

Panasonic®

Microwave / Convection Oven

Model No. **NN-CD997S**
NN-CD987W

Cook Book



Please read these instructions completely before operating this oven and keep for future reference.

A00037F40QP
F0907-0
Printed in Japan

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Turn over for Operating Guide.

Microwave Recipe Preparation and Techniques

Microwaves penetrate the surface of the food to a depth of about two to three centimeters and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwaving techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must to be familiar with the following tips.

Food Characteristics

Size and Quantity

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

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

Liquid Content

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

Shape

Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

Bone and Fat

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

Starting Temperature

Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

Density and Composition

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

Key to Symbols Used in Recipes

C	Convection
2C	2 Level Convection
G	Grill
MC	Manual Combination
A	Auto Menu
R	Recipe Prompting
No symbol	Microwave only

Techniques for Preparation

Timing

A range of cooking times is given in each recipe for two reasons. Firstly, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

Stirring

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

Rearranging or Turning

Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

Cooking in Layers

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

Piercing of Foods

Pierce the skin or membrane of foods such as whole potatoes, squash when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

Cured Meats

Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

Microwave Recipe Preparation and Techniques

Covering

Covering food minimises the microwave cooking time. Because microwave cooking is done by time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so retains more heat and steam. Wax paper and paper towels hold the heat in, but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover, when steam is not needed for tenderising.

Browning

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

Standing Time

The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules had been vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves in or outside your microwave oven. Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking. The amount of standing time varies with the size and density of the food. In meat cookery the internal temperature will rise between 5°C and 10°C if allowed to stand covered for ten to fifteen minutes. Casseroles and vegetables need a shorter amount of standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges. The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminium foil.

Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, reduce the conventional cooking time to one quarter or a third.

e.g. A chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on a medium power in your microwave oven. Use similar microwave recipes to help you adapt conventional recipes. Remember it is always best to undercook a recipe and then add an extra minute or two to finish it off.

Here are some other tips that may help:

- Reduce liquids in a conventional recipe by one half to two thirds. e.g. 1 cup should be reduced to $\frac{1}{2}$ cup.
- Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
- Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by Microwave.
- Do not salt meats, poultry or vegetables before cooking otherwise they will toughen and dry out.
- If one ingredient takes longer to cook than the others, precook it in the microwave oven first. Onion, celery and potato are examples.
- If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
- Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
- Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar, and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
- Since microwaves penetrate foods about two centimeters from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
- Items with a lot of water, such as rice or pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked soufflés or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

Microwave Recipe Preparation and Techniques

Menu Planning for Microwave Cooking

How to Keep Everything Hot at The Same Time

Plan your meals so that the food will not all need last minute cooking or attention at the same time. The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavour of either. A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving. It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meal as follows.

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing.
6. Cook the gravy with the retained meat juices, stock and thickening
7. Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be suitably reheated on MED HIGH, at 2 minutes per serving.

If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.

Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on HIGH for approximately 10 to 15 minutes for a serving for four people. Remember, if you increase the quantity of vegetables, increase the cooking time. Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as dense as fresh vegetables, as they have been blanched before freezing. If vegetables are cut to a similar size to each other, they can be cooked in separate ramekins or small dishes at the same time.

Handy Hints and Tips

- To blanch (1 cup) nuts, place in a pie plate. Cover with hot tap water and heat on HIGH for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.
- To toast coconut, place half a cup on a paper towel, and cook on HIGH for 1 to 2 minutes, stirring occasionally.
- To make buttered breadcrumbs, combine 1 cup breadcrumbs and 2 tablespoons butter and heat on HIGH for 1 to 2 minutes, stirring occasionally.
- When heating 100 g baby food, select HIGH for 15 to 30 seconds, depending on the amount of food or liquid and the starting temperature of it. Test temperature before serving or further heating.
- For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to 2 minutes.
- To soften cream cheese or butter, place in oven on LOW for 1/2 to 1 minutes per 1/2 cup.
- Refrigerated cheese (250 g) can be heated to room temperature on MEDIUM for 1/2 to 1 minute, depending on size.
- When having a barbecue, partially cook food in the microwave, season and finish cooking on the barbecue.
- To melt chocolate, place 100 g broken chocolate in a 4 cup glass jug and heat on MEDIUM for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time to cooking.
- To remove oven odours, combine 1/2 teaspoon vanilla essence with 1 cup water in a small bowl and heat on HIGH 4 to 5 minutes. Wipe oven interior with a damp cloth.
- To toast 1 cup almonds place onto a plate and heat on HIGH for 2 to 3 minutes, stirring every minute.
- To dry herbs, arrange 1/2 cup of leaves evenly on paper towel. Place a mug of water into the oven next to the herbs and cook on HIGH for 1 to 3 minutes, or until dry and crumbly. Check herbs frequently as timing may vary with different herbs. Please note that herbs dry and crumble on standing outside the microwave oven.
- To soften dried fruit, place 1 cup of dried fruit into a small bowl. Add 2 tablespoons of water, cover with plastic wrap and cook on HIGH for 2 to 3 minutes.
- To skin tomatoes, place 1 cup of hot tap water in a 2 to 3 cup jug or bowl and heat on HIGH for 1 1/2 minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds, remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.
- To dry fresh breadcrumbs (1 cup), spread on the base of a plate and heat on HIGH for 2 to 3 minutes, stirring twice during heating.

Everyday Basics



Cheesy Ham Omelette

Poached Eggs

Serves: 2

Ingredients:

2 x 60 g	eggs
$\frac{1}{2}$ cup	hot tap water
	dash of vinegar
	pinch of salt

Method:

Place $\frac{1}{4}$ cup of water, dash of vinegar and pinch of salt into 2 small ramekin dishes or small glass bowls. Cook water on **HIGH** for $\frac{1}{2}$ to 1 minute.

Break egg into boiling water and with a toothpick pierce egg yolk twice and egg white several times.

Cover dishes with plastic wrap and cook on **MED HIGH** for **40 seconds to 1 minute**.

Stand covered for **1 minute** before serving.

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

Scrambled Eggs

Serves: 2

Ingredients:

4 x 60 g	eggs
4 tablespoons	milk
	pinch salt

Method:

In a 1-litre casserole dish, beat eggs lightly with a whisk. Add milk and salt and whisk until well combined. Cover dish with plastic wrap and cook on **MED HIGH** for **1 $\frac{1}{2}$ to 2 minutes**. Stir eggs and cook for a further **1 $\frac{1}{2}$ to 2 minutes**. Stand covered for **1 minute** before serving.

Cheesy Ham Omelette

Serves: 1 to 2

Ingredients:

3	eggs, separated
2 tablespoons	milk
	salt and pepper
$\frac{1}{4}$ cup	grated cheese
50 g	ham, cut into strips
1	spring onion, finely sliced
	butter for greasing

Method:

Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and spring onion. Place onto a well greased dinner plate. Cook on **MEDIUM** for **4 to 5 minutes**. Stand for **2 minutes** before folding in half to serve.

Bacon and Egg in a Cup

Serves: 1

Ingredients:

2 slices	bacon
1 x 60 g	egg
1 tablespoon	grated cheddar cheese

Method:

Place bacon on a dinner plate between 2 sheets of paper towel cook on **HIGH** for **1 to 2 minutes**.

Wrap bacon around the inside of a 1-cup ramekin dish. Crack egg into centre of dish and pierce with tooth pick. Cover and cook on **MEDIUM** for **50 seconds to 1 minutes 10 seconds**.

Sprinkle with grated cheese.

CAUTION !

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

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

Everyday Basics

Muesli

Makes: 4 cups

Ingredients:

1/3 cup	honey
2 tablespoons	butter
2 cups	rolled oats
1/2 cup	unprocessed bran
1/2 cup	shredded coconut
1/3 cup	nuts, chopped
1/3 cup	sunflower seeds
1/2 cup	dried mixed fruit

Method:

Warm honey and butter in a large dish on **HIGH** for **1 to 1 1/2 minutes**. Add dry ingredients and mix well. Cook on **HIGH** for **5 to 6 minutes**, stir halfway through cooking. Stir in dried fruit and allow to cool completely before storing in an airtight container.

Bacon

Serves: 1 to 2

Ingredients:

2	rashers of bacon
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Method:

Place rashers between two sheets of paper towel on a dinner plate. Cook on **HIGH** for **2 to 2 1/2 minutes**.

Porridge

Serves: 1

Ingredients:

1/4 cup	quick cooking oats
2/3 cup	water
1/4 teaspoon	salt

Method:

Combine all ingredients in a breakfast bowl. Cook on **HIGH** for **1 minute**, stir. Cook on **MEDIUM** for **1 minute**.

Top as desired with sugar or spices.

Hot Lemon and Honey Drink

Makes: 1

Ingredients:

1/2	lemon, juiced
1 tablespoon	honey
1 cup	water

Method:

Mix all ingredients in a 2-cup heatproof jug. Cook on **HIGH** for **2 to 3 minutes**. Stir well.

Tea

Serves: 1

Ingredients:

1 cup	hot tap water
1	tea bag

Method:

Pour water into a heatproof cup. Cook on **HIGH** for **2 to 2 1/2 minutes**. Stir, then submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

Coffee

Serves: 1

Ingredients:

1 cup	water
1 teaspoon	instant coffee

Method:

Pour water into a heatproof cup. Add coffee. Stir. Cook on **HIGH** for **2 to 2 1/2 minutes**. Add milk and sugar if desired. Stir.

Hot Cocoa

Makes: 1 cup

Ingredients:

2 teaspoons	drinking chocolate
1 teaspoon	sugar (optional)
2 tablespoons	water
1 cup	milk

Method:

Combine drinking chocolate, sugar and water in a heatproof cup. Cook on **HIGH** for **10 to 15 seconds**. Stir in milk. Cook on **MED HIGH** for **2 minutes**.

Grilled Cheese on Toast

G

Serves: 2 to 4

Ingredients:

4	slices bread
	butter for spreading
4	slices tasty cheese

Method:

Place bread on High Rack and cook one side of bread on **Grill 1** for **4 to 6 minutes**. Spread untoasted side with butter and top with cheese slices. Cook on **Grill 1** for **5 to 7 minutes**.

Everyday Basics

Vegetable Soup

Serves: 4 to 6

Ingredients:

500 g	prepared vegetables of your choice (carrots, turnips, celery, etc.) finely chopped
1	onion, chopped
2 tablespoons	butter
2 tablespoons	plain flour
3 ¹ / ₂ cups	chicken stock
	salt and pepper
3 tablespoons	parsley, chopped

Method:

Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on **HIGH** for **8 to 10 minutes**. Set aside. Place onion and butter in a 4-cup jug and cook on **HIGH** for **2 to 3 minutes**. Add flour and half the stock to onion mixture and mix well. Cook on **HIGH** for **3 minutes**, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables in casserole dish. Cook on **HIGH** for **12 to 14 minutes**. Season with salt and pepper and serve, sprinkled with chopped parsley.

Baked Custard

Serves: 4 to 5

Ingredients:

425 ml	milk
3	eggs, lightly beaten
¹ / ₄ cup	sugar
1 teaspoon	vanilla essence
	pinch ground nutmeg

Method:

Place milk in a 4-cup glass jug. Cook on **HIGH** for **2 minutes**. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish, sprinkle with nutmeg. Cook on **MED LOW** for **15 to 17 minutes**. Stand covered for **5 minutes** before serving.

Popcorn

Serves: 2 to 4

Ingredients:

2 teaspoons	butter
3 tablespoons	popping corn

Method:

Place all ingredients in a loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on **HIGH** for **2 to 4 minutes**. Stop oven when popping slows to **2 to 3 seconds** between pops, overcooking may cause scorching. Remove from bag and serve sprinkled with salt.

Packet Cake

Serves: 4 to 6

Ingredients:

1 packet cake mix (340 g)
ingredients as recommended by manufactures

Method:

Mix cake and other ingredients with a metal spoon. **DO NOT OVER BEAT**. Pour into 20 cm round dish that has been lightly greased and lined. Cook on **MEDIUM** for **6 to 8 minutes**. Stand and allow to cool before removing.

Variations:

1 tablespoon jam added to batter before cooking.

Half the water suggested by manufacturer and add 1 cup sour cream to batter.

Halve a cup chopped nuts, ¹/₄ cup brown sugar and 1 teaspoon cinnamon. Mix and place on base of cake dish before adding batter to cake pan.

2 tablespoons honey and 30 g butter melted in glass jug, cook on **HIGH** for **1/2 to 1 minute**. Pour over just baked butter cake. Sprinkle with cinnamon. Serve warm with cream or custard as a dessert or cold with cream as a tea cake.

A quarter of a cup toasted muesli mixed with 1 tablespoon marmalade placed in the base of the dish.

Tip: Packet cakes are best mixed by hand as the microwaves will do the aerating.

Soups, Snacks and Starters

Pea and Ham Soup

Serves: 6

Ingredients:

500 g	green split peas
850 g	smoked ham hock
1	medium onion, chopped
1 tablespoon	fresh thyme leaves
1	bay leaf
6 cups	chicken stock
1/2 cup	frozen peas

Method:

Wash split peas and place in a 2-litre capacity bowl with 1-litre of water. Cover and allow soaking for **8 hours or overnight**. Remove rind from ham hock and discard. Cut meat away from the bone and roughly chop. Reserve bone. Drain peas and place into a 5-litre capacity microwave safe dish. Add ham bone, chopped ham, onion, thyme, bay leaf and chicken stock. Cook uncovered on **HIGH** for **15 minutes**.

Reduce power to **MEDIUM** and cook for **15 minutes**. Skim top of soup and cook on **MEDIUM** or a further **30 minutes**. Remove ham bone and bay leaf and stir in frozen peas. Cook on **MEDIUM** for **10 minutes**. Blend half the soup and return to the bowl, stirring through the remaining soup. Serve hot with crusty bread.

Tip:

Substitute 500 g bacon bones and 250g of diced bacon rashers for the ham hock. Do not add salt when cooking lentils or pulses, as they will toughen. Add salt after cooking if desired.

Short and Long Soup

Serves: 4

Ingredients:

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

Method:

Place all ingredients except bok choy and bean sprouts in a 4-litre casserole dish and cook on **HIGH** for **16 minutes**. Add bok choy and cook on **HIGH** for **4 minutes**. Serve in individual bowls topped with bean sprouts and onion.

Hint:

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

Tomato Bacon Soup

R

Serves: 4 to 6

Ingredients:

4	rashers bacon, chopped
1	onion, diced
840 g	can crushed tomatoes
2 tablespoons	tomato paste
2 cups	chicken stock
1 teaspoon	oregano
	freshly ground black pepper

Method:

In a 4-litre dish place bacon and onion. Cook on **HIGH** for **3 minutes**. Add tomatoes, tomato paste, chicken stock, oregano and pepper. Set on **HIGH** for **8 minutes**. Stir. Cook on **HIGH** for **8 minutes**. Puree.

Mushroom Soup

Serves: 4

Ingredients:

1 tablespoon	butter
250 g	mushrooms, sliced
1 tablespoon	flour
2 cups	chicken stock
1/4 cup	white wine
1 teaspoon	mustard
1/2 cup	cream

Method:

Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on **HIGH** for **5 minutes**. Add flour, stock, wine and mustard to mushrooms and mix well. Cover and cook on **HIGH** for **6 to 8 minutes**, stirring halfway through cooking. Add cream and cook on **HIGH** for a further **2 minutes**. This soup can be puréed if preferred.

Croutons

G

Serves: 4 to 6

Ingredients:

4 tablespoons	butter
12	slices bread, crusts removed
1 teaspoon	mixed herbs (optional)

Method:

Melt butter on **HIGH** for **1 minute**. Cut bread into 1 cm cubes. Combine melted butter and herbs, pour over bread cubes. Mix well and place on a baking tray. Place on High Rack. Cook on **Grill 1** for **3 to 4 minutes**, turning halfway through cooking.

Soups, Snacks and Starters



Pumpkin Soup

Pumpkin Soup

R

Makes: 2 to 4

Ingredients:

1 kg	pumpkin
1	diced onion
2 cups	chicken stock
1 teaspoon	curry powder

Method:

Peel pumpkin and remove seeds. Dice pumpkin into 3 cm pieces. Place pumpkin and onion in a 3-litre casserole dish. Cover and cook on **HIGH** for **15 minutes**. Add stock and curry. Cover and cook on **HIGH** for **15 minutes**. Cool slightly. Purée pumpkin and liquid in a blender or food processor.

Crispy Focaccia Fingers

G

Serves: 4 to 6

Ingredients:

1	focaccia bread (approximately 20 cm square)
50 g	butter, softened
1 tablespoon	mixed dried herbs

Method:

Cut the focaccia through the centre. Spread with combined butter and herbs. Cut into 2 cm wedge shaped pieces. Place on High Rack and cook on **Grill 1** for **8 to 9 minutes** or until crisp and brown.

Potato and Leek Soup

Serves: 4 to 6

Ingredients:

4 (1 kg)	large potatoes, peeled, diced
2	medium leeks, thinly sliced
2 teaspoons	dried thyme
2 cups	hot chicken stock
1 tablespoon	flour
	salt and pepper
250 ml	cream

Method:

Place potatoes, leeks, thyme and chicken stock in a 3-litre casserole dish. Cover and cook on **HIGH** for **14 to 16 minutes**. Cool slightly. Puree potato mixture in a food processor or blender, adding flour, salt, pepper and cream. Return to dish. Cook on **MED HIGH** for **4 to 6 minutes**. Serve hot, in individual bowls.

Pita Chips

C

Serves: 4 to 6

Ingredients:

2	Lebanese bread rounds
2 tablespoons	olive oil
1/2 teaspoon	dried oregano
1/2 teaspoon	dried basil

Method:

Preheat oven to **Convection 180°C**. Split bread in half horizontally, cut into triangles. Combine remaining ingredients in a small bowl. Brush one side of the bread with this mixture. Place bread slices on oven tray on Low Rack. Cook on **180°C** for **8 to 10 minutes**, or until lightly browned. Cool chips on oven trays. Store in an airtight container. Serve with dips or as an alternative to potato chips.

Hommus

Serves: Approximately 2 cups

Ingredients:

250 g	dried chick peas, water for soaking
8 cups	water
2 tablespoons	lemon juice
3 cloves	garlic, crushed
3 tablespoons	olive oil

Method:

Place chick peas and water in 4-litre casserole dish and soak overnight. Cover and cook on **HIGH** for **15 minutes**. Then for a further **45 minutes** on **MED HIGH**. Place all ingredients into a food processor and process for **6 to 8 minutes** or until smooth. If mixture is too thick add extra water. Serve as a dip with blanched carrot, cauliflower and broccoli.

Soups, Snacks and Starters

Potato and Corn Soup

Serves: 6 to 8

Ingredients:

6	rashers bacon, rind removed
1	onion, thinly sliced
500 g	potatoes, peeled and diced
4 cups	chicken stock
440 g	creamed corn
2 tablespoons	flour, mixed with a little stock
1/2 teaspoon	thyme
	pepper

Method:

Chop bacon and place in a 4-litre dish. Cook on **HIGH** for **4 to 6 minutes**. Remove bacon from dish, and set aside. Add onion and potatoes to dish and cook on **HIGH** for **8 to 10 minutes**. Add stock and cook on **HIGH** for a further **8 to 10 minutes**. Mix flour with 2 tablespoons of cold water and add to dish with corn, thyme and bacon. Cook on **HIGH** for **4 to 6 minutes**. Stir halfway through cooking. Season with salt and pepper.

Crab and Corn Soup

Serves: 4 to 6

Ingredients:

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

Method:

Place oil and onion in a 3-litre casserole dish. Cover and cook on **HIGH** for **2 to 4 minutes**. Add chicken stock, corn, salt and pepper. Cook on **HIGH** for **5 minutes**. Add crabmeat and milk and mix well. Cook on **HIGH** for **3 minutes**. Stir in cream and sprinkle with parsley. Serve.

Spicy Tomato Soup

Serves: 4

Ingredients:

1	onion, sliced
2	small red chillies, chopped
2 cloves	garlic, crushed
800 g can	tomato pieces
1 tablespoon	tomato paste
1 1/2 cups	chicken stock
1 teaspoon	dried oregano
	salt and pepper



Potato and Corn Soup

Method:

Place onion, chilli and garlic in a 3-litre dish and cook on **HIGH** for **1 to 2 minutes**. Add tomatoes and tomato paste and cook on **HIGH** for **8 to 10 minutes**. Pour in the stock and oregano. Cover and cook on **HIGH** for **15 minutes**. Purée in a food processor or blender if desired. Season to taste with salt and pepper. Serve in individual soup bowls.

Zucchini Slice

MC

Serves: 4 to 6

Ingredients:

4 rashers	bacon, diced
1	onion, diced
2 cups	grated zucchini
2 cups	grated carrot
1 cup	grated tasty cheese
1 cup	self raising flour
5	eggs, lightly beaten
125 ml	vegetable oil
1 tablespoon	fresh chopped parsley
	salt and pepper

Method:

Lightly grease a 25 cm round microwave safe dish. Place bacon and onion in a 2-litre casserole dish and cook on **HIGH** for **2 to 3 minutes**. Allow to cool slightly. Stir in zucchini, carrot and cheese and flour. In a 1-litre bowl whisk together eggs, oil and parsley. Add to bacon mixture season with salt and pepper and stir until combined. Pour into prepared dish. Cook on **MEDIUM** for **13 to 15 minutes**.

