onto top side of lamb and cook on MEDIUM-HIGH for 16 to 18 minutes. Allow to stand for 5 minutes before serving.

BARBECUED SPARERIBS

Serves: 4

Ingredients:

1 kg pork spareribs
 ¼ cup brown sugar
 1 tbsp cornflour
 3 tbsp soy sauce
 ¼ cup dry sherry
 ¼ cup fresh orange juice
 rind from one orange

Method:

Cook spareribs, covered, in a shallow casserole dish on MEDIUM-HIGH for 8 to 10 minutes. Drain off excess fat. Combine brown sugar, cornflour, soy sauce, sherry, orange juice and rind. Pour over spareribs. Cook on MEDIUM-HIGH for 8 to 10 minutes, or until cooked. Stir twice. Serve with rice. Decorate with strips of green or red pepper.

MEATLOAF

Serves: 4 to 6

Ingredients:

750 g topside mince
 ½ cup fresh breadcrumbs
 ½ cup grated carrot
 1 onion, finely chopped
 2 eggs
 2 tbsp chopped parsley
 salt and pepper to taste

Method:

In a large bowl mix all ingredients until well combined. Spread mixture evenly into a greased 25 cm x 12 cm loaf dish. Cook on MEDIUM-HIGH for 18 to 20 minutes. Shield ends with foil after 14 minutes to prevent overcooking. Allow to cool slightly before slicing. Serve with a salad or vegetables.

BEEF STEW WITH DUMPLINGS

Serves: 4

Ingredients:

700 g stewing steak, cubed
 3 tbsp seasoned flour
 2 onions, peeled and sliced
 3 carrots, scraped and sliced
 salt and pepper to taste
 440 g can tomatoes
 450 ml beef stock
 100 g self-raising flour
 50 g shredded suet
 water to mix

Method:

Toss meat in seasoned flour. Put meat, onions, carrots, salt, pepper, tomatoes and stock in a casserole dish, ensuring the meat is all under the liquid. Cover dish and cook on HIGH for 10 minutes, then on MEDIUM-LOW for 1¼ to 1½ hours. Mix suet with flour, then add enough water to make a firm dough. Divide dough into 2.5 cm balls and drop into cooked stew. Cook, uncovered, for a further 5 minutes on HIGH. Serve.

SPANISH PORK

Serves: 4

Ingredients:

2 tbsp oil
 500 g pork, diced
 seasoned flour
 1 onion, peeled and sliced
 440 g can tomatoes
 ½ cup white wine
 2 cloves garlic, crushed
 1 tsp parsley, chopped
 1 tsp dried basil
 salt and pepper to taste

Method:

Pre-heat a browning dish on HIGH for 6 to 7 minutes. Add oil and heat a further 1 to 2 minutes. Toss pork in seasoned flour. Sear in the browning dish for 2 to 3 minutes on HIGH, turning once. Add the rest of the ingredients and stir well. Transfer to a casserole dish. Cover dish and cook on MEDIUM-HIGH for 18 to 20 minutes. Stand for 5 minutes before serving.

VEGETABLES

Fresh Vegetable Cooking Chart

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME ON HIGH (In minutes)
Asparagus	250 g	Remove coarse end of stalks. Add ½ cup water.	4 to 6
Beans (sliced)	250 g	¼ cup water per 250 g.	5 to 7
Broccoli	500 g	Cut into flowerettes. Add 2 tbsp water.	7 to 9
Brussels Sprouts	500 g	Cut a small cross in the stem of each sprout. Add 2 tablespoons water.	7 to 9
Cabbage	500 g	Shredded, with rinsing water only.	8 to 10
Carrots	250 g sliced	Slice evenly. Add 2 tablespoons water.	5 to 7
Cauliflower	500 g	Cut into flowerettes. Add 2 tbsp water.	7 to 9
Celery	400 g (cut in 1 cm angled pieces)	Slice evenly. Add 2 tablespoons water.	6 to 8
Corn	500 g (2 ears) 1 kg (4 ears)	Add 2 tablespoons water.	6 to 8 8 to 10
Courgette	500 g	Evenly sliced. No water.	6 to 8
Kumara	500 g	Serving size pieces, rolled in butter in shallow dish, turned once during cooking. In jacket, skin pricked on paper towel.	9 to 11
Leeks	500 g	Cut in 1 cm slices. Add 2 tbsp water.	7 to 9
Mushrooms	250 g sliced	No water. Add 2 tablespoons butter.	3 to 4
Onions	250 g	Peeled, whole. Add 2 tablespoons water.	4 to 6
Parsnips	500 g	Sliced evenly. 2 tablespoons water.	8 to 10
Peas	250 g	Shell peas. Add 2 tablespoons water.	4 to 6
Potatoes: - Mashed - Jacket	500 g	Peeled and quartered with 2 tablespoons water or scrub and prick skins. Place on paper towel, uncovered.	7 to 9 6 to 8*
Pumpkin	500 g	Cut into uniform pieces with a little butter if desired, or 2 tbsp water.	8 to 10
Spinach	250 g	With rinsing water. Cut stem and leaves finely.	4 to 6
Tomatoes	300 g	With 1 tablespoon melted butter.	2 to 4

*Jacket potatoes may be cooked automatically on models NN-6550, NN-6500 and NN-5550 by using the Convenient Recipe pad.



