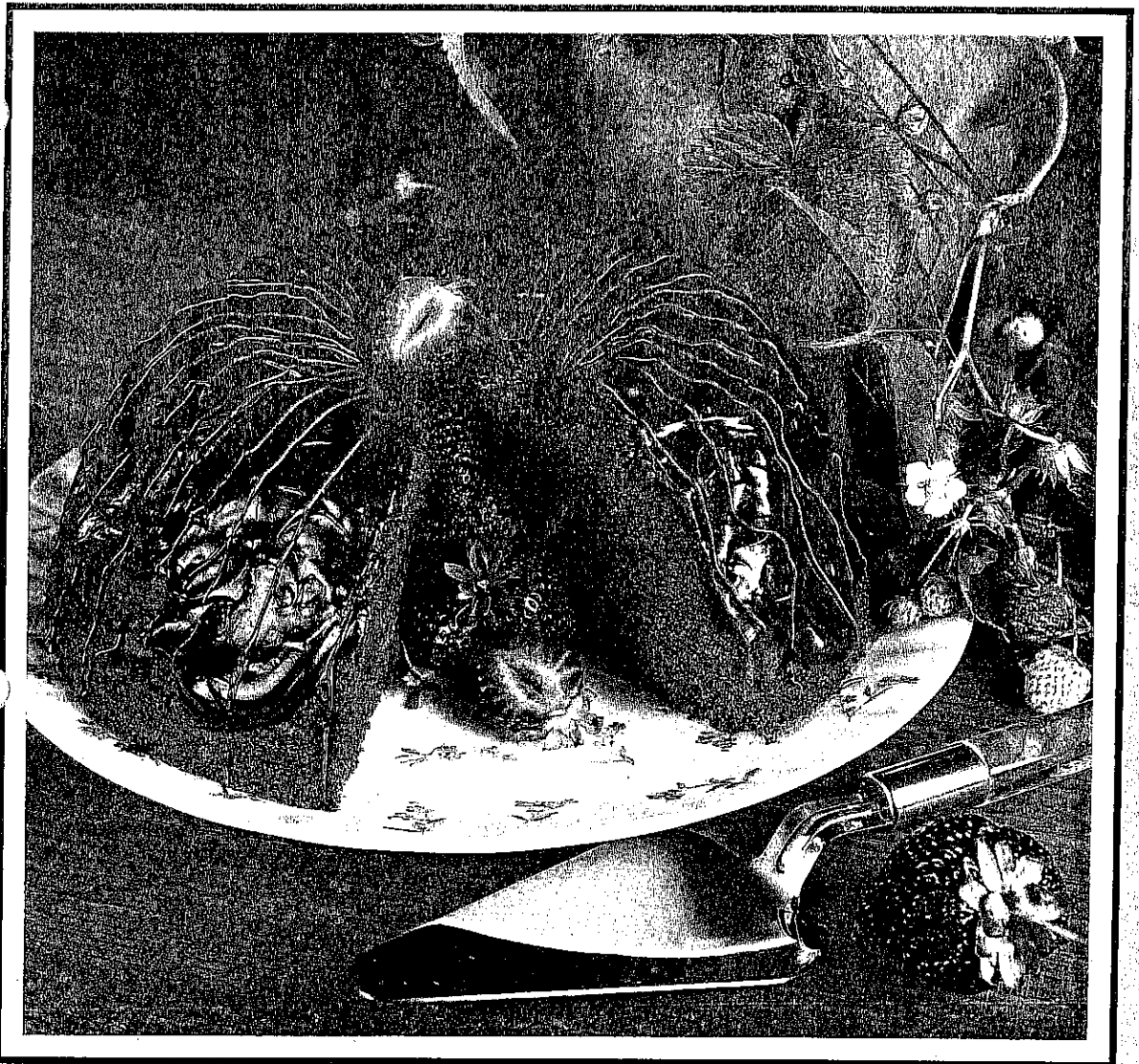


SHARP

**OPERATION MANUAL
AND
COOKBOOK**



**Carousel™
MICROWAVE OVEN**

MODEL R-3S56 (J)

INTRODUCTION

SHARP®

Simply the best in microwave

Thank you for buying a Sharp Microwave Oven.

Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook many varieties of foods.

Please take some time to read your operation manual carefully, the automatic cooking menus programmed into your new oven have been carefully developed to give optimum results when the step by step instructions are followed.

When selecting another home appliance, please again consider our full range of Sharp products.

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NOTE: The following invitation applies only to microwave ovens which were purchased in Australia.



**AN
INVITATION
TO A COOKING CLASS**

SHARP®
Simply the best in microwave

Congratulations on your purchase of a Sharp Microwave Oven. You are cordially invited to attend a Cooking Class.

To enjoy the full potential of your new Sharp Microwave Oven, we strongly recommend that you attend our "Cooking Class". These are conducted by our Demonstrators in all States.

Ring the Sharp office in your state listed below to enrol for one of our classes.

NEW SOUTH WALES

1 Huntingwood Drive,
Huntingwood, Blacktown, 2148
Telephone: (02) 831-9111

VICTORIA

15 Koornang Road
Scoresby, 3179
Telephone: (03) 763-9444

QUEENSLAND

10 Dividend St
Mansfield, 4122
Telephone: (07) 343-9144

SOUTH AUSTRALIA

136-140 Burbridge Road
Hilton 5033
Telephone: (08) 234-5911

WESTERN AUSTRALIA

53-61 Kewdale Road
Kewdale, 6105
Telephone: (09) 353-2322

TASMANIA

Moonah Centre
Room 14, 113 Main Road
Moonah, 7009
Telephone: (002) 284-815

WARNING

Read all instructions before using the appliance.

To reduce the risk of fire in the oven cavity:

- a. Do not overcook food.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
- c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
- d. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

To reduce the risk of explosion and sudden boiling:

- a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
- b. When boiling liquids in the oven, use a wide-mouthed container and stand about 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.

This oven is for home food preparation only and should only be used for cooking food. It is not suitable for commercial or laboratory use.

Never operate the oven whilst any object is caught or jammed between the door and the oven.

Do not try to adjust or repair the oven yourself. The oven must be adjusted or repaired by a qualified service technician trained by SHARP.

Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:
(1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals and Sealing Surfaces.

Always use oven mittens to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.

Should the supply cord become damaged, it must be replaced by a SERVICE CENTRE APPROVED BY SHARP.

If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.

Avoid steam burns by directing steam away from the face and hands. Slowly lift the furthest edge of a dish's cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.

Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.

To prevent the turntable from breaking:

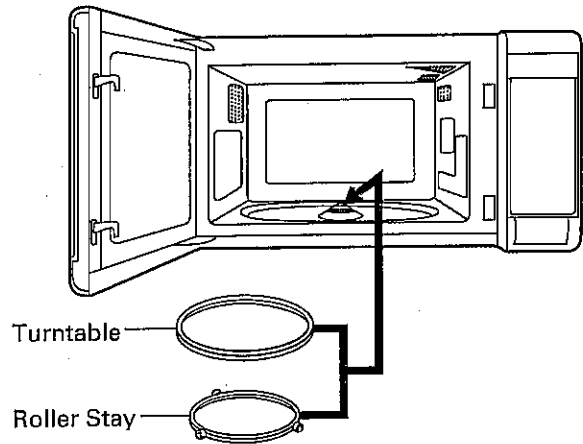
- a. Before cleaning the turntable with water, leave the turntable to cool.
- b. Do not place anything hot on a cold turntable.
- c. Do not place anything cold on a hot turntable.

SPECIAL NOTES

	DO	DON'T
Eggs, fruits, vegetables, sausages and oysters	<ul style="list-style-type: none"> * Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells * Reheat whole eggs. * Overcook oysters.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature. * Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Food with filling should be cut after heating, to release steam and avoid burns. * Stir liquids briskly before and after cooking for even heating. * Use a deep bowl when cooking liquids or cereals to prevent boiling over. * For boiling or cooking liquids see WARNING on page 3. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or air tight containers. * Deep fat fry. * Dry wood, herbs, or wet papers. * Operate the oven empty.
Canned foods	<ul style="list-style-type: none"> * Remove food from can. 	<ul style="list-style-type: none"> * Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> * These foods have high sugar and/or fat contents. * Cook for the recommended time. 	<ul style="list-style-type: none"> * Overcook as they may catch fire.
Meats	<ul style="list-style-type: none"> * Use a microwave proof roasting rack to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the turntable for cooking.
Utensils	<ul style="list-style-type: none"> * Check the utensils are suitable for MICROWAVE cooking before you use them. 	<ul style="list-style-type: none"> * Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	<ul style="list-style-type: none"> * Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls. Sparking can damage the cavity.
Browning dish	<ul style="list-style-type: none"> * Place a suitable insulator such as microwave and heat proof dinner plate between the turntable and the browning dish. 	<ul style="list-style-type: none"> * Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.

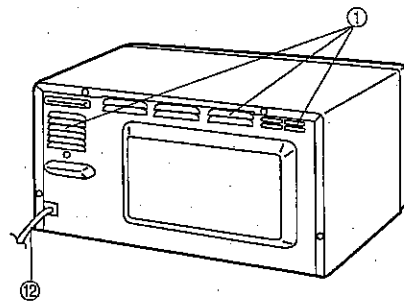
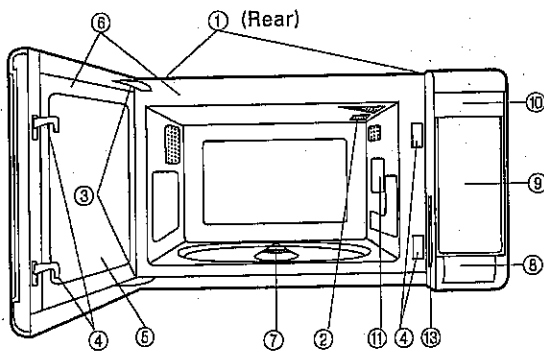
INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
 - 1) Turntable
 - 2) Roller stay
 - 3) Operation manual and Cook book
3. Fitting the roller stay and turntable. Locate the roller stay in the centre of the oven, then fit the turntable on the roller stay. Make sure the turntable is centrally located and locked together. NEVER operate the oven without the roller stay and turntable.
4. The oven should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings.



5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure. The A.C. voltage must be single phase
 - Australia 240V, 50Hz.
 - New Zealand 230 – 240V, 50Hz.
6. Operate the oven from a general purpose domestic outlet. If a generator is used, do not operate the oven with non-sinusoidal outputs.

OVEN DIAGRAM



1. Ventilation openings
2. Oven lamp
3. Door hinges
4. Door safety latches
5. See through door
6. Door seals and sealing surfaces
7. Coupling

8. Door open button
9. Touch control panel
10. Digital readout
11. Waveguide cover
12. Power supply cord
13. Rating label

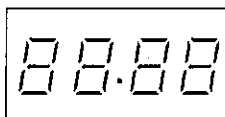
OPERATION OF TOUCH CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate pads arranged on the surface of the control panel.

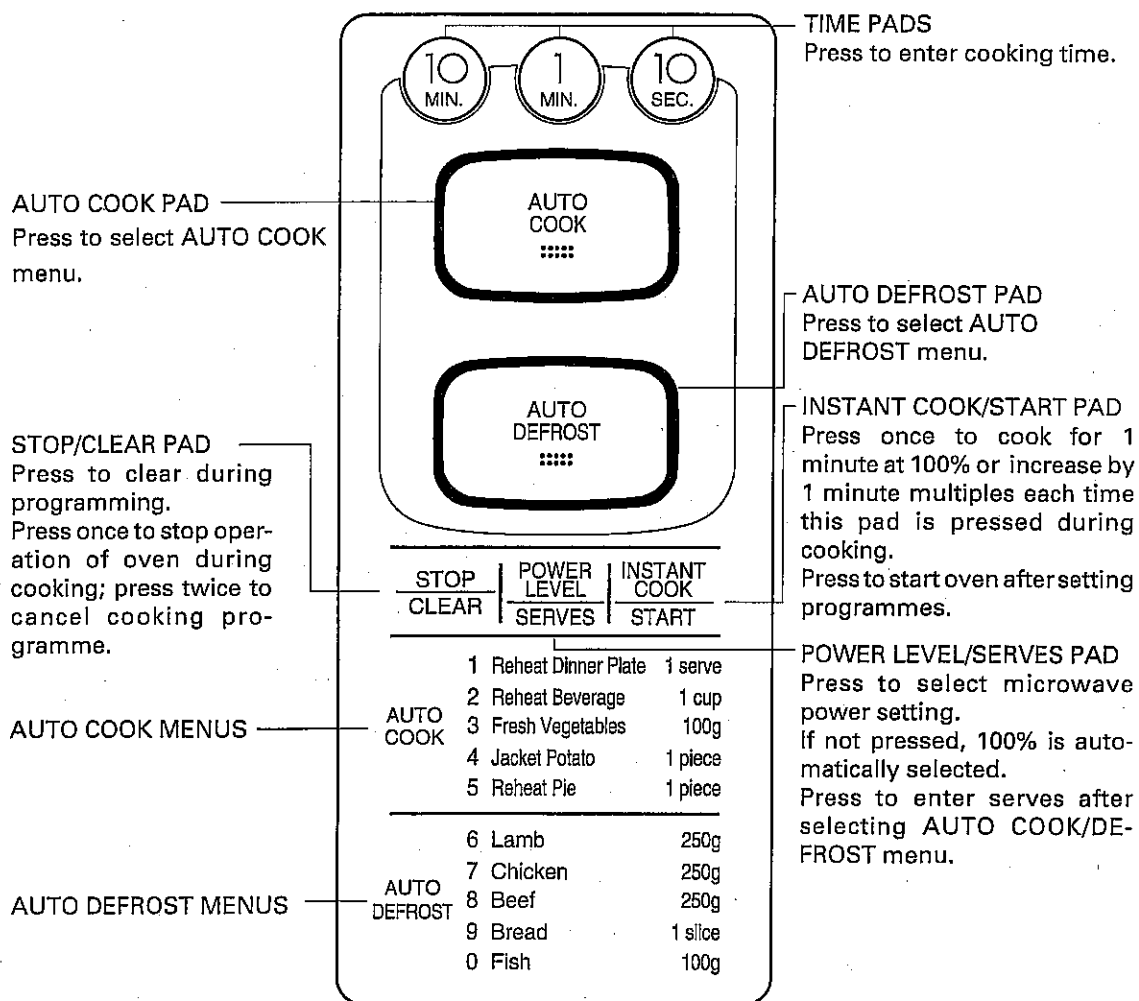
Any entry signal tone should be heard each time you press the control panel to make a correct entry.