To cook on Combination

Cook on **Combination 5** for **40 minutes**.

Soups, Snacks and Starters

Roasted red Capsicum & Mushroom Bruschetta

Makes: 8

G

Ingredients:

200 g (4 or 5)	large flat mushrooms
1 tablespoon	olive oil
8 slices	Turkish bread
1 tablespoon	butter, softened
1 clove	garlic, minced
150 g	jar roasted red capsicum, sliced
100 g	firm goats cheese

Method:

Mix together butter and garlic to form garlic butter. Slice the mushrooms and drizzle with olive oil. Cook on **HIGH** for **3 minutes**. Set aside. Spread one side of the bread with garlic butter and place in a single layer on the High Rack. Cook on **Grill 1** for **5 to 6 minutes**. Turn the bread slices over. Layer the mushrooms and red capsicums on the top of the bread slices. Crumble the goats cheese and sprinkle evenly over each slice. Cook on **Grill 1** for **8 to 10 minutes**.

Cheese and Red Pesto Tartlets

2C

Makes: 24

Ingredients:

300 g	ready rolled short crust pastry sheets
90 g	red pesto or sun dried tomato paste
2	medium tomatoes, peeled, seeded and chopped
25 g	black olives, chopped
125 g	mozzarella cheese, grated
1 teaspoon	dried oregano

Method:

Cut out 24 x 7 cm (approx) circles of pastry to fit into the base of 2 greased 12 holed tartlet tins. Chill for **30 minutes**. Preheat the oven on **2 Level Convection 200°C**. Mix the red pesto, tomatoes, black olives, mozzarella and garlic in a bowl. Fill the tartlet shells with mixture. Sprinkle with oregano. Place on High and Low Rack. Bake tartlets on **200°C** for **18 to 20 minutes** or until golden brown.

Nachos Supreme

Serves: 4 to 6

Ingredients:

500 g	topside mince
1	onion, chopped
35 g	Taco seasoning mix
140 g	tomato paste
1 teaspoon	Mexican chilli powder
310 g	red kidney beans with liquid
180 g	corn chips
1	avocado
1/2 cup	sour cream
1/2 cup	grated cheese
	paprika

Method:

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

Nuts and Bolts

Serves: 6 to 8

Ingredients:

60 g	butter
2 teaspoons	curry powder
2 tablespoons	Worcestershire sauce
1/2 teaspoon	salt
1/4 teaspoon	garlic powder
125 g	packet mixed rice crackers
200 g	salted peanuts
125 g	packet pretzel sticks
1 cup	Nutri- Grain
100 g	chang fried noodles

Method:

Place butter, curry, Worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on **HIGH** for **2 to 3 minutes**. Add remaining ingredients, mix well and cook on **HIGH** for **5 to 6 minutes**, stirring twice through cooking. Cool. Serve in a bowl with drinks.

Soups, Snacks and Starters

Quiche Lorraine

C MC

Serves: 4 to 6

Ingredients:

Pastry:

1 1/4 cups	self-raising flour
	pinch salt
80 g	butter
2 tablespoons	water
	squeeze lemon juice
1	egg yolk

Filling:

4	rashers bacon, rind removed and bacon chopped
1/2 cup	grated tasty cheese
3	eggs
350 ml	cream or evaporated milk

Method:

Pastry:

Sift flour with salt. Rub butter into flour until it resembles fine breadcrumbs.

Add water, lemon juice and egg yolk. Mix well. Turn onto a lightly floured board and knead lightly.

Roll out pastry to fit a 23 cm pie plate. Prick thoroughly. Refrigerate for **30 minutes**. Preheat oven to **Convection 220°C**. Bake blind for **15 to 20 minutes** on **220°C**. Allow to cool slightly.

Filling:

Place bacon between two sheets of paper towel on a dinner plate. Cook on **HIGH** for **4 minutes**. Sprinkle bacon and cheese on cooked pie shell.

Beat eggs, cream or evaporated milk and nutmeg and pour over bacon and cheese.

To Cook by Microwave:

Cook on **MED HIGH** for **8 to 10 minutes**. Sprinkle with paprika and serve.

To Cook by Combination:

Sprinkle with paprika then cook on **Combination 2** for **20 to 25 minutes**.

Frankfurters

Serves: 5

Ingredients

10	frankfurters
1/4 cup	water

Method:

Place frankfurters in a 2-litre casserole dish. Make a few slits in each frankfurter. Add water to dish.

Cover dish with a lid or plastic wrap.

Cook on **HIGH** for **4 to 5 minutes**.

Tip: To cook one frankfurter, prick and place on a dinner plate. Cook on **HIGH** for **30 to 40 seconds**.

Chicken San Choy Bau

Serves: 4

Ingredients:

10	dried shiitake mushrooms
2 teaspoons	sesame oil
1 clove	garlic, chopped
500 g	minced chicken
10	water chestnuts, finely chopped
125 g	bamboo shoots, chopped
1 tablespoon	soy sauce
2 teaspoons	oyster sauce
2 tablespoons	sherry
1	small iceberg lettuce

Method:

Cover mushrooms with boiling water, stand for **30 minutes**. Drain, remove stems and chop finely. Place oil and garlic in a 2-litre casserole dish, cook on **HIGH** for **50 seconds to 1 minute**. Add chicken and cook on **MEDIUM** for **10 to 12 minutes**.

Add remaining ingredients except lettuce and cook on **MEDIUM** for **6 to 8 minutes**. Separate lettuce leaves, place tablespoons of mixture in each lettuce leaf. Serve immediately.

Roasted Nuts

Serves: 2 to 4

Ingredients:

1 cup	raw peanuts (with or without skins, and unsalted)
2 teaspoons	salad oil
	salt to taste

Method:

Place peanuts in a single layer on a pie plate. Cook on **HIGH** for **4 to 6 minutes**, stirring every 2 minutes during cooking until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on **HIGH** for **30 to 40 seconds**. Stir. Serve hot or cold in a small bowl.

Soups, Snacks and Starters



Lemon Pepper Chicken Wings

Lemon Pepper Chicken Wings

G

Serves: 4

Ingredients:

1/3 cup	lemon juice
1/4 cup	olive oil
2 cloves	garlic, crushed
1 teaspoon	whole grain mustard
2 tablespoons	chopped parsley
1 teaspoon	cracked black peppercorns
1 kg	chicken wings

Method:

Combine first six ingredients. Place chicken in a flat dish and pour over remaining combined ingredients. Marinate **over night or for at least 3 hours**. Arrange marinated chicken on High Rack. Cook on **Grill 1 for 27 to 29 minutes**, turning once during cooking.

Mini Pizza

Makes: 2 to 4

Ingredients:

4	small round pita breads
2 tablespoons	tomato paste
3/4 cup	grated Mozzarella cheese
3/4 cup	chopped salami
50 g	mushrooms, chopped
2	tomatoes, chopped
1 teaspoon	mixed dried herbs

Method:

Place pita bread onto a dinner plate. Spread each piece with tomato paste, then sprinkle with remaining ingredients. Cook on **MEDIUM** for **4 to 5 minutes**.

Cheese Straws

2C

Makes: 20

Ingredients:

2	sheets ready rolled puff pastry
1 egg	beaten
1 cup	Parmesan cheese
2 teaspoons	paprika

Method:

Preheat oven to **2 Level Convection 200°C**. Cut each pastry sheet into 10 equal strips (approx. 2 cm wide). Brush pastry with egg. Mix cheese and paprika together and sprinkle over each strip. Twist pastry strips and place onto two round greased baking trays. Place baking tray on High Rack and Low Rack. Cook on **200°C for 10 to 12 minutes** or until golden.

Vegetable Frittata

Serves: 4

Ingredients:

250 g	potatoes
250 g	pumpkin
250 g	carrots
1	red capsicum, sliced
6	eggs
1/2 cup	sour cream
2	medium tomatoes, sliced
2/3 cup	grated cheddar cheese
	salt and pepper

Method:

Peel and thinly slice potatoes, pumpkin and carrots. Layer vegetables and capsicum into a deep microwave-safe pie plate. Cover and cook on **HIGH** for **7 minutes**. Beat together eggs, sour cream, salt and pepper, pour over vegetables. Cook uncovered on **MEDIUM** for **8 minutes**. Layer tomato across the top of frittata and sprinkle with cheese. Cook on **MEDIUM** for a further **2 minutes**. Serve with salad and bread.

Soups, Snacks and Starters

Spinach and Filo Pie

C

Serves: 4 to 6

Ingredients:

1	bunch spinach
250 g	Fetta cheese
4	eggs
1 cup	cream
1 tablespoon	flour
1/2 teaspoon	nutmeg
	ground black pepper
1 clove	garlic, crushed
8	sheets filo pastry
40 g	butter, melted
2 teaspoons	sesame seeds

Method:

Wash spinach and remove leaves from stalks. Cut leaves finely and place into a 3-litre casserole dish. Cover and cook on **HIGH** for **3 to 5 minutes**. Drain well. Crumble in Fetta cheese.

Preheat oven to **Convection 200°C**. In a small bowl, beat eggs lightly and combine with cream, flour, nutmeg, pepper and garlic. Place 4 buttered sheets of filo pastry in base of pie dish. Place spinach and cheese into pie dish, and pour over egg mixture. Fold one sheet of filo in half widthwise and lay over top of spinach mixture. Brush with melted butter and repeat method with remaining sheets of filo, brushing with butter between each layer of filo. Trim off excess filo around edges and press down at the sides of the dish. Brush with butter and sprinkle with sesame seeds. With a sharp knife cut a diamond pattern in top of filo pastry. Place on Low Rack and cook on **200°C** for **20 to 25 minutes**.

Vegetable Bake

G

Serves: 4 to 6

Ingredients:

250 g	cauliflower, cut into small pieces
250 g	broccoli, cut into small pieces
3	carrots, sliced
1/4 cup	water
1/2 cup	cottage cheese
1	egg
1/2 cup	cream
1/2 teaspoon	lemon pepper
1/2 teaspoon	seasoned herbs
1/2 cup	grated tasty cheese

Method:

Place vegetables and water in a 3-litre casserole dish. Cover and cook on **HIGH** for **8 to 10 minutes**. Drain well. Place remaining ingredients except tasty cheese in a bowl and mix well. Pour over vegetables. Cook on **MED HIGH** for **12 to 14 minutes**. Sprinkle with tasty cheese. Place on High Rack and cook on **Grill 1** for **5 to 10 minutes**.



Spinach and Filo Pie

Crustless Cheese and Spinach Pie

Serves: 4

Ingredients:

1	bunch spinach
6	green onions, thinly sliced
500 g	ricotta
2	eggs
1 tablespoon	plain flour
1/2 teaspoon	nutmeg
1/2 cup	grated cheddar
2	tomatoes, sliced (optional)

Method:

Wash and trim thick stalks from spinach. Chop leaves roughly. Pie onto a microwave safe dinner plate and cover with plastic wrap. Cook on **HIGH** for **2 minutes**. Set aside to cool slightly. Place green onions into a small bowl cover and cook on **HIGH** for **1 minute**. Squeeze out excess moisture from cooked spinach. Place ricotta, eggs, spinach, green onions, flour and nutmeg in a large bowl, season to taste and fold with a spatula until well combined. Lightly grease a round (25 cm) microwave safe pie dish. Spread mixture evenly into prepared dish and sprinkle with grated cheddar. Cook and uncovered on **MEDIUM** for **15 minutes** or until centre is just slightly sunken.

Note:

Will even out on standing. Remove and stand for 2 minutes before cutting. Serve topped with sliced tomato.

Fish and Shellfish

Directions for Grilling Fish and Shellfish

Cook in oven with High Rack in place on Grill 1 for fillets and steaks, Grill 2 for whole fish and shellfish. For lobster tails, remove soft shell centre (underneath portion) of lobster tails by cutting centre out with kitchen shears. Loosen lobster from shell with fingers, leaving meat attached to tail section. Brush fish and shellfish with melted butter, margarine or oil before and during cooking. Basting helps prevent the fish and shellfish from drying out.

Place fish or shellfish on High Rack. Cook for the times recommended in chart. Whole fish and fish steaks should be carefully turned over halfway through cooking time. If desired, turn thick fish fillets over halfway through cooking. To test for desired cooking, the flesh of fish should easily flake. Seafood should be opaque.



Brush with melted butter.



Carefully turn whole fish and steaks over halfway through cooking.

Fish and Shellfish Grilling Chart

Food	Grilling Setting	Approximate Cooking Time (in min.)
FISH		
Fillets:		
1 cm thick	Grill 1	15 to 17
1 1/2 cm thick	Grill 1	17 to 19
Steaks/Cutlets		
2 cm thick	Grill 1	24 to 26
WHOLE FISH		
250 g to 375 g	Grill 2	24 to 26
500 g	Grill 2	30 to 32
SHELLFISH		
Lobster Tails		
250 g to 300 g	Grill 2	26 to 30
Scallops		
Sea Scallops 500 g	Grill 1	12 to 14
Prawns		
500 g	Grill 2	13 to 15

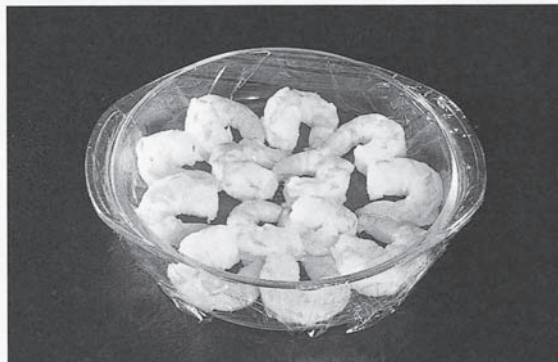
Fish and Shellfish

Directions for Cooking Fish and Shellfish by Microwave



Clean fish before starting the recipe. Arrange fish in a single layer, do not overlap edges. Prawns and scallops should be placed in a single layer.

To Cook by Time: Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns or scallops.



Directions for Cooking Fish by Auto Menu (Sensor Cook):

Clean and prepare fish. Place in a single layer in a shallow dish. Cover with a lid or plastic film. Select **[Fish]** and press **[Start]**. There is no need to select power level or time as this is a fully automatic programme. Refer to page 25 in operating instructions and follow directions in recipes.

Fish and Shellfish Chart for Microwave Cooking by Time

Fish or Shellfish	Amount	Power	Approximate Cooking Time (in minutes)
Fish Fillets	500 g	MEDIUM	4 to 6
Scallops (sea)	500 g	MEDIUM	4 to 6
Prawns, medium size (shelled and cleaned)	500 g	MEDIUM	3 to 5
Whole Fish (stuffed or unstuffed)	500 g to 900 g	MEDIUM	6 to 8

Salmon Mornay

G

Serves: 2

Ingredients:

40 g butter
 1 onion, diced
 1/4 cup flour
 1 tablespoon fresh parsley
 pepper
 1/2 teaspoon French mustard
 1 cup milk
 415 g can salmon
 3/4 cup fresh breadcrumbs
 1/3 cup grated cheese

Method:

Place butter and onion in a 1-litre dish. Cook on **HIGH** for **2 minutes**. Add flour and cook on **HIGH** for **1 minute**. Add parsley, pepper, mustard and gradually blend in milk. Cook on **HIGH** for **2 to 3 minutes**, stir halfway through cooking. Lightly mix salmon and liquid into sauce. Pour into a serving dish and top with breadcrumbs and cheese. Place on Low Rack and cook on **Grill 1** for **5 to 10 minutes**.

Garlic and Chilli Prawns

Serves: 4

Ingredients:

1 kg uncooked medium king prawns
 1 small red onion, thinly sliced
 40 g butter
 3 cloves garlic, crushed
 2 fresh bird's eye chillies, deseeded & finely chopped
 1/2 small red capsicum, finely sliced
 100 g snow peas, trimmed
 1 tablespoon lemon juice
 80 ml thickened cream
 1/4 cup coriander leaves, chopped
 cooked jasmine rice

Method:

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

Fish and Shellfish

Thai Fish Cakes

G

Serves: 4 to 6

Ingredients:

500 g	white fish fillets
1 tablespoon	red curry paste
2 tablespoons	cornflour
1 teaspoon	chopped chilli
1 tablespoon	fish sauce
3	shallots, chopped
1/4 cup	coriander leaves
2 tablespoons	oil

Method:

Place all ingredients except oil in a food processor and blend until smooth. Shape two tablespoons of mixture into round patty shapes and place onto an oiled tray. Place on High Rack and cook on **Grill 1** for **8 to 10 minutes** turning halfway through. Serve with sweet chilli sauce.

Malay Coconut Fish

R

Serves: 4

Ingredients:

800 g	fish fillets
2 cups	coconut milk
1 tablespoon	chilli sauce
1/2 teaspoon	lime zest
1 teaspoon	ginger, chopped
1 tablespoon	garam masala
1 tablespoon	fish sauce
2 tablespoons	brown sugar

Method:

Place all ingredients except fish in a 2-litre dish. Cover. Cook on **HIGH** for **8 minutes**. Add fish fillets. Cook on **MEDIUM** for **7 minutes**.

Baked Atlantic salmon with Lemongrass

C

Serves: 4

Ingredients:

4 x 150 g	Atlantic salmon fillets
1 stalk	fresh lemongrass
1	lime, grated rind and juice
1 teaspoon	freshly grated ginger
1 clove	garlic, crushed
1 tablespoon	sweet chilli sauce
1/2 teaspoon	turmeric

Method:

Place fish fillets into a ceramic dish and set aside. Chop the thick end of the lemongrass stalk very finely and mix with remaining marinade ingredients. Pour over fish and refrigerate for **30 minutes**. Preheat oven on **Convection 220°C**. Remove fish from marinade and place onto High Rack. Cook on **220°C** for **14 to 16 minutes**. Turn halfway through cooking.

Salmon Pâté

Makes: 2 1/2 cups

Ingredients:

1 tablespoon	butter
3	green onions, sliced
1 tablespoon	plain flour
1 teaspoon	French mustard
	salt and pepper
1/2 cup	sour cream
1/4 cup	mayonnaise
1/4 cup	white wine
1 tablespoon	lemon juice
440 g can	salmon, drained and bones removed
1 tablespoon	gelatine
1/4 cup	water

Method:

Place butter and green onions in a 1-litre casserole dish. Cook on **HIGH** for **2 to 3 minutes**. Add flour, mustard, salt and pepper. Stir and cook on **HIGH** for **1 minute**. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor. Place gelatine and water in small dish and cook on **HIGH** for **20 to 30 seconds**. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2 1/2 cup mould and refrigerate until set.

Fish and Shellfish



Seafood Marinara

Seafood Marinara

Serves: 4

Ingredients:

250 g	scallops
250 g	prawns, shelled and deveined
1	squid, (approx. 275 g) cleaned and sliced
2 tablespoons	butter
1 clove	garlic, crushed
2	tomatoes, peeled and chopped
1 tablespoon	tomato paste
1/4 cup	white wine
1 tablespoon	basil, chopped
	pepper
	chopped parsley

Method:

Place cleaned seafood into a 2-litre dish. Set aside. Place butter and garlic in a 1-litre dish. Cook on **HIGH** for **1 minute**. Add remaining ingredients except seafood to dish and cook on **HIGH** for **5 minutes**. Purée tomato mixture in a blender or food processor and pour over seafood. Cook on **MED HIGH** for **5 to 7 minutes**. Stand for **5 minutes**. Serve with pasta or salad.

Golden Seafood Pie

C

Serves: 4

Ingredients:

400 g	white fish fillets
200 g	peeled green prawns
100 g	calamari rings
1 cup	water
1 tablespoon	lemon juice
30 g	butter
1	onion, sliced
1 clove	garlic, crushed
2 tablespoon	flour
1 teaspoon	French mustard
125 ml	cream
8 sheets	filo pastry
60 g	butter melted, extra

Method:

Cut fish into 3 cm cubes and place into a 2-litre dish with prawns and calamari. Pour over water and lemon juice. Cook on **MEDIUM** for **6 to 8 minutes** or until seafood is just tender. Set aside. Place butter and onion into a 1-litre dish. Cook on **HIGH** for **2 minutes**.

Blend in flour and mustard and cooking liquid from the seafood. Cook on **HIGH** for **4 minutes**, stirring every minute until sauce boils and thickens. Stir in cream and gentry fold in seafood. Preheat oven to **Convection 200°C**. Divide seafood mixture between 4 x 2 cup ramekin dishes. Lay out sheets of filo pastry and brush with butter. Gentry scrunch 2 sheets of filo onto the top of each ramekin dish, ensure all sauce mixture is covered. Place ramekins onto Low Rack and cook on **200°C** for **20 to 30 minutes** or until golden brown.

Barbecue Fish Skewers

G

Makes: 24 skewers

Ingredients:

1 kg	firm white fish fillets, cut into long thin strips
	melted butter for brushing

Marinade:

1/4 cup	lemon juice
1 tablespoon	olive oil
2	green onions, chopped
1 tablespoon	finely chopped dill
	black pepper

Method:

Place fish in a large mixing bowl. Mix all marinade ingredients until well combined. Pour marinade over fish and chill for **2 hours only**. Thread fish onto skewers (similar to a snake shape). Brush High Rack with melted butter. Place skewers on High Rack. Cook on **Grill 1** for **8 to 12 minutes**, turning halfway through cooking. Serve with coconut rice.