VEGETABLES

STUFFED TOMATOES

Serves: 2

Ingredients:

2 large tomatoes
¼ cup fresh breadcrumbs
¼ cup grated cheese
2 spring onions, finely sliced
1 tbsp finely chopped parsley
salt and pepper to taste
¼ cup extra grated cheese

Method:

Cut tops off tomatoes. Gently prick skins. Scoop out pulp of tomato with a teaspoon. Mix with remaining ingredients, except extra cheese. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes in a shallow dish and cook on HIGH for 2 to 3 minutes. Serve.

Note:

To cook four stuffed tomatoes, cook on HIGH for 4 to 6 minutes.

PARMESAN ASPARAGUS

Serves: 4

Ingredients:

1 bunch asparagus spears
2 tbsp water
2 tbsp butter
1 clove garlic, crushed
1 tbsp grated parmesan cheese

Method:

Place asparagus and water in a small casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Drain. Place butter and garlic in a small dish and cook on HIGH for 1 minute. Add to drained asparagus and mix carefully. Cook on HIGH for a further 1 minute. Sprinkle with parmesan cheese and serve.

EVERGREEN BEANS

Serves: 4

Ingredients:

500 g beans, topped, tailed and sliced diagonally into thirds
¼ cup water
3 spring onions, sliced
2 tbsp oyster sauce
1 tbsp oil
2 cloves garlic, crushed

Method:

Place beans and water in a casserole dish. Cover and cook on HIGH for 6 to 8 minutes. Stand covered whilst making sauce. Place spring onions, oyster sauce, oil and garlic in a small dish. Cook on HIGH for 1 to 2 minutes. Add sauce to beans and mix well.

BRUSSELS SPROUTS AND PINE NUTS

Serves: 4

Ingredients:

500 g brussels sprouts, washed and trimmed
¼ cup water
¼ cup pine nuts

Method:

Place brussels sprouts and water in a casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Drain. Add pine nuts and cook on HIGH for a further minute. Serve.

CAULIFLOWER NICOISE

Serves: 4 to 6

Ingredients:

1 medium cauliflower
4 tbsp water
25 g butter
1 small onion, finely chopped
225 g tomatoes
1 small clove garlic, crushed
freshly ground black pepper
chopped parsley
black olives

Method:

Divide cauliflower head into flowerettes and put in a dish with water. Cover and cook on HIGH for 6 to 7 minutes. Set aside. Heat the butter and onion together for 2 minutes on HIGH. Peel the tomatoes, cut in half, remove seeds and chop flesh. Add tomato flesh to onions along with garlic. Cook for 1½ to 2 minutes on HIGH. Drain cauliflower, arrange in serving dish. Pour over the tomato and onion mixture. Season with black pepper and sprinkle with chopped parsley. Garnish with black olives. Serve immediately.

CABBAGE, HAM AND ONION

Serves: 4

Ingredients:

500 g cabbage, shredded
2 tbsp water
1 onion finely chopped
1 tbsp butter
125 g ham, finely chopped
pepper to taste

Method:

Place cabbage and water in a casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Drain and set aside. Place onion and butter in a small dish and cook on HIGH for 3 to 4 minutes. Add onion and ham to cabbage and mix well. Return to oven and cook on HIGH for 3 to 4 minutes. Season with pepper and serve.

SCALLOP POTATOES

Serves: 4 to 6

Ingredients:

1 kg old potatoes, peeled and finely sliced
2 tbsp water
300 ml sour cream
¼ cup milk
salt and pepper
paprika
1 tbsp snipped chives

Method:

Place potatoes and water in a casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Drain. In a small bowl mix sour cream, milk, salt and pepper. Pour over potatoes. Sprinkle with paprika and chives. Cook, uncovered, on HIGH for 4 to 5 minutes, or until potatoes are tender.

ARDENNIS STYLE POTATOES

Serves: 4

Ingredients:

4 medium sized potatoes
100 g ham, finely diced
3 tbsp chives
50 g butter
½ cup grated cheddar cheese
ground black pepper

Method:

Scrub potatoes, wash and pat dry with paper towel. Prick skins and place on a paper towel lined plate. Cook on HIGH for 6 to 8 minutes. Allow to cool slightly. Cut top off potatoes and scoop out pulp from centre, leaving 1 to 2 cm in shell. Mash pulp and combine with remaining ingredients. Spoon filling back into potato shells. Place potatoes in a shallow dish. Cook on HIGH for 2 to 3 minutes.

Note:

If large potatoes are used, cook on HIGH for 8 to 10 minutes.

ORIENTAL VEGETABLES

Serves: 4 to 6

Ingredients:

1 tbsp oil
1 cup celery, sliced diagonally
1 large onion, broken into petals
1 cup green pepper, cut into 2.5 cm cubes
1 cup red pepper, cut into 2.5 cm cubes
1 cup slice mushrooms
1 tbsp oyster sauce
1 tbsp Hoi Sin sauce
2 tsp soy sauce

Method:

Preheat a browning dish on HIGH for 7 minutes. Add oil and vegetables and stir well. Cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Mix together sauces in a 1-cup glass jug and cook on HIGH for 1 minute. Pour over hot vegetables and mix well.