In addition an audible signal will sound for approximately 2 seconds at the end of the cooking cycle, or 4 times when cooking procedure is required.

Control Panel Display



Touch Control Panel Layout



Getting Started

Step	Procedure	Pad Order	Display
1	Plug the oven into a power point and switch on the power.		

Stop/Clear

Use the STOP/CLEAR pad to:

1. Stop the oven temporarily during cooking.
2. Clear if you make a mistake during programming.

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.

Microwave Time Cooking

This is a manual cooking feature, first enter the cooking time then the power level. There are five different power levels.

Power level	10% (LOW)	30% (MEDIUM LOW)	50% (MEDIUM)	70% (MEDIUM HIGH)	100% (HIGH)
Display					
Examples of foods typically cooked on microwave oven power level	Keeping food warm	Defrost Softening butter	Casseroles Seafood	Cakes Muffins Slices	Vegetables Rice/Pasta Fruit

This variable cooking control allows you to select the rate of microwave cooking.


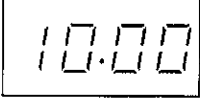




If a power level is not selected, then 100% power is automatically used.

*Suppose you want to time cook for 2 minutes 30 seconds on 100% power.

Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Press the INSTANT COOK/START pad.		 The timer begins to count down.

To lower the power press the POWER LEVEL/SERVES pad until desired power level is displayed.

* Suppose you want to cook fish fillets on 50% power for 10 minutes.



Step	Procedure	Pad Order	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL/SERVES pad as required (for 50% press three times).	 x 3	
3	Press the INSTANT COOK/START pad.		 The timer begins to count down.

If the door is opened during cooking process, the cooking time in the readout automatically stops. The cooking time starts to count down again when the door is closed and the INSTANT COOK/START pad is pressed.

If you wish to know the power level during cooking, press the POWER LEVEL/SERVES pad. As long as your finger is touching the POWER LEVEL/SERVES pad, the power level will be displayed.

Instant Cook™

For your convenience Sharp's Instant Cook allows you to easily cook for one minute on 100% power.




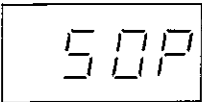

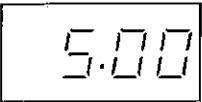
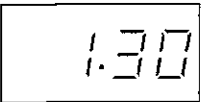

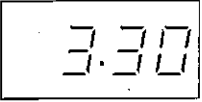
Step	Procedure	Pad Order	Display
1	Press the INSTANT COOK/START pad. Within one minute of closing the door.		 The timer begins to count down.

Press the INSTANT COOK/START pad until desired time is displayed. Each time the pad is pressed, the cooktime is increased by 1 minute.

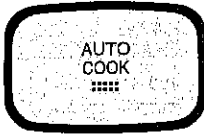
Increasing Time During A Cooking Programme

Microwave time can be added during a cooking programme using the INSTANT COOK/START pad.

* Suppose you want to increase the cooking time by 2 minutes during 5 minutes on 50% power cooking. (at the moment the remaining cooking time is 1 min. 30 sec.)

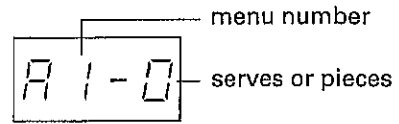
Step	Procedure	Pad Order	Display
1	Enter desired cooking time.	 x5	
2	Select power level by pressing the POWER LEVEL pad as required (for 50% press three times)	 x3	
3	Press the INSTANT COOK/START pad.		 The timer starts to count down. 
4	Press the INSTANT COOK/START pad twice to increase the cooking time by two minutes.	 x2	

Auto Cook




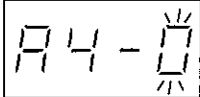

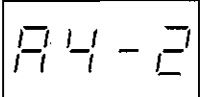
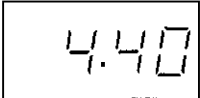


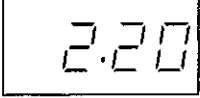
- 1 Reheat Dinner Plate 1 serve
- 2 Reheat Beverage 1 cup
- 3 Fresh Vegetables 100g
- 4 Jacket Potato 1 piece
- 5 Reheat Pie 1 piece

AUTO COOK will automatically compute the microwave power and cooking time. When pressing the AUTO COOK pad, the display will show as following.



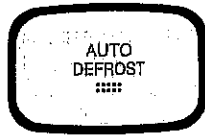
To enter quantity, convert quantity into serve following AUTO COOK MENU GUIDE on page 16.

* Suppose you want to use AUTO COOK to cook 2 Jacket Potatoes.

Step	Procedure	Pad Order	Display
1	Press the AUTO COOK pad until desired menu number is displayed (for Jacket Potato press four times).	 x 4	 Zero will flash on and off.
2	Press POWER LEVEL/SERVES pad until desired serve is displayed (for 2 pieces press twice).	 x 2	 ↓ After about 2 sec.  The cooking time will begin counting down. The oven will "beep" 4 times and stop. The remaining cooking time will flash on and off.
3	Open the door. Turn over potatoes. Close the door.		 The remaining cooking time will be flashing.
4	Press the INSTANT COOK/START pad.		 The cooking time will begin counting down. When it reaches zero, the oven will "beep".

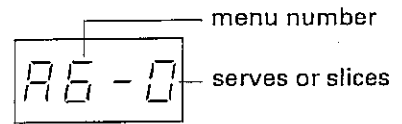
- NOTE**
1. Ensure to press the POWER LEVEL/SERVES pad after step 1, or the oven will not start.
 2. When using the AUTO COOK feature, carefully follow the details provided in AUTO COOK MENU GUIDE to achieve the best result.
 3. Food weighing more or less than the quantity or weight listed in AUTO COOK MENU GUIDE, cook manually.

Auto Defrost




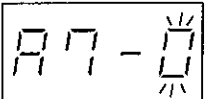

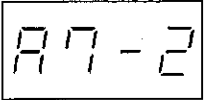
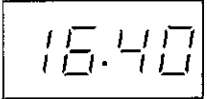
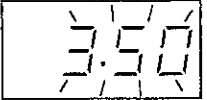

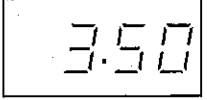
- 6 Lamb 250g
- 7 Chicken 250g
- 8 Beef 250g
- 9 Bread 1 slice
- 0 Fish 100g

AUTO DEFROST will automatically compute the microwave power and defrosting time. When pressing the AUTO DEFROST pad, the display will show as following.



To enter quantity, convert quantity into serve following AUTO DEFROST MENU GUIDE on page 17 and 18.

* Suppose you want to use AUTO DEFROST to defrost 500 g of chicken pieces.

Step	Procedure	Pad Order	Display
1	Press the AUTO DEFROST pad until the desired menu number is displayed (for chicken press twice).	 x 2	 Zero will flash on and off.
2	Press POWER LEVEL/SERVES pad until the desired serve is displayed (for 500 g press twice).	 x 2	 ↓ After about 2 sec.  The defrosting time will begin counting down. The oven will "beep" 4 times and stop. The remaining defrosting time will flash on and off.
3	Open the door. Turn over chicken. Close the door.		 The remaining defrosting time will be flashing.
4	Press the INSTANT COOK/START pad.		 The defrosting time will begin counting down. When it reaches zero, the oven will "beep".

- NOTE**
1. Ensure to press the POWER LEVEL/SERVES pad after step 1, or the oven will not start.
 2. When using the AUTO DEFROST feature, carefully follow the details provided in AUTO DEFROST MENU GUIDE to achieve the best result.
 3. Food weighing more or less than the quantity or weight listed in AUTO DEFROST MENU GUIDE, defrost manually.

CARE AND CLEANING

Exterior:

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

Door:

Wipe the door and window on both sides and the door seals frequently with a damp cloth to remove any spills or splatters.

Touch Control Panel

Care should be taken in cleaning the touch control panel. Open the oven door before cleaning to inactivate the control panel. Wipe the panel with a cloth dampened slightly with water only. Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:

To clean the interior surfaces, wipe with a soft cloth and warm water. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. **DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.**

Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

Turntable/Roller Stay:

Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK

Please check the following before calling for service:

1. When the door is opened, does the oven lamp come on? YES _____ NO _____
2. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if door is closed properly. Press the INSTANT COOK/START pad twice.



twice

- A. Does the oven lamp light? YES _____ NO _____
- B. Does the cooling fan work? YES _____ NO _____
(Put your hand over the rear ventilation openings.)
- C. Does the turntable rotate? YES _____ NO _____
(The turntable can rotate clockwise or counterclockwise. This is quite normal.)
- D. After two minutes, did an audible signal sound? YES _____ NO _____
- E. Is the water inside the oven hot? YES _____ NO _____

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.

If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

SPECIFICATIONS

AC Line Voltage:

Single phase • Australia 240V, 50Hz
• New Zealand 230-240V, 50Hz

AC Power Required:

1.35 kW

Output Power:

850 W* (IEC-705-1988), 750 W (AS 2895-1986)

Microwave Frequency:

2450 MHz

Outside Dimensions:

520mm(W) x 305mm(H) x 385mm(D)

Cavity Dimensions:

348mm(W) x 197mm(H) x 368mm(D)

Oven Capacity:

25 litre (0.9 cu.ft)

Cooking Uniformity:

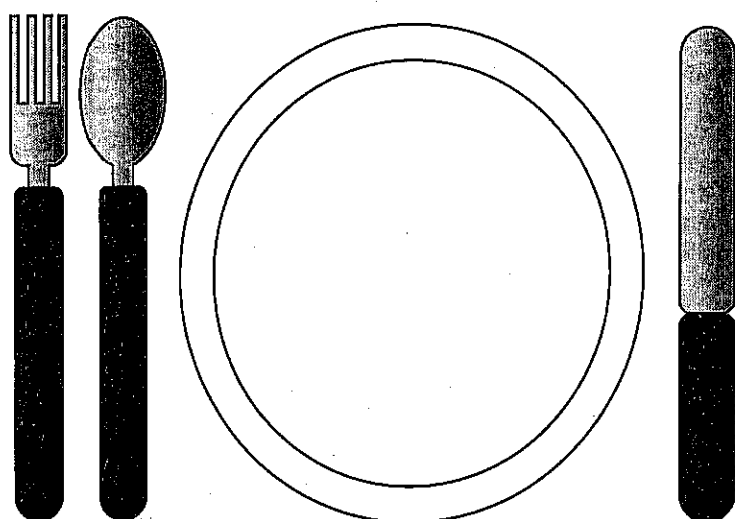
Turntable (325mm tray) system

Weight:

Approx. 15 kg

* This measurement is based on the International Electrotechnical Commission's standardised method for measuring out power.

COOKING GUIDE



Helpful Hints 14

Cook ware &
Utensil Guide 15

AUTOMATIC COOKING MENU GUIDE

AUTO COOK
Menu Guide 16

AUTO DEFROST
Menu Guide 17





RECIPES 19

AUTO COOK MENU GUIDE

The final temperature will vary according to initial temperature. Check foods for doneness after cooking. If necessary you can continue cooking with time and variable power.

MENU NO.	Menu	Initial Temperature	Quantity	Procedure									
1	Reheat Dinner Plate <table border="1" style="margin-left: 20px;"> <thead> <tr> <th>MEAT</th> <th>POTATO</th> <th>VEGETABLES</th> </tr> </thead> <tbody> <tr> <td>175-180g</td> <td>125g</td> <td>100g</td> </tr> <tr> <td>Beef, Lamb Chicken, T-Bone</td> <td>sliced</td> <td>2 varieties eg. sliced Carrot, Zucchini Broccoli</td> </tr> </tbody> </table>	MEAT	POTATO	VEGETABLES	175-180g	125g	100g	Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot, Zucchini Broccoli	+3°C Refrigerated	1 serve (approx. 400 g)	<ul style="list-style-type: none"> • Cover with plastic wrap. • Place directly on turntable. • After cooking, allow to stand for 2 mins.
MEAT	POTATO	VEGETABLES											
175-180g	125g	100g											
Beef, Lamb Chicken, T-Bone	sliced	2 varieties eg. sliced Carrot, Zucchini Broccoli											
2	Reheat Beverage includes: Tea Coffee Water Soup	approx. + 20°C Room temperature	1-4 cups (1 cup, 250 ml)	Beverage <ul style="list-style-type: none"> • No cover • Place on the outside of turntable. • After reheating, stir. Soup <ul style="list-style-type: none"> • Place in a Pyrex® bowl. • Cover with glass lid or plastic wrap. • After reheating, stir. 									
3	Fresh Vegetables Carrots Potato Beans Brussels Sprouts Broccoli Cauliflower Zucchini Spinach Cabbage	approx. + 20°C Room temperature hard vegetables medium vegetables soft vegetables	1-9 serves (1 serve, 100 g)	<ul style="list-style-type: none"> • Wash the vegetables. • Arrange the vegetables in a shallow dish in the following way: hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between. • Cover with glass lid or plastic wrap. • After cooking, stand for 1-5 mins. and stir. 									
4	Jacket Potato Potato (whole)	approx. + 20°C Room temperature	1-9 pieces (1 piece, approx. 150 g)	<ul style="list-style-type: none"> • Use washed new potatoes. • Pierce twice with fork on each side. • Place on outside of turntable. • The oven will stop and "beep", the remaining cooking time will flash on and off. • Turn over potatoes and press start to continue cooking. • After cooking, stand, covered with aluminium foil for 3-10 mins. 									
5	Reheat Pie includes: Pies Pasties	approx. + 3°C Refrigerated	1-4 pieces (1 piece, approx. 160-200 g)	<ul style="list-style-type: none"> • Place on the turntable upside down. • Cover with paper towel. • The oven will stop and "beep", the remaining cooking time will flash on and off. • Turn over pies and press start to continue cooking. • After cooking, stand, 3 mins. 									