Tip: Half freeze fish before slicing so finer strips may be cut.

Fish and Shellfish

Oysters Kilpatrick

G

Serves: 2

Ingredients:

12	oysters in shell, opened
1 tablespoon	barbecue sauce
2 tablespoons	Worcestershire sauce
	salt and pepper
60 g	bacon, finely chopped

Method:

Place oysters in shell on a heatproof serving plate. Sprinkle bacon over each oyster. Sprinkle each oyster with combined sauces. Season with salt and pepper. Place on High Rack and cook on **Grill 1** for **8 to 10 minutes**.

Tip: Serve with triangles of buttered brown bread.

Garlic Prawns

R

Serves: 2

Ingredients:

60 g	butter
1 clove	garlic, crushed
1 tablespoon	lemon juice
1 tablespoon	parsley, chopped
500 g	green prawns, shelled and deveined

Method:

Place butter and garlic in a 1-litre dish and cook on **HIGH** for **1 minute**. Add lemon juice, parsley, and prawns. Cover. Cook on **MEDIUM** for **3 1/2 minutes**, stir. Cook on **MEDIUM** for **3 1/2 minutes**. Serve in individual ramekins.

Smoked Fish

A

Serves: 2 to 4

Ingredients:

500 g	medium sized smoked fish fillets
1 tablespoon	butter, melted
3 tablespoons	water
	freshly ground black pepper

Method:

Place all ingredients in a 3-litre casserole dish. Cover and cook on **MEDIUM** for **5 to 6 minutes** or until cooked and fish flakes when tested with a fork.

To Cook by Auto Menu:

Prepare as above. Cover with a lid or plastic wrap. Select **[Fish]**, then press **[Start]**.

Gingered Whole Fish

R

Serves: 2

Ingredients:

400 g	whole bream
2 tablespoons	lemon juice
2 tablespoons	soy sauce
1 teaspoon	minced ginger
3	green onions, sliced

Method:

Place bream in a 2-litre dish. In a 1 litre jug mix lemon juice, soy sauce, ginger and green onions. Pour over bream. Cook on **MEDIUM** for **5 minutes**. Turn and cover. Cook on **MEDIUM** for **5 minutes**.

Whole Stuffed Fish

A

Serves: 2

Ingredients:

500 g	whole fish, cleaned and scaled (Bream or Snapper)
2 tablespoons	melted butter

Stuffing:

1 cup	fresh breadcrumbs
4	green onions, sliced
25 g	proscuitto, chopped
1/3 cup	chopped macadamia nuts
2 tablespoons	chopped parsley
	freshly ground black pepper

Method:

Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a rack in a 3-litre casserole dish and cook on **MEDIUM** for **6 to 8 minutes**. Stand covered for **5 minutes** before serving.

To Cook by Auto Menu:

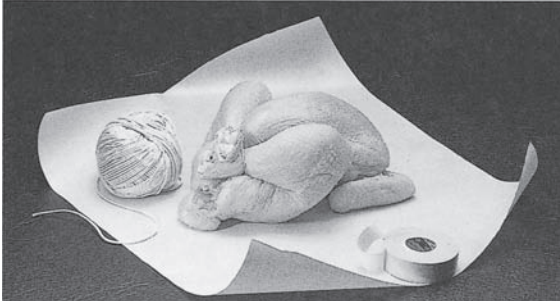
Prepare as above. Place fish on a rack in a flat casserole dish. Cover with a lid or plastic wrap. Select **[Fish]**, then press **[Start]**. Stand covered for **5 minutes** before serving.

Poultry

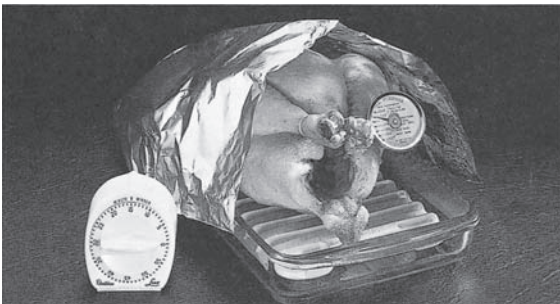
Directions for Cooking Whole Poultry by Microwave

Cooking

Season as desired, but salt after cooking. Browning sauce (e.g. soy, Worcestershire) mixed with equal parts of butter will enhance the appearance.



Poultry may be stuffed or unstuffed. Tie legs together with cotton string. Place on microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.



If the poultry is not cooked enough return it to the oven and cook a few more minutes at the recommended power level.

DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.

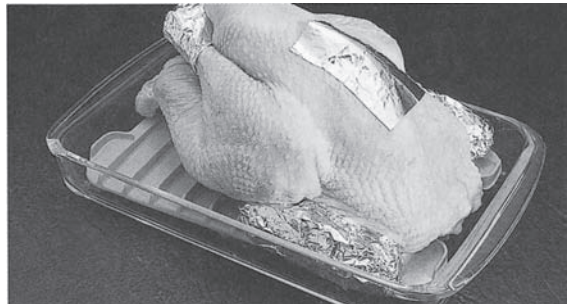
Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalise throughout the food and finishes the cooking process.

If a large amount of juice accumulates in the bottom of the baking dish occasionally drain it. If desired, reserve for making gravy.

Less-tender birds should be cooked in liquid such as soup or broth. Use $\frac{1}{4}$ cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that bird does not touch the lid.



After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometer, inserted into the thigh muscle. Check temperature in both muscles. The thermometer should not touch bone. If it does, the reading could be inaccurate. A thermometer cannot be accurately inserted into a small bird. To check desired cooking of a small bird, juices should be clear and the drumsticks should readily move up and down.



During cooking it may be necessary to shield legs, wings and the breast bone to prevent overcooking. Wooden toothpicks can be used to hold foil in place.



If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag. Multiply the weight of the poultry by the minimum recommended minutes per 500 g. Programme Power and Time.

Poultry

Directions for Grilling Chicken Pieces

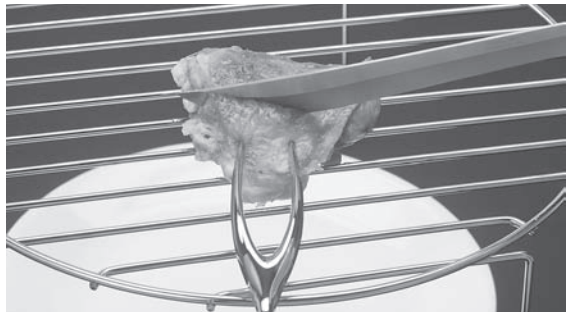
If desired, brush chicken with butter, margarine, oil or sauce before and during grilling. Basting helps prevent chicken from drying out. Place chicken skin-side down on High Rack with a dish underneath, to catch drips. Cook for times recommended in the chart. Halfway through cooking, turn chicken skin-side up. Season after cooking. To test for desired cooking, cut into chicken. Chicken should be white in colour, and juices should be clear.



Turn over halfway through cooking.



Arrange chicken skin-side down.



When done, chicken is white in colour and juices are clear.

Chicken Grilling Chart

Item	Grill Setting	Approximate Cooking Time (in minutes)
CHICKEN		
4 half Breasts	Grill 1	20 to 24
Cut-up (whole)	Grill 1	28 to 32
8 Drumsticks	Grill 1	28 to 30
4 Thighs	Grill 1	26 to 28
1.4 kg Wings (approx. 6)	Grill 1	26 to 28
4 Marylands	Grill 1	26 to 28
4 Kebabs	Grill 1	20 to 24

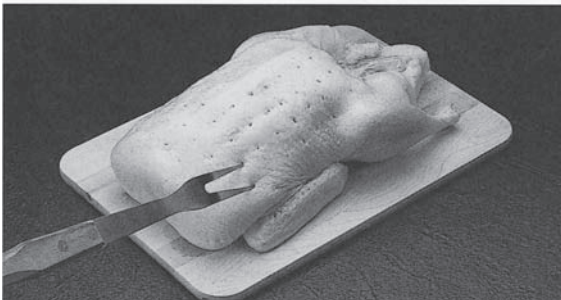
Poultry

Directions for Cooking Poultry by Combination

Wash poultry and pat dry. Season poultry as desired. Whole poultry may be roasted stuffed or unstuffed.

Whole Roasting Chickens (1.0 kg to 2.8 kg): Place chicken on Low Rack, with a dish set underneath, to catch drips. Shield drumsticks with a strip of foil for the first 30 minutes of cooking. (Foil should not touch rack or oven walls, as arcing may occur.)

Whole Duck (1.5 kg to 2.5 kg): Pierce skin at 2 cm intervals with a fork to allow fat to drain from duck. Place duck on Low Rack, with a dish set underneath, to catch drips. Drain juices from dish once during cooking.



Whole Turkey (2 kg to 4 kg): Place turkey on Low Rack, with a dish set underneath, to catch drips. Halfway through cooking, shield tops of drumsticks with a strip of foil. (Foil should not touch oven walls, as arcing may occur.) Drain juice from dish once during cooking.

To Cook by Manual Combination:

Multiply the ready to cook weight of the poultry by the minimum recommended minutes per 500 g. Programme the Combination Setting and Time. (See below.) Press **[Start]**.

To Cook by One Touch Cooking:

To programme: Select **[Chicken]**, enter the weight, then press **[Start]**.

After cooking allow to stand, covered, for 10 minutes. This stand time allows for easier carving and finishes cooking. During stand time test for desired cooking. Small poultry is cooked when juices run clear and the drumsticks readily move up and down. Large poultry should be checked with a meat thermometer inserted in both thigh joints. If thermometer touches bone, the reading may be inaccurate.

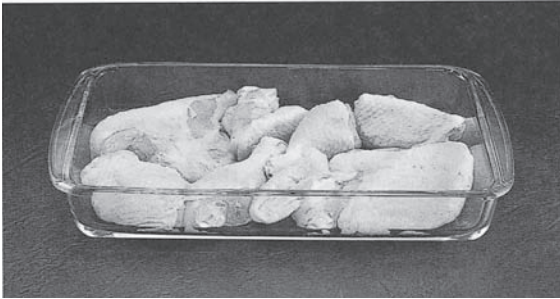
DO NOT USE A CONVENTIONAL OR MICROWAVE THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION. If poultry is undercooked, cook a few more minutes at the recommended Combination Setting.

Poultry Chart for Combination Cooking

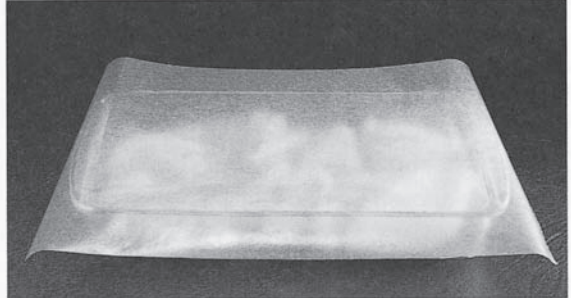
Poultry	Auto Menu	Combination Cooking		Cooking Directions
		Combination Setting	Cooking Time	
Chicken (up to 2.8 kg)	Chicken	COMB 6	15 to 17 min./ 500 g	Place on Low Rack, baste halfway through cooking.
Chicken Pieces (1 to 1.5 kg)		COMB 6	Approx. ^{2/3} conventional cooking time. Follow recipe instructions.	Suitable for pieces alone, or casseroles.
Turkey (2 to 4 kg)	Chicken (up to 3 kg)	COMB 5	15 to 17 min./ 500 g	Place on Low Rack, baste halfway through cooking.
Duck (1.5 to 2.5 kg)	Chicken	COMB 5	15 to 18 min./ 500 g	Pierce skin at 2 cm intervals. Place on Low Rack, baste halfway through cooking.

Poultry

Directions for Cooking Poultry Pieces by Microwave



Arrange pieces skin-side up, and evenly spread in a shallow dish.



Cover with wax paper, or paper towel. Multiply the weight by the minimum time recommended in the chart.

Poultry Chart for Microwave Cooking by Time

Poultry	Power	Approx. Temperature After Cooking	Approx. Cooking Time (minutes per 500 g)
Chicken (up to 2.8 kg)	MED HIGH	87°C	10 to 15
Chicken (Pieces)	MED HIGH	87°C	6 to 8
Turkey	MED HIGH	87°C	10 to 15
Duck	MED HIGH	87°C	10 to 15

Pepper Chicken

Serves: 4

Ingredients:

4	chicken breast fillets
1 tablespoon	ground black pepper
2 tablespoons	butter
2 cloves	crushed garlic
1 tablespoon	seeded mustard
2 tablespoons	lemon juice
1/2 cup	cream

Method:

Flatten chicken fillets and press pepper onto each fillet. Add butter and garlic to a 2-litre dish with chicken and cook on **MED HIGH** for **6 to 8 minutes**. Turn halfway through cooking. Remove chicken and add mustard, lemon juice and cream to dish, stir well. Replace fillets into dish and cook on **MED HIGH** for **1 to 2 minutes**.

Parmesan Crusted Chicken

C R

Serves: 4

Ingredients:

1 kg	chicken fillets
40 g	butter
2 cloves	garlic, crushed
1 cup	fresh breadcrumbs
1/4 cup	parsley, chopped
1/2 cup	grated parmesan

Method:

Place butter in a 1-litre dish. Cook on **MEDIUM** for **1 minute**. Place chicken fillets in a 2-litre flat dish. Brush with melted butter. Combine garlic, breadcrumbs, parsley, grated parmesan. Sprinkle over chicken. Place chicken on Low Rack and cook on **Convection 180°C** for **40 minutes**. Preheating is not required.

Poultry

Chicken and Vegetable Korma

Serves: 4

Ingredients:

200 g	sweet potato
200 g	potato
1 tablespoon	oil
1	onion, diced
2 cloves	garlic, crushed
1 teaspoon	ground coriander
1 teaspoon	ground cardamom
1 teaspoon	turmeric
1 teaspoon	ground cumin
1/2 teaspoon	ground cinnamon
1/4 cup	tomato paste
1 kg	chicken thigh fillets
1	small eggplant, diced
1/4 cup	natural yogurt
	fresh coriander, mango chutney, pappadums to serve

Method:

Peel potatoes and cut into 2 cm dice. Place potatoes, oil, onion and garlic into a 3-litre microwave safe dish. Cover and cook on **HIGH** for **3 minutes**. Add spices to dish and cook on **HIGH** for **1 minute**. Stir in tomato paste and cook for a further **1 minute** on **HIGH**. Trim excess fat from chicken and cut fillets into thirds. Stir into vegetable mixture and cook covered on **MED HIGH** for **10 minutes**, stirring halfway through cooking. Add eggplant and cook for a further **5 minutes** on **HIGH**, stirring halfway through cooking. Stir through yogurt and serve with coriander, mango chutney and pappadums.

Tips:

1. Many curry recipes use finely diced potato to break down during cooking and thicken the sauce. Potato doesn't break down when cooked in the microwave. Continued cooking will dehydrate the potato. If adapting your own recipe only use one quarter of the liquid.
2. Substitute 2 tablespoons of Korma curry paste for the spices and garlic in this recipe.
3. When using spices in cooking, toast in the microwave for 30 seconds to 1 minute to release their flavour and aroma before using in a recipe.

Chicken Cacciatore

Serves: 4

Ingredients:

440g can	tomatoes
1/4 cup	tomato paste
1 teaspoon	minced garlic
1	onion, diced
2 teaspoons	dried oregano
1 kg	chicken drumsticks
1/4	red capsicum, sliced

Method:

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

Tarragon Chicken and Mushrooms

MC

Serves: 6 to 8

Ingredients:

1 kg	chicken pieces
1	onion, sliced
1/2 teaspoon	dried tarragon leaves
	salt and pepper
150 g	mushrooms, finely sliced
440 g can	cream of mushroom soup
1/2 cup	sour cream

Method:

Place chicken and onion in a 4-litre casserole dish. Cook on **MEDIUM** for **25 to 30 minutes**. Drain away any excess fat. Season with tarragon and salt and pepper. Add mushrooms. Cook on **MEDIUM** for **3 to 4 minutes**. Blend together soup and sour cream. Spoon over chicken.

To Cook by Microwave:

Cover and cook on **MEDIUM** for **12 to 15 minutes**. Remove chicken to a serving platter. Stir sauce and spoon over chicken. Serve with rice or vegetables.

To Cook by Combination:

Place all ingredients in a 4-litre casserole, except mushrooms and sour cream. Cover with lid. Cook on **Combination 5** for **30 minutes**. Stir in mushrooms and sour cream, cover, and continue to cook on **Combination 5** for a further **15 to 20 minutes**. Stir and serve.

Italian Chicken Casserole

MC A

Serves: 4 to 6

Ingredients:

1 clove	garlic, crushed
1.2 kg	chicken pieces
250 g	baby onions
425 g can	tomatoes
1/4 cup	tomato paste
1/2 teaspoon	marjoram
1/2 teaspoon	ground oregano
100 g	button mushrooms
20	black olives
2 tablespoons	chopped parsley
	salt and pepper

Method:

Place all ingredients into a 3-litre casserole dish and mix well. Cover. Cook on **Combination 5** for **45 to 50 minutes**. Stir halfway through cooking.

To Cook by Auto Menu:

Prepare as above and cover with a lid. Select

, then press .

Poultry

Chicken Rolls with Honey Mustard

Serves: 4 to 6

Ingredients:

8 small	chicken thigh fillets
16	prunes, pitted
8	green onions
2 tablespoon	flaked almonds
4 rashers	rindless bacon, halved lengthwise

Honey Mustard Glaze

1 tablespoon	brown sugar
1 tablespoon	French Mustard
1 tablespoon	honey
10 g	butter, melted
	ground black pepper

Method:

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

Chicken Curry

R

Serves: 4 to 6

Ingredients:

1	onion, chopped
2 tablespoons	red curry paste
500 g	chicken fillets, sliced
2 cups	finely sliced vegetables
1 cup	coconut milk
1 tablespoon	fish sauce
1 tablespoon	brown sugar

Method:

In a 3-litre dish mix onion and curry paste. Cook on **HIGH** for **3 minutes**. Add chicken. Cook on **MEDIUM** for **4 minutes**. Stir. Cook on **MEDIUM** for **4 minutes**. Add vegetables, coconut milk, fish sauce and brown sugar. Cover. Cook on **HIGH** for **5 minutes**.

Chicken Pie

C

Serves: 4 to 6

Ingredients:

500 g	chicken thigh fillets, diced
60 g	butter
1	onion, chopped
100 g	mushrooms, sliced
1/4 cup	flour
1 cup	milk
1 teaspoon	mixed herbs
1 teaspoon	French mustard
	pepper to taste
1/2 cup	grated Swiss cheese
2	sheets ready rolled puff pastry

Method:

Place chicken into a 3-litre casserole dish and cook on **MED HIGH** for **5 to 6 minutes** set aside. Place butter and onion into a 2-litre dish and cook on **HIGH** for **2 minutes**. Stir in flour, cook on **HIGH** for **1 minute** and gradually add milk stirring constantly. Cook on **HIGH** for **2 to 3 minutes** or until thick. Add herbs, mustard, pepper and cheese and mushrooms, mix well. Stir through chicken and set aside. Preheat oven to **Convection 200°C**. Grease a 20 cm pie dish, line with one sheet of pastry. Add chicken filling and cover with other sheet of pastry. Trim edges. Place on Low Rack and cook on **200°C** for **30 to 40 minutes**.

Apricot Nectar Chicken

MC R

Serves: 4 to 6

Ingredients:

40 g	pkt French onion soup mix
400 ml	apricot nectar
1 kg	chicken drumsticks
1 clove	garlic, crushed
1	onion, diced
1/2 cup	dried apricots

Method:

In a 2-litre dish mix apricot nectar, French onion soup mix, garlic, onion and dried apricots. Add chicken drumsticks and mix to coat with sauce. Cover with a lid. Cook on **Combination 6** for **50 to 55 minutes**, stirring halfway through cooking.

Poultry

Roast Turkey

MC A

Serves: 6 to 8

Ingredients:

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

Method:

Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on **HIGH** for **30 to 40 seconds**. Add celery, onion and apples and cook on **HIGH** for **5 minutes**. Add breadcrumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey.

Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt.

Place turkey on Low Rack with a dish underneath. Cook on **Combination 5** for **1 1/4 to 1 1/2 hours**. Stand **15 minutes** before serving.

To Cook by Auto Menu:

Prepare turkey with stuffing as above. Place turkey on Low Rack with a dish underneath. Select .



Roast Turkey

Stuffed Roast Chicken

MC A

Serves: 4 to 6

Ingredients:

1.5 kg	chicken
2 tablespoons	melted butter
	salt and pepper

Stuffing:

1 tablespoon	butter
1	small onion, finely chopped
2	rashers bacon, rind removed and bacon finely chopped
1 tablespoon	parsley, finely chopped
1 teaspoon	mixed herbs
1 1/2 cups	cooked rice
1	egg
	salt and pepper

Method:

Clean and pat dry chicken with paper towel. Brush chicken with melted butter. Season chicken. Set aside. To prepare stuffing, melt butter in a 1-litre casserole dish on **HIGH** for **30 seconds**. Add onion and bacon and cook on **HIGH** for **2 minutes**. Add all remaining ingredients and mix well. Place stuffing into chicken. Secure opening with tooth picks. Tie legs together with string. Place chicken breast side down on Low Rack.