BROCCOLI AND CHEESE SAUCE

Serves: 4

Ingredients:

250 g broccoli flowerettes
2 tbsp water

Cheese Sauce:

2 tbsp butter
2 tbsp flour
1¼ cups milk
¾ cup grated tasty cheese
¼ tsp mustard
salt and pepper

Method:

Place broccoli and water in a casserole dish. Cover and cook on HIGH for 5 to 6 minutes. Drain and set aside. Place butter in a 4-cup jug and cook on HIGH for 20 seconds. Add flour and mix well. Cook on HIGH for 20 seconds. Add milk gradually and stir well. Cook on HIGH for 3 minutes, or until sauce has thickened, stirring halfway through cooking. Add cheese, mustard, salt and pepper and mix well. Pour sauce over broccoli and cook on MEDIUM-HIGH for a further 1 minute.

HONEY GLAZED CARROTS

Serves: 4

Ingredients:

500 g carrots
2 tbsp brown sugar
2 tsp butter
2 tbsp honey

Method:

Peel and finely slice carrots. Combine all ingredients in a small dish. Cover and cook on HIGH for 8 to 10 minutes, stirring halfway through cooking. Serve.

SAVOURY PARSNIP LAYER

Serves: 4 to 6

Ingredients:

700 g parsnips, peeled and thinly sliced
400 g can tomatoes
100 g streaky bacon, diced
2 tsp brown sugar
black pepper to taste
100 g grated tasty cheese
150 ml cream
50 g fresh white breadcrumbs
25 g butter

Method:

Mix together bacon and tomatoes. Arrange a layer of parsnip in a casserole dish, cover with a layer of bacon and tomatoes. Season with pepper and sprinkle with sugar. Cover with a third of the cheese and a little cream. Repeat layers, ending with cheese. Sprinkle over breadcrumbs, pour over any remaining cream. Dot with butter. Cover with plastic wrap and cook on HIGH for 10 to 12 minutes for crisp result (or on HIGH for 14 to 16 minutes for soft result). Stand for 5 minutes before serving.

RICE, PASTA AND CEREAL

Although there is no time saved when cooking rice or pasta by microwave, there is the major advantage of the food not sticking to the dish it is cooked in, as can happen conventionally. Rice and pasta should not be covered when cooked by microwave. This helps to avoid boil over. It is recommended that rice and pasta be cooked in containers double the capacity of the amount of food being prepared. However, if you are concerned that your dish is a little on the small side and that the water will boil over, grease the inside top rim of the dish

with a little butter.

Follow the chart below for recommended dish size, water quantity and cooking time. Although rice can be cooked in hot tap water, pasta must be added to boiling water to prevent it sticking together. Salt, oil, butter or stock can be added during the cooking of rice and pasta as desired. Cook on HIGH power according to the times in the chart. Allow to stand after cooking, then drain and stir before serving.

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK on HIGH (in minutes)	STANDING TIME (in minutes)
RICE:				
Brown (1 cup)	2 litre jug	2 cups	22 to 25	10
Long Grain (1 cup)	2 litre jug	2 cups	10 to 12	5
Short Grain (1 cup)	2 litre jug	2 cups	10 to 12	5
BARLEY: (1 cup)	4 litre bowl	4 cups	20 to 25	10 (then drain)
NOODLES:				
Egg Noodles, Fettucine medium width (250 g)	4 litre bowl	6 cups	6 to 8	5
Elbow Macaroni (250 g)	4 litre bowl	4 cups	6 to 8	5
Lasagna Noodles (250 g) instant	4 litre bowl	6 cups	8 to 10	5
Spaghetti (250 g broken)	4 litre bowl	4 cups	8 to 10	5
Speciality Noodles, bows, shells, etc (250 g)	4 litre bowl	4 cups	8 to 10	5

Convenient Recipe - Rice - Models NN-6550, NN-6500 and NN-5550

This automatic program is designed for short or long grain white rice. It has pre-set times and power levels, enabling you to automatically cook $\frac{1}{2}$ cup, 1 cup, $1\frac{1}{2}$

cups or 2 cups of rice. Refer to page 18. Unpolished rice should be cooked by power and time according to the directions given in the chart.

SAVOURY EGG NOODLES

Ingredients:

250 g pkt egg noodles
2 cloves garlic, crushed
 $\frac{1}{2}$ cup chopped fresh basil
 $\frac{1}{3}$ cup chopped fresh parsley
1 tbsp pine nuts, finely chopped
 $\frac{1}{2}$ cup grated parmesan cheese
1 cup olive oil
salt and black pepper

Method:

Place 8 cups of boiling water into a large casserole dish. Add egg noodles. Cook on HIGH for 8 to 10 minutes. Mix together garlic, basil, parsley, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained noodles.

Tip:

Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.