AUTO DEFROST MENU GUIDE

MENU NO	Menu	Initial Temperature	Quantity	Procedure
6	Lamb Roast Lamb	approx. -18°C Frozen	1-6 serves (1 serve, 250 g)	<ul style="list-style-type: none"> Shield the edge with foil strips about 2.5 cm wide. Place joint with lean side face upwards (if possible) on a defrost rack. The oven will stop and "beep", the remaining defrosting time will flash on and off. Turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-20 mins.
				
6	Chops	approx. -18°C Frozen	1-6 serves (1 serve, 250 g)	<ul style="list-style-type: none"> Shield thin end of chops with foil. Position the food with thinner parts in the centre in a single layer on a defrost rack. If pieces are stuck together, try to separate as soon as possible. The oven will stop and "beep", the remaining defrosting time will flash on and off. Remove defrosted pieces, turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-20 mins.
				
7	Chicken Poultry	approx. -18°C Frozen	4-6 serves (1 serve, 250 g)	<ul style="list-style-type: none"> Remove from original wrapper. Shield wing and leg tips with foil. Place breast side down on a defrost rack. The oven will stop and "beep", the remaining defrosting time will flash on and off. Turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 15-20 mins. N.B. After standing run under cold water to remove giblets if necessary.
				
7	Chicken Pieces	approx. -18°C Frozen	1-6 serves (1 serve, 250 g)	<ul style="list-style-type: none"> Shield the exposed bone with foil. Place chicken pieces on a defrost rack. The oven will stop and "beep", the remaining defrosting time will flash on and off. Remove defrosted pieces, turn over and shield the warm portions. Press start to continue defrosting. After defrost time, stand covered with aluminium foil for 5-15 mins.
				

MEAT

CRUSTY ROSEMARY LAMB

1/4 cup brown sugar
2 tablespoons seeded mustard
1 tablespoon lemon juice
2 tablespoons chopped fresh rosemary
1.5 kg leg lamb

1. Combine brown sugar, mustard, lemon juice and rosemary. Spread over leg of lamb.
2. Place on a rack. Cook for 10 minutes on MEDIUM HIGH.
3. Cook a further 25-30 minutes on MEDIUM (for medium) or 42-46 minutes on MEDIUM (for well done).
4. Turn over halfway through cooking, shielding shank with foil to prevent overcooking.

Serves 4-6

SHEPHERD'S PIE

4 large potatoes (approx. 1 kg)
1 tablespoon butter
1 tablespoon milk
salt and pepper
1 kg minced beef
1 onion, chopped
1 tablespoon gravy powder
2/3 cup tomato sauce
1 tablespoon Worcestershire sauce
1 tomato, chopped
2 tablespoons parsley
1 egg, beaten

1. Peel and cut potatoes into 2.5 cm cubes. Add 2 tablespoons water; cover and cook for 10-15 minutes on HIGH or until tender. Drain.
2. Mash potatoes; add butter, milk, salt and pepper.
3. In a large bowl, combine mince and onion and cook for 8 minutes on MEDIUM HIGH, stirring every 2 minutes. Drain juices from meat.
4. Add gravy powder, tomato sauce, Worcestershire sauce, tomato and parsley. Mix well.
5. Spoon mixture into a 25 cm x 20 cm rectangular dish.
6. Spread mashed potato evenly over top of mixture. Brush with beaten egg.
7. Cook for 20-22 minutes on MEDIUM HIGH.
8. Allow to stand for 10 minutes before serving.

Serves 6-8

LASAGNE

MEAT SAUCE

30 g butter
1 onion, chopped
1 kg topside mince
1/4 cup tomato paste
240 g jar bolognese sauce
200 g can champignons, drained
1 clove garlic, crushed (optional)

CHEESE SAUCE

90 g butter
1/3 cup flour
1 3/4 cups milk
125 g tasty cheese, grated
200 g packet instant lasagne noodles
100 g mozzarella cheese, grated

MEAT SAUCE

1. Place butter and onion in a Pyrex bowl. Cook for 2-3 minutes on HIGH.
2. Stir in mince. Cook, uncovered, for 10-12 minutes on MEDIUM HIGH, stirring every 2 minutes. Drain excess fat.
3. Stir in tomato paste, bolognese sauce, champignons and garlic.

CHEESE SAUCE

1. Melt butter for 40-50 seconds on HIGH. Stir in flour; cook for further 1 minute on HIGH.
2. Gradually stir in milk. Cook for 5-6 minutes on HIGH, stirring every minute.
3. Stir in tasty cheese.

TO ASSEMBLE

1. Cover base of a 28 cm x 20 cm lasagne dish with meat sauce. Dip lasagne noodles in hot water then place a layer of lasagne noodles on top. Spoon in one-third of remaining meat sauce. Spread with one-third of cheese sauce.
2. Repeat process, ending with cheese sauce.
3. Sprinkle with mozzarella cheese.
4. Cook for 17-18 minutes on MEDIUM HIGH.
5. Allow to stand 10 minutes before serving.
6. Serve with a fresh garden salad and bread.

Serves 8

SPRINGTIME LAMB CASSEROLE

1 packet (30 g) French onion soup
1/4 cup plain flour
750 g lamb, cubed
4 spring onions, quartered
2 carrots, thinly sliced
1 cup chicken stock
310 g can corn kernels, drained
2 sticks celery, finely chopped
300 mL carton sour cream

1. Combine French onion soup mix and flour in a 2-3-litre casserole dish. Toss the lamb in flour mixture, coating thoroughly.
2. Add onions and carrots, stir in chicken stock and mix well.
3. Cover and cook for 18-20 minutes on MEDIUM, stirring during cooking.
4. Add corn, celery and sour cream. Mix well.
5. Cook a further 12-15 minutes on MEDIUM.

Serves 4

CURRIED SAUSAGES

1 kg sausages
2 tablespoons butter
2 onions, chopped
1 small Granny Smith apple,
peeled and finely chopped
3 teaspoons curry powder
1/4 cup sultanas
1 beef stock cube
1 1/2 cups water
1/4 cup flour

1. Arrange sausages on microwave rack; cover with paper towel.
2. Cook for 11-13 minutes on MEDIUM HIGH, turning halfway through cooking. Cut sausages into thirds.
3. In a 2-3-litre casserole dish, melt butter for 40 seconds on HIGH.
4. Add onions, apple, curry powder and sultanas; mix well.
5. Cook for 3 minutes on HIGH, stirring once.
6. Dissolve stock cube in water.
7. Add flour and stock, mix well, and cook for 5-6 minutes on HIGH, stirring once.
8. Add sausages.
9. Cook an extra 5 minutes on HIGH. Serve with boiled rice or noodles.

Serves 4-6

BEEF STROGANOFF

1 kg rump steak, cut into strips
1/2 cup plain flour
salt and pepper
1 onion, finely chopped
2 tablespoons tomato purée
1 1/2 cups beef stock
1/4 cup red wine
100 g mushrooms, thinly sliced
300 mL sour cream

1. Toss steak with flour, salt and pepper in a freezer bag until evenly coated.
2. Place steak, left-over flour, onion, tomato purée, beef stock and red wine in a 3-litre casserole dish.
3. Cook, covered, for 35-38 minutes on MEDIUM, stirring twice during cooking.
4. Stir in mushrooms and sour cream. Cook for a further 5-7 minutes on MEDIUM.
5. Serve with boiled rice.

Serves 6

CORNER BEEF

2 tablespoons brown sugar
2 tablespoons malt vinegar
2 teaspoons pickling salt
2 1/2 cups hot water
1/2 cup orange juice
6 whole cloves
1.5 kg corned beef

1. Combine brown sugar, malt vinegar, pickling salt, hot water, orange juice and cloves.
2. Rinse corned meat and place in an oven bag. Pour water mixture over. Tie tightly.
3. Place in a casserole dish just large enough to contain it.
4. Cook for 65-70 minutes on MEDIUM, turning over halfway through cooking. Allow to stand 10 minutes before serving.
5. Serve with white sauce.

Serves 6-8

VEAL A LA MEDALLION

1 kg veal, cubed
1/2 cup plain flour
salt and pepper
3/4 cup water
1 cup finely chopped shallots
2 carrots, thinly sliced
1/2 teaspoon grated lemon rind
2 rashers bacon, chopped
250 g fresh mushrooms, sliced
300 mL carton sour cream
1 tablespoon chopped chives

1. Toss veal in flour. Place in a 2-litre casserole dish. Stir in salt, pepper, water, shallots, carrots, lemon rind and bacon.
2. Cover and cook for 35-40 minutes on MEDIUM, stirring 2-3 times during cooking.
3. Stir in mushrooms and sour cream.
4. Cook a further 5-7 minutes on MEDIUM HIGH.
5. Sprinkle with chives.

Serves 4-6

VEAL AND PINEAPPLE

2 tablespoons flour
2 teaspoons mixed herbs
1 teaspoon chicken stock powder
black pepper
750 g veal, diced
4 rashers bacon, chopped
3 shallots, chopped
440 g can pineapple pieces, drained
1 cup tomato sauce
2 tablespoons chopped parsley

1. Mix first 4 ingredients together in a large casserole dish.
2. Add the veal; toss to coat in the seasonings. Stir in bacon, shallots, pineapple pieces and tomato sauce.
3. Cover and cook for 35-40 minutes on MEDIUM, stirring 2-3 times during cooking.
4. Sprinkle with parsley and serve with rice.

Serves 4-6

HERBED LOIN OF LAMB

1/2 cup white wine
1/4 cup oil
3 cloves garlic, crushed
freshly ground black pepper
1 teaspoon rosemary spikes
1 kg loin of lamb

1. Mix all ingredients except lamb together to form a marinade.
2. Place loin of lamb in large shallow dish and pour over marinade; leave overnight.
3. Remove loin of lamb from marinade and roll loin tightly, securing with string.
4. Place on a rack. Cook for 18-20 minutes on MEDIUM (for medium) or 28-30 minutes on MEDIUM (for well done). Turn meat over halfway through cooking.

Serves 8

ITALIAN SPAGHETTI SAUCE

500 g topside mince
1 onion, chopped
1 clove garlic, crushed
410 g can whole tomatoes
1/2 cup tomato paste
100 g mushrooms, sliced
1 tablespoon chopped parsley
1 teaspoon salt
1/2 teaspoon dried oregano leaves
1/2 teaspoon dried basil leaves

1. Mix mince, onion and garlic together. Cook for 8 minutes on MEDIUM HIGH, stirring every 2 minutes. Drain well.
2. Stir in canned tomatoes, tomato paste, mushrooms, parsley, salt, oregano and basil.
3. Cook a further 5 minutes on MEDIUM HIGH. Stir halfway through cooking.
4. Serve over hot spaghetti.

Serves 4-6

BEEF MADEIRA

750 g blade or round steak, cubed
1/4 cup plain flour
1 large onion, sliced
2 carrots, thinly sliced
1 clove garlic, crushed
1/2 cup beef stock
1/2 cup madeira or sherry
1/2 teaspoon paprika
350 g French beans, washed and sliced
1 green capsicum, sliced

1. In a 2-3-litre casserole dish, combine meat and flour; mix well.
2. Add onions and carrots.
3. In a jug, combine garlic, beef stock, madeira or sherry, and paprika; stir well. Pour over beef.
4. Cook, covered, for 20-25 minutes on MEDIUM, stirring 2-3 times during cooking.
5. Add beans and capsicum. Cook a further 20-25 minutes on MEDIUM, stirring twice during cooking.

Serves 4-6

TROPICAL CURRY LAMB

1 onion, thinly sliced
1 kg lamb, trimmed and cubed
1 cup chicken stock
1 teaspoon chicken stock powder, extra
3 teaspoons curry powder
825 g can apricot halves, drained, reserving
1/2 cup syrup
2 tablespoons arrowroot

1. Place onion, lamb, chicken stock, stock powder and curry powder into a 2-litre casserole dish.
2. Cover and cook for 35-40 minutes on MEDIUM; stir twice during cooking.
3. Drain lamb and reserve 1/2 cup of liquid.
4. Combine lamb stock, apricot syrup and arrowroot. Cook for 3 minutes on HIGH.
5. Combine lamb, apricots and stock mixture in a 2-litre casserole dish.
6. Heat through for 4-6 minutes on MEDIUM HIGH.
7. Serve with boiled rice.

Serves 4-6

MINTED PICNIC LOAF

2 cups stale breadcrumbs
1/2 cup milk
1 large potato, grated
500 g sausage mince
500 g minced beef
1/2 cup tomato sauce
2 tablespoons chopped fresh mint

TOPPING

1 cup grated fresh parmesan cheese
1 cup stale breadcrumbs
1 tablespoon chopped fresh mint

1. Combine breadcrumbs and milk in medium bowl; stand for 5 minutes.
2. Add potato, mince, tomato sauce and mint to breadcrumb mixture; mix well.
3. Press mixture into an 11 cm x 25 cm loaf dish lined with paper towels.
4. Cook for 20-22 minutes on MEDIUM HIGH.
5. Drain excess liquid from loaf dish.

TOPPING

1. Combine topping ingredients and press evenly over loaf. Bake for a further 3-4 minutes on MEDIUM HIGH.
2. Allow to stand 10 minutes before turning out. Serve hot or cold.

Serves 6-8

CHILLI CON CARNE

1 kg mince
1 large onion, finely chopped
825 g can peeled tomatoes
salt and pepper
1-2 teaspoons chilli powder
1 tablespoon vinegar
1 teaspoon sugar
375 g jar tomato paste
425 g can red kidney beans, drained

1. Mix mince and onion together in a large bowl. Cook for 12-15 minutes on MEDIUM HIGH, stirring every 2 minutes.
2. Stir in tomatoes, salt and pepper, chilli powder, vinegar, sugar, tomato paste and kidney beans.
3. Cook for 20-25 minutes on MEDIUM HIGH, stirring twice during cooking.
4. Serve with boiled rice.