Cook on **Combination 5** for **40 to 55 minutes**. Turn halfway through cooking.

To Cook by Auto Menu:

Prepare chicken with stuffing as above. Select .

Roast Herb Chicken

R MC

Serves: 4

Ingredients:

1.5 kg	Chicken
60 g	butter
1 tablespoon	rosemary, chopped
1 tablespoon	parsley, chopped

Method:

Place butter in a 2-cup jug. Cook on **MED HIGH** for **40 seconds**. Add rosemary and parsley. Tie legs of chicken together with string. Brush with butter mixture. Place breast side down on a Low Rack set in a dish. Set **Combination 6** for **25 minutes**. Turn over. Set **Combination 6** for **25 minutes**.

Poultry

Chinese Chicken Wings

G

Serves: 4 to 6

Ingredients:

1 kg	chicken wings
1/2 cup	teriyaki sauce
2 tablespoons	tomato sauce
1 tablespoon	Worcestershire sauce
1 clove	garlic, crushed
2 tablespoons	honey

Method:

Place chicken wings in a 3-litre dish. Add all remaining ingredients. Stir well. Cover and leave to marinate **overnight**.

To Cook by Microwave:

Remove marinade and cook on **MED HIGH** for **20 to 25 minutes**. Stir halfway through cooking.

To Cook by Grill:

Prepare chicken wings and marinade as above. Arrange chicken wings on High Rack and brush with marinade. Cook on **Grill 1** for **26 to 28 minutes**, Turning over halfway through grilling and rebrushing with marinade.

Roast Honey Duck with Orange Sauce

MC

Serves: 4 to 6

Ingredients:

1.5 kg	duck
3 tablespoons	honey
1 tablespoon	orange liqueur
1 tablespoon	vinegar

Ingredients:

2	oranges, juiced
	grated rind of 1 orange
1/4 cup	water
1 tablespoon	brown sugar
1 tablespoon	vinegar
1 tablespoon	orange liqueur

Method:

Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork.

Place duck onto a rack into a 2-litre casserole dish. Place on Low Rack and cook on **Combination 6** for **30 to 40 minutes**. Brush the combined honey, liqueur and vinegar over the duck and cook for a further for **10 minutes** or until duck is golden brown. Stand while preparing sauce.

Sauce:

Place all ingredients except rind, vinegar and liqueur in a 2-cup jug. Cook on **HIGH** for **1 1/2 to 2 minutes**. Add vinegar and liqueur and cook on **HIGH** for a further **30 seconds**. Pour sauce over duck, sprinkle with rind and serve.

Plum Glazed Quails

Serves: 2 to 4

Ingredients:

4	quails
1/2 cup	cooked long grain rice
1 tablespoon	chopped green onions
1 tablespoon	finely chopped basil
2 tablespoons	chopped shelled pistachio nuts
	pinch thyme
	pinch cayenne pepper
1/4 teaspoon	minced ginger
1 teaspoon	milk
1 tablespoon	plum jam
1 tablespoon	Hoi-sin sauce
250 g can	satsuma plums, drained and seeds removed
1/4 cup	red wine

Method:

Wash, clean and pat dry quails. In a 1-litre dish, combine rice, spring onions, basil, pistachio nuts, thyme, cayenne, pepper, ginger and milk. Mix well and place a 1/4 of the mixture into the cavity of each quail. Tie the legs together and place quails into a shallow 2-litre dish. Set aside. In a 2-cup jug, combine plum jam, hoi-sin sauce and butter. Cook on **HIGH** for **30 to 40 seconds**. Brush jam mixture over quails and cook on **MED HIGH** for **10 to 14 minutes**, brush with glaze halfway through cooking. Cover and allow to stand for 5 minutes whilst preparing the sauce. Puree plums with wine and heat in a 2-cup jug on **HIGH** for **1 to 2 minutes**. Pour sauce over quails and serve with vegetables or salad garnished with extra pistachio nuts.

Crispy Chicken with Hot Salsa

C

Serves: 4 to 6

Ingredients:

1	large avocado
1/2	small red onion
1	small tomato, peeled and seeded
1/2	red capsicum
2 cloves	garlic, crushed
3 tablespoons	olive oil
3 tablespoons	chopped coriander
1 tablespoon	lime juice
4	chicken breast fillets with skin salt and pepper

Method:

Preheat oven to **Convection 220°C**. Finely dice the avocado, onion, tomato, and capsicum. Mix together with the crushed garlic, coriander and seasonings. Flatten the chicken breasts with a rolling pin, lift the skin to create a pocket and fill with the salsa mixture. Place the chicken in a baking dish. Drizzle chicken with remaining olive oil. Place the chicken in the baking dish onto the Low Rack and cook on **220°C** for **25 to 30 minutes** or until cooked and golden.

Poultry

Honey Sesame Drumsticks

R

Serves: 4

Ingredients:

8 (1 kg)	chicken drumsticks
1 clove	garlic, crushed
1 teaspoon	chopped ginger
1/4 cup	soy sauce
1/4 cup	honey
2 tablespoons	sesame seeds

Method:

Marinate chicken in remaining ingredients for **2 hours**. Place chicken in shallow dish. Cook on **MED HIGH** for **9 minutes**. Turn over. Cook on **MED HIGH** for another **9 minutes**.

Grilled Sweet Chilli and Lime Chicken

G

Serves: 4

Ingredients:

1 clove	garlic, crushed
1 tablespoon	chopped coriander
1/4 cup	sweet chilli sauce
2 tablespoons	lime juice
500 g	chicken thigh fillets, halved

Guacamole:

1	medium size ripe avocado
1 clove	garlic, crushed
1 tablespoon	lime juice
1/2 cup	lite sour cream
	cracked black pepper

Method:

Combine garlic, coriander, chilli sauce, lime juice and chicken fillets in a 2-litre bowl. Cover. Marinate for **1 to 2 hours** in the refrigerator. Arrange marinated chicken on High Rack. Cook on **Grill 1** for **24 to 26 minutes**, turning halfway through cooking. Serve with guacamole.

To prepare guacamole:

In a small bowl mash avocado and stir in garlic, lime juice, sour cream and cracked black pepper to taste.

Peanut Satay

G

Serves: 4

Ingredients:

750 g	boneless chicken, cut into 2.5 cm cubes
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Marinade:

1/2 teaspoon	caraway seeds
1 teaspoon	ground coriander
1 clove	garlic, crushed
1 tablespoon	brown sugar
1 tablespoon	soy sauce
1 tablespoon	lemon juice
	pinch salt
	bamboo skewers

Satay Sauce:

3	red chillies, seeded and finely chopped
	garlic, crushed
2 cloves	1 cm piece ginger, grated
	salt
1 teaspoon	peanut butter
1/2 cup	water
1 cup	sultanas
1/4 cup	raisins
1/4 cup	vinegar
1/2 cup	sugar
1/2 cup	peanuts
1/4 cup	chutney (optional)

Method:

Combine all marinade ingredients in a bowl with chicken meat and marinate for at least **2 to 3 hours**. Combine all sauce ingredients in a 6-cup jug and cook on **HIGH** for **8 to 10 minutes**, stirring halfway through cooking. Purée sauce in a blender or food processor. Set aside.

Thread chicken meat onto bamboo skewers and place on High Rack. Cook on **Grill 1** for **20 to 24 minutes**, or until cooked, turning once during cooking. Serve with satay sauce.

Tip: To reheat sauce: Cook on **HIGH** for **1 to 2 minutes**.

Soy Chicken and Vegetables

Serves: 4

Ingredients:

1 tablespoon	cornflour
1/3 cup	oyster sauce
1/4 cup	sherry
2 tablespoon	soy sauce
2 teaspoon	minced ginger
500 g	chicken fillets, sliced
2 cups	sliced stir fry vegetables

Method:

In a 3-litre dish mix cornflour, soy sauce, water and ginger. Cook on **HIGH** for **2 minutes**. Add chicken fillets and mix to coat with sauce. Cook on **MED HIGH** for **5 to 7 minutes** stirring halfway through cooking. Mix in sliced vegetables. Cook on **HIGH** for **3 minutes**. Stir and cook for a further **2 minutes** on **HIGH**.

Poultry



Chicken Wings in Lemon Sauce

Chicken Wings in Lemon Sauce

G

Serves: 4 to 6

Ingredients:

1 kg	chicken wings
1/4 cup	soy sauce
1 teaspoon	ground ginger
2 cloves	garlic, crushed
1/4 cup	lemon juice

Method:

To Cook by Microwave:

Place chicken wings in a 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinade for **1 to 2 hours** in the refrigerator.

Cook on **MED HIGH** for **20 to 25 minutes**. Serve hot with rice.

To Cook by Grill:

Prepare chicken wings and marinade as above. Arrange chicken wings on High Rack and brush with marinade. Cook on **Grill 1** for **26 to 28 minutes**, turning over halfway through grilling and rebrushing with marinade.

Florentine Chicken

G

Serves: 4

Ingredients:

1/4 cup	grated carrot
1/4 cup	pine nuts
100 g	spinach, cooked, drained and chopped finely
2 cloves	garlic, crushed
	pepper to taste
4	half chicken breast fillets
1	egg, beaten
1 tablespoon	water
	nutmeg
1 cup	breadcrumbs seasoned

Method:

Make a stuffing by combining carrot, pine nuts, spinach, garlic and pepper. Cut a pocket into the side of each chicken breast. Divide filling between the chicken breasts. Fold chicken breasts over the filling and secure with wooden toothpicks. Combine egg and water. Add a pinch of nutmeg to the breadcrumbs. Dip each chicken breast into the egg mixture then into the breadcrumbs. Spray lightly with oil.

Place chicken breasts on High Rack and cook on **Grill 1** for **20 to 25 minutes**, turning halfway through cooking.

Warm Chicken Salad

G

Serves: 4

Ingredients:

1 tablespoon	sesame oil
2 tablespoons	soy sauce
4	single chicken breast fillets
2 cups	snow pea sprouts
1	punnet cherry tomatoes
200 g	mixed salad leaves

Dressing:

1 tablespoon	peanut butter
1 tablespoon	lemon juice
1 tablespoon	soy sauce
1 tablespoon	honey
2 tablespoons	sesame seeds

Method:

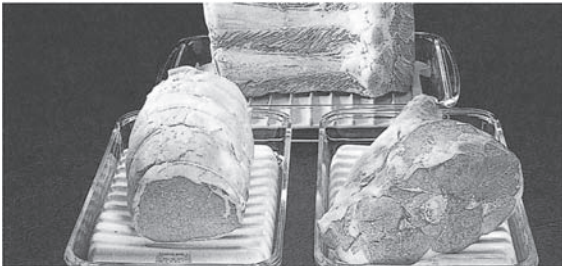
Combine sesame oil and soy sauce. Brush chicken fillets with this mixture and place on High Rack. Cook on **Grill 1** for **20 to 25 minutes** or until just cooked. Turn halfway through cooking and brush with any remaining soy mixture. Slice chicken into strips and toss with remaining salad ingredients and dressing. Serve immediately.

To prepare dressing:

Place all ingredients in a screw top jar. Shake until combined.

Main Fare Meats

Directions for Cooking Tender Cuts of Meat by Microwave



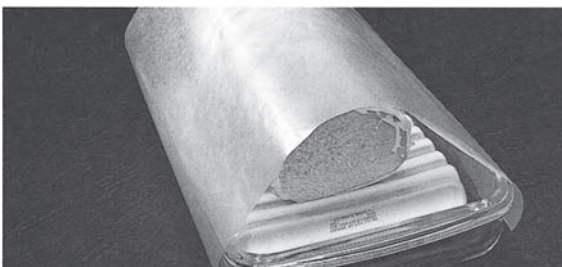
For best results, select roasts that are uniform in shape.

Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts.

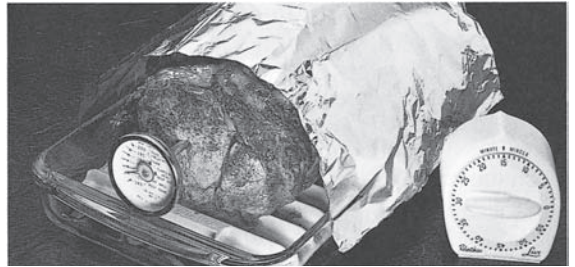


Meats can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones.

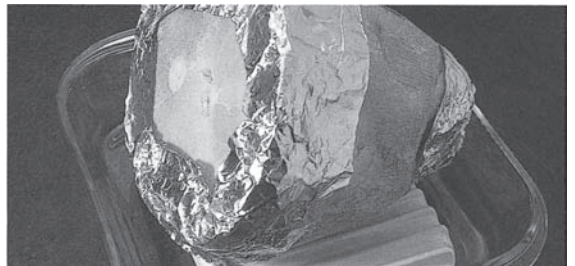
The shank, thin ends of boneless roasts should also be shielded.



Loosely cover baking dish with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy. Multiply the weight of the roast by the minimum recommended times per 500 g. Programme Power and Time.



After heating, check temperature using a meat thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. Lower temperatures are found in the centre of the roast and in the muscle close to a large bone, such as a pork loin centre rib roast. If the temperatures are low, return meat to the oven and cook a few more minutes at the recommended power level. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.** Let stand, covered with foil, 10 to 15 minutes. During standing time the internal temperature equalises and the temperature rises 5°C to 10°C



Half hams should be shielded by wrapping an 8 cm wide strip of foil around the large end of the ham. Secure to the body of the ham with wooden toothpicks. Fold 3 cm over cut surface. For shank ham halves, shield shank bone by cupping it with foil. One third of the way through cooking, remove ham from oven and cut off skin. Turn fat-side up and re shield edges. If desired, glaze last 10 to 20 minutes of cooking.



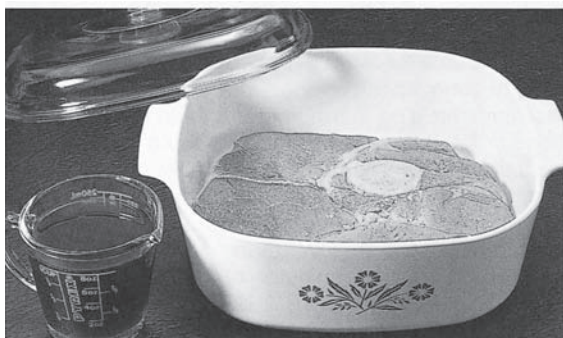
Canned hams should be shielded on the top cut-edge with a 3 cm strip of foil. Wrap strip of foil around ham and secure to body of ham with wooden toothpicks. Fold 2 cm over cut surface. If desired, glaze last 10 to 20 minutes of cooking.

Main Fare Meats

Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use $\frac{1}{2}$ to 1 cup of soup, broth, etc per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.

If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise, use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape.



Multiply the weight of the roast by the minimum recommended minutes per 500 g. Programme Power and Time. Turn meat over halfway through cooking.

Meat Chart for Microwave Cooking

Meat	Power	Approx. Cooking Time (minutes per 500 g)
Beef		
Roasts		
Rare	MED HIGH	8 to 10
Medium	MED HIGH	10 to 12
Well	MED HIGH	12 to 14
Chuck, Flank, Brisket	MEDIUM	25 to 30
Pork		
Leg of Pork	MED HIGH	12 to 15
Loin of Pork	MED HIGH	12 to 15
Pork Chops	MED HIGH	6 to 8
Ham Canned (fully cooked)	MED HIGH	5 to 7
Lamb		
Medium	MED HIGH	10 to 12
Well	MED HIGH	12 to 15

Main Fare Meats

Directions for Cooking Meats by Combination

Season roast as desired, but add salt after cooking. Salt can be used for cooking Pork.

Beef, Pork and Lamb Roasts: Place fat-side down on Low Rack with a dish underneath to catch drips. Place pork rib roasts, rib tips down on Low Rack. Shield thin ends, cut edges and bony areas to prevent overcooking. To shield, place a thin strip of foil over top cut edges of roast. Cover tapered thinner section of roast with a small square of foil. (Foil should not touch sides of the oven, as arcing may occur.) Remove foil halfway through cooking time. Always turn meats over halfway through cooking.

Canned Ham (1.5 kg to 2.5 kg): Place on Low Rack. Shield top cut edge with a 4 cm wide strip of foil. Fold foil over top cut edge and down the sides. (Foil should not touch oven sides, as arcing may occur.)

Pot Roast (1.2 kg to 1.75 kg): Place meat, vegetables and seasonings in large oven proof casserole dish. Cover with a lid. If desired, the pot roast may be cooked in an oven cooking bag. Prepare the oven cooking bag according to package directions. Do not use wire or metal twist-ties. Use the nylon ties provided, or use a piece of cotton string or a strip cut from the oven bag. Place bag in oven proof casserole dish. Place dish on Ceramic Tray. Cook on Combination 1.

To Cook by Manual Combination:

Multiply the weight of the meat by the minimum recommended minutes per 500 g. Cook meat on Combination 5 for beef roasts and pork roast and Combination 4 for lamb roasts using the times in the following chart.

To Cook by Auto Menu:

Programme the desired Automatic Combination setting 10 - 18 enter the weight of the roast. Press . After cooking, allow the roast to stand covered, for 10 to 15 minutes to allow the roast to sit and finish cooking.

Roasts are easier to carve after standing.

As with Microwave cooking, roasts cooked by Combination will continue to cook during the stand time. During stand time check the internal temperature of the roast using a Microwave or conventional thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. If the temperatures are lower than desired, return the roast to the oven and cook a few more minutes at the recommended Combination Setting.

DO NOT USE A MICROWAVE OR CONVENTIONAL MEAT THERMOMETER IN THE OVEN WHEN COOKING BY COMBINATION.

Stand 10 to 15 minutes before carving.

Meat Chart for Combination Cooking

Meat	Combination Cooking	
	Combination Setting	Cooking Time
BEEF ROASTS		
Rib, Boneless Rib, Top Sirloin		
Rare	COMB 5	11 to 14 min./500 g
Medium	COMB 5	14 to 16 min./500 g
Well	COMB 5	18 to 20 min./500 g
Rump, Eye of Round		
Rare	COMB 5	12 to 15 min./500 g
Medium	COMB 5	13 to 18 min./500 g
Well	COMB 5	18 to 20 min./500 g
Beef Tenderloin		
Rare	COMB 5	16 to 18 min./500 g
Medium	COMB 5	22 to 24 min./500 g
Pot Roast (1½ to 1kg)	COMB 1	1½ to 2 hrs.total
Chuck (Turn meat over after 1 hour of cooking)	COMB 1	1½ to 2 hrs.total
PORK ROASTS	COMB 5	15 to 17 min./500 g
LAMB ROASTS	COMB 4	18 to 20 min./500 g
MEATLOAVES	COMB 1	25 to 30 min./500 g
CASSEROLES	COMB 1	Approx. 2/3 conventional cooking time

Main Fare Meats

Directions for Grilling Meat

Trim excess fat from meat. Slash fat with a sharp knife to prevent meat curling. Place meat on High Rack with a dish underneath, to catch drips. Cook for times recommended in chart. Halfway through cooking,

turn meat over. Season after cooking. To test for desired cooking, cut into meat. Red colour indicates rare, pink indicates medium and brown indicates well done.

Meat Grilling Chart

Meat	Grill Setting	Approx. Cooking Time (in minutes)
BEEF		
Hamburger (approx. 3 cm thick) Well	Grill 1	20 to 22
Fillet Mignon (approx. 3 cm thick) Rare	Grill 1	16 to 18
Medium	Grill 1	20 to 22
Steak (approx. 3 cm thick) Rare	Grill 1	16 to 18
Medium	Grill 1	20 to 22
Well	Grill 1	24 to 26
Ribs	Grill 1	14 to 16
PORK		
Chops 2 cm thick	Grill 1	24 to 26
Frankfurters	Grill 2	10 to 12
Ham Steak 1½ cm thick	Grill 1	13 to 15
Sausages thick	Grill 1	16 to 18
thin	Grill 1	12 to 14
LAMB		
Chops 2 cm thick (8 on rack) Medium	Grill 1	20 to 22
Well	Grill 1	22 to 24
4 Lambs' kidneys (halved)	Grill 1	12 to 14

Lasagne

C MC

Serves: 6

Ingredients:

250 g precooked lasagne noodles
3 tablespoons Parmesan cheese, extra
3 tablespoons grated Mozzarella cheese, extra

Meat Sauce:

750 g topside mince
2 onions, finely chopped
410 g tomato puree
400 g diced, tomatoes
¼ cup red wine
2 cloves garlic, crushed
1 tablespoon dried mixed herbs
3 beef stock cubes
salt and pepper

Cheese Sauce:

80 g butter
¼ cup flour
2 cups milk
¼ cup Parmesan cheese
¼ cup grated Mozzarella Cheese
ground black pepper

Method:

Place all meat sauce ingredients into a 3-litre casserole dish and mix well. Cover and cook on **MED HIGH** for **25 to 30 minutes**, stirring halfway through cooking. Melt butter in a 1-litre casserole dish on **HIGH** for **1 minute**. Add flour, stir and cook on **HIGH** for **20 to 30 seconds**. Add milk, stirring, cook on **HIGH** for **6 minutes**, stirring halfway through cooking. Add cheese and pepper and mix well. Place half of the meat sauce into a 4-litre casserole dish. Layer 5 sheets of lasagne noodles over meat sauce. Top with remaining meat sauce and another 5 sheets of lasagne noodles. Spread cheese sauce evenly over the noodles and sprinkle with extra Parmesan and Mozzarella cheese.