SOYA BEAN LOAF

Ingredients:

1 large onion, chopped
310 g can soya beans
 $\frac{1}{2}$ cup cooked brown rice
 $\frac{1}{3}$ cup toasted sesame seeds
2 eggs, lightly beaten
 $\frac{1}{4}$ cup wholemeal self raising flour
 $\frac{1}{4}$ cup grated cheese
1 tbsp soy sauce

Method:

Place onion in a small casserole dish. Cook on HIGH for 1 to 2 minutes. Grease a 22cm x 12cm loaf dish. Mix remaining ingredients with the cooked onion and press into the dish. Smooth over the top. Cook on MEDIUM-HIGH for 10 to 15 minutes. Stand for 5 minutes before slicing. Serve with cucumber and yoghurt.



Egg Noodles

RICE, PASTA AND CEREAL

STIR FRIED RICE

Serves: 4 to 6

Ingredients:

1 tbsp	vegetable oil
1	clove garlic, crushed
1 cm	root ginger, finely cut
1	small carrot, finely chopped
1	stick celery, sliced
1/2	green or red pepper, cut in strips
6 to 8	mushrooms, sliced
3	spring onions, chopped
2	eggs
1	small can shrimps (optional)
1-2 tbsp	soy sauce
2 cups	cooked brown rice

Method:

Place oil, garlic and ginger in a shallow dish and cook on HIGH for 2 to 2½ minutes. Add carrot, celery and pepper and cook a further 3 minutes on HIGH. Break eggs into a small dish, add pepper to taste, mix well and cook on HIGH for 1½ to 2 minutes. Slice into thin strips. Add eggs, plus all remaining ingredients, to vegetable mixture and stir well. Cook on HIGH for 3 to 5 minutes to heat thoroughly. Serve.

PASTA AND SILVERBEET

Serves: 4

Ingredients:

2 tbsp	olive oil
1	large clove garlic
1/2 tsp	salt
1/4 tsp	pepper
1/4 tsp	chilli powder
2 tsp	dried basil
1/2 cup	chopped walnuts
125 g	ricotta cheese
1/4 cup	grated parmesan cheese
250 g	silverbeet, stalks discarded and leaf washed, dried and roughly chopped
250 g	small spiral pasta, cooked
1 cup	liquid from pasta
	extra grated parmesan for garnish

Method:

Place oil, garlic, salt, pepper and chilli powder in food processor or blender. Process until pureed, then add basil and walnuts. Blend a few seconds, then add ricotta and parmesan cheese and blend until smooth. Add silverbeet leaves one cup at a time, blending after each addition. Drain pasta, reserving 1 cup of cooking liquid. Add this liquid to food processor and process for a few seconds. Place pasta in a serving dish and pour over sauce. Toss to combine and cook on HIGH for 1 to 2 minutes to heat through. Serve garnished with extra grated parmesan cheese.

VEGETABLE LASAGNE

Serves: 6 to 8

Ingredients:

Sauce:

1 tbsp	butter
2	cloves garlic, crushed
3/4 cup	spring onions, sliced
250 g	mushrooms, sliced
1	red pepper, finely sliced
6	tomatoes, chopped
1/2 cup	tomato paste
	salt and pepper

Cheese Filling:

250 g	cream cheese
250 g	ricotta cheese
200 g	carton natural yoghurt
250 g	courgette, grated

	salt and pepper
8	lasagne noodles
4 cups	hot tap water

Topping:

1½ cups	grated tasty cheese
	paprika

Method:

Place butter, garlic and spring onions in a casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining sauce ingredients and mix well. Cover and cook on MEDIUM-HIGH for 6 to 8 minutes. Set aside. Blend cheeses and yoghurt until smooth. Add courgette, salt and pepper. Mix well. Place lasagne noodles and water in a large casserole dish. Cook on HIGH for 5 to 7 minutes. Drain. Place half of the sauce mixture in the base of a deep 23 cm x 13 cm dish. Lay half the noodles on top of sauce. Spoon over half of the cheese filling. Repeat the above procedure. Cover and cook on MEDIUM-HIGH for 10 to 12 minutes. Remove cover and sprinkle cheese on top. Sprinkle with paprika and cook on HIGH for a further 3 to 5 minutes. Serve.

PAELLA

Serves: 6 to 8

Ingredients:

500 g	mussels
1/4 cup	water
1	green pepper, sliced
1	red pepper, sliced
2	onions, sliced
1	clove garlic, crushed
2 tbsp	butter
2 cups	long grain white rice
440 g	can peeled tomatoes, roughly chopped
2 cups	hot chicken stock
	pinch saffron powder (or 1/2 tsp turmeric)
1½ cups	cooked, diced chicken
200 g	peeled green prawns

Method:

Place mussels and water into a large dish. Cover and cook on HIGH for 4 to 5 minutes. Place pepper, onion, garlic and butter into a large dish and cook on HIGH for 5 to 6 minutes. Add rice and stir well. Cook on HIGH for 2 to 4 minutes. Stir in tomatoes, stock and saffron. Cook on HIGH for 18 to 20 minutes. Stir in chicken, prawns and mussels. Cook on MEDIUM-HIGH for 4 to 6 minutes. Stand for 5 minutes before serving.