Serves 4-6

APRICOT AND ALMOND CRUSTY LAMB

200 g dried apricots, finely chopped
1 cup fresh breadcrumbs
1/2 cup ground almonds
2 teaspoons dried rosemary
1 egg, lightly beaten
1 rack of lamb (approx. 8 chops)
1 tablespoon apricot jam

1. Mix together apricots, breadcrumbs, ground almonds, rosemary and egg.
2. Brush lamb with apricot jam.
3. Place apricot crust on top of lamb.
4. Place on a rack. Cook for 28-32 minutes on MEDIUM. Allow to stand 10 minutes before carving.

Serves 4

HONEY ROAST LAMB

1.5 kg leg lamb
3 tablespoons honey
1 tablespoon Dijon mustard

1. Combine honey and Dijon mustard. Brush over lamb.
2. Place fat-side down on a roasting rack. Cook for 10 minutes on MEDIUM HIGH.
3. Cook a further 25-30 minutes on MEDIUM (for medium) or 42-46 minutes on MEDIUM (for well done), turning over halfway through cooking.

Serves 4-6

POULTRY

CHICKEN IN A POT

1.5 kg chicken thighs
1/4 cup plain flour
2 rashers bacon, finely chopped
1 green capsicum, diced
1 onion, finely chopped
425 g can peeled tomatoes
2 tablespoons tomato paste
2 chicken stock cubes
1 tablespoon soy sauce
salt and pepper
200 g mushrooms, sliced

1. Toss chicken thighs in flour.
2. Combine all ingredients, except mushrooms, in a 2-litre casserole dish.
3. Cover and cook for 35-40 minutes on MEDIUM HIGH. Stir 2-3 times during cooking.
4. Add mushrooms. Cook, uncovered, a further 5-7 minutes on MEDIUM HIGH.

Serves 4-6

CHICKEN FRICASSEE

1 large cooked chicken
60 g butter
3 tablespoons flour
2 cups chicken stock
1 egg yolk
1/4 cup cream
1/4 teaspoon nutmeg
400 g can artichoke hearts, halved
4 slices processed cheese
chopped parsley

1. Remove meat from chicken and chop into cubes.
2. Melt butter for 30-40 seconds on HIGH in a jug. Stir in flour; cook a further 40 seconds.
3. Gradually stir in chicken stock. Cook for 5-6 minutes on HIGH, stirring halfway through cooking.
4. Stir in chopped chicken, egg yolk, cream, nutmeg and artichokes.
5. Pour into a 1 1/2-litre casserole dish. Cover and cook for 6-8 minutes on MEDIUM HIGH. Stir well.
6. Lay cheese slices across middle of dish. Cook a further 1-2 minutes on HIGH.
7. Sprinkle with parsley.

Serves 4

CHICKEN WITH BACON AND LEEK SEASONING

No. 15 chicken
60 g butter, melted
1 leek, finely chopped
2 rashers bacon, chopped
1 1/2 cups wholemeal breadcrumbs
1 egg yolk
salt and pepper
20 g butter, melted, extra

1. Combine all stuffing ingredients.
2. Fill cavity of chicken with stuffing and secure with a toothpick.
3. Brush chicken with extra melted butter.
4. Place chicken on a rack, breast-side down, cook for 16-18 minutes on MEDIUM HIGH.
5. Turn over, cook a further 16-18 minutes on MEDIUM HIGH.

Serves 4

CHICKEN AND APRICOT SALAD

No. 15 chicken
20 g butter
1/2 cup mayonnaise
1/4 cup sour cream
1 tablespoon lemon juice
6 ripe fresh apricots, cut into wedges
2 sticks celery, thinly sliced
1/4 teaspoon dried tarragon

1. Brush chicken with butter melted for 20 seconds on HIGH. Cook for 32-36 minutes on MEDIUM HIGH turning over halfway through cooking. Cool.
 2. Remove chicken flesh from the bone.
 3. Combine mayonnaise, sour cream and lemon juice. Stir in apricots, chicken, celery and tarragon until coated. Chill for 1-2 hours.
 4. To serve, line a salad bowl with lettuce leaves. Spoon in salad.
- NOTE: Leftover turkey may be substituted for chicken.

Serves 6

CHICKEN PROVENCE

- 1/2 cup white wine
- 425 g can peeled tomatoes
- 1 large onion, chopped
- 1 apple, peeled and chopped
- 1/2 cup black olives
- 1 teaspoon curry powder
- 1.25 kg chicken pieces (or 4 marylands)
- 250 g button mushrooms
- chopped parsley

1. In a large jug combine wine, tomatoes, onion, apple, olives and curry powder. Mix well.
2. Arrange chicken pieces in a casserole dish. Pour over sauce. Cover and cook for 34-36 minutes on MEDIUM HIGH.
3. Add mushrooms and cook for a further 5 minutes on MEDIUM HIGH.
4. Sprinkle with parsley.

Serves 4

CHICKEN TERRINE

- 60 g butter
- 6 shallots, chopped
- 1/2 cup flour
- 1 cup chicken stock
- 1 cup milk
- 1/4 teaspoon tabasco sauce
- pepper
- 250 g cream cheese, softened
- 1 cooked chicken, chopped
- 2 teaspoons green peppercorns, chopped
- 3 teaspoons gelatine
- 1/2 cup water
- 6 rashers bacon

1. Melt butter for 40 seconds on HIGH. Add shallots and flour. Cook for 1 minute on HIGH.
2. Gradually stir in stock and milk. Cook for 5-6 minutes on HIGH, stirring every 2 minutes.
3. Stir in tabasco sauce and pepper.
4. Beat cream cheese. Gradually stir in the sauce. Add chicken and peppercorns.
5. Dissolve gelatine in water. Cook for 40 seconds on HIGH; add to chicken mixture.
6. Line 25 cm x 11 cm loaf dish with paper towel and place bacon across paper towel.
7. Cover with paper towel and cook for 4-5 minutes on HIGH.
8. Remove top layer of paper towel.
9. Pour in chicken mixture. Refrigerate overnight.
10. Turn out and slice. Serve with Melba toast.

Serves 6-8

WHOLEMEAL CHICKEN

- 1 kg chicken thighs
- 100 g butter, melted
- 1/4 cup finely grated parmesan cheese
- 1 cup wholemeal flour
- 1 tablespoon chopped parsley

1. Dip chicken thighs in butter.
2. Coat with combined cheese, flour and parsley.
3. Place on a rack. Cook for 18-20 minutes on MEDIUM HIGH.

Serves 4

TANDOORI CHICKEN

- 2 fresh red chillies, seeded
- 1 onion
- 2 cloves garlic, crushed
- 2 teaspoons crushed ginger
- 2 tablespoons lemon juice
- 2 teaspoons ground cumin
- 1/2 teaspoon black pepper
- 3 teaspoons ground coriander
- 2 whole cloves
- 1/4 teaspoon cinnamon
- 1 bay leaf
- 1/2 teaspoon turmeric
- 1/2 teaspoon nutmeg
- 2 teaspoons paprika
- 6 chicken thighs, skin removed
- 1 tablespoon vinegar
- 200 g low-fat yoghurt

1. Purée chillies, onion, garlic, ginger and lemon juice until smooth.
2. Mix cumin, pepper, coriander, cloves, cinnamon, bay leaf, turmeric, nutmeg and paprika in a small bowl.
3. Cook for 2-3 minutes on HIGH. Remove bay leaf and cloves.
4. Combine chilli mixture and spices together. Spread over chicken.
5. Sprinkle with vinegar and pour over yoghurt. Cover and marinate overnight, stirring occasionally.
6. Place on a roasting rack, cook for 20-25 minutes on MEDIUM HIGH. Allow to stand, covered with foil, for 10 minutes before serving.
7. Serve with boiled rice.

Serves 4-6

CHICKEN AND MACARONI BAKE

No. 15 chicken
20 g butter, melted
2 cups macaroni
¼ cup plain flour
300 mL sour cream
1 cup chicken stock
1 cup grated cheese
1 tablespoon chopped parsley

1. Brush chicken with butter melted for 20 seconds on HIGH. Place on a roasting rack. Cook for 35-37 minutes on MEDIUM HIGH, turning halfway through cooking. Cool.
2. Place macaroni in a large bowl. Cover with hot water. Cook for 20-25 minutes on HIGH or until pasta is tender. Drain.
3. Remove flesh from chicken.
4. Mix together plain flour, sour cream and chicken stock.
5. Combine chicken, macaroni and sauce mixture. Sprinkle with cheese and cook for 8-10 minutes on MEDIUM HIGH.
6. Sprinkle with parsley.
7. Serve immediately with a tossed salad.

Serves 4-6

APRICOT CHICKEN

4 chicken thighs
1 packet French onion soup
2 tablespoons plain flour
125 mL apricot nectar
825g can apricot halves, drained

1. Toss chicken in combined French onion soup and plain flour.
2. Cook chicken for 15-20 minutes on MEDIUM HIGH.
3. Pour over apricot nectar and apricots.
4. Cook, covered, for 15-20 minutes on MEDIUM HIGH.
5. Serve hot with pasta.

Serves 4

CHEESE AND HERB CHICKEN LEGS

2 tablespoons chopped parsley
1 teaspoon basil
2 teaspoons tarragon
2 teaspoons dill
2 teaspoons mustard powder
1 teaspoon paprika
salt and pepper
1 teaspoon sesame seeds
90 g butter, melted
8 large chicken drumsticks
125 g country cheese biscuits, crushed

1. Mix parsley, basil, tarragon, dill, mustard powder, paprika, salt and pepper, sesame seeds and one-third of butter together in a small bowl.
2. Using a sharp knife, lift skin back from the chicken drumsticks.
3. Spread a teaspoon of herb mixture between skin and chicken.
4. Brush chicken with remaining butter, coat with biscuit crumbs.
5. Place on rack, cook for 13-15 minutes on MEDIUM HIGH, turning over halfway through cooking.

Serves 4

HONEY CHICKEN LEGS

250 mL soy sauce
4 tablespoons honey
1 tablespoon lemon juice
1 clove garlic, crushed
½ teaspoon freshly grated ginger
2 tablespoons oil
8 large chicken legs
sesame seeds

1. Combine soy sauce, honey, lemon juice, garlic, ginger and oil. Pour over chicken and marinate for 2-3 hours.
2. Sprinkle with sesame seeds.
3. Arrange chicken legs on a roasting rack. Cook for 20-22 minutes on MEDIUM HIGH, turning over halfway through cooking.

Serves 4

CHICKEN CACCIATORE

- 6 chicken thighs
- 1/4 cup flour
- 1 tablespoon Season All salt
- 1 onion, sliced
- 30 g butter
- 1 clove garlic, crushed
- 2 tablespoons tomato paste
- 440 g can peeled tomatoes
- 2 chicken stock cubes
- 1/2 cup white wine
- 1 green capsicum, thinly sliced
- 6 black olives, sliced

1. Toss chicken thighs in flour and Season All salt.
2. Combine chicken thighs, remaining flour, onion, butter, garlic, tomato paste, juice from tomatoes, stock cubes and white wine in a 2-litre casserole dish.
3. Cover and cook for 25-30 minutes on MEDIUM HIGH. Stir 2-3 times during cooking.
4. Add capsicum and chopped tomatoes. Cook a further 10 minutes on MEDIUM HIGH.
5. Garnish with black olives.

Serves 6

CRUNCHY CAMEMBERT CHICKEN

- 125 g camembert cheese, finely chopped
- 2 rashers bacon, finely chopped
- 1/2 cup toasted, slivered almonds
- 2 tablespoons seeded mustard
- No.15 chicken
- 2 tablespoons honey

1. Mix camembert, bacon, almonds and 1 tablespoon mustard together.
2. Press camembert mixture between skin and flesh of chicken. Tie chicken legs together.
3. Mix remaining mustard and honey. Brush over chicken.
4. Place on a roasting rack, cook for 35-40 minutes on MEDIUM HIGH. Turn over halfway through cooking.
5. Allow to stand covered with foil for 10 minutes before serving.

Serves 6

CHICKEN FILLET BURGERS

- 4 chicken breast fillets (approx. 500 g)
- 2 tablespoons flour
- 1 teaspoon paprika
- 1 tablespoon oil
- 2 slices ham, sliced in half
- 2 slices pineapple, sliced in half
- 4 slices processed cheese

1. Preheat browning dish for 6-8 minutes on HIGH.
2. Place chicken, flour and paprika into a freezer bag. Toss until chicken is coated.
3. Pour oil onto browning dish.
4. Place chicken fillets onto browning dish to brown chicken on one side, turn over to brown other side.
5. Cook for 7-9 minutes on MEDIUM HIGH, turning over halfway through cooking.
6. Place ham and pineapple slices on top of each chicken piece.
7. Top with cheese.
8. Cook for 2-4 minutes on MEDIUM HIGH.
9. Serve on a hamburger bun with lettuce and tomato.

Serves 4

ROAST CHICKEN

- No.15 chicken
- 30 g butter, melted
- Season All salt

1. Wash and dry chicken well.
2. Tie legs of chicken together with string.
3. Place breast-side down on a roasting rack.
4. Baste with butter and sprinkle with Season All salt.
5. Cook for 18-20 minutes on MEDIUM HIGH.
6. Turn chicken over. Baste with butter and sprinkle with Season All salt.
7. Cook a further 18-20 minutes on MEDIUM HIGH.
8. Allow to stand covered with foil for 10-15 minutes before serving.

Serves 4

SEAFOOD

PAELLA

3 cups brown rice
6 cups chicken stock
1 tablespoon olive oil
2 cloves garlic, crushed
1 onion, chopped
4 ripe tomatoes, chopped
1/4 cup tomato paste
1 cup frozen peas
1 red capsicum, diced
1 green capsicum, diced
1/2 teaspoon turmeric
paprika
2 cups white wine
1 kg fish fillets, cubed

24 green prawns, peeled with tails intact and deveined
2 calamari hoods, sliced into rings
6 mussels

1. Combine rice and chicken stock together in a large dish. Cook for 45-55 minutes on HIGH, until tender.
2. Combine oil, garlic and onion together. Cook for 2-3 minutes on HIGH.
3. Stir in tomatoes and tomato paste. Cook for 4-6 minutes on HIGH, stirring halfway through cooking.
4. Stir in peas, capsicums, turmeric and paprika. Cook for 5-6 minutes on HIGH, stir in cooked rice.
5. Heat white wine for 5-6 minutes on HIGH. Add fish fillets. Cook for 4-5 minutes on MEDIUM HIGH.
6. Stir in prawns and calamari. Cook a further 10-14 minutes on MEDIUM HIGH until prawns turn pink. Remove from wine.
7. Place mussels in remaining white wine. Cook for 3-5 minutes on HIGH, until mussels open.
8. Gently fold seafood into rice mixture.
9. Reheat Paella for 5-6 minutes on HIGH.
10. Serve with French bread.