To Cook by Convection:

Preheat oven to **180°C**. Place lasagne in oven and cook on **180°C** for **35 to 40 minutes**. Serve hot with a green salad and garlic bread.

To Cook by Combination:

Prepare as above. Cook on **Combination 5** for **25 to 30 minutes** or until golden brown.

Main Fare Meats

Rack of Lamb

MC

Serves: 4

Ingredients:

- 2 racks of lamb (approx. 450 g each)
- 2 cloves garlic, cut into slices
- rosemary

Method:

Score rack of lamb and insert slices of garlic under skin. Place lamb fat side down on Low Rack. Sprinkle with rosemary. Cook on **Combination 4** for **30 to 35 minutes**, turning halfway through cooking. Stand for **5 minutes** before serving.

Seasoned Roast Lamb

R MC

Serves: 4 to 6

Ingredients:

- 1.6 kg lamb leg
- 1 tablespoon seeded mustard
- 1 tablespoon rosemary

Method:

Place lamb on a rack in a 3-litre dish. Brush with mustard and sprinkle with rosemary. Place on Low Rack. Cook on **Combination 4** for **27 minutes**. Turn over. Cook on **Combination 4** for **27 minutes**. Cover, Set timer for **10 minutes** and allow to stand.

Lambs Fry and Bacon

Serves: 4

Ingredients:

- 750 g lambs fry
- 1/4 cup powdered gravy mix
- 250 g bacon, rind removed and bacon cut into 2 cm strips
- 2 onions, sliced
- 1 tablespoon butter
- 1 cup water
- 1 tablespoon ground black pepper
- 1 tablespoon chopped parsley

Method:

Soak lambs fry in water for **30 minutes**, remove skin and cut liver into thin strips. Coat lambs fry with gravy mix. Place bacon and onion into a 3-litre dish and cook on **HIGH** for **3 to 5 minutes**. Remove and drain well on absorbent paper. Add half the butter to the dish and half the sliced lambs fry. Cook on **HIGH** for **2 to 4 minutes**, stir halfway through cooking. Repeat with remaining butter and lambs fry. Return all the lambs fry to the dish and add bacon and onion, blend in water, season with pepper and add parsley. Stir well. Cook on **HIGH** for **4 to 5 minutes** and serve immediately.



Rack of Lamb

Moroccan Lamb

A

Serves: 4

Ingredients:

- 2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon paprika
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- 2 cloves garlic, chopped
- 1 red onion, sliced
- 750 g diced lean lamb
- 250 ml chicken stock
- 200 g pumpkin, peeled and diced
- 2 teaspoons brown sugar
- 2 tablespoons chopped coriander leaves
- Juice and shredded rind of half lemon

Method:

Combine cumin, turmeric, paprika, coriander and cinnamon in a 3-litre dish. Microwave on **HIGH** for **1 minute**. Add garlic, onion and diced lamb and mix to coat all ingredients with spices. Cover and microwave on **HIGH** for **5 minutes**. Stir in chicken stock, cover and microwave on **HIGH** for a further **5 minutes**. Add pumpkin and stir to combine, cover and microwave on **MED LOW** for **20 minutes**. Stir. Cover and microwave on **MED LOW** for another **20 minutes**. Add the lemon juice, rind, brown sugar and coriander to the dish and stir well to combine. Microwave on **HIGH** for **2 minutes**.

To cook by Auto Menu

Place spices into a 3-litre dish cover with a lid and microwave on **HIGH** for **1 minute**. Add garlic, onion, lamb and chicken stock. Mix to combine cover with a lid. Select [Casserole] then press [Start]. Halfway through cooking add pumpkin and stir through the remaining ingredients at the end of cooking.

Main Fare Meats

Rosemary and Lamb Kebabs

G

Serves: 4

Ingredients:

500 g	lamb back strap
¼ cup	lemon juice
1 tablespoon	olive oil
1 clove	garlic, crushed
1 tablespoon	rosemary leaves
½ teaspoon	ground cumin
½ teaspoon	ground cardamom

Method:

Trim and cut lamb into 3 cm cubes. Combine all remaining ingredients in a medium sized bowl. Add lamb, cover and marinate for **2 hours**. Thread lamb cubes onto bamboo skewers. Place skewers onto the High Rack and **Grill 1** for **18 to 20 minutes**, turning halfway through cooking.

Goulash

MC A

Serves: 4

Ingredients:

750 g	diced lamb
1	onion, finely chopped
1 clove	garlic, crushed
1 tablespoon	butter
1 tablespoon	flour
2 tablespoons	tomato paste
1 teaspoon	paprika
1	small red capsicum, cut into 2.5 cm cubes
1 cup	beef stock
2 tablespoons	sour cream

Method:

Place onion, garlic and butter in a 3-litre casserole dish. Cook on **HIGH** for **2 to 3 minutes**. Add flour, tomato paste and paprika and cook on **HIGH** for a further **2 minutes**. Add lamb, capsicum and stock.

To Cook by Microwave:

Cover and cook on **MED HIGH** for **24 to 26 minutes**. Stir in sour cream and serve with vegetables.

To Cook by Combination:

Prepare as above, cover and cook on **Combination 1** for **40 to 45 minutes**. Stir in sour cream and serve.

To Cook by Auto Menu:

Prepare as above and cover with a lid. Select

Lamb Chops with Spicy Sauce

G

Serves: 4

Ingredients:**Marinade:**

¼ cup	medium dry sherry
3 tablespoons	tomato paste
2 tablespoons	lemon juice
2 cloves	garlic, crushed
1 teaspoon	chilli powder
1 teaspoon	coriander powder
1 teaspoon	ground ginger
1 tablespoon	finely chopped fresh parsley
	freshly ground black pepper to taste
1 kg	lamb loin chops

Method:

Combine all marinade ingredients to form a thick paste. Place chops in a single layer in a shallow dish and pour marinade mixture over. Allow to marinate for **6 to 8 hours**. Remove chops from marinade (reserving this mixture) and place chops on a rack in a shallow dish.

To Cook by Microwave:

Cook on **MED HIGH** for **8 to 10 minutes**, turning over halfway through cooking. Place reserved marinade mixture into a jug and heat on **HIGH** for **1 to 2 minutes**. Arrange chops on serving plate then pour the sauce over. Serve garnished with parsley or watercress.

To Cook by Grill:

Prepare as above. Place chops on High Rack and cook on **Grill 1** for **22 to 24 minutes**, turning over halfway through cooking.

Lamb Rogan Josh

Serves: 4

Ingredients:

1	large onion, diced
2 cloves	garlic, crushed
120 g	Rogan josh curry paste
600 g	diced lamb
400 ml	coconut milk
250 ml	beef stock
200 g	cherry tomatoes

Method:

Place onion and garlic into a 2-litre microwave-safe casserole dish. Cook on **HIGH** for **2 minutes**. Stir in curry paste and cook for a further **2 minutes**. Add lamb and stir until coated with curry paste. Cook on **HIGH** for **4 minutes**, stirring halfway through cooking. Pour in coconut milk and stock, stir well and cook on **MEDIUM** for **40 minutes**, stirring every **10 minutes**. Add tomatoes and cook for a further **10 minutes** on **MEDIUM**.

Serve with basmati rice, pappadums and mango chutney.

Main Fare Meats

Roast Beef

MC A

Serves: 6

Ingredients:

2 kg roast beef
seasoned flour

Method:

Place beef on Low Rack with a dish underneath, to catch drips. Sprinkle beef with seasoned flour. Cook on **Combination 5** for **40 to 45 minutes**, for a medium result. Stand covered for **10 minutes** before serving.

To Cook by Auto Menu:

Select **[Beef Rare]** or **[Beef Medium]**, enter the weight, then press **[Start]**. Stand covered for **10 minutes** before serving.

Corned Beef

Serves: 4

Ingredients:

1.5 to 1.7 kg corned silverside
1 tablespoon brown sugar
1 tablespoon white vinegar
1 onion, cut in half
4 cloves
6 peppercorns
1 bay leaf
5 cups water

Method:

Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on **HIGH** for **10 minutes**. Turn meat, cover and cook on **MEDIUM** for **1 1/3 to 1 1/2 hours**. Stand corned silverside in cooking liquid for **10 minutes** before serving.

Note:

Depending on the shape of the silverside, it may require a further **10 to 15 minutes** on **MED LOW**.

Chilli Beef

R

Serves: 4 to 6

Ingredients:

500 g beef mince
1 diced onion
1 clove garlic, crushed
35 g packet chilli seasoning mix
400 g can tomato puree
440 g can kidney beans, drained

Method:

Place all ingredients in a 3-litre dish. Mix well. Cook on **HIGH** for **10 minutes**, stirring halfway through cooking. Cook on **HIGH** for a further **10 minutes**, stirring halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

Barbecue Glazed Meatloaf

C

Serves: 4

Ingredients:

Barbecue Glaze

1/4 cup water
1 tablespoon tomato paste
1 tablespoon red wine vinegar
1 tablespoon brown sugar

Meatloaf

1 small red capsicum
400 g beef mince
150 g sausage mince
1 medium brown onion, diced
2 cloves garlic, crushed
1/4 cup dried breadcrumbs
1 egg lightly beaten
1/4 cup chopped fresh basil leaves
1 tablespoon fresh oregano leaves, chopped
8 bacon rashers, rind removed, sliced lengthways

Method:

Make barbecue glaze by combining all ingredients in a small jug. Cook on **HIGH** for **2 minutes**, stirring occasionally.

Quarter capsicum and remove seeds and membrane. Place skin side up on High Rack and grill until skin blisters and blackens. Remove, cover with plastic wrap and stand for 5 minutes. Peel away blackened skin and discard. Slice into thin strips. Set aside. Preheat oven to **Convection 180 °C**. Line an 8 cm x 25 cm bar tin with plastic wrap and lightly grease a 25 cm x 30 cm Swiss roll pan. Using your hands, combine minces, onion, garlic breadcrumbs, egg, basil, and oregano in a large bowl. Press half the mixture into the bar pan. Lay capsicum strips over the top and press remaining meat mixture over the capsicum.

Turn the bar pan onto the Swiss roll pan and remove the plastic wrap. Cover the top and sides of meatloaf with bacon slices, ensure bacon overlaps. Cook at **180 °C** uncovered for **15 minutes**. Pour off excess fat from meatloaf, brush with glaze and cook uncovered for a further **25 minutes** or until meatloaf is cooked through. Allow standing for **10 minutes** before slicing.

Main Fare Meats

Mini Meatballs

G

Serves: 4

Ingredients:

500 g topside mince
1 onion, finely chopped
1 clove garlic, crushed
1/2 cup fresh breadcrumbs
1 tablespoon tomato sauce
freshly ground black pepper

Sauce:

1/2 cup pineapple pieces,
reserve 2/3 cup juice
1/2 cup brown sugar
1 tablespoon cornflour
1/2 cup beef stock
1/4 cup vinegar
2 teaspoons soy sauce

Method:

Place mince, onion, garlic, breadcrumbs, tomato sauce and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls. Place half of balls onto a paper towel lined dinner plate evenly spread.

To Cook by Microwave:

Cook on **MEDIUM** for **6 to 8 minutes**, turning halfway through cooking. Set aside. Repeat with remaining mixture.

To Cook by Grill:

Prepare meatballs as above. Arrange meatballs on High Rack and cook on **Grill 1** for **20 to 25 minutes**, turning once during cooking.

Sweet and Sour Sauce:

Drain pineapple and reserve pineapple juice. In a jug, combine sugar and cornflour. Add reserved pineapple juice, beef stock, vinegar and soy sauce. Mix well. Cook on **HIGH** for **4 minutes**. Stir and add pineapple pieces. Cook on **HIGH** for a further **2 to 3 minutes**. Stir well. Spoon sauce over meatballs and serve.

Chinese Beef and Vegetables

R

Serves: 4 to 6

Ingredients:

400 g rump steak, sliced
1 teaspoon chopped ginger
1 clove garlic, crushed
1 tablespoon soy sauce
2 tablespoons Hoi sin sauce
1/4 cup beef stock
3 cups sliced vegetables of your choice
(e.g. snow peas, broccoli, capsicum)

Method:

Place rump steak, ginger and garlic in a 3-litre dish. Cook on **HIGH** for **1 minute**. In a 1-cup jug mix soy sauce, Hoi sin sauce and beef stock. Mix into beef. Cook on **HIGH** for **2 minutes**. Mix in vegetables. Cook on **HIGH** for **5 to 6 minutes** stirring halfway through cooking time.

Gingered Pork Stir Fry

Serves: 4

Ingredients:

500 g sliced lean pork
1/4 cup teriyaki sauce
1 tablespoon honey
2 teaspoons minced ginger
2 teaspoons cornflour
1 onion, sliced
300 g sugar snap peas, trimmed
1 zucchini, sliced
1/2 red capsicum, sliced
2 green onions, sliced
1/2 cup bean sprouts
1 tablespoon toasted sesame seeds

Method:

Place pork, teriyaki sauce, honey, ginger and cornflour in a 2-litre dish. Cover and marinate in the refrigerator for 2 hours. Place onion in a 3-litre dish. Cook on **HIGH** for **1 to 2 minutes**. Add marinated pork and sauce and cook on **MED HIGH** for **3 to 4 minutes**. Add peas, zucchini, capsicum, green onions and bean sprouts. Cook on **HIGH** for **3 to 4 minutes**. Sprinkle with sesame seeds and serve with noodles.

Beef Stroganoff

A

Serves: 4

Ingredients:

1 tablespoon butter
1 onion, sliced
750 g rump steak sliced thinly
2 teaspoons paprika
2 tablespoons tomato sauce
2 tablespoons Worcestershire sauce
200 g sliced button mushrooms
1 tablespoon cornflour
1/2 cup hot beef stock
1/2 cup sour cream
1 tablespoon chopped parsley

Method:

Place butter, onion, meat, paprika, sauces and mushrooms into a 3-litre dish. Cook on **MED HIGH** for **8 to 10 minutes**. Combine stock and cornflour in a small bowl, then add to meat mixture. Stir well. Cook on **MED HIGH** for a further **3 to 5 minutes**. Add sour cream and parsley. Stir and cook on **MED HIGH** for **2 minutes**. Serve with egg noodles or rice.

To Cook by Auto Menu

Place all ingredients except cornflour, sour cream and parsley into a 3-litre dish. Cover with a lid. Select Auto Menu **Casserole** then press **Start**. Blend cornflour with sour cream and stir into casserole **5 minutes** before completion. Serve sprinkled with parsley.

Main Fare Meats

Beef Roll with Spinach and Onion Stuffing

Serves: 4 to 6

Ingredients:

2 thick skirt steaks
(approx. 500 g each), pounded

Stuffing:

1 tablespoon butter
1 clove garlic, crushed
1/2 bunch spinach,
washed and roughly chopped
4 green onions, finely sliced
1/4 cup fresh breadcrumbs
salt and pepper
1 egg, lightly beaten
1 tablespoon slivered almonds

Sauce:

400 g tomato puree
1 clove garlic, crushed
1/2 cup dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
pinch of pepper

Method:

Using a sharp knife, score the smooth side of the steaks to form a diamond pattern. Place steaks scored side down. Set aside. Place butter and garlic into a 2-litre casserole dish. Cook on **HIGH** for **30 to 40 seconds**. Add spinach and green onions and cook on **HIGH** for **3 to 4 minutes**. Allow to cool slightly. Add breadcrumbs, salt and pepper, egg and almonds to mixture. Mix until well combined. Place stuffing onto steaks and roll up lengthwise to form two long rolls. Secure rolls with string. Place beef rolls on a rack in a 3-litre casserole dish. Cook on **MED HIGH** for **30 to 35 minutes**, turning halfway through cooking. Allow to stand before carving into slices.

Sauce:

Place all ingredients into a 1-litre pyrex jug and mix well. Cook on **HIGH** for **8 to 10 minutes**, or until the sauce is a thick pouring consistency. Pour over beef and serve.



Beef Roll with Spinach and Onion Stuffing

Beef Bourguignonne

MC A

Serves: 4

Ingredients:

750 g topside beef
1/2 cup red wine
1 clove garlic, crushed
1 bay leaf
125 g streaky bacon, rind removed
and bacon chopped
12 button onions, peeled
1 tablespoon flour
3/4 cup beef stock
salt
freshly ground black pepper
2 tablespoons brandy (optional)
125 g button mushrooms,
cleaned and trimmed

Method:

Trim the meat and cut into 2.5 cm cubes. Place in a large casserole dish with the wine, garlic and bay leaf. Cover and leave several hours or overnight in a refrigerator. Place bacon in a shallow dish, cover with paper towel.

Cook on **HIGH** for **2 to 3 minutes**. Mix in the flour then gradually add the stock. Combine with all other ingredients except brandy and mushrooms.

To Cook by Combination:

Prepare as above, cook on **Combination 1** for **50 minutes**. Add the brandy and mushrooms and return casserole to oven uncovered for a further **10 minutes**.

To Cook by Auto Menu:

Prepare as above and cover with a lid. Select , then press . Add brandy and mushrooms 10 minutes before the completion of cooking.

Main Fare Meats



Herbed Beef and Mozzarella Roll-up

Herbed Beef and Mozzarella Roll-up MC C

Serves: 4

Ingredients:

750 g	topside mince
1	onion, finely chopped
1 clove	garlic, crushed
	black pepper
2 tablespoons	chopped parsley
1 tablespoon	Italian herbs
1	egg, lightly beaten
250 g	Mozzarella cheese, grated

Tomato Sauce:

400 g can	tomato pieces
1 tablespoon	tomato paste
1 teaspoon	dried basil

Method:

Mix all ingredients (except cheese) until well combined. Lay a large sheet of greaseproof paper onto a work surface. Place meat on paper and press out firmly to measure 35 x 25 cm. Sprinkle cheese over meat mixture leaving a 2 cm border around all sides. Tightly roll up meat mixture, remove paper as you roll. Place in a 23 x 13 cm loaf tin.

To Cook Convection:

Preheat oven to **Convection 190°C**. Cook on **190°C** for **50 to 55 minutes**. Drain well after cooking. Stand for **5 minutes** before slicing.

To Cook by Combination:

Prepare as above. Cook on **Combination 1** for **40 to 45 minutes**. Drain well after cooking. Stand for **5 minutes** before slicing.

Method for Sauce:

Combine all ingredients in a food processor and process until smooth. Pour into 4-cup jug. Cover with plastic wrap. Cook on **HIGH** for **5 to 7 minutes**.

Pepper Pot Beef MC A R

Serves: 4 to 6

Ingredients:

1 clove	garlic, crushed
1	red capsicum, sliced
400 g	can tomatoes
500 g	cubed beef
1/4 cup	tomato paste
1 tablespoon	Worcestershire sauce
1 teaspoon	cracked pepper

Method:

In a 3-litre dish mix garlic, capsicum, tomatoes, beef, tomato paste, Worcestershire sauce and pepper.

To Cook by Microwave:

Cook on **MED HIGH** for **35 to 40 minutes** or until meat is tender. Stirring regularly. Serve with steamed rice.

To Cook by Combination:

Prepare as above. Cover with a lid and cook on **Combination 1** for **50 to 60 minutes**, stirring halfway through cooking.

To Cook by Auto Menu:

Prepare as above and cover with a lid. Select , then press .

Veal and Pineapple Casserole MC A

Serves: 4 to 6

Ingredients:

125 g	bacon, rind removed
750 g	veal steak, diced
2 tablespoons	seasoned flour
2	onions, sliced
450 g can	pineapple pieces, drained
2 tablespoons	parsley, finely chopped
1/2 teaspoon	dried basil
1 cup	tomato puree
1	chicken stock cube, crumbled

Method:

Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in a 3-litre casserole dish. Mix well and cover.

To Cook by Microwave:

Cook on **MED HIGH** for **30 to 35 minutes**. Stirring halfway through cooking.

To Cook by Combination:

Prepare as above. Cover with a lid and cook on **Combination 1** for **40 to 45 minutes**, stirring halfway through cooking.

To Cook by Auto Menu:

Prepare as above, cover with a lid. Select , then press .

Main Fare Meats

Veal Paprika

MC

Serves: 4

Ingredients:

750 g	diced veal
250 g	mushrooms, sliced
1 cup	chicken stock
1	onion, finely chopped
1 teaspoon	paprika
	salt and pepper
2 tablespoons	flour
1 tablespoon	tomato paste
1/2 cup	sour cream

Method:

In a 3-litre casserole dish combine veal, mushrooms, 1/2 cup of the chicken stock, onion paprika and salt and pepper.

To Cook by Microwave:

Cook on **HIGH** for **10 minutes**. Blend flour with remaining stock. Stir into veal with tomato paste and cook on **HIGH** for **2 to 3 minutes**. Blend in sour cream. Serve.

To Cook by Combination:

Prepare as above cover with a lid. Cook on **Combination 1** for **35 to 40 minutes**. Blend flour with remaining stock. Stir into veal with tomato paste and cook on **HIGH** for **2 to 3 minutes**. Blend in sour cream. Serve.