CABBAGE ROLLS WITH RICE AND NUT STUFFING

Serves: 4 to 6

Ingredients:

1 cabbage (approx. 12 large leaves)

Stuffing:

1 cup diced onion
1 clove garlic, crushed
1 tbsp oil
1 cup brown rice
1 tsp tomato paste
1 tsp dried mint
1 tsp dried dill
1/2 tsp cinnamon
pepper to taste
2 cups vegetable stock
1/2 cup raisins, chopped
1 tbsp currants
1/2 cup chopped nuts
1 cup vegetable stock, extra

Method:

Cut core out of cabbage to release leaves. Place whole cabbage in a large casserole dish and cook on HIGH for 5 minutes. Remove outer leaves. Cook on HIGH for 2 minutes, until 12 nice leaves are obtained. Place onion, garlic and oil in a casserole dish. Cook on HIGH for 1 to 2 minutes. Rinse rice, add to onion and cook for 30 seconds. Add tomato paste, mint, dill, cinnamon, pepper and vegetable stock. Mix well. Cook, uncovered, on HIGH for 20 to 25 minutes. Stand covered for 10 minutes. Add raisins, currants and nuts to rice mixture and mix well. Lay 1 cabbage leaf flat, place a tablespoon of mixture into centre of leaf. Fold in sides and roll up. Continue to fill remaining leaves in the same way. Place rolls, seam side down, into a greased shallow dish. Pour over extra stock and cook, covered, on HIGH for 10 minutes. Serve.

RICE PUDDING

Serves: 4

Ingredients:

1 cup short grain rice
700 ml milk
1/4 cup sultanas
2 tbsp sugar
1/2 tsp vanilla
nutmeg

Method:

Grease well a 20 cm deep souffle dish. Combine all ingredients, except nutmeg, and pour into dish. Cook on HIGH for 10 minutes, then on MEDIUM for 15 to 20 minutes, stirring twice during cooking. Sprinkle with nutmeg before serving.



Cabbage Rolls with Rice and Nut Stuffing

BACON AND ONION FETTUCINE

Serves: 4

Ingredients:

250 g fettucine
3 cups hot tap water
1 tbsp butter
1 onion, finely chopped
1 clove garlic, crushed
3 rashers of bacon
(rind removed and bacon chopped)
1/4 cup cream
1 tbsp parmesan cheese
2 tbsp finely chopped parsley
1/2 tsp freshly ground black pepper
1/4 tsp salt
1 tbsp extra parmesan cheese

Method:

Place fettucine and water in a large casserole dish and cook on HIGH for 8 to 10 minutes. Stand, covered, for 2 minutes. Drain. Place butter in a small casserole dish and cook on HIGH for 30 seconds. Add onion, garlic and bacon and cook on HIGH for 5 minutes. Add cream, parmesan cheese, parsley, drained fettucine and seasoning and mix well. Cook on HIGH for 2 minutes. Serve sprinkled with extra parmesan cheese.



Bran Muffins and Ginger Bread

GINGERBREAD

Ingredients:

225 g	flour
	pinch salt
1 tsp	ground ginger
1/4 tsp	mixed spice
1/2 tsp	baking soda
1/2 tsp	baking powder
75 g	butter
100 g	soft brown sugar
1/2 cup	treacle
1/2 cup	golden syrup
300 ml	milk
1	egg, beaten
	grated rind of 1 lemon (optional)

Method:

Sift flour, salt, ginger, spice, baking soda and baking powder into a large bowl. In a separate bowl put butter, sugar, treacle and golden syrup. Cook on HIGH for 2 to 2½ minutes until butter is melted. Pour this mixture into a well in the centre of dry ingredients and mix to combine. Add milk and egg and mix well. Stir in lemon rind if used. Pour mixture into a base lined loaf dish. Cook, covered with a double layer of paper towel, on HIGH for 10 to 11 minutes. Stand on a flat surface for 10 minutes before turning out to cool on a wire rack.

BRAN MUFFINS

Makes: approx. 24

Ingredients:

2 cups	bran flakes
1/2 cup	flour
1 tsp	baking soda
1 tsp	baking powder
1/2 tsp	salt
1/2 cup	golden syrup
1	egg, beaten
1 cup	milk

Method:

Combine dry ingredients. Warm golden syrup on HIGH for 30 seconds, then add to beaten egg and milk. Pour wet mixture into dry ingredients and mix to combine. 2/3 fill patty pans. Cook 6 at a time on HIGH for 2 to 2½ minutes.

CARROT CAKE

Ingredients:

1½ cups	flour
1 cup	brown sugar
1 tsp	baking powder
1 tsp	baking soda
1 tsp	cinnamon
1 tsp	allspice
1/4 tsp	salt
1 cup	grated carrot
2/3 cup	oil
2	eggs
1/2 cup	crushed pineapple with syrup
1 tsp	vanilla essence

Method:

Combine flour, sugar, baking powder, baking soda, spices, salt and carrot. Beat in remaining ingredients. Pour batter into a large ring mould lined with baking paper. Cook, covered with a double layer of paper towel, on MEDIUM-HIGH for 8 to 10 minutes. Allow to cool for 5 minutes before turning onto a wire rack to cool. When cold ice as desired.