Serves 8

CHEESY SALMON ROLLS

ROLLS

12 lasagne noodles (200 g packet)
250 g ricotta cheese
90 g cheddar cheese, grated
salt and pepper to taste
2 eggs, lightly beaten
210 g can red salmon, drained
2 teaspoons lemon juice

SAUCE

1 tablespoon cornflour
415 g can tomato purée
2 tablespoons parsley, chopped

1. Pour 1 litre (4 cups) hot water into a large dish. Layer noodles into water. Cook 4-5 minutes on HIGH. Drain and cool.
2. Combine ricotta cheese, cheddar cheese, salt and pepper, eggs, salmon and lemon juice; mix well.
3. Place a spoonful of salmon mixture into each lasagne sheet. Roll up tightly. Place in a single layer in a shallow heat-proof dish, seam-side down.

SAUCE

1. Combine cornflour with 2 tablespoons of tomato purée to form a smooth paste. Stir in remaining purée and parsley.
2. Pour tomato purée over salmon rolls and cook for 10-12 minutes on MEDIUM HIGH or until noodles are tender.

Serves 4-6

GARLIC PRAWNS

24 green king prawns
1/3 cup olive oil
2 tablespoons butter
3 cloves garlic, crushed
1 tablespoon chopped parsley

1. Peel and devein prawns, leaving tails intact.
2. Combine olive oil and butter. Cook for 3 minutes on HIGH. Stir in garlic. Cook for 1 minute on HIGH.
3. Stir in prawns. Cook for 4-6 minutes on MEDIUM, tossing every minute. Sprinkle with parsley.
4. Serve in individual dishes with garlic bread.

Serves 4

STEAMED SCALLOPS IN BLACK BEAN SAUCE

1 tablespoon oil
2 spring onions, finely sliced
1 chilli, seeded and finely chopped
1 tablespoon cornflour
2 teaspoons sugar
1 tablespoon soy sauce
2 tablespoons black bean sauce
500 g scallops

1. In a large bowl combine oil, onions and chilli; cook for 2 minutes on HIGH.
2. Stir in cornflour, sugar, soy sauce and black bean sauce.
3. Add scallops; stir well.
4. Cook for 8-10 minutes on MEDIUM, stirring twice during cooking.

Serves 4

CRISPY MARINATED CRAB STICKS

12 crab sticks
2 tablespoons lemon juice
1 clove garlic, crushed
2 teaspoons grated ginger
1 teaspoon sugar
1/4 cup oil
1 tablespoon soy sauce
8 rashers bacon, rind removed

1. Cut crab sticks in half.
2. Place lemon juice, garlic, ginger, sugar, oil and soy sauce in a bowl. Mix well.
3. Place crab sticks in marinade and allow to stand 2 hours. Drain.
4. Cut bacon into 3 pieces. Wrap each piece around each crab stick; secure with a toothpick.
5. Place on a roasting rack.
6. Cook for 9-11 minutes on HIGH.

Makes 24

TAGLIATELLE AND CRAB SALAD

500 g tagliatelle pasta
12 crab sticks, sliced
1/2 cup toasted pine nuts
6 shallots, chopped
1/2 cup French dressing
300 mL cream
salt and pepper

1. Place tagliatelle into a large bowl. Cover with hot tap water. Cook for 15-20 minutes on HIGH, until tender. Drain well.
2. Toss sliced crab sticks, pine nuts and shallots through pasta.
3. Mix French dressing and cream. Season with salt and pepper. Pour over pasta. Toss well.

Serves 6-8

PRAWN CREOLE

1 tablespoon butter
1 medium onion, chopped
1 capsicum, chopped
1 stick celery, sliced
2 tablespoons flour
425 g can whole tomatoes
1/2 cup tomato paste
1 cup chicken stock
1 tablespoon parsley
2 teaspoons sugar
1/2 teaspoon salt
1/2 teaspoon chilli powder
500 g green prawns, peeled and deveined

1. In a large bowl, melt butter for 20 seconds, add onion, capsicum and celery; cook for 3 minutes on HIGH.
2. Stir in flour, tomatoes, tomato paste, chicken stock, parsley, sugar, salt and chilli powder; mix well.
3. Cook, uncovered, for 5 minutes on HIGH, stirring once.
4. Add prawns and cook for 12-14 minutes on MEDIUM, stirring twice. Serve with rice.

Serves 4

SEAFOOD LASAGNE

125 g butter
1½ cups plain flour
1 teaspoon dry mustard
4 cups milk
500 g seafood marinara
1 packet precooked lasagne noodles
1½ cups grated tasty cheese

1. Melt butter for 1-2 minutes on HIGH.
2. Stir in flour and dry mustard. Cook for 1½ minutes on HIGH.
3. Gradually stir in milk. Cook for 6-8 minutes on HIGH or until sauce is thick. Stir every 2 minutes.
4. Stir in marinara. Cook for 6-8 minutes on MEDIUM.
5. In a large dish, cover noodles with boiling water. Leave for 5-10 minutes. Drain.
6. Layer noodles over base of a 2-litre rectangular casserole dish.
7. Cover noodles with ⅓ marinara sauce and ½ cup cheese. Repeat process, ending with marinara sauce and cheese.
8. Cook for 14-16 minutes on MEDIUM HIGH.
9. Allow to stand for 10 minutes before serving.

Serves 6-8

SESAME PRAWNS

24 green king prawns (approx. 1 kg)
¼ cup port
¼ cup oil
¼ cup chopped parsley
3 shallots, finely chopped
lemon pepper to taste
½ cup toasted sesame seeds
6 bamboo skewers

1. Peel prawns, leaving tails intact, and devein. Place in a shallow dish.
2. Combine port, oil, parsley, shallots and lemon pepper. Pour over prawns. Marinate for 1-2 hours.
3. Thread 3 prawns onto each bamboo skewer. Coat in sesame seeds.
4. Place skewers on a roasting rack. Cook for 10-12 minutes on MEDIUM.
5. Serve with satay sauce and rice.

Serves 4

CRAB MORNAVY

60 g butter
⅓ cup plain flour
½ teaspoon dry mustard
2 cups milk
1 onion, finely chopped
2 x 170 g cans crab meat, drained
2 hard-boiled eggs, sliced
salt and pepper
½ cup finely grated cheese
2 tablespoons cornflake crumbs

1. Melt butter for 1 minute on HIGH. Stir in flour and mustard. Cook a further 40-50 seconds-1 minute on HIGH.
2. Gradually stir in milk. Cook for 3-5 minutes on HIGH, stirring every 2 minutes.
3. Stir in onion, crab meat, eggs, salt and pepper and ¼ cup cheese.
4. Place into a 1-litre serving dish. Sprinkle with cornflake crumbs and remaining cheese.
5. Cook for 8-9 minutes on MEDIUM.
6. Serve with fresh garden salad.

Serves 6

GARLIC MUSSELS

250 g mussels
250 g New Zealand mussels
1 cup wine
2 cups water
1 clove garlic, crushed

GARLIC BUTTER

2 tablespoons butter
2 tablespoons olive oil
2 cloves garlic, crushed
pepper

1. Wash mussels under running water; remove all traces of mud, seaweed and barnacles with brush or knife; remove beards. Discard cracked, broken or open mussel shells.
2. In a large bowl, cover mussels with wine, water and garlic. Cook for 13-15 minutes on MEDIUM HIGH or until open, removing from liquid as they open. Discard unopened mussels.

GARLIC BUTTER

1. Melt butter in jug for 30 seconds on HIGH, add oil, garlic and pepper. Pour ½ garlic sauce over mussels; toss well.
2. Arrange mussels in serving bowl and pour remaining sauce over mussels.

Serves 4 as entrée

SQUID IN TOMATO AND WINE SAUCE

500 g squid hoods
1/2 teaspoon meat tenderiser
1 tablespoon cornflour
1 tablespoon olive oil
1 spring onion, chopped
1 clove garlic, crushed
410 g can tomatoes, drained and puréed
1/4 cup dry white wine
2 tablespoons tomato paste
1 tablespoon chopped fresh basil

1. Cut squid hoods into rings. Sprinkle with combined meat tenderiser and cornflour. Refrigerate for 30 minutes.
2. Heat oil for 30 seconds on HIGH. Stir in onion and garlic. Cook for 1 minute on HIGH.
3. Stir in tomatoes, white wine and tomato paste. Cook for 5-6 minutes on HIGH.
4. Stir in squid. Cook for 6-9 minutes on MEDIUM, tossing every minute until squid is firm.
5. Sprinkle with fresh basil.
6. Serve with French bread and tossed salad.

Serves 6

BOUILLABAISSE

6 mussels
750 g scallops
500 g green prawns, peeled and deveined
500 g firm fish fillets, cut into bite-size pieces
5 crab sticks, sliced
6 oysters
1 tablespoon olive oil
1 onion, finely chopped
1 clove garlic, crushed
1 1/2 cups fish stock
425 g can tomatoes, puréed
1/2 cup white wine
2 tablespoons tomato paste
1/4 teaspoon turmeric
grated rind of 1 lemon
salt and pepper
1/4 cup chopped fresh basil

1. Wash and clean seafood.
2. Heat oil for 1 minute on HIGH. Stir in onion and garlic; cook for 2 minutes on HIGH.
3. Stir in fish stock, tomatoes, white wine and tomato paste. Cook for 6 minutes on HIGH, stirring halfway through cooking.
4. Place mussels into hot stock, simmer for 4-5 minutes on MEDIUM HIGH or until mussels open. Discard any which stay closed.
5. Stir in scallops, prawns, turmeric, lemon rind, salt and pepper. Cook for 5 minutes on MEDIUM HIGH.
6. Stir in fish fillets, crab sticks and oysters. Cook for 12-14 minutes on MEDIUM HIGH or until fish flakes.
7. Garnish with fresh basil.

Serves 8

BOMBAY AVOCADO SCALLOPS

4 avocados, halved
500 g scallops, halved
2 tablespoons butter
1 onion, finely chopped
1 Granny Smith apple, chopped
1/2 teaspoon cumin
1/2 teaspoon coriander
1/2 teaspoon turmeric
1 tablespoon flour
1/2 cup cream

1. Remove flesh from avocado, leaving shell intact. Either scoop out with a teaspoon or by making horizontal and vertical cuts in flesh, easing out with a round-bladed knife. Mix halved scallops with the avocado flesh.
2. In a large jug; melt butter for 40 seconds on HIGH, add onion, apple, cumin, coriander and turmeric; mix well; cover and cook for 5 minutes on HIGH.
3. Add flour and cook, uncovered, a further 1 minute on HIGH.
4. Stir in cream, blend well.
5. Add the scallop and avocado mixture.
6. Cook for 12-15 minutes on MEDIUM.
7. Scoop mixture evenly back into the avocado shells. Serve hot.

Serves 4

VEGETABLES

CAULIFLOWER AU GRATIN

500 g cauliflower florets
30 g butter
2 tablespoons flour
1 cup milk
1 teaspoon mustard
½ cup grated cheese
paprika

1. Place cauliflower in a flan dish. Cover and cook for 6-8 minutes on HIGH, until tender. Drain.
2. Melt butter in a Pyrex jug for 30-40 seconds on HIGH.
3. Stir in flour. Cook for 1 minute on HIGH.
4. Gradually stir in milk and mustard. Cook for 3-4 minutes on HIGH, stirring every minute.
5. Stir in cheese until melted.
6. Pour over cauliflower. Sprinkle with paprika.
7. Cook for 2 minutes on HIGH.

Serves 4-6

SCALLOPED POTATOES

3 large potatoes (approx. 500 g), peeled and sliced thinly
¼ cup water
1 large onion, sliced
200 g carton light sour cream
1 egg
90 g cheddar cheese, finely grated
paprika

1. Place potatoes in a round or oval shallow dish, add water, cover, and cook for 6 minutes on HIGH.
2. Drain off water.
3. Arrange sliced onion over potatoes.
4. Combine sour cream and egg. Mix well and pour over potatoes. Sprinkle with cheese and a little paprika if desired.
5. Cook uncovered, 4-6 minutes on HIGH.

Serves 4-6

EASY HOME-MADE RICE RISOTTO

1 onion, diced
60 g butter
4 rashers bacon, diced
(or 1 cup cooked chicken or ham)
3 chicken or beef stock cubes
2 cups boiling water
1 cup long-grain rice, washed well
1 cup assorted finely chopped vegetables,
e.g. carrots, zucchinis, mushrooms

1. Place onion, butter and bacon in large casserole dish. Cook for 3-5 minutes on HIGH. Stir well.
2. Dissolve stock cubes in boiling water; add to onion and bacon. Add all other ingredients. Cover with a lid and cook for 15-20 minutes on HIGH. Do not stir while cooking.
3. At the end of this time, all the liquid will have been absorbed.
4. Leave to stand for 5 minutes and stir with a fork before serving.

Serves 6-8

HONEY CARROTS

500 g carrots, sliced lengthwise
60 g butter
1 tablespoon grated orange rind
1 tablespoon honey

1. Combine all ingredients in a casserole dish.
2. Cover and cook for 4-6 minutes on HIGH.

Serves 4

VEGETABLE PLATTER

200 g carrots, sliced
200 g broccoli, cut into florets
100 g zucchinis, sliced

1. Arrange vegetables in a shallow dish with the harder vegetables positioned around the outside and the softer vegetables in the centre.
2. Cover with a lid or plastic wrap.
3. Cook for 6-8 minutes on HIGH.