Italian Sausage and Pepper Casserole

MC

Serves: 4

Ingredients:

4 cups	water
250 g	pasta shapes
500 g	Italian sausages or chipolatas
2	large onions, diced
1 clove	garlic, crushed
2	green capsicums, diced
410 g	tomato purée
1/2 teaspoon	salt
1/2 teaspoon	pepper
1 teaspoon	Italian herbs
1/3 cup	Parmesan cheese

Method:

Place water in a 4-litre casserole dish. Cover and cook on **HIGH** for **10 minutes**. Add pasta, cover and cook on **HIGH** for **8 to 10 minutes**. Stand covered for **5 minutes**. Drain. Place sausages in a 3-litre casserole dish. Cover and cook on **HIGH** for **4 to 6 minutes**. Drain, slice into 3 cm pieces. Set aside. Place onion and capsicum in casserole dish. Cover and cook on **HIGH** for **4 to 6 minutes**. Stir in pasta, sliced sausages, tomato purée, salt and pepper, herbs and half the Parmesan cheese. Cover and cook on **Combination 1** for **20 minutes**. Remove lid, stir, sprinkle over remaining Parmesan cheese. Cook as above for a further **15 minutes**.

Crispy Spinach Stuffed Pork

MC

Serves: 6

Ingredients:

1.8 kg	boned pork loin roll
1/2	bunch spinach, washed and stalks removed
1 clove	garlic, crushed
	juice of 1 lemon
1/2 cup	pine nuts

Method:

Unroll pork on a flat surface. Place spinach leaves garlic and lemon juice in a 3-litre casserole dish. Cook covered on **HIGH** for **3 to 4 minutes**. Place spinach mixture on top of pork and sprinkle with pine nuts. Re-roll pork tightly and secure with string. Place pork on Low Rack. Cook on **Combination 5** for **1 1/4 to 1 hour 25 minutes**. Stand covered for **10 minutes** before serving.

Barbecued Spare Ribs

G

Serves: 4

Ingredients:

1 kg	pork spare ribs
3/4 cup	fruit chutney
1/2 cup	tomato sauce
1 tablespoon	soy sauce
1 tablespoon	Worcestershire sauce

Method:

Place all ingredients into a large pyrex bowl and mix well. Allow the spare ribs to marinate for several hours or overnight. Place spare ribs on High Rack and cook on **Grill 1** for **20 to 25 minutes**. Turn halfway through cooking. Serve with rice.

French Onion Beef Casserole

R MC

Serves: 4 to 6

Ingredients:

1	chopped onion
1 clove	garlic, crushed
1 teaspoon	mixed dried herbs
200 g	diced potatoes
200 g	diced carrots
600 g	diced beef steak
40 g packet	French onion soup mix
1/3 cup	tomato paste
2 cups	beef stock
100 g	mushrooms
1/4 cup	peas

Method:

In a 3-litre dish place onion, herbs, garlic, carrots and potatoes. Cook on **HIGH** for **4 minutes**. Add steak, soup mix, tomato paste, and beef stock. Cover. Cook on **Combination 1** for **50 minutes**, stirring twice during cooking. Add mushrooms and peas. Cook on **Combination 1** for **10 minutes**. After cooking, allow to stand for **10 minutes**.

Vegetable Varieties

Directions for Cooking Vegetables by Microwave

Fresh Vegetables

Place vegetables in a casserole dish. Add 2 to 3 tablespoons of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.

Cook on HIGH according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange, if required.

Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate.

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

Frozen Vegetables

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in pouch should be placed in a dish and the top pierced. Cook on HIGH according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.

Dried Beans or Peas

Place hot tap water, in a 4-litre dish. Bring hot water to the boil on HIGH for 10 to 12 minutes.

To Cook by Time:

Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir.

Note: Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups cooked. Use in place of canned beans. Allow to stand, covered, for 15 to 20 minutes after cooking.

Frozen Vegetables Chart

Vegetable	Quantity	Cooking Procedure	Approximate Cooking Time (in min.) on HIGH power
Beans	250 g	Cook in covered 2-litre dish.	5 to 7
Broad beans	250 g	Cook in covered 2-litre dish.	5 to 7
Broccoli (spears)	350 g	Cook in covered 2-litre dish.	5 to 7
Brussels Sprouts	250 g	Cook in covered 2-litre dish.	5 to 7
Carrots (baby)	250 g	Cook in covered 2-litre dish.	6 to 8
Cauliflower	250 g	Cook in covered 2-litre dish.	5 to 7
Corn (1/2 cob)	1/2 cob (75 g)	Cook in covered 2-litre dish.	3 to 4
Corn (cobs)	250 g	Cook in covered 2-litre dish.	5 to 7
Mixed vegetables	250 g	Cook in covered 2-litre dish.	5 to 7
Peas	250 g	Cook in covered 2-litre dish.	5 to 7
Spinach	250 g	Cook in covered 2-litre dish.	5 to 7

Dried Beans and Peas Chart

Item	Container	Amount of Hot Water	Approx. Time to Boil Hot Water on HIGH Covered (in mins.)	To Cook Beans on MED LOW Covered (in mins.)
Lentils (250 g)	4-litre dish	2 litre	10 to 12	15 to 20
Soup mix (250 g)	4-litre dish	2 litre	10 to 12	15 to 20
Split peas (250 g)	4-litre dish	2 litre	10 to 12	20 to 25
Beans (250 g) Soaked overnight	4-litre dish	2 litre	10 to 12	25 to 30

Vegetable Varieties

Fresh Vegetables Chart for Time Cooking

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

Vegetable	Quantity	Cooking Procedure	Approximate Cooking Time (in min.) on HIGH power
Asparagus	250 g	Covered dish with $\frac{1}{2}$ cup water.	4 to 6
Beans (sliced)-finely	250 g	Covered dish with $\frac{1}{4}$ cup water.	6 to 8
Beetroot	4 whole (1 kg)	Covered with in a 2-litre dish. Stand after cooking 5 mins.	12 to 14
Broccoli	250 g	Flowerets only, in a covered dish with $\frac{1}{4}$ cup water.	6 to 8
Brussels sprouts	500 g	Covered dish with $\frac{1}{4}$ cup water.	4 to 6
Cabbage	500 g	Shredded, with $\frac{1}{4}$ cup water in a covered dish.	6 to 8
Carrots	4 (sliced finely) (250 g)	With $\frac{1}{4}$ cup water in a covered dish.	4 to 6
Cauliflower	500 g	In a covered dish, with $\frac{1}{4}$ cup water.	6 to 8
Celery	6 stalks (400 g)	Cut in 1 cm angled pieces with $\frac{1}{4}$ cup water, in a covered dish.	6 to 8
Corn	2 cobs (500 g) 4 cobs (1 kg)	Brush with melted butter and cook on a covered dish.	4 to 6 8 to 10
Eggplant	1 (500 g)	Dice with $\frac{1}{4}$ cup water in a covered dish.	4 to 6
Onions	3 (200 g)	Cut in quarters with $\frac{1}{4}$ cup water in a covered dish.	6 to 8
Mushrooms	250 g (sliced)	Cook with 2 tablespoons butter in a covered dish.	3 to 5
Peas	250 g	Shell peas and place with $\frac{1}{4}$ cup water in a covered dish.	4 to 6
Potatoes mashed jacket	3 (500 g)	Peeled and quartered with $\frac{1}{4}$ cup water. Prick skins, on paper towel lined plate, uncovered.	10 to 12 8 to 10
Pumpkin	500 g	Peeled and cut into uniform pieces with $\frac{1}{4}$ cup water in a covered dish.	8 to 10
Spinach	250 g	Remove stem, cut leaves into small pieces. With $\frac{1}{4}$ cup water in a dish, covered.	4 to 6
Sweet potato (Kumara)	500 g	In serving size pieces with 2 tablespoons butter in a covered dish.	6 to 8
Turnips	500 g	Peeled and sliced finely with $\frac{1}{4}$ cup water in a covered dish.	6 to 8
Tomatoes	2 (300 g)	Sliced and cooked covered with 1 tablespoon butter in a dish.	2 to 4
Zucchini (Courgette)	500 g	Cut in 2 cm pieces in a covered dish.	5 to 7

Vegetable Varieties

Creamed Spinach A

Serves: 4

Ingredients:

1 bunch spinach, roughly chopped
4 green onions, finely chopped
1 clove garlic, crushed
2 tablespoons sour cream
salt and pepper

Method:

Wash and drain spinach leaves. Place spinach green onions and garlic in a covered 3-litre casserole dish. Cook on **HIGH** for **6 to 8 minutes**.

To Cook by Auto Menu:

Select , then press .

To Complete:

Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on **HIGH** for **1 to 2 minutes**. Serve.

Broccoli and Cheese Sauce A

Serves: 2 to 3

Ingredients:

250 g broccoli, washed, trimmed and cut into pieces
2 tablespoons water

Cheese Sauce:

2 tablespoons butter
2 tablespoons flour
1 cup milk
3/4 cup grated cheese
1/4 teaspoon mustard
salt and pepper

Method:

Place broccoli and water in a covered 2-litre casserole dish. Cook on **HIGH** for **6 to 8 minutes**. Drain and set aside.

To Cook by Auto Menu:

Select , then press . Drain and set aside.

To Complete:

Place butter in a 2-cup jug and cook on **HIGH** for **30 seconds**. Add flour and mix well. Cook on **HIGH** for **20 to 30 seconds**. Add milk gradually and stir well. Cook on **HIGH** for **2 to 3 minutes**, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on **MEDIUM** for a further **1 minute**.

Fanned Potatoes C

Serves: 4

Ingredients:

50 g butter
800 g potatoes, peeled
salt
paprika

Method:

Melt butter in a 2-cup jug on **HIGH** for **1 to 2 minutes**.

Preheat oven to **Convection 200°C**. Cut potatoes widthwise in thin slices, without cutting right through to the base. Place potatoes on Low Rack with cut side uppermost. Pour over melted butter. Sprinkle with salt and paprika. Cook on **200°C** for **40 to 45 minutes**, basting occasionally.

Savoury Brussels Sprouts A

Serves: 4

Ingredients:

500 g brussels sprouts
2 tablespoons butter
150 g bacon, finely chopped
1 onion, finely chopped
1 teaspoon chopped basil
1 teaspoon sugar

Method:

Wash and trim brussels sprouts. Place in a covered 2-litre casserole dish. Cook on **HIGH** for **4 to 5 minutes**. Drain.

To Cook by Auto Menu:

Select , then press . Drain.

To Complete:

Place remaining ingredients in a 2-litre casserole dish. Cook on **HIGH** for **3 to 5 minutes**. Add brussels sprouts and cook on **HIGH 1 to 2 minutes**. Serve.

Herbed Vegetables R

Serves: 6 to 8

Ingredients:

200 g sliced snow peas
200 g sliced carrots
200 g sliced zucchini
2 tablespoons chopped parsley

Method:

In a 2-litre dish combine all vegetables. Cover and cook on **HIGH** for **3 minutes**. Stir and cook on **HIGH** for a further **3 minutes**. Sprinkle with parsley.

Vegetable Varieties

Frittata

Serves: 4

Ingredients:

400 g	potatoes, thinly sliced
1	onion, peeled and sliced
1/2	red capsicum, finely sliced
1/2	green capsicum, finely sliced
1	medium sized tomato, chopped
2 tablespoons	chopped basil
4	eggs
1/3 cup	sour cream
	salt and pepper
1/2 cup	grated tasty cheese

Method:

Place potatoes and onion into a 2-litre shallow dish and cook on **HIGH** for **5 to 7 minutes**. Prepare remaining vegetables. Beat together eggs and sour cream, season with salt and pepper. Add all remaining vegetables to dish. Pour over egg mixture and cook on **HIGH** for **4 to 5 minutes**. Sprinkle with cheese and cook on **MED HIGH** for a further **8 to 10 minutes**. Allow to stand covered for **5 minutes** before serving.

Stuffed Tomatoes

Serves: 2

Ingredients:

2	large tomatoes
1/4 cup	fresh breadcrumbs
1/4 cup	grated cheese
4	green onions, finely sliced
1 tablespoon	finely chopped parsley
	salt and pepper
1/4 cup	extra grated cheese

Method:

Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix with remaining ingredients, except extra cheese. Place tomatoes in a 1-litre dish. Cook on **HIGH** for **1 minute**. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes into a 2-litre casserole dish and cook on **HIGH** for **2 to 3 minutes**.

Tip:

To cook 4 stuffed tomatoes, cook on **HIGH** for **6 to 8 minutes**.

Tomato Vegetable Casserole

R

Serves: 2 to 4

Ingredients:

200 g	sliced mushrooms
1	egg plant, chopped
200 g	zucchini sliced
1	capsicum, sliced
1	onion sliced
410 g	can tomatoes
1/2 cup	tomato puree
1 teaspoon	mixed herbs
1 teaspoon	minced garlic

Method:

In a 4-litre dish place mushrooms, eggplant, zucchini, capsicum and onion. Cover. Cook on **HIGH** for **10 minutes**. Add tomatoes, puree, mixed herbs and garlic. Cover. Cook on **HIGH** for **10 minutes**.

Vegetable Curry

R

Serves: 4 to 6

Ingredients:

1	onion sliced
2 tablespoons	green curry paste
3 cups	sliced vegetables
440 g can	chick peas, drained
1 cup	coconut milk
1 tablespoon	lemon juice
1 tablespoon	soy sauce
1/2 cup	chopped nuts

Method:

In a 3-litre dish place onion and curry paste. Cook on **HIGH** for **2 minutes**. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on **HIGH** for **10 minutes**. Sprinkle with nuts.

Oriental Vegetables

Serves: 4 to 6

Ingredients:

1 cup	diagonally sliced celery
1	large onion, cut into eighths
1	green capsicum, diced
1	red capsicum, diced
1 cup	sliced mushrooms
1 tablespoon	Hoi Sin sauce
2 teaspoons	soy sauce

Method:

Add vegetables to a 3-litre dish and stir well. Cook on **HIGH** for **4 to 5 minutes**, stirring halfway through cooking. Mix together sauces in a 1-cup glass jug and cook on **HIGH** for **1 minute**. Pour over hot vegetables and mix well. Cook on **HIGH** for **1 minute**.

Vegetable Varieties



Cheese and Ham Filled Potatoes

Cheese and Ham Filled Potatoes A R

Serves: 4

Ingredients:

800 g (4)	medium size potatoes
100 g	ham, finely diced
3 tablespoons	chopped chives
40 g	butter
1/2 cup	grated Cheddar cheese

Method:

Place potatoes on a dinner plate. Cook on **HIGH** for **10 minutes**. Allow to cool slightly. Cut off tops of potatoes and scoop out filling. Mash filling with remaining ingredients. Spoon filling into potatoes.

Cook on **MED HIGH** for **4 minutes**.

To Cook by Auto Menu:

Select Root Veg., then press Start.

Mini Baked Potatoes R G

Serves: 4

Ingredients:

500 g	halved chat potatoes
	oil, for brushing
1 tablespoon	dried thyme

Method:

Place potatoes in a shallow dish. Brush with oil, and sprinkle with thyme. Place on High Rack and cook on **Grill 1** for **18 minutes**. Turn over and rearrange. Cook on **Grill 1** for another **18 minutes**.

Cheesy Mashed Potatoes

Serves: 4

Ingredients:

500 g	potatoes, peeled and quartered
1/4 cup	water
1/4 cup	milk
1 tablespoon	butter
1/4 cup	grated cheese
	pinch of nutmeg

Method:

Place potatoes and water into a 2-litre casserole dish. Cover and cook on **HIGH** for **8 to 10 minutes**. Drain. Mash potatoes with a potato masher. Add remaining ingredients except nutmeg. Mix well. Cook on **HIGH** for **1 minute**, sprinkle with nutmeg. Stir well before serving.

Duchess Potatoes G

Serves: 4

Ingredients:

500 g	potatoes, peeled and quartered
1/4 cup	water
1	egg, lightly beaten
1/4 cup	cream
	salt and white pepper

Method:

Place potatoes and water in a 2-litre casserole dish. Cover and cook on **HIGH** for **10 to 12 minutes**. Drain well and mash. Add egg and cream, mix until smooth. Season to taste with salt and pepper. Grease a round baking tray with melted butter. Place potato mixture into a piping bag and pipe mixture into approximately 5 cm circles on the baking tray. Place on High Rack and cook on **Grill 2** for **12 to 14 minutes**.

Potato Wedges G R

Serves: 4

Ingredients:

1 kg	potatoes
	oil, for brushing

Method:

Cut potatoes into wedges. Place in ceramic shallow dish. Cook on **HIGH** for **7 minutes**. Brush with oil. Place dish on High Rack. Cook on **Grill 1** for **40 minutes**. Turn over during cooking.

Vegetable Varieties

Saute Mushrooms

Serves: 4 to 6

Ingredients:

1 tablespoon butter
400 g mushrooms
1 clove garlic, crushed
salt and pepper
2 tablespoons chopped parsley

Method:

Place Butter in a 2-litre dish and cook on **HIGH** for **30 to 40 seconds**. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on **HIGH** for **3 to 4 minutes**. Stir halfway through cooking.

Honey Glazed Carrots

A

Serves: 4 to 6

Ingredients:

500 g (approx. 4) carrots
2 tablespoons brown sugar
2 teaspoons butter
2 tablespoons honey

Method:

Peel and thinly slice carrots.
Combine all ingredients in a 2-litre casserole dish.
Cover and cook on **HIGH** for **6 to 8 minutes**. Serve.

To Cook by Auto Menu:

Prepare as above. Cover with a lid or plastic wrap.
Select then press . Serve.

Potato Casserole

MC G R

Serves: 4 to 6

Ingredients:

750 g sliced potatoes
1 cup sour cream
1/4 cup milk
3 green onions, sliced
2 bacon rashers, chopped
1/2 cup grated cheese

Method:

In a 2-litre dish place potatoes, sour cream and milk.
Place on Low Rack.

To Cook by Combination and Grill:

Cook on **Combination 5** for **40 minutes**. Top with green onions, bacon and cheese. Cook on **Grill 1** for **10 minutes**.

To Cook by Microwave:

Top with spring onions, bacon and cheese. Cover and cook on **HIGH** for **18 to 20 minutes**. Stand covered for **5 to 10 minutes** before serving.

Tomato and Onion

Serves: 4

Ingredients:

600 g (approx. 3) tomatoes, thinly sliced
1 onion, thinly sliced
1/2 teaspoon basil
salt and pepper to taste

Method:

Place all ingredients in a 2-litre casserole dish. Cook covered on **HIGH** for **7 to 10 minutes**. Serve with barbecued steak or grilled meat.

Cabbage Ham and Onion

A

Serves: 6

Ingredients:

500 g cabbage, shredded
2 tablespoons water
1 onion, finely chopped
1 tablespoon butter
125 g ham, finely chopped
salt and pepper

Method:

Place cabbage and water in a 3-litre casserole dish.
Cover and cook on **HIGH** for **10 to 12 minutes**.
Drain and set aside.

To Cook by Auto Menu:

Prepare cabbage as above. Select , then press . Drain and set aside.

To Complete:

Place onion and butter in a 1-litre casserole dish and cook on **HIGH** for **3 to 4 minutes**. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on **HIGH** for **2 to 3 minutes**. Season with salt and pepper and serve.

Red Coconut Dhal

R

Serves: 4

Ingredients:

1 cup red lentils
1 teaspoon turmeric
2 cups coconut milk
1 1/4 cups water
1 teaspoon red chilli, crushed
1 teaspoon garlic, crushed

Method:

Place all ingredients in a 1-litre dish. Cook on **MEDIUM** for **10 minutes**. Stir. Cook on **MEDIUM** for **10 minutes**.

Vegetable Varieties

Sausage & Bean Stuffed Capsicums

Serves: 4

Ingredients:

250 g	thin Italian sausages
1	small onion, chopped
2 tablespoons	tomato paste
1 tablespoon	chopped parsley
440 g	red kidney beans, drained
½ cup	cooked long grain rice
4	medium red capsicum
¼ cup	tomato paste, extra
1 tablespoon	grated parmesan cheese

Method:

Place sausages onto a paper towel lined dinner plate. Cook on **MED HIGH** for **2 minutes**, turn and cook for a further **2 minutes**. Set aside. Place onion and tomato paste into a medium microwave safe bowl. Cook uncovered on **HIGH** for **2 minutes**. Remove skins from sausages and cut sausages into 1 cm slices. Stir through onion mixture along with parsley, beans and rice. Remove tops from capsicum. Take out the seeds and white membrane and discard. Fill capsicum with stuffing mixture. Place into a shallow sided microwave safe dish. Blend together extra tomato paste with half a cup of water. Pour over and around capsicum. Cook uncovered on **HIGH** for **12 to 14 minutes**. Rotate halfway through cooking. Sprinkle each capsicum with parmesan and cook on **HIGH** for a further **2 minutes**.

Tip: substitute any thin sausages
Freeze leftover rice then defrost on **HIGH** for **2 minutes** per cup.

Curried Creamy Beans

Serves: 4

Ingredients:

2 cups	frozen green beans
2 tablespoons	cream cheese
2 tablespoons	sour cream
2	green onions, finely sliced
½ teaspoon	curry powder
¼ teaspoon	salt

Method:

Place beans in a 2-litre casserole dish. Cover and cook on **HIGH** for **4 to 6 minutes**. Drain and allow to stand, covered. Mix remaining ingredients in a small bowl. Pour over beans and mix well. Cook on **HIGH** for **½ to 1 minute**. Serve hot.