SWEET PASTRY

Makes: 1 pie shell

Ingredients:

185 g	flour
1 tbsp	castor sugar
125 g	butter, cut into cubes
1	egg yolk, lightly beaten

Method:

Sift flour into a mixing bowl, add sugar, and rub in butter until it resembles fine breadcrumbs. Add egg yolk and mix to a soft dough. Knead dough lightly and chill for 30 minutes. Roll out to fit a 20 cm pie dish. Trim edges and prick thoroughly. Cook on HIGH for 3 to 4 minutes. Cool.



Christmas Pudding

BAKING AND DESSERTS

CHRISTMAS PUDDING

Serves: 10 to 12

Ingredients:

250 g	each - sultanas, raisins
125 g	each - currants, dates, chopped
100 g	mixed glace fruit
100 g	glace cherries
60 g	mixed peel
½ cup	brandy
250 g	butter
250 g	brown sugar
4	eggs
1 cup	flour
½ tsp	each - ginger, nutmeg, cinnamon
	allspice
1 tbsp	golden syrup
1½ cups	fresh breadcrumbs
1 cup	canned pineapple pieces

Method:

Place dried fruit into a large mixing bowl and pour over brandy. Soak overnight. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs one at a time, beating gently after each addition. Add sifted flour and spices, golden syrup, breadcrumbs and pineapple. Mix well. Add pudding mixture to fruits and fold until well combined. Grease and line a 2.5 litre pudding bowl. Pour mixture into the bowl and smooth over top. Cook on MEDIUM-LOW for 40 minutes. Shield edges with strips of foil and continue to cook on MEDIUM-LOW for a further 30 to 40 minutes. Stand loosely covered for 10 minutes before serving.

DATE AND APPLE RICE PUDDING

Serves: 6

Ingredients:

3	apples, peeled, core and sliced
1 tbsp	water
3 cups	cooked brown rice
	grated rind of 1 orange
½ cup	orange juice
2 tbsp	butter
½ cup	chopped dates
2 tbsp	honey

Topping:

3 tbsp	brown sugar
¼ cup	chopped nuts
¼ tsp	cinnamon
¼ tsp	nutmeg
1 tbsp	butter

Method:

Place apples and water in a small bowl. Cook on HIGH for 5 to 7 minutes. Place rice, orange rind, orange juice and butter in a large dish. Cook on HIGH for 2 to 3 minutes. Add dates and honey and cook on HIGH for a further 1 to 2 minutes. Place half the rice mixture into a 20 cm round souffle dish. Place half the apples over the rice. Repeat with remaining rice and apple. Combine topping ingredients, except butter, and sprinkle over apple. Dot with butter. Cook on MEDIUM-HIGH for 3 to 4 minutes. Serve warm with cream or ice cream.

Note:

1½ cups uncooked brown rice will yield 3 cups cooked. Refer to chart on page 44.

APPLE CRUMBLE

Serves: 4 to 6

Ingredients:

500 g	apples, peeled, cored and sliced
¼ cup	sugar
½ tsp	cinnamon

Crumble Topping:

90 g	butter
1 cup	plain flour
2 tbsp	sugar
1 tsp	cinnamon

Method:

Place the prepared fruit in a 20 cm shallow dish and sprinkle with sugar and cinnamon. Cover and cook on HIGH for 5 minutes.

Crumble Topping:

Rub butter into flour and sugar, until it resembles fine breadcrumbs. Place over fruit and sprinkle with cinnamon. Cook on HIGH for 6 to 7 minutes.

STEAMED JAM PUDDING

Serves: 4 to 6

Ingredients:

3 tbsp	jam
100 g	butter
⅔ cup	castor sugar
2	eggs
¾ cup	self-raising flour
¼ cup	milk

Method:

Grease a 1 litre pyrex jug. Spoon jam in bottom of jug. Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Fold in flour alternately with milk and mix until well combined. Pour mixture over jam. Smooth top. Cook on MEDIUM-HIGH for 7 to 8 minutes. Stand covered for 5 minutes before turning out to serve.

BUTTERSCOTCH BANANAS

Serves: 2

Ingredients:

½ cup	brown sugar
¼ cup	rum or brandy
¼ cup	butter
2	large ripe bananas, cut lengthwise

Method:

Mix sugar, rum and butter in a shallow casserole dish. Heat on HIGH for 3 to 4 minutes, stirring twice during cooking. Add bananas and coat with sugar mixture. Cook on HIGH for 2 to 3 minutes. Serve hot with ice cream.

CHOCOLATE CAKE

Ingredients:

125 g butter
1½ cups sugar
2 tbsp cocoa
1 cup water
1 tsp baking soda
1½ cups self-raising flour
1 tsp vanilla
2 eggs

Method:

Put butter, sugar, cocoa, water and soda in a large bowl. Cook on HIGH for 5 minutes. Leave to cool. Add flour, vanilla, and lastly eggs. Mix to combine. Line the base of a 20 cm souffle dish with baking paper. Pour in mixture. Cover with a double layer of paper towel. Cook on HIGH for 6 minutes. Leave to cool in container for at least 10 minutes. Turn out and ice as desired.