Serves 4

POTATO, AVOCADO AND ONION SALAD

- 1 kg small new potatoes
- 1 large onion, sliced into rings
- 1 tablespoon caster sugar
- 1 tablespoon butter
- 1/2 cup mayonnaise
- 150 mL sour cream
- black pepper
- 1 large avocado, cubed
- chives

1. Cut unpeeled potatoes in half. Place in a large dish and cover with water. Cook, covered with a lid, for 15-18 minutes on HIGH (potatoes should be tender but holding their shape). Drain.
2. Place onion rings, caster sugar and butter in a Pyrex dish. Cook for 8-10 minutes on HIGH, stirring every 2 minutes.
3. Combine mayonnaise, sour cream and black pepper. Pour over potatoes.
4. Toss in onions and avocado; sprinkle with chives.

Serves 6

CHOKOS WITH SOUR CREAM AND BACON

- 2 rashers bacon, chopped
- 3 medium chokos (500 g), peeled, cored and thinly sliced
- 150 mL sour cream
- 1/4 teaspoon dried basil leaves
- 1/4 teaspoon dried oregano leaves
- 1/2 cup grated tasty cheese
- 6 shallots, chopped

1. Cook bacon in a large bowl for 3-4 minutes on HIGH. Drain on absorbent paper.
2. Add chokos to bacon fat in bowl; cover and cook for 6-8 minutes on HIGH or until tender.
3. Combine sour cream, basil, oregano, cheese and shallots with chokos.
4. Sprinkle with bacon.
5. Cook for 1-2 minutes on HIGH.

Serves 4-6

MINISTRONE

- 1/2 cup oil
- 60 g butter
- 2 onions, peeled and chopped
- 3 carrots, finely chopped
- 1 potato, peeled and chopped
- 3 sticks celery, chopped
- 2 zucchinis, chopped
- 1/4 cabbage, shredded
- 3 cups beef stock
- 2 x 400 g cans peeled tomatoes
- salt and pepper
- parmesan cheese

1. Heat oil and butter for 2 minutes on HIGH. Add onion and cook for 3 minutes on HIGH.
2. Add carrots and potato. Cover and cook for 5 minutes on HIGH.
3. Add celery, zucchini and cabbage. Cover and cook for 3 minutes on HIGH. Add stock, undrained tomatoes, salt and pepper. Cook, covered, for 20-25 minutes on HIGH, stirring occasionally.
4. Serve hot, topped with parmesan cheese.

Serves 6

STUFFED BAKED POTATOES

- 4 large potatoes
- 1/4 cup milk
- 1/4 cup cream
- 1/2 cup grated cheddar cheese
- 30 g butter
- 2 teaspoons dried parsley flakes
- 1/4 teaspoon dry mustard
- paprika

1. Pierce potatoes with a fork; place on turntable. Cook for 10 minutes on HIGH. Stand in foil for 5 minutes.
2. Cut a thin slice from top of each potato; scoop out cooked potato with a spoon, leaving a thin shell.
3. Stir milk, cream, half the cheese, butter, parsley and mustard into potato. Mix well until no lumps remain.
4. Spoon mixture into each potato shell. Place on a plate.
5. Sprinkle with remaining cheese and paprika. Cook for 3-5 minutes on HIGH, until cheese is melted.

Serves 4

HOT CURRIED SLAW

1/2 large cabbage, finely shredded
1 large carrot, grated
1/2 cup chicken stock
1 onion, peeled and halved
4 whole cloves
2 cloves garlic
2 bay leaves
salt and pepper
60 g butter
2 tablespoons plain flour
1 tablespoon curry powder
3/4 cup cream
1/4 cup dry breadcrumbs
2 teaspoons butter, extra

1. Place cabbage, carrot, stock, onion halves with cloves pressed in, garlic, bay leaves, salt and pepper in a large casserole dish. Cover and cook for 10-12 minutes on HIGH, stirring halfway through cooking.
2. Remove onion and bay leaves.
3. Melt butter for 45 seconds on HIGH in a jug. Stir in flour and curry powder. Cook for 1 minute on HIGH.
4. Gradually stir in cream. Toss through slaw. Sprinkle with breadcrumbs and dot with extra butter.
5. Cook for 4-6 minutes on HIGH.
6. Serve hot.

Serves 6-8

SQUASH WITH YOGHURT

500 g squash
200 g carton natural yoghurt
2 teaspoons seeded mustard
ground black pepper

1. Wash and trim squash. Slice thinly.
2. Cover and cook for 6-8 minutes on HIGH, or until just tender.
3. Combine yoghurt, mustard and pepper and gently fold through the squash.
4. Serve hot.

Serves 4-6

HONEY GINGERED VEGETABLES

1/2 cup salad dressing
2 teaspoons grated ginger
2 tablespoons honey
1 tablespoon soy sauce
2 tablespoons lemon juice
500 g butternut pumpkin, peeled and thinly sliced
1 cup frozen beans
2 zucchinis, sliced
1/2 cup pecans

1. Heat dressing, ginger, honey, soy sauce and lemon juice for 3-4 minutes on HIGH.
2. Add pumpkin and cook 7-8 minutes on HIGH, until just tender.
3. Stir in beans and zucchinis, cook a further 3-4 minutes on HIGH.
4. Spoon onto a serving plate. Sprinkle with pecans.

Serves 6

SUNSHINE BRUSSELS SPROUTS

500 g Brussels sprouts
30 g butter
1 small onion, finely chopped
1/2 cup milk
4 egg yolks, lightly beaten
2 tablespoons lemon juice
salt and pepper

1. Place Brussels sprouts into a pie plate with 1 tablespoon water.
2. Cook for 3-5 minutes on HIGH.
3. Melt butter for 30 seconds on HIGH in a Pyrex jug. Add onion, cook for 2 minutes on HIGH.
4. Blend in remaining ingredients. Cook for 3-5 minutes on MEDIUM HIGH until thick, stirring every minute.
5. Pour over Brussels sprouts. Heat for 2-3 minutes on MEDIUM HIGH.

Serves 4

POTATOES PIZZAIOLA

4 large potatoes
1 tablespoon olive oil
1 clove garlic, crushed
425 g can tomatoes, roughly chopped
2 teaspoons fresh (or 1/2 teaspoon dried) oregano
ground black pepper

1. Peel and dice potatoes into 1.5 cm cubes, rinse and place in a large bowl with 2 tablespoons of water, cover and cook for 8 minutes on HIGH, stirring halfway through cooking. Drain.
2. In a large bowl, combine oil and garlic and cook for 30 seconds on HIGH.
3. Add potatoes, tomatoes with liquid, oregano and pepper to the garlic mixture and stir until potato is well coated.
4. Cook, uncovered, for 10-14 minutes on HIGH.

Serves 4-6

CAULIFLOWER POLONAISE

1 small cauliflower
1 cup peanut butter
2 tablespoons honey
200 mL carton natural yoghurt
1 tablespoon parsley
2 hard-boiled eggs, finely chopped (optional)
1/2 cup wholemeal breadcrumbs

1. Trim cauliflower and break into florets.
2. Place cauliflower in a 20 cm pie plate. Add 2 tablespoons water. Cover and cook for 5-8 minutes on HIGH.
3. Heat peanut butter and honey in a large jug for 40 seconds on HIGH.
4. Add yoghurt to the mixture, stir well.
5. Pour over cooked cauliflower. Combine parsley, eggs and breadcrumbs and sprinkle over peanut butter sauce.
6. Cook for 5-6 minutes on HIGH or until hot.
7. Serve hot.

Serves 4-6

PUMPKIN SALAD

1 kg pumpkin, peeled and cubed
3/4 cup walnuts
6 shallots, chopped
1/4 cup finely chopped parsley
1/2 teaspoon nutmeg
ground black pepper
1 cup mayonnaise

1. Place pumpkin in large bowl, add 2 tablespoons of water, cover and cook for 10-12 minutes on HIGH or until pumpkin is just cooked, but still firm.
2. Refresh by running cold water over pumpkin. Drain and chill.
3. Mix walnuts, shallots, parsley, nutmeg and pepper with mayonnaise.
4. Fold mayonnaise mixture gently into the pumpkin. Serve chilled.

Serves 6-8

DESSERTS

CALIFORNIAN APPLE CRUNCH

800 g can pie apple
White Wings buttercake mix
125 g hard butter, cut into thin slices
3 tablespoons brown sugar
3 tablespoons coconut
2 tablespoons crushed nuts
1 teaspoon cinnamon

1. Place pie apple in a shallow casserole dish.
2. Sprinkle evenly with dry cake mix.
3. Layer sliced butter over cake mix, covering completely.
4. Combine last 4 ingredients and sprinkle over sliced butter.
5. Cook for 8-9 minutes on HIGH.
6. Serve warm with whipped cream.

Serves 6-8

AUSTRALIAN FRUIT CAKE

1 kg mixed fruit
1 cup brown sugar
250 g butter, chopped
2 tablespoons brandy
4 eggs, lightly beaten
2 teaspoons parisienne essence
1 cup plain flour, sifted
1 teaspoon baking powder
salt
1/2 teaspoon nutmeg
1 teaspoon cinnamon
2 tablespoons brandy, extra

1. Combine the first 4 ingredients in a large bowl. Cover and cook for 5 minutes on HIGH, stirring once. Allow to cool slightly.
2. Stir in eggs and parisienne essence, followed by dry ingredients.
3. Pour into a greased 20 cm cake container.
4. Cook for 11-13 minutes on MEDIUM.
5. Using a 3 cm foil strip, place around the outside of cake container. (This will prevent the outside from overcooking before the centre is cooked.)
6. Cook a further 8-10 minutes on MEDIUM.
7. Stand 5-10 minutes before turning out.
8. Pour over extra brandy. Decorate with extra glacé fruits if desired.

Serves 4-6

BAKED APPLES

3/4 cup walnuts
1/4 cup brown sugar
2 teaspoons mixed spice
4 large apples
2 tablespoons lemon juice
30 g butter, melted

1. Place walnuts, sugar and mixed spice in a blender or food processor, process until nuts are finely chopped.
2. Peel and core apples, brush with lemon juice.
3. Brush apples with butter. Toss in walnut mixture until evenly coated.
4. Place in base of a 20 cm pie plate. Fill centre of apples with any remaining walnut mixture.
5. Cook for 5-7 minutes on HIGH. Allow to stand for 5 minutes.
6. Serve with whipped cream.

Serves 4

CHOCOLATE CAKE

175 g Nestlé Milk Choc Melts
100 g butter
125 mL (1/2 cup) sour cream
1 1/4 cups warm water
1 egg, lightly beaten
2 1/2 cups self-raising flour, sifted
1 cup brown sugar
1/2 teaspoon baking powder

ICING

250 g chocolate
2 tablespoons black coffee
50 mL sour cream

1. Place chocolate and butter in a large bowl. Melt for 2-3 minutes on HIGH, stirring during cooking.
2. Add sour cream and water. Cook a further 1 minute on HIGH. Mix well.
3. Stir in egg, flour, sugar and baking powder.
4. Mix well, pour into a greased and lined ring dish.
5. Cook for 10-12 minutes on MEDIUM HIGH. Allow to stand 10 minutes before turning out.
6. Allow to cool before icing.

ICING

1. Melt chocolate and coffee for 2 minutes on HIGH.
 2. Add sour cream and beat well.
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CHOCOLATE SELF-SAUCING PUDDING

60 g butter
1 1/2 cups self-raising flour
1/2 cup caster sugar
1/4 cup cocoa powder
3/4 cup milk
1 teaspoon vanilla essence
1 cup brown sugar
1/3 cup cocoa powder, extra
2 cups boiling water

1. Place butter in a Pyrex pudding bowl; melt for 45 seconds on HIGH.
2. Stir in flour, sugar, cocoa, milk and vanilla. Beat until smooth.
3. Combine brown sugar and extra cocoa. Sprinkle over pudding mixture.
4. Pour boiling water over the mixture.
5. Cook for 15-18 minutes on MEDIUM. Allow to stand for 5 minutes before serving.
6. Serve hot with ice-cream.

Serves 4-6

BREAD AND BUTTER PUDDING

4 slices multigrain bread, crusts removed
butter
3 tablespoons caster sugar
1/4 cup sultanas
2 1/2 cups milk
1/2 teaspoon vanilla essence
4 eggs, lightly beaten
3 tablespoons brown sugar
1/4 teaspoon nutmeg

1. Spread bread with butter and cut into 2 cm cubes.
2. Place bread, sugar and sultanas in a 1.25-litre pudding bowl.
3. Heat milk and vanilla for 3 minutes on HIGH. Gradually whisk into eggs, then pour over bread mixture.
4. Sprinkle with brown sugar and nutmeg.
5. Cook for 18-22 minutes on MEDIUM LOW.
6. Allow to stand for 5-10 minutes before serving.

Serves 4-6

CARAMEL RICE PUDDING

1 cup rice
3 cups water
400 g can condensed milk
1 tablespoon butter
1 tablespoon lemon juice
3 eggs, separated
1 tablespoon vanilla essence
2 tablespoons caster sugar
cinnamon sugar

1. Place rice and water in a large Pyrex bowl. Cook for 12-15 minutes on HIGH, or until tender. Drain.
2. Mix condensed milk and butter together. Cook for 5-6 minutes on HIGH, stirring every 20 seconds. (Caramel will boil over if not stirred.)
3. Stir cooked rice, lemon juice, egg yolks and vanilla essence into caramel. Pour into a 2-litre pudding bowl.
4. Beat egg whites until stiff, gradually beat in sugar. Spoon over rice pudding.
5. Sprinkle with cinnamon sugar. Cook for 3-5 minutes on MEDIUM.
6. Stand 5 minutes before serving.

Serves 4-6

CHOCOLATE MOUSSE

200 g cooking chocolate
2 tablespoons water
2 tablespoons rum
1/4 cup caster sugar
3 egg whites
300 mL carton thickened cream
extra cream for decoration
30 g chocolate, grated

1. Place chocolate, water and rum in a large heatproof bowl. Melt for 30 seconds-1 minute on HIGH. Stir in sugar.
2. Allow mixture to cool, then whip until aerated.
3. Beat egg whites until stiff peaks form.
4. Whip the cream until thick but not stiff. Fold cream and beaten egg whites into chocolate mixture.
5. Divide mixture evenly between four dessert glasses. Refrigerate until set.
6. Serve decorated with cream and chocolate shavings.