Minted Peas

A

Serves: 4

Ingredients:

1 kg	fresh peas, shelled
1 teaspoon	water
1 teaspoon	butter
1 tablespoon	chopped mint
	salt and pepper

Method:

Combine all ingredients in a 1 litre casserole dish. Cover and cook on **HIGH** for **6 to 8 minutes**. Stir and serve.

To Cook by Auto Menu:

Prepare as above.

Cover with a lid or plastic wrap. Select , then press . Stand covered for **2 to 3 minutes**.

Tip: Frozen Peas can be substituted for fresh. 250 g of frozen peas will take **5 to 7 minutes** on **HIGH**.

Cauliflower Au Gratin

A G

Serves: 2 to 4

Ingredients:

500 g	cauliflower, trimmed and cut into pieces
2 tablespoons	water
2 tablespoons	butter
2 tablespoons	flour
1 cup	milk
¼ cup	grated tasty cheese
2 tablespoons	fresh bread crumbs

Method:

Place cauliflower and water in a covered shallow casserole dish. Cook on **HIGH** for **6 to 8 minutes**. Stand covered while making sauce.

To Cook by Auto Menu:

Prepare cauliflower as above. Select , then press . Stand covered while making sauce.

To Make Sauce:

Place butter in a 1-litre dish. Cook on **HIGH** for **30 to 50 seconds**. Stir in flour and cook on **HIGH** for **1 minute**. Add milk gradually. Stir well. Cook on **HIGH** for **2 to 3 minutes**, stirring halfway through cooking.

To Complete:

Drain cauliflower and pour over sauce. Sprinkle with cheese and breadcrumbs. Place a dish on High Rack and cook on **Grill 1** for **6 to 8 minutes**.

Rice, Pasta and Cereal

Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart on page 49 for recommended dish size, amounts of water and cooking time. Add grain to cold water. Add salt and butter according to package directions.



Cook on HIGH for time recommended in chart. Allow to stand covered before serving.



For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

Directions for Cooking Pasta by Microwave

Follow directions in the chart on page 49 for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for times recommended in the chart. Cook on HIGH. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered for 5 minutes.



Drain and rinse before serving.

Directions for Cooking Hot Cereal by Microwave

Combine $\frac{1}{4}$ cup of quick cooking oats, pinch salt and $\frac{2}{3}$ cups hot tap water in a breakfast bowl.



Cook on HIGH for 1 to 2 minutes, stirring halfway through cooking.



Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

Rice, Pasta and Cereal

Directions for Cooking Rice and Other Grains by Microwave

Item	Container	Amount of Cold Water	Approx. Time to Cook Grain on HIGH Uncovered (in minutes)	Standing Time (in minutes)
RICE Brown (1 cup)	4-litre dish	3 cups	22 to 25	10
Long Grain (1 cup)	3-litre dish	2 cups	10 to 12	5
Short Grain (1 cup)	3-litre dish	2 cups	10 to 12	5
BARLEY (1 cup)	3-litre dish	4 cups	25 to 30	10

Directions for Cooking Pasta by Microwave

Item	Container	Amount of Boiling Water	Approx. Time to Cook Pasta on HIGH Uncovered (in minutes)	Standing Time (in minutes)
Egg Noodles medium width (250 g)	4-litre dish	6 cups	6 to 8	5
Elbow Macaroni, (250 g)	3-litre dish	4 cups	8 to 10	5
Lasagna Noodles(250 g)	4-litre dish	6 cups	8 to 10	5
Spaghetti (375 g)	4-litre dish	4 cups	10 to 12	5
Specialty Noodles bows, shells, etc. (250 g)	4-litre dish	4 cups	8 to 10	5

Fragrant Coconut Rice

R

Serves: 4 to 6

Ingredients:

1	onion, finely chopped
2 cups	long grain rice
600 ml	chicken stock
300 ml	coconut milk
1 teaspoon	turmeric
1 teaspoon	cumin

Method:

Combine all ingredients in a 3-litre dish. Cook on **HIGH** for **18 minutes**. Stir and cover. Allow to stand for **5 minutes**.

Macaroni and Cheese

Serves: 4 to 6

Ingredients:

60 g	butter
1	onion, finely chopped
2 tablespoons	flour
2 cups	milk
1 cup	grated tasty cheese
6 cups	cooked macaroni, drained well
1/2 cup	extra grated tasty cheese
	paprika

Method:

Place butter and onion in a 2-litre casserole dish and cook on **HIGH** for **3 minutes**. Add flour, mix well and cook on **HIGH** for **1 minute**. Blend in milk and cook on **HIGH** for **4 to 5 minutes**, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish. Top with extra cheese and sprinkle with paprika. Cook on **HIGH** for **6 to 8 minutes**.

Rice, Pasta and Cereal

Seasoned Rice

A R

Serves: 6 to 8

Ingredients:

1	onion chopped
1 cup	long grain rice
1 teaspoon	thyme
625 ml	chicken stock
1/4 cup	slivered almonds, toasted
1/4 cup	sultanas

Method:

In a 3-litre dish place onion, rice, thyme and chicken stock. Cook on **HIGH** for **15 minutes**. Stir. Cover. Stand for **10 minutes**. Add almonds, sultanas, and serve.

To Cook by Auto Menu

Prepare as above. Cover with plastic wrap. Select **Rice**, then press **Start**. After cooking, stir in remaining ingredients. Before serving.



Seasoned Rice

Paella

Serves: 6 to 8

Ingredients:

500 g	mussels in shell
1/4 cup	water
1	green capsicum, sliced
1	red capsicum, sliced
2	onions, sliced
1 clove	garlic, crushed
2 tablespoons	butter
2 cups	long grain rice
440 g can	peeled tomatoes, roughly chopped
1 1/2 cups	hot chicken stock
	pinch saffron powder
1 1/2 cups	cooked diced chicken
200 g	peeled green prawns

Method:

Place mussels and water into a 3-litre dish, cover and cook on **MED HIGH** for **4 to 5 minutes**. Set aside. Place capsicums, onions, garlic and butter into a 4-litre dish and cook on **HIGH** for **4 to 6 minutes**. Add rice and stir well. Cook on **HIGH** for **2 to 4 minutes**. Stir in tomatoes, hot chicken stock and saffron. Cook on **HIGH** for **16 to 18 minutes**. Stir in chicken, prawns and mussels and cook on **MED HIGH** for **4 to 6 minutes**. Stand for **5 minutes** before serving.

Chicken Risotto

R

Serves: 4

Ingredients:

300 g	fresh asparagus, chopped
2 tablespoons	olive oil
300 g	arborio rice
1 clove	garlic, crushed
4 cups	boiling chicken stock
2 cups	coarsely chopped cooked chicken
1/4 cup	grated fresh parmesan cheese
1/4 cup	cream
	ground black pepper
extra	coarsely grated parmesan cheese

Method:

Place asparagus into a 2-litre dish and cook on **HIGH** for **1 minute**. Set aside. Place oil, rice and garlic in a 3-litre microwave safe dish. Cook covered on **HIGH** for **1 minute**. Add 2 cups of boiling chicken stock, cook on **HIGH** for **5 minutes**. Stir twice during cooking. Add remaining chicken stock and cook on **HIGH** for another **5 minutes**. Add remaining ingredients along with asparagus and stir into risotto. Cook covered on **HIGH** for **3 minutes**. Stand for **5 minutes**. Serve topped with extra parmesan and black pepper.

Rice, Pasta and Cereal



Creamy Bacon Sauce

Creamy Bacon Sauce

R

Serves: 4 (Makes: 500 ml)

Ingredients:

1	onion, chopped
3	bacon rashers, chopped
1 clove	garlic, crushed
300 ml	cream
1/4 cup	grated parmesan cheese
	pepper
2 tablespoons	chopped fresh parsley

Method:

In a 2-litre dish, mix onion, bacon and garlic. Cook on **HIGH** for **4 minutes**. Add cream, cheese, pepper and parsley. Cook on **HIGH** for **3 to 4 minutes**. Serve with fettuccine or your favourite pasta.

Chickpea Salad with Coriander Dressing

Serves: 4 to 6

Ingredients:

1 cup	dried chickpeas, water for soaking
3 cups	boiling water
1	red capsicum, diced
1	Lebanese cucumber, diced
250 g	cherry tomatoes, quartered
1	Spanish onion, diced

Coriander Dressing:

1/2 cup	lemon juice
2 teaspoons	sugar
1/2 cup	chopped fresh coriander
1 teaspoon	chopped red chilli

Method:

Cover chickpeas with water and soak overnight. Drain. Place chickpeas and boiling water into a 3-litre dish and cook on **MED HIGH** for **25 to 30 minutes**. Drain and allow to cool. Combine remaining salad ingredients in a large bowl and mix well.

Dressing:

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

Spaghetti Meat Sauce

R

Serves: 4 to 6

Ingredients:

500 g	minced beef
1	onion, chopped
1 clove	garlic, crushed
425 g can	tomatoes
1 cup	tomato puree
2	beef stock cubes
1 tablespoon	dried mixed herbs
1/4 cup	red wine
	pepper

Method:

In a 3-litre dish mix all ingredients. Cook on **HIGH** for **9 minutes**. Stir. Cook on **MED HIGH** for **9 minutes**. Stir. Cook on **MED HIGH** for another **9 minutes**.

Rice, Pasta and Cereal

Creamy Sun-Dried Tomato Penne A

Serves: 4

Ingredients:

250 g	penne
5 cups	boiling water
½ cup	sun-dried tomatoes in oil, drained
1 cup	basil leaves
¼ cup	toasted pinenuts
⅓ cup	grated parmesan cheese
300 ml	cream
½ cup	sliced ham
¼ cup	grated parmesan cheese, extra

Method:

Place pasta and water in a 4-litre casserole dish. Cook on **HIGH** for **14 to 16 minutes**, or cook by Auto Cook. While pasta is cooking, prepare sauce. Place all ingredients except ham and extra parmesan cheese in a blender, process until smooth. Drain pasta and add sauce. Serve topped with ham and extra parmesan cheese.

To Cook by Auto Menu

Prepare as above. Select Pasta then press Start.

Chicken and Mushroom Pasta Sauce R

Serves: 6

Ingredients:

30 g	butter
1	onion chopped
1 teaspoon	minced chopped
2 tablespoons	plain flour
½ teaspoon	mustard
1 ½ cups	milk
1 cup	diced cooked chicken
1 cup	sliced mushrooms
½ cup	grated cheese
2 tablespoons	parsley

Method:

In a 3-litre dish place butter, onion, and garlic. Cook on **HIGH** for **3 minutes**. Stir in plain flour and mustard. Cook on **HIGH** for **1 minute**. Whisk in milk. Set on **HIGH** for **1 minute**. Stir. Cook on **HIGH** for **1 minute**. Mix in chicken, mushrooms, cheese and parsley. Cook on **HIGH** for **2 minutes**. Stir. Cook on **HIGH** for **2 minutes**.

Pesto and Egg Noodles

Serves: 6 to 8

Ingredients:

6 cups	boiling water
250 g	packet egg noodles
2 cloves	garlic, crushed
½ cup	chopped fresh basil leaves
¼ cup	pine nuts, finely chopped
½ cup	grated Parmesan cheese
1 cup	olive oil
	salt and black pepper



Pesto and Egg Noodles

Penne Puttanesca

Serves: 6

Ingredients:

500 g	penne pasta
2 litre	boiling water
1 tablespoon	olive oil
3 cloves	garlic, crushed
1 teaspoon	dried chilli flakes
1 kg (approx. 5)	tomatoes, roughly chopped
200 g	kalamata olives, pitted
6	anchovy fillets, drained and chopped
⅓ cup	capers, drained and rinsed
⅓ cup	flat leaf parsley, chopped
2 tablespoons	finely shredded basil leaves

Method:

Place pasta and boiling water into 4-litre dish. Stir and cook on **HIGH** for **12 to 14 minutes** or until tender. Drain and set aside. Place oil and garlic into a 2-litre dish and cook on **HIGH** for **1 minute**. Stir in chilli and tomatoes. Cover and cook on **HIGH** for **5 minutes**, stir halfway through cooking. Add remaining ingredients and cook on **HIGH** for further **10 minutes** or until tomatoes break down and sauce has thickened. Stir sauce into pasta. Cover and cook on **HIGH** for **2 to 3 minutes** to heat through. Season and serve topped with extra basil leaves or parsley.

Method:

Place water in a 3-litre casserole dish. Add egg noodles. Cook on **HIGH** for **6 to 8 minutes**. Mix together garlic, basil, nuts and cheese in a blender. Gradually pour in olive oil, pulsing constantly. Season and stir through drained noodles.

Cakes, Slices and Biscuits

Caramel Banana Cake

C A

Makes: 1 x 20 cm ring cake

Ingredients:

125 g	butter, softened
$\frac{3}{4}$ cup	brown sugar
2	eggs, lightly beaten
1 cup	mashed banana
$1\frac{1}{2}$ cups	self-raising flour
1 teaspoon	bicarbonate of soda
$\frac{3}{4}$ cup	sour cream
1 tablespoon	milk
$\frac{1}{2}$ cup	pecans, roughly chopped

Caramel Icing:

40 g	butter
$\frac{1}{2}$ cup	brown sugar
2 tablespoons	sour cream
$\frac{1}{4}$ cup	pecans, roughly chopped
$1\frac{1}{2}$ cups	icing sugar

Method:

Preheat oven to **Convection 170°C**. Cream butter and sugar until light and fluffy. Beat in eggs until combined. Stir in banana. Fold in sifted dry ingredients alternately with sour cream and milk. Stir in pecans. Pour into greased and lined 20 cm ring pan. Place on Low Rack and cook on **170°C for 45 minutes** or until cooked. When cool, spread with caramel icing.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack.

Select , then press .

Caramel Icing:

Melt butter and brown sugar on **HIGH** for **1 to 2 minutes**. Heat until well combined. Do not boil. Add sour cream, stir in icing sugar. Spread over cooled cake. Decorate with pecans.

Quick Mix Chocolate Cake

Makes: 1 x 20 cm ring cake

Ingredients:

1 cup	self-raising flour
1 cup	caster sugar
2 tablespoons	cocoa
3 tablespoons	butter, softened
2	eggs
$\frac{1}{3}$ cup	milk

Method:

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

Tip: To soften butter cook on **MEDIUM** for **10 to 15 seconds**.

Vanilla Poppy seed Cake

C

Makes: 19 x 9 cm loaf pan

Ingredients:

125 g	butter
1 cup	caster sugar
1 teaspoon	vanilla essence
2	eggs
$1\frac{1}{2}$ cups	plain flour
$\frac{1}{2}$ cup	sour cream
$\frac{1}{4}$ cup	poppy seeds

Lemon Icing:

40 g	butter
$1\frac{1}{2}$ cups	icing sugar
1 tablespoon	lemon juice

Method:

Preheat oven to **Convection 170°C**. Grease and paper line a 19 x 9 cm loaf pan. Cream butter, sugar and essence until light and fluffy. Beat in eggs, one at a time until combined. Stir in half the sifted flour and sour cream and then remaining flour, sour cream and poppy seeds. Spread mixture into prepared pan. Place on Low Rack and cook on **170°C for 50 minutes to 1 hour**. Stand for **10 minutes** before turning onto wire rack. Spread cold cake with icing.

Lemon Icing:

Beat butter until light, before beating in icing sugar and lemon juice.

Coconut and Apricot Cake

C A

Makes: 1 x 20 cm round cake

Ingredients:

1 cup	chopped dried apricots
1 cup	apricot nectar
125 g	butter, softened
$\frac{2}{3}$ cup	raw sugar
2	eggs, separated
$1\frac{1}{2}$ cups	self-raising flour
$1\frac{1}{2}$ cups	coconut

Method:

Preheat oven to **Convection 170°C**. Place apricots and nectar in a small bowl. Cook on **HIGH** for **3 to 5 minutes**. Grease and line a deep 20 cm round pan. Cream butter and sugar until light and fluffy. Beat in egg yolks, one at a time until combined. Stir in coconut and half the sifted flour and apricot mixture. Stir in remaining flour and apricots. Beat egg whites until soft peaks form. Fold into mixture and spread into prepared pan. Place on Low Rack and cook on **170°C for 40 to 50 minutes**. Allow to stand for **10 minutes** before turning onto rack to cool.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack.

Select , then press .

Cakes, Slices and Biscuits

Mocha Carrot Cake

A C

Makes: 23 cm ring pan

Ingredients:

1 cup	self-raising flour
1/2 teaspoon	bicarbonate of soda
1/2 cup	caster sugar
1/2 cup	crushed pineapple
1 cup	grated carrot
3/4 cup	chopped pecans
60 g	chocolate
2	eggs
1/3 cup	oil

Icing:

60 g	cream cheese
20 g	butter
1 1/2 cups	icing sugar
1 tablespoon	lemon juice
1/4 cup	chopped pecans

Method:

In a bowl place flour, bicarbonate of soda, sugar, pineapple, carrot and pecan nuts. Place chocolate into a small bowl and cook on **MED HIGH** for **40 seconds to 1 minute**, stir halfway through cooking. Preheat oven to **Convection 170°C**. Add chocolate, eggs, and oil to flour mixture and mix until well combined. Grease a microwave safe ring dish. Place on Low Rack. Cook for **40 to 50 minutes**. Allow to stand covered for 5 minutes before turning out to cool. Beat together all icing ingredients except pecan nuts. Spread icing over cooled cake and sprinkle with pecan nuts.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack. Select .

Chocolate and Coffee Truffles

Makes: Approximately 24

Ingredients:

1 cup	icing sugar
1/4 cup	cocoa
1 tablespoon	instant coffee powder
60 g	plain sweet biscuits, crushed
60 g	copha
1 teaspoon	vanilla essence
1/2 cup	condensed milk
	chocolate sprinkles

Method:

Sift icing sugar, cocoa and coffee into a bowl. Add biscuits and mix until well combined. Place copha in a small bowl and cook on **HIGH** for **1 1/2 to 2 minutes**. Cool copha slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk, combine until mixture is thick. Chill for **30 minutes**. Pinch off pieces to form balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

Rich Fruit Cake

C

Serves: 6 to 8

Ingredients:

1.5 kg	mixed dried fruit
1/4 cup	chopped glacé pineapple
1 cup	slivered almonds
250 g	butter
1 cup	brown sugar
2 teaspoons	cinnamon
2 teaspoons	mixed spice
1/2 cup	sherry
1/2 cup	water
3	eggs lightly beaten
1 tablespoon	golden syrup
2 teaspoons	parisienne essence
1 teaspoon	grated lemon rind
2 teaspoons	grated orange rind
1/2 cup	orange juice
1 3/4 cups	plain flour
1/3 cup	self-raising flour
1/2 teaspoon	bicarbonate soda

Method:

Grease a deep 23 cm round cake pan. Line the base and sides with two thicknesses of greaseproof paper, bring the paper 5 cm above the edge of the pan. Combine fruit, almonds, butter, sugar, spices, sherry and water in a large bowl. Preheat oven to **Convection 150°C**. Add eggs, golden syrup, parisienne essence, rinds and juice to fruit mixture. Stir in remaining ingredients. Spread mixture evenly into the pan. Place on Low Rack and cook for **1 1/2 to 2 hours** or until cake is cooked. Cover cake with foil. Allow to cool in pan about **1 hour**, before turning onto a wire rack. Allow to cool slightly.

Chocolate Fudge

R

Makes: 25 squares

Ingredients:

300 g	dark chocolate pieces
400 g	condensed milk
1 cup	chopped nuts
2 teaspoons	vanilla essence

Method:

Grease and line a 20 cm square dish. In a 2-litre bowl, place chocolate pieces and condensed milk. Cook on **HIGH** for **2 minutes**. Stir. Mix in chopped nuts and vanilla. Pour into prepared dish. Chill until set cut in squares.

Cakes, Slices and Biscuits

Sour Cream Chocolate Bars

Makes: 18 pieces

Ingredients:

100 g	butter, softened
½ cup	caster sugar
1	egg
150 g	sour cream
1 teaspoon	vanilla essence
1 cup	plain flour
¼ cup	cocoa
½ teaspoon	bicarbonate of soda
	pinch salt

Chocolate icing:

⅔ cup	dark chocolate melts
50 g	butter
2 cups	icing sugar mixture, sifted
2 tablespoons	milk
1 teaspoon	vanilla essence

Method:

Grease a square (20 cm base) microwave-safe dish. Line the base with non-stick paper allowing the paper to extend up and over two sides of the dish. Place butter and sugar into a medium size bowl and beat with an electric mixer until pale and creamy. Beat in egg, sour cream and vanilla until mixed thoroughly. Sift together, flour, cocoa, bicarb soda and salt. Stir into creamed mixture with a large metal spoon until well mixed. Mixture will be firm. Spread evenly into the prepared dish using the back of a spoon to smooth top of mixture. Cook on **MEDIUM** for **7 minutes** or until centre is just cooked. Spread with icing while still warm and allow to cool completely before slicing.

Chocolate icing:

Place chocolate and butter into a medium microwave-safe bowl. Cook on **MEDIUM** for **1½ minutes**, stir halfway through cooking. Stir in remaining ingredients and beat with wooden spoon until smooth.