SHORTBREAD BISCUITS

Makes: 16

Ingredients:

125 g butter 4025
4 tbsp icing sugar
60 g self-raising flour 2 + 025
60 g plain flour
60 g cornflour
1 tbsp milk

Method:

Cream butter and icing sugar until light and fluffy. Add flours and milk and mix well. Pinch off small amounts of mixture and roll into balls. Place 8 balls at a time on a dinner plate evenly spaced. Flatten gently with a fork. Cook on HIGH for 1 minute 45 seconds to 2¼ minutes. Allow to cool slightly before removing and cooling completely on a wire rack. Repeat with remaining mixture.

DATE AND WALNUT FUDGE

Makes: approx. 20

Ingredients:

250 g sweet biscuits, crushed
50 g walnuts, chopped
100 g dates, chopped
2 tsp cocoa powder
2 tsp coffee powder
175 g dark chocolate, broken
400 g can sweetened condensed milk
1 tsp vanilla essence

Method:

Grease a 20 cm square dish. Mix biscuit crumbs, walnuts and dates in a bowl. Place remaining ingredients in a separate bowl and cook on MEDIUM-HIGH for 2 to 3 minutes. Stir well. Pour melted mixture into dry ingredients and mix well. Press mixture into prepared dish, smooth top and chill until set. Cut into squares.

Tip:

An icing of your choice can be spread over this slice.

ALMOND TEA CAKE

Ingredients:

2 eggs
¼ cup sugar
60 g butter, softened
¼ cup milk
1 tsp vanilla essence
1 cup flour
2 tsp baking powder
¼ tsp salt

Topping:

60 g butter
¼ cup brown sugar
1 tbsp plain flour
2 tsp milk
90 g slivered almonds

Method:

Place eggs and sugar into a bowl and beat until light and fluffy. Add butter and beat well. Add milk and vanilla and mix well. Fold in flour, baking powder and salt. Line the base of a 20 cm souffle dish with baking paper. Pour mixture into prepared dish and cook on MEDIUM-HIGH for 3½ to 4½ minutes.

Topping:

Place butter in a small bowl and cook on HIGH for 30 to 40 seconds. Add remaining ingredients and cook on HIGH for a further 1 to 1½ minutes. Spread evenly over cake and cook on HIGH for 2 minutes.



Date and Walnut Fudge

SAUCES AND ACCOMPANIMENTS

ORANGE MARMALADE

Ingredients:

5 large oranges
juice of 2 lemons
3¼ cups boiling water
1.8 kg sugar

Method:

Wash oranges. Shake off excess water and place in a large casserole. Cook on HIGH for 2 minutes. Squeeze juice from oranges and place in a casserole dish with lemon juice. Finely shred orange peel and add to juices. Cover and cook on HIGH for 25 to 30 minutes. Add sugar and cook on HIGH for 20 to 25 minutes, stirring every 5 minutes. Test to ensure marmalade is setting. Allow to cool for 10 minutes before pouring into sterilised jars.

FRUIT MINCE

Ingredients:

250 g mixed dried fruit
440 g crushed pineapple and juice
1 cooking apple, peeled, core and grated
1 cup brown sugar
1 tbsp brandy
1 tsp nutmeg
1 tsp cinnamon
1 tbsp cornflour
¼ cup water

Method:

Combine all ingredients, except cornflour and water, in a casserole dish. Cook on MEDIUM-HIGH for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on HIGH for 4 to 6 minutes. Stir. Cool, bottle and seal, or use immediately.

SWEET APRICOT JAM

Ingredients:

750 g dried apricots
7¼ cups water
1.7 kg sugar
2 tbsp pectin

Method:

Place apricots and water in a large bowl. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on HIGH for 25 to 30 minutes, stirring once. Remove lid, add pectin and stir well. Cook on HIGH for a further 25 to 30 minutes, stirring halfway through cooking. Test to ensure jam is setting. Allow to cool slightly before pouring into sterilised jars.

LEMON BUTTER

Ingredients:

2 lemons, rind and juice
½ cup sugar
3 egg yolks
1 tbsp butter
1 tbsp cornflour

Method:

Blend all ingredients in a bowl. Cook on MEDIUM-HIGH for 3 minutes, or until thickened, stirring every minute. Pour into hot sterilised jars and seal immediately.

CARAMEL SAUCE

Ingredients:

½ cup brown sugar
90 g butter
¼ cup cream
½ tsp vanilla essence

Method:

Combine all ingredients in a 2 cup jug. Mix well. Cook on HIGH for 1½ to 2 minutes, stirring halfway through cooking. Serve over ice cream or with the pudding of your choice.

RUNNY CHOCOLATE SAUCE

Ingredients:

90 g dark chocolate
¾ cup evaporated milk
¼ cup sugar
1 tsp vanilla essence

Method:

Place chocolate in a 2 cup jug. Cook on MEDIUM-HIGH for 1 minute. Stir well. Add remaining ingredients to chocolate, stirring until smooth. Cook on MEDIUM-HIGH for a further 2 to 3 minutes. Serve over ice cream.