Serves 4

CHARTS

DEFROSTING FROZEN FOODS

Procedure:

1. Remove wrapping from meat.
2. Place frozen meat on a rack over a plate.
3. Defrost using MEDIUM LOW/ DEFROST power level (30%).
4. Halfway through defrosting, re move any defrosted portions, e.g. steak, mince. Turn over and shield if necessary.

DEFROSTING TIMES AND TECHNIQUES FOR MEAT AND POULTRY

CUT	MICROWAVE TIME	STANDING TIME
BEEF (Roast) Steaks Minced Beef	8-10 minutes/500 g 4-6 minutes/500 g 5-8 minutes/500 g	10-15 minutes 5-10 minutes 5-10 minutes
PORK (Roast) Chops Ribs Minced Pork	8-12 minutes/500 g 5-8 minutes/500 g 6-8 minutes/500 g 6-8 minutes/500 g	10-15 minutes 5-10 minutes 5-10 minutes 5-10 minutes
LAMB (Roast) Shoulder Chops	8-10 minutes/500 g 7-10 minutes/500 g 5-8 minutes/500 g	10-15 minutes 10-15 minutes 5-10 minutes
POULTRY Turkey (Whole) Buffe Pieces Chicken (Whole) Pieces Duck	6-10 minutes/500 g 5-10 minutes/500 g 7-10 minutes/500 g 5-8 minutes/500 g 5-7 minutes/500 g 8-10 minutes/500 g	20-30 minutes 15-20 minutes 10-15 minutes 10-15 minutes 10-15 minutes 10-15 minutes

DEFROSTING TIMES AND TECHNIQUES FOR SEAFOOD, BREAD AND PIES

SEAFOOD	MICROWAVE TIME	STANDING TIME	PROCEDURES
Whole Fish	3-4 minutes/500 g	5 minutes	Separate and rearrange halfway through defrosting.
Scallops	5-8 minutes/500 g	2-3 minutes	Separate as soon as possible.
Prawns	4-6 minutes/500 g	2-3 minutes	Separate as soon as possible.

BREAD	MICROWAVE TIME	PROCEDURES
2 slices 4 slices 6 slices Bread Rolls	30-40 seconds 40-60 seconds 1-1½ minutes 20-30 seconds per roll	Place between paper-towel sheets directly on turntable.

PIES	MICROWAVE TIME	PROCEDURES
Individual Whole	3-5 minutes 7-10 minutes	Place between paper-towel sheets on a rack. Allow to stand 3-5 minutes before reheating.

MICROWAVE OVEN ROASTING CHART

FOOD	COOKING TIME	INSTRUCTIONS
BEEF Rare Medium Well done	24-26 minutes/kg at MEDIUM 30-34 minutes/kg at MEDIUM 36-38 minutes/kg at MEDIUM	Tie meat with string. Season with cracked pepper. Place fat-side down on a Rack. Turn over halfway through cooking. Stand 10-15 minutes before carving.
VEAL Well done	35-40 minutes/kg at MEDIUM	Tie meat with string. Place on a rack. Brush with melted butter. Turn over halfway through cooking. Stand 5-10 minutes before carving.
PORK Well done	28-32 minutes/kg at MEDIUM	Brush rind with oil and sprinkle with salt. Place on a rack. Turn over halfway through cooking. Stand 10-15 minutes before carving.
LAMB Medium Well done	20-22 minutes/kg at MEDIUM HIGH 26-28 minutes/kg at MEDIUM HIGH	Season with 'Season All' or as desired. Place fat-side down on a rack. Turn over halfway through cooking. Stand 10-15 minutes before carving.
CHICKEN Whole	20-24 minutes/kg at MEDIUM HIGH	Brush with melted butter. Season as desired. Place chicken breast-side down on a rack. Turn over and shield wings and legs halfway through cooking. Stand 10-15 minutes before carving.
CHICKEN Pieces	10-12 minutes/500 g at MEDIUM HIGH	Season as desired. Place chicken skin-side down on a rack. Turn over halfway through cooking.
TURKEY Whole	15-18 minutes/500 g at MEDIUM	Truss turkey. Place breast-side down on a rack. Turn over halfway through cooking and shield wings and legs. Baste with melted butter 2-3 times during cooking. Stand 10-15 minutes before carving.
TURKEY Butte	12-15 minutes/500 g at MEDIUM	Place breast-side down on a rack. Turn over halfway through cooking. Baste with melted butter 2-3 times during cooking. Stand 10-15 minutes before carving.
DUCK	10 minutes on HIGH followed by 7-10 minutes/500 g at MEDIUM	Place duck breast-side down on a rack. Pierce skin to drain excess fat. Turn over halfway through cooking. Stand 10-15 minutes before carving.

FRESH VEGETABLE CHART

VEGETABLE	AMOUNT	COOKING PROCEDURE	MICROWAVE TIME AT HIGH (100%)
Artichokes	2 medium	Trim. Rinse well. Place onto a dinner plate. Cover with plastic wrap.	3-4 minutes
Asparagus	500 g	Wash and place in a freezer bag.	3-4 minutes
Beans	500 g	Cut into 4 cm pieces. Cook in 1-litre casserole dish with 1 tablespoon water. Cover.	4-5 minutes
Broccoli	500 g	Cut into uniform florets. Arrange with flower towards centre. Cover.	3-4 minutes
Brussels sprouts	500 g	Arrange in a 23 cm flan dish. Arrange with stalk towards outside. Cover.	3-4 minutes
Cabbage	500 g	Shred and cook in a 1.5-litre casserole dish with 2 tablespoons water. Cover.	4-5 minutes
Carrots	500 g	Arrange in a 1-litre casserole dish. Combine carrots with 1 tablespoon water. Cover.	4-5 minutes
Cauliflower	500 g	WHOLE. Wash well. Place on a dinner plate: cover with plastic wrap: turn over after 3 minutes. Stand, covered with foil, for 5 minutes.	10-12 minutes
	500 g	Cut into uniform florets. Arrange with flower towards centre, with 1 tablespoon water. Cover.	4-5 minutes
Chokos	500 g (2)	Cut into quarters. Place in a 20 cm pie plate with 1 tablespoon of water. Cover.	4-5 minutes
Corn (on cob)	500 g (2)	Arrange in a 1-litre casserole dish with $\frac{1}{4}$ cup water. Cover. Turn over during cooking.	7-9 minutes
	1 kg (4)	Arrange in a 1.5-litre casserole dish with $\frac{1}{3}$ cup water. Cover. Turn over during cooking.	15-17 minutes
Eggplant	500 g	Cut into 2 cm cubes. Place in a 1-litre casserole dish with 2 tablespoons water. Cover.	5-6 minutes
Mushrooms	500 g	Sliced or whole. Place in a 1-litre casserole dish with 2 teaspoons butter. Cover.	2-3 minutes
Peas - Green	500 g	Cook in a 1-litre casserole dish with 1 teaspoon sugar and 1 tablespoon water. Cover.	2-4 minutes
- Snow	500 g	Remove string from pod. Cook in a 1-litre casserole dish with 1 tablespoon water.	3-4 minutes
Potatoes (jacket)	2 medium	Pierce skin with a fork. Place on turntable. Turn over halfway through cooking. Allow to stand wrapped in foil.	4-5 minutes
	4 small	Peel and quarter potatoes. Cook, covered, in a 1-litre casserole dish with $\frac{1}{2}$ cup water.	5-6 minutes
(baked)	2 medium		
	4 small		
Pumpkin	500 g	Peel and cut into serving-size pieces. Place in a 1-litre casserole dish. Cover.	4-6 minutes
Spinach	500 g	Wash and shred. Cook, covered, in a 1.5-litre casserole dish with 2 tablespoons water.	4-6 minutes
Squash	500 g	Wash and place in a casserole dish with 1 tablespoon of butter or water. Cover. Pierce whole squash with a fork.	4-5 minutes
Sweet Potato	2 whole	Peel and quarter potatoes. Cook, covered, in a 1-litre casserole dish with $\frac{1}{2}$ cup water.	4-5 minutes
	4 whole		
Tomatoes	500 g	Cut into quarters. Place in a 1-litre casserole dish. Season and cover.	2-3 minutes
Zucchini	500 g	Cut into uniform-size pieces. Place in a 1-litre casserole dish with 1 tablespoon water and 1 tablespoon butter. Cover.	5-6 minutes
Vegetables (canned)	500 g	Drain, reserving 2 tablespoons liquid. Place vegetables and reserved liquid in a 1-litre casserole dish. Cover.	2-4 minutes

FROZEN VEGETABLE CHART

1. Cook vegetables in a 1-litre casserole dish with 1 tablespoon of water. Cover.
2. Stir halfway through cooking.
3. Allow to stand 1-2 minutes before serving.

VEGETABLE	WEIGHT	MICROWAVE TIME AT HIGH (100%)	SPECIAL PROCEDURES
Asparagus	500 g	4-5 minutes	
Beans (green, cut)	500 g	7-8 minutes	
Broccoli	500 g	7-8 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Brussels sprouts	500 g	6-7 minutes	
Carrots (whole) (sliced)	500 g 500 g	7-8 minutes 6-7 minutes	
Cauliflower	500 g	6-7 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Corn (on cob)	4 pieces (500 g)	10-12 minutes	Add 1/2 cup water and 1 teaspoon sugar. Turn 3-4 times during cooking.
(kernel)	500 g	6-7 minutes	Add 3 tablespoons water and 1 teaspoon of butter.
Peas (green)	500 g	6-7 minutes	
Spinach	250 g	4-5 minutes	
Mixed Vegetables	500 g	7-8 minutes	Break apart as soon as possible.

RICE AND PASTA COOKING CHART

FOOD	OTHER INGREDIENTS	COOKING TIME
1 cup white rice	2 cups hot water	10-12 minutes on HIGH
1 cup brown rice	2 cups hot water	20-25 minutes on HIGH
1 cup macaroni	4 cups boiling water 1 tablespoon oil	10-12 minutes on HIGH
250 g spaghetti	4 cups boiling water 1 tablespoon oil	10-12 minutes on HIGH
250 g fettuccine	4 cups boiling water 1 tablespoon oil	10 minutes on HIGH
1/2 cup quick-cooking oats	1/2 cup water/milk 1 teaspoon butter 1/4 teaspoon salt	1-2 minutes on HIGH
1 cup quick-cooking oats	3 cups water/milk 1 teaspoon butter 1/2 teaspoon salt	4-6 minutes on HIGH

Procedure:

Place rice/pasta/oats in a 2-litre casserole dish with water. Cook uncovered, stirring twice during cooking.

GUIDE TO COOKING EGGS

SCRAMBLED EGG GUIDE

Place butter, eggs and milk in a small bowl. Beat with a fork until well combined. Cook, uncovered, stirring halfway through cooking.

Egg(s)	Butter	Milk	Cook MEDIUM HIGH (70%)
1	1 tsp.	1 tbsp.	1 1/2-2 min.
2	2 tsp.	1 tbsp.	2-2 1/2 min.
3	1 tbsp.	2 tbsp.	3-4 min.
4	1 tbsp.	1/4 cup	5-5 1/2 min.

POACHED EGG GUIDE

Break egg(s) into a lightly greased muffin tray. Pierce egg yolk with a toothpick.

Cover with plastic wrap. Allow to stand, covered, 1-2 minutes.

Egg(s)	Cook MEDIUM LOW (30%)
1	1 minute
2	2 minutes
4	3 minutes
6	4 1/2 minutes

REHEATING CONVENIENCE – FOOD CHART

FOOD	WEIGHT	COOKING TIME AND POWER LEVEL	SPECIAL INSTRUCTIONS
Beverage 250 mL per cup (room temp.)	1 cup 2 cups	2-2½ minutes on HIGH 4-4½ minutes on HIGH	Stir after heating.
Canned Food (e.g. Spaghetti, Baked Beans) (room temp.)	440 g can 740 g can	5-6 minutes on HIGH 8 minutes on HIGH	Place food in bowl. Cover plastic wrap or lid. Stir after heating.
Canned Soup 250 mL per cup (room temp.)	1 cup 2 cups	2-2½ minutes on HIGH 4½-5½ minutes on HIGH	Stir half-way through cooking. Stir after heating.
Meat Pie Individual 180 g each (refrigerated)	1 2	4-4½ minutes on MEDIUM HIGH 6-7 minutes on MEDIUM HIGH	Place between paper towels. Place directly on turntable. Allow to stand 1-2 minutes.
Frozen Pasta Dinners (e.g. Lasagne)	300 g 500 g	11-13 minutes on MEDIUM HIGH 15-18 minutes on MEDIUM HIGH	Remove from foil container. Place in a dish same size. Cover with plastic wrap or lid. Allow to stand 2-3 minutes.
Pizza 100 g per slice (refrigerated)	1 slice 2 slices	1½-2 minutes on MEDIUM HIGH 2½-3 minutes on MEDIUM HIGH	Place on paper towel. Place directly on turntable. Allow to stand 1-2 minutes.
Dinner Plate 350 g-400 g per serve (refrigerated)	1 serve	6-7 minutes on MEDIUM	Slice potato. Cover plate with plastic wrap. Place directly on turntable. Allow to stand 2-3 minutes.
Casseroles 250 g per serve (refrigerated)	1 serve 2 serves	6-6½ minutes on MEDIUM HIGH 8-9 minutes on MEDIUM HIGH	Place in a bowl, cover with plastic wrap. Place directly on turntable. Allow to stand 2-3 minutes, then stir.
Croissants (frozen)	1 2	30 sec-1 minute on MEDIUM LOW 1½-2 minutes on MEDIUM LOW	Place between paper towels. Place directly on the turntable.
Fruit Pie whole (frozen)	600 g	10-12 minutes on MEDIUM LOW followed by 6-7 minutes on MEDIUM HIGH	Keep in foil container. Place on a roasting rack. Allow to stand 2-3 minutes.
Fruit Pie individual 135 g each (frozen)	1 2	4 minutes on MEDIUM LOW followed by 1½ minutes on MEDIUM HIGH 6 minutes on MEDIUM LOW followed by 3½ minutes on MEDIUM HIGH	Leave in foil container. Place directly on the turntable. Allow to stand 1-2 minutes.
Pecan Pie whole (frozen)	450 g	4 minutes on MEDIUM LOW followed by 3 minutes on MEDIUM HIGH	Remove from foil container. Place on a plate lined with paper towel. Allow to stand 2-3 minutes.
Jam Donuts (frozen)	2 4	2-2½ minutes on MEDIUM LOW 3-4 minutes on MEDIUM LOW	Place directly on turntable. Turn over halfway through defrosting.
Danish Pastry whole (frozen)	400 g	4 minutes on MEDIUM LOW followed by 2-4 minutes on MEDIUM HIGH	Remove from foil container. Place on dinner plate. Allow to stand 2-3 minutes.