BERRY JAM

Ingredients:

1 kg berries, hulled if necessary
1 kg castor sugar
Pectin, if required

Method:

Place berries in a large bowl. Cover and cook on HIGH for 5 minutes. Stir in sugar and pectin if required. Cook on MEDIUM-HIGH for 35 to 40 minutes, stirring every 10 minutes. Test that jam is setting. Cool and bottle in sterilised jars.

SPAGHETTI MEAT SAUCE

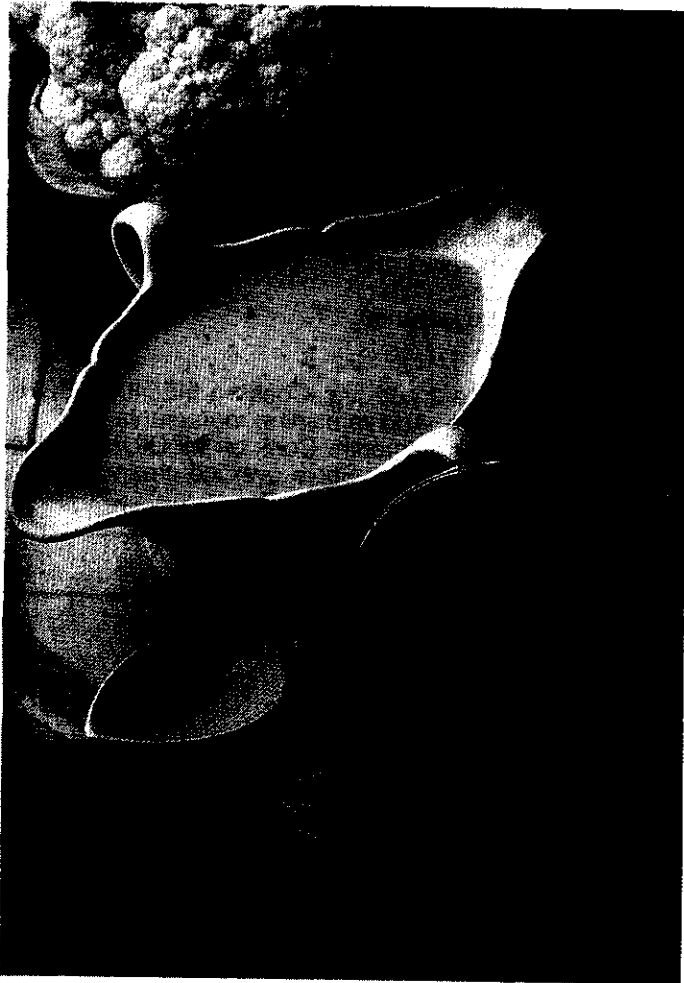
Serves: 4

Ingredients:

500 g minced beef
1 small onion, chopped
1 clove garlic, crushed
¾ cup finely sliced celery
425 g can tomatoes, chopped
1 cup tomato paste
2 tsp beef stock powder
2 tbsp finely chopped parsley
1 tbsp worcestershire sauce
1 tsp salt
1 tsp brown sugar
½ tsp pepper
1 bayleaf

Method:

In a large casserole dish combine minced beef, onion, garlic and celery. Cover and cook on MEDIUM-HIGH for 8 to 10 minutes. Drain off fat. Add remaining ingredients and mix well. Cover and cook on MEDIUM-HIGH for 25 to 30 minutes, stirring halfway through cooking. Serve with spaghetti.



Hollandaise Sauce

BASIC WHITE SAUCE

Ingredients:

2 tbsp butter
2 tbsp flour
salt and pepper to taste
1¼ cups milk

Method:

Place butter in a 4 cup jug. Cook on HIGH for 30 to 40 seconds. Stir in flour, salt and pepper and cook on HIGH for 30 seconds. Gradually add milk, stirring until smooth. Cook on HIGH for 3 to 4 minutes, stirring once, until sauce is smooth and thick.

Tip: To make cheese sauce, stir in ½ cup grated tasty cheese once sauce has thickened.

TOMATO CHUTNEY

Ingredients:

250 g onions, finely chopped
1½ kg ripe tomatoes, skins removed and tomatoes chopped
1 tsp salt
1 tsp paprika
pinch cayenne pepper
150 ml malt vinegar
175 g sugar

Method:

Place onions in a large casserole dish. Cover and cook on HIGH for 4 to 5 minutes. Add tomatoes, cover and cook on HIGH for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on HIGH for 10 minutes, stirring once during cooking. Add sugar, stir well and cook on HIGH for 35 to 40 minutes, stirring occasionally. Pour into sterilised jars and seal.

HOLLANDAISE SAUCE

Ingredients:

60 g butter
2 tbsp lemon juice
2 egg yolks
¼ cup cream
½ tsp mustard
¼ tsp salt

Method:

Place butter in a 2 cup jug and cook on HIGH for 40 seconds. Add lemon juice, egg yolks and cream. Mix well. Cook on MEDIUM-HIGH for 1 to 1½ minutes. Add mustard and salt. Mix until smooth. Serve with eggs, vegetables or fish dishes.

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