NOTE: Room Temperature +20°C
 Refrigerator Temperature +3°C
 Frozen Temperature -18°C

GLOSSARY OF TERMS

SPOON MEASURES		
1 tablespoon	=	20 mL
1 teaspoon	=	5 mL
1/2 teaspoon	=	2.5 mL
1/4 teaspoon	=	1.25 mL
LIQUID MEASURES		
<i>Cups</i>	<i>Metric</i>	<i>Imperial</i>
1 cup	= 250 mL	= 8 fl. oz.
1/2 cup	= 125 mL	= 4 fl. oz.
1/3 cup	= 80 mL	= 2.5 fl. oz.
1/4 cup	= 60 mL	= 2 fl. oz.
DRY INGREDIENTS		
<i>Metric</i>		<i>Imperial</i>
15 g	=	1/2 oz.
30 g	=	1 oz.
60 g	=	2 oz.
90 g	=	3 oz.
125 g	=	4 oz.
185 g	=	6 oz.
250 g	=	8 oz.
500 g	=	1 lb.
1000 g (1 kg)	=	2 lb.

CUP MEASURES		
	<i>Metric</i>	<i>Imperial</i>
1 cup flour	140 g	4 1/2 oz.
1 cup sugar	250 g	8 oz.
1 cup brown sugar	185 g	6 oz.
1 cup icing sugar	185 g	6 oz.
1 cup butter/margarine	250 g	8 oz.
1 cup honey/golden syrup	375 g	12 oz.
1 cup fresh breadcrumbs	60 g	2 oz.
1 cup crushed biscuits	125 g	4 oz.
1 cup uncooked rice	220 g	7 oz.
1 cup mixed fruit	185 g	6 oz.
1 cup chopped nuts	125 g	4 oz.
1 cup coconut	90 g	3 oz.

NOTE

- Recipes in this book use standard metric equipment approved by the Australian Standards Association.
- All spoon and cup measures are level.
- All recipes in this book that include eggs require 55 g unless otherwise specified.

GENERAL INFORMATION

DEFROSTING

Thawing food, especially meats, using the microwave oven is not only faster than any other method but it can also give better results.

Once frozen meat is thawed, it begins to lose its juices.

With a microwave oven you can thaw meat just before you plan to cook it, thus preserving the quality.

Microwave thawing doesn't mean a lot of fuss, but some attention is needed to make sure that parts of food do not start to cook before the centre is thawed. MEDIUM LOW is fast enough to be convenient but gentle enough to give good results.

POULTRY

Start thawing poultry breast-side down; shield warm areas and turn over after half the time. Let poultry stand 30 to 60 minutes after thawing, until giblets and neck can be removed and breast meat under wings is completely thawed.

CUTS OF MEAT

Break up or separate minced beef, cubed meat, chicken pieces or fish fillets after one-third of thawing time.

Remove any thawed pieces. Place remainder in baking dish to complete thawing. Turn over roasts, steaks, chops or chicken. Separate as soon as possible.

JOINTS

Turn over large roasts after half the time. As you turn, touch the meat to find warm areas and shield these with small pieces of foil. Let roast stand 30 to 45 minutes after defrosting time. Thaw meats and poultry only until they can be pierced in the centre with a skewer. Surface or cavity should feel cool but not icy. Cook as soon as possible to prevent loss of juices.

REHEATING

Foods reheated in the microwave oven taste freshly cooked, not reheated. Suit the power level to the food. A bowl of leftover vegetables can be reheated at HIGH, while lasagne, which contains sensitive cheese and cannot be stirred, should be reheated at MEDIUM HIGH.

CASSEROLES

Cover dish tightly. Stir several times during reheating, especially if casserole has been refrigerated. If casserole cannot be stirred, reheat at MEDIUM.

MEATS

Medium to thin slices reheat best. Cover meat with sauce or gravy. Cover with microwave plastic wrap to hold in heat.

PLATES OF FOOD

Arrange food with thickest parts of meat and bulky vegetables to outside of the plate. Place quick-to-heat foods in the centre. Cover with microwave plastic wrap. Reheat until underside of plate feels warm in the centre.

VEGETABLES

Wrap large, whole vegetable in microwave plastic wrap.

Cover dishes of vegetables and stir during reheating, if possible.

TOASTING

ALMONDS

Place 100 g almonds in a glass dish; cook for 3-4 minutes on HIGH, or until golden brown. Stir almonds every minute during cooking.

COCONUT

Place 1 cup coconut in an oven bag (not a freezer bag); cook for 3-5 minutes on HIGH, or until golden brown.

Shake bag every minute to ensure even browning.

SESAME SEEDS

Place ¼ cup sesame seeds in a glass bowl; cook for 3-5 minutes on HIGH, or until golden. Stir every minute.

RECONSTITUTING DRIED FOODS

DRIED FRUITS

Place 1 cup of fruit in a bowl, cover with cold water, and cook for 5-6 minutes on HIGH. Stand covered for 5 minutes before using.

PULSES

To soak: Place one cup of any variety of beans in a large dish, add 2 cups cold water and cover with a lid or plastic wrap. Place in microwave and cook for 5 minutes on HIGH. Then simmer for 30 minutes on MEDIUM LOW.

They will then be ready to use.

To cook: Rinse pulses. One cup of pulses to 4 cups of boiling water is required for a maximum of 45 minutes on HIGH.

DRIED MUSHROOMS

Place in a bowl with 1 cup of water and heat, slowly, 8-10 minutes on LOW.

COMMONLY ASKED QUESTIONS AND ANSWERS

MICROWAVES COOK FROM THE INSIDE OUT. They certainly do not. Microwaves penetrate foods from the outside to a depth of about 2.5 cm. Small foods, under 5 cm in diameter, are penetrated to the centre from all sides. With large foods, energy creates heat in the outer layer; then the heat moves to the centre by conduction, as it does conventionally. A few foods may appear to cook more on the inside. One example is an egg. Energy penetrates to the centre, where the fatty yolk becomes hotter than the white, and cooks first.

YOU CAN'T USE METAL IN A MICROWAVE OVEN.

False. Metal reflects microwaves; the oven itself is made of metal so microwave energy can't escape. Inside the oven, metal slows cooking because it keeps energy from reaching parts of the food. You can use the reflective properties of metal to protect foods which might overcook in some areas.

DISHES DON'T GET HOT IN A MICROWAVE OVEN.

Keep your oven mitts handy. A microwave-safe utensil will not be heated by microwave energy, but it will become hot from contact with hot food. Heat tends to equalise. A warm object heats the air around it, like a radiator in a cool room. When food becomes hot, some of this heat is transferred to the dish.

POINTS TO REMEMBER

As a general guide:

HIGH – is ideal for vegetables, fruit, soup, beverages, bacon and sauces.

MEDIUM HIGH – for reheating, roasting lamb and chicken.

MEDIUM – is for roasting beef, pork and simmering; great for casseroles or stews and cooking seafood.

MEDIUM LOW – allows you to defrost.

LOW – is used to keep foods warm once they are cooked.

- The more food in the microwave oven, the longer it takes to cook.
- Reduce liquids in a microwave recipe because there is not as much evaporation, due to the shorter cooking time.
- Reduce seasonings slightly because flavours will be unbalanced by quantity of liquid. Do not add salt until the end of the cooking process.
- Microwaves cook from the outside to the centre, so when arranging foods always place the thicker or more dense portions of food at the outside, with the thinner, less-dense pieces on the inside.

• Foil can be used in the microwave oven successfully.

Just remember two rules:

(a) There must be at least half of the food exposed to the microwaves.

(b) Do not let the foil touch the sides of the oven.

Use foil to shield thinner parts of food when defrosting, to prevent over-cooking and drying out.

• All food continues to cook after it leaves the microwave oven because the heat is stored in the food and not in the oven.

Standing time required will vary according to the volume and density of food.

e.g. Fish and vegetables – no standing time required.
Cakes – 3-5 minutes

Roasts – 10-15 minutes

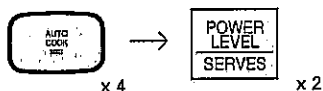
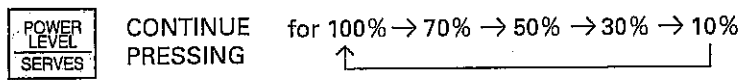


Cover foods with a lid or foil when standing.

- When reheating foods always cover with a lid, plastic wrap or paper towel to prevent foods from drying out. Reheat on **MEDIUM HIGH** for best results.
- Always pierce food that has a membrane – for example eggs, tomatoes, potatoes and kidneys.
- Remember to cover vegetables with a lid or plastic wrap when cooking.

HINTS

- Always place the stems of vegetables – e.g. cauliflower, broccoli – toward the outside of the dish. The stems are tougher than the flower, so this will ensure even cooking.
- Ice-cream containers were made for *freezing* food and are not suitable for use in a microwave oven.
- Remember: When melting chocolate in the microwave oven, it holds its shape until stirred. Heat for 2-2½ minutes per 100 g on MEDIUM. DO NOT COVER.
- To dry pumpkin seeds, place on a piece of non-stick baking paper. Cook 4-5 minutes on HIGH, stirring every minute. Season with curry powder and allow to cool.
- Jams and chutneys are great when made in the microwave, as they retain their colour and flavour. As cooking time is so short, less evaporation occurs. Therefore pectin or jamsetta is required to make jam set.
- Heat liqueurs for flaming foods for 20 to 30 seconds on HIGH. Ignite and then pour over food.
- To obtain more juice from oranges, lemons or limes, just microwave 30 seconds on HIGH and stand 3 minutes before squeezing.
- Warm jam for a quick glaze. Heat 2-3 tablespoons for 30 seconds on HIGH; strain if necessary while hot.
- Soften cream cheese for dips or beating by removing foil wrapper and cooking for 1 minute on MEDIUM LOW.
- Melt marshmallows to serve on top of hot chocolate or as a filling for Easter eggs by heating for 30 seconds – per 100 g of marshmallows, on HIGH.
- To dissolve gelatine, mix 1 tablespoon gelatine with 2 tablespoons water and cook for 20 seconds on HIGH. Stir well.
- Soften ice-cream for easy scooping by heating for 20 seconds at a time on MEDIUM LOW.
- To blanch almonds place 100 g in a bowl with 1 cup of water. Cook for 5 minutes on HIGH.
- If brown sugar becomes hard, simply soften in the microwave oven. Place a cup at a time in a bowl with a slice of bread, cover, and cook for 40 seconds on HIGH.
- Soften 6-8 honey-snap biscuits for 30 seconds on HIGH. Shape into base of patty dish for quick tartlet cases.
- Place a chocolate after-dinner mint on top of 6 patty cakes; arrange cakes evenly on turntable. Cook about 45 seconds on HIGH, or until chocolate is soft. Gently spread chocolate mint evenly over patty cake for a quick icing.
- To soften candied honey, remove metal lid from jar and microwave on HIGH for 30 seconds.
- Stuffed mushrooms are a terrific idea. Twelve mushrooms will take approximately 3 minutes to heat on HIGH, providing the filling is cooked.
- To remove odours, place 1 litre water with slice of lemon or 1 teaspoon vanilla essence in the microwave. Cook for 20 minutes on HIGH.
- As microwave cooking time is so quick, food should be seasoned to taste with herbs and spices *after* cooking.
- To peel a tomato, pierce the skin with a fork 3-4 times. Place on a rack and cook for 45-60 seconds on HIGH. Stand for 3 minutes before peeling.
- Enhance the flavour of old spices by placing them in the microwave for 30-40 seconds on HIGH before using them.
- Lightly prick the skin of chicken before cooking. This prevents the loud popping noises.
- Peeling garlic is made easier by placing a clove in the microwave for 30 seconds on HIGH.
- Pierce the skin of chicken livers with a fork before cooking to prevent popping of the internal fat. Cover with paper-towel sheet when cooking.
- The flavour of wine in food is highlighted with the short microwave cooking time, so adjust the quantity to your taste.
- Tomato sauce can be warmed for 30 seconds on HIGH to give it a pouring consistency.
- To dry the rind of citrus fruits, place grated rind on several pieces of paper towel. Cook for 2-3 minutes on HIGH, rearranging every minute. On cooling, the rind should be firm. Store in an airtight container.
- When cooking sauces in the microwave use less liquid: the absence of direct heat means sauces do not reduce as much as stovetop-prepared sauces.
- Rice and pasta cook well in small quantities. Use a large container to prevent boiling over.
- Rice, pasta and noodles should always be drained immediately to prevent over-cooking. They do not require standing time.
- FOIL. Contrary to popular belief, foil can be used in the microwave – for shielding, not covering. It must not come in contact with the walls of the microwave. Foil directs microwave energy away from delicate or thin areas of food, toward areas that need more cooking. It is essential for even defrosting. Place foil over the thawed sections, allowing the frozen portions to continue defrosting.
- To enhance the colour and flavour when roasting chicken, mix some brown sugar, honey and a little soy sauce together and brush both sides of poultry before and during cooking.
- To blanch vegetables for freezing, place 150 g of vegetables in a dish with 1 tablespoon of water. Cover and cook on HIGH for ½ of the usual cooking time. After cooking, immerse immediately in iced water, package, label, and freeze for up to 3 months.
- Do not add salt to vegetables before cooking, as salt draws out the moisture and causes vegetables to toughen.

QUICK REFERENCE GUIDE

FEATURE	QUICK OPERATION GUIDE
Auto Cook/ Auto Defrost	<p>To cook 2 Jacket Potatoes.</p> <p>Menu Number Serves</p> 
Power Level	
Variable Cooking control	<p>To soften Cream Cheese or Butter for 40 seconds on 30%.</p> <p>Cooking Time</p> 
Instant Cook	<p>- Just One Touch</p>  <p>Within 1 minute of closing the door</p>

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