Blueberry Muffins

C R

Makes: 6

Ingredients:

225 g	plain flour
¼ cup	brown sugar
¼ cup	caster sugar
1	eggs
½ cup	milk
125 g	melted butter
2 tablespoons	baking powder
1 tablespoon	cinnamon
125 g	blueberries

Method:

Preheat oven to **Convection 190°C**. In a 4-litre dish mix all ingredients. Spoon mixture into a greased 6 muffin tin. Place on Low Rack and cook on **190°C** for **18 to 20 minutes**.

Lemon Friands

C

Makes: 8

Ingredients:

180 g	unsalted butter
250 g	icing sugar
80 g	plain flour
125 g	almond meal
2	lemons, zested
6	egg whites
1 tablespoon	lemon juice
1 teaspoon	vanilla

Method:

Lightly grease a 6-hole friand pan. Place the butter in a 2-litre dish and heat on **MEDIUM** for **2 to 3 minutes**. Set aside to cool. Preheat oven to **Convection 180°C**. Sift the icing sugar into a bowl and stir in the almond meal and lemon zest. In a clean bowl whisk the egg whites until just frothy. Add the dry ingredients along with the butter, lemon juice and vanilla. Fold the mixture to combine. Fill the moulds ¾ full. Place on Low Rack. Bake at **180°C** for **16 to 20 minutes** or until golden and skewer when inserted comes out clean. Allow to cool for **5 minutes** before turning out. Serve completely cooled, dusted with icing sugar.

Apple Spice Muffins

C

Makes: Approximately 12

Ingredients:

2 cups	self-raising flour
1 cup	plain flour
1 teaspoon	bicarbonate of soda
1 cup	brown sugar, firmly packed
2	eggs, lightly beaten
1½ cups	milk
¾ cup	oil
2 teaspoons	ground cinnamon
1 cup	finely chopped apple

Method:

Preheat oven to **200°C**. Grease a muffin tin. Sift dry ingredients into a bowl, stir in sugar, then combined eggs, milk and oil, do not over mix, batter should be lumpy. Stir in cinnamon and apple. Pour into muffin tin. Place on Low Rack and cook on **200°C** for **18 to 20 minutes**. Stand **2 minutes**, remove from tin, cool on a wire rack.

Cakes, Slices and Biscuits

Lace Biscuits

C

Makes: 18 to 20 biscuits

Ingredients:

2 tablespoons	liquid glucose
1/4 cup	brown sugar
60 g	butter, melted
1/3 cup	plain flour
60 g	almonds, finely chopped

Method:

Combine glucose and sugar in a 1-litre casserole dish. Cook on **MEDIUM** for **2 to 3 minutes**. Add melted butter to glucose mixture. Stir in flour and almonds. Mix well.

Preheat oven to **Convection 180°C**. Place small teaspoonful of mixture 8 cm apart onto a greased oven tray (It is best to cook one tray at a time.). Place on Low Rack and cook on **180°C** for **8 to 10 minutes**. Stand for 1 minute before removing biscuits from tray, to allow edges to firm for easier removal.

Tip: To make brandy snaps wrap hot biscuits around the handle of a wooden spoon and allow to cool. Fill centers with whipped cream.

Note: Liquid glucose is available at most health food shops.

Anzac Biscuits

2C

Makes: 24 biscuits

Ingredients:

125 g	butter
2 tablespoons	golden syrup
1 teaspoon	bicarbonate of soda
2 tablespoons	hot water
1 cup	rolled oats
1 cup	coconut
1 cup	plain flour
1 cup	brown sugar

Method:

Preheat oven to **2 Level Convection 160°C**. Place butter and golden syrup into a 2-litre bowl. Heat on **MEDIUM** for **2 to 3 minutes**. Combine bicarbonate of soda and water in a small bowl. Add dry ingredients and water mixture to butter and syrup. Mix well. Place tablespoon of mixture on greased baking trays, allowing room for spreading. Place on High and Low Rack. Cook on **160°C** for **12 to 14 minutes**. Leave on the tray for a few minutes, then transfer to wire cake rack until biscuits are cool. Repeat with remaining mixture.

Chocolate Chip Cookies

2C

Makes: 30 large cookies

Ingredients:

250 g	butter
1 cup	brown sugar
1 cup	caster sugar
1 teaspoon	vanilla essence
2	eggs
3 cups	self-raising flour
250 g	choc bits

Method:

Preheat oven to **2 Level Convection 180°C**. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and chocolate bits. Place tablespoons of mixture on greased baking trays. Place on High and Low Rack. Cook on **180°C** for **12 to 15 minutes** or until golden brown.

Cinnamon Crisps

2C

Makes: Approximately 25

Ingredients:

125 g	butter
1 cup	caster sugar
1 teaspoon	vanilla essence
2	eggs
2 1/2 cups	self-raising flour
2 teaspoons	cinnamon

Method:

Preheat oven to **2 Level Convection 180°C**. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and cinnamon. Place tablespoons of mixture on greased baking trays. Place on High and Low Rack. Cook on **180°C** for **12 to 15 minutes** or until golden brown.

Cakes, Slices and Biscuits

Speedy Chocolate Bit Slice C MC A R

Makes: 19 x 28 cm pan

Ingredients:

90 g	butter melted
125 g	sweet biscuit crumbs
250 g	chocolate bits
1 cup	shredded coconut
1 cup	chopped nuts
400 g	sweetened condensed milk

Method:

Grease and paper line a 19 x 28 cm lamington pan. Pour butter into prepared pan. Sprinkle evenly with biscuits followed by chocolate bits, shredded coconut and nuts. Pour over condensed milk.

To Cook by Convection:

Place on Low Rack and cook on **180°C** for **25 to 30 minutes**. No pre-heating is necessary.

To Cook by Combination:

Prepare as above. Place on Ceramic Tray. Cook on **Combination 4** for **20 to 25 minutes**. Allow to cool before removing from pan and cutting into squares.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack. Select

, then press .

Chocolate Brownies C A MC R

Makes: 20 cm square pan

Ingredients:

125 g	butter
200 g	dark chocolate, chopped
1 cup	caster sugar
1 teaspoon	vanilla essence
2	eggs
1 cup	plain flour
³ / ₄ cup	nuts, chopped
	icing sugar

Method:

Grease and paper line a 20 cm square pan. Set aside. In a 2-litre dish place butter and chocolate on **HIGH** for **2 minutes**. Stir in sugar, vanilla, eggs, flour and nuts. Spread into prepared pan.

To Cook by Convection:

Preheat oven to **180°C**. Place on Low Rack and cook on **180°C** for **25 to 30 minutes**.

To Cook by Combination:

Prepare as above. Cook on **Combination 4** for **25 to 30 minutes**.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack. Select

, then press .

Allow to cool, remove from pan and sprinkle with icing sugar. Cut into small squares.

Peanut and Sultana Slice C A

Makes: 19 x 28 cm pan

Ingredients:

185 g	butter
¹ / ₂ cup	caster sugar
¹ / ₂ cup	sultanas
1 cup	raw unsalted peanuts
1 cup	coconut
1 cup	plain flour

Method:

Grease and paper line a 19 x 28 cm lamington pan. Melt butter on **HIGH** for **1 to 2 minutes**. Stir in sugar, sultanas, peanuts and coconut, then sifted flour. Press mixture into base of pan and cook on **Convection 180°C** for **25 to 30 minutes**. No pre-heating is necessary.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack. Select

, then press .

Apricot Honey Slice R

Makes: 20 squares

Ingredients:

185 g	butter
2 tablespoons	honey
250 g	ginger nut biscuits, crushed
¹ / ₂ cup	chopped pecans
¹ / ₂ cup	coconut
1 cup	chopped dried apricots

Method:

Grease and line an 18 x 28 cm dish. In a 2-litre dish place butter and honey. Cook on **HIGH** for **2 minutes**. Stir in biscuits, pecans, coconut and dried apricots. Press into the prepared dish. Chill until firm cut into squares.

Cakes, Slices and Biscuits

Caramel Coconut Slice

A C

Makes: 19 x 28 cm pan

Ingredients:

100 g	butter
1/2 cup	plain flour
1/2 cup	self-raising flour
1/2 cup	coconut
1/2 cup	caster sugar

Filling:

400 g	sweetened condensed milk
2 tablespoons	golden syrup
1/3 cup	brown sugar
40 g	butter

Topping:

2	eggs
1/3 cup	caster sugar
2 cups	coconut

Method:

Grease and paper line a 19 x 28 cm lamington pan. Melt butter on **HIGH** for **1 to 2 minutes**. Sift flours into bowl, stir in coconut, sugar and butter. Press over base of prepared pan. To prepare filling, place all ingredients in a bowl and cook on **MED HIGH** for **3 to 5 minutes**, stirring twice during cooking. Spread filling over base. To prepare topping, combine all ingredients and mix well. Sprinkle topping over filling. Cook on **Convection 180°C** for **25 to 30 minutes**. No pre-heating is necessary.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack. Select , then press .

Lemon Coconut Meringue Slice

A C

Makes: 19 x 28 cm pan

Ingredients:

90 g	butter, softened
1/4 cup	caster sugar
3/4 cup	plain flour
1/3 cup	cornflour
400 g	condensed milk
2	eggs, separated
2 teaspoons	grated lemon rind
1/2 cup	lemon juice
1/4 cup	caster sugar, extra
1/2 cup	desiccated coconut
1/2 cup	slivered almonds

Method:

Grease and paper line a 19 x 28 cm lamington pan. Cream together butter and sugar. Gradually add sifted flours and knead lightly until combined. Spread over base of prepared pan. Combine condensed milk, egg yolks, lemon rind and juice in a bowl, cook on **MED HIGH** for **3 to 4 minutes**, stirring twice. Spread over base. Beat egg whites in a small bowl until soft peaks form, gradually add extra sugar. Add desiccated coconut, spread over filling and sprinkle with slivered almonds. Place on Low Rack. Cook on **Convection 180°C** for **25 to 30 minutes**. No pre-heating is necessary.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack. Select , then press .

Muesli Slice

Makes : 20 squares

Ingredients:

125 g	butter
1 cup	brown sugar
3 tablespoons	honey
2 cups	natural muesli
1 cup	coconut
1/2 cup	sultanas
50 g	dark cooking chocolate, melted

Method:

Combine butter, sugar and honey in a 2-litre dish and cook on **HIGH** for **1 to 2 minutes**. Add muesli, coconut and sultanas, mix well. Press into an 18 cm x 28 cm flat dish. Cook on **HIGH** for **4 to 5 minutes**. Mark into squares and cool in dish. When cool drizzle with melted chocolate.

Honey Almond Brownies

C

Makes: 6

Ingredients:

125 g	butter
200 g	white chocolate
3/4 cup	sugar
1/4 cup	honey
2 teaspoons	vanilla essence
2	eggs
1 cup	plain flour
3/4 cup	blanched almonds

Method:

Melt butter and chocolate in a medium bowl on **MED HIGH** for **1 to 2 minutes**. Add sugar, honey, vanilla essence and eggs and mix well. Add flour and almonds. Pour into a greased and lined 20 cm square deep pan. Place on Low Rack and cook on **Convection 180°C** for **35 to 40 minutes**. No pre-heating is necessary. Cool completely before removing from the pan.

Desserts and Pastries



Apple Slice

Apple Slice

2C

Makes: 2 slices

Ingredients:

- | | |
|--------------|---|
| 3 | cooking apples,
peeled and sliced thinly |
| 1/4 teaspoon | cinnamon |
| | pinch nutmeg |
| 2 | sheets ready rolled puff pastry |
| 1 | egg, lightly beaten |
| | caster sugar |

Method:

Place apples, cinnamon and sugar into a 2-litre casserole dish. Cook covered on **HIGH** for **3 to 5 minutes**. Drain well.

Preheat oven on **2 Level Convection 210°C**. Cut sheets of pastry in half. Place 2 halves of pastry side by side on a bread board. Place apple mixture on top leaving a 2 cm border around the edge. Brush edges with beaten egg and place remaining half of pastry on top of apple mixture. Secure edges together. Brush top with egg.

Cut slits across the top of pastry. Sprinkle with caster sugar. Place slices onto greased baking trays. Place on High and Low Rack. Cook on **210°C** for **15 to 20 minutes**.

Honey Oaty Slice

C A

Makes: 27 x 17 cm Swiss roll pan

Ingredients:

- | | |
|---------------|---------------------|
| 1 cup | rolled oats |
| 1 cup | plain flour |
| 3/4 cup | coconut |
| 3/4 cup | sugar |
| 125 g | butter |
| 3 tablespoons | honey |
| 2 tablespoons | water |
| 1/2 teaspoon | bicarbonate of soda |

Method:

Grease and paper line a 27 x 17 cm slice pan. Combine oats, flour, coconut and sugar in a large bowl. In a 2-litre pyrex bowl, place butter, honey and water and cook on **HIGH** for **1 to 2 minutes**, stir in bicarbonate of soda. Pour over dry ingredients, stir until well combined. Press into pan. Place on Low Rack. Cook on **Convection 180°C** for **20 to 25 minutes**.

No pre-heating is necessary. Cool before cutting.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack. Select

, then press .

Chocolate Peanut Butter Cheesecake

MC

Serves: 6 to 8

Ingredients:

Base:

- | | |
|-------|--------------------------------|
| 250 g | peanut cookies, finely crushed |
| 125 g | butter |

Filling:

- | | |
|------------|------------------------|
| 500 g | cream cheese, softened |
| 1/2 cup | brown sugar |
| 1 cup | crunchy peanut butter |
| 2 | eggs |
| 1 teaspoon | vanilla essence |
| 1/2 cup | sour cream |

Topping:

- | | |
|---------|------------|
| 150 g | chocolate |
| 1/4 cup | sour cream |

Method:

Melt butter in a 1-litre casserole dish on **HIGH** for **30 to 40 seconds**. Add crushed biscuits and combine. Press biscuit mixture evenly over base and sides of a greased 20 cm spring form tin. Refrigerate until firm. Place filling ingredients into a mixing bowl, beat until mixture is combined. Pour mixture into chilled biscuit base. Place in oven, on Low Rack, cook on **Combination 3** for **30 to 35 minutes**. Allow to cool and spread with topping.

Topping:

Melt chocolate in a 2-cup jug on **MED HIGH** for **1 to 2 minutes**. Stir in sour cream. Spread over cheesecake.

Desserts and Pastries

Apricot Cheesecake

C

Serves: 8 to 10

Ingredients:

250 g	plain biscuits
90 g	butter
1/4 cup	apricot jam
250 g	ricotta cheese
1 cup	chopped dried apricots
2	eggs
1/2 cup	caster sugar
300 ml	cream
2 tablespoons	flour
1 teaspoon	vanilla essence

Method:

Crush or process biscuits until fine. Melt butter in a bowl on **MED HIGH** for **1/2 to 1 minute**.

Combine with biscuit crumbs and press onto the base of a 25 cm Spring-form tin. Warm jam in a small bowl on **MED HIGH** for **30 seconds**. Spread jam over biscuit base. Refrigerate while making filling.

Preheat oven to **Convection 160°C**. Beat together the remaining ingredients until well combined and pour into the biscuit base. Place on Low Rack and cook on **160°C** for **55 minutes to 1 hour**. Refrigerate until cold before slicing.

If desired, decorate with whipped cream, drained canned apricot halves and roughly chopped pecans.

Zesty Cheesecake

Serves: 6 to 8

Ingredients:

250 g	sweet biscuits, finely crushed
125 g	butter

Filling:

250 g	cream cheese
400 g	sweetened condensed milk
3 teaspoons	lemon or lime rind
1/3 cup	lemon or lime juice
1 teaspoon	gelatine
1 tablespoon	water

Method:

Base:

Place butter in a 2-litre bowl and cook on **HIGH** for **1 minute**, add biscuit crumbs. Press mixture evenly over base and sides of a lightly greased spring form tin. Refrigerate while preparing filling.

Filling:

Beat cream cheese in a small bowl with electric mixer until smooth, add condensed milk, rind and juice, beat until smooth. Place water in a 1-cup jug, sprinkle gelatine over water and cook on **MED HIGH** for **30 seconds**, add and mix into lemon mixture. Pour into base and refrigerate until set. Garnish with strawberries and cream.

Honeycomb Cheesecake

Serves: 6 to 8

Ingredients:

250 g	packet honey snap biscuits, crushed
125 g	butter
3 teaspoons	gelatine
1/4 cup	water
375 g	cream cheese
1/2 cup	caster sugar
1 teaspoon	vanilla essence
300 ml	thickened cream
3	chocolate coated honeycomb bars, crushed

Method:

Place butter in a 2-litre bowl and cook on **HIGH** for **1 minute**. Add biscuit crumbs, mix well. Press mixture into base and sides of a 22 cm spring form tin. Refrigerate while making filling. Place water in a small bowl, sprinkle with gelatine. Heat on **MEDIUM** for **30 to 40 seconds** to dissolve, **DO NOT BOIL**. Place cream cheese into a mixing bowl, add sugar and vanilla essence. Beat until smooth with electric mixer. Beat cream in a small bowl until soft peaks form. Stir gelatine mixture into the cheese mixture, add cream and chocolate honeycomb bars. Pour into the crust, refrigerate until set.

Cherry Kuechen

Serves: 6 to 8

Ingredients:

1 pkt (340 g)	buttercake mix
1/2 cup	toasted coconut
125 g	melted butter
1	egg

Filling:

425 g	can pitted cherries, drained
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Topping:

300 ml	carton sour cream
2 tablespoons	sugar
1/2 teaspoon	cinnamon

Method:

Combine dry cake mix, coconut, melted butter and egg. Press into 27 cm flan dish. Cook on **HIGH** for **4 minutes**. Arrange cherries over base. Combine sour cream, egg and sugar and pour over cherries. Sprinkle with cinnamon. Cook on **MEDIUM** for **10 to 12 minutes**. Allow to cool.

Desserts and Pastries

Individual Christmas Pudding

Makes: 8

Ingredients:

100 g	sultanas
150 g	raisins
50 g	craisins
100 g	dates, chopped
100 g	dried figs, chopped
50 g	glace ginger, chopped
1/2 cup	brandy
125 g	butter
3/4 cup	firmly packed brown sugar
2	eggs
1/2 teaspoon	cinnamon
1/2 teaspoon	mixed spice
1/2 teaspoon	nutmeg
1/2 cup	plain flour
1/2 cup	pie apple
3/4 cup	fresh breadcrumbs
1 tablespoon	golden syrup
1 tablespoon	parisienne essence

Method:

Place all dried fruits and brandy into a 2-litre bowl. Mix and cook uncovered on **MED LOW** for **10 minutes**. Stir halfway through cooking. Cool, Beat butter and sugar in a large bowl with an electric mixer until light and fluffy. Add eggs, one at a time, beating between each addition. Stir in cooled fruits, then remaining ingredients. Grease 4 x 200 ml microwave-safe cups. Place half a cup of mixture into each cup, pushing mixture in firmly. Smooth over the top of puddings with the back of a spoon. Place cups onto Ceramic Tray. Cook on **MED LOW** for **35 to 40 minutes**. Repeat with remaining mixture.

Butterscotch Pudding

A C

Serves: 4 to 6

Ingredients:

3/4 cup	self-raising flour, sifted
400 g	sweetened condensed milk
30 g	butter
1 teaspoon	vanilla essence
1/2 cup	milk
1 cup	brown sugar
1 1/4 cups	boiling water

Method:

Place condensed milk into a 2-litre casserole dish and cook on **MEDIUM** for **6 to 7 minutes**, stirring twice during cooking. Stir in butter, vanilla essence and milk, stir until butter has melted. Cool slightly. Add milk mixture to sifted flour, mix well. Pour mixture into a greased deep 20 cm cake pan. Sprinkle top with brown sugar and gently pour boiling water over mixture. Place on Low Rack and and cook on

Convection 180°C for 25 to 30 minutes.

No pre-heating is necessary. Serve.

To Cook by Auto Menu:

Prepare as above. Place on Low Rack. Select , then press .

Bread and Butter Pudding

MC

Serves: 4 to 6

Ingredients:

1/3 cup	sultanas
1/4 cup	rum
70 g	butter, softened
10	slices fruit loaf
4	eggs
1 1/3 cup	brown sugar

Method:

Grease a 1.5-litre shallow microwave oven safe dish. Combine sultanas and rum in a small bowl. Heat on **HIGH** for **1 minute**. Set aside. Butter both sides of all bread slices. Remove the crusts and cut into triangles. Beat together eggs, milk, cream, and liquid from drained sultanas. Layer one third of the bread evenly over the base of the 1.5-litre microwave-safe dish. Sprinkle with half the sultanas and one third of the brown sugar. Repeat with another layer of bread, sultanas and brown sugar and top with the remaining bread. Pour about two thirds of the egg mixture over the bread and allow to stand for 20 minutes until the liquid is absorbed. Pour over the remaining egg mixture and sprinkle with brown sugar. Place on Low Rack. Cook on **Combination 2** for **20 to 25 minutes**. Allow stand for **10 minutes** before serving with cream or ice cream.

Desserts and Pastries

Baked Alaska Surprise

C

Serves: 4 to 6

Ingredients:

10 to 12	sponge finger biscuits or 1 round trifle sponge
1	punnet strawberries, hulled and cut in half
1 tablespoon	caster sugar
2 tablespoons	fruit liqueur
1 litre	vanilla ice cream
4	egg whites
3/4 cup	caster sugar, extra
1/4 cup	almonds, chopped (optional)

Method:

Line the base of a 23 cm round flan dish with biscuits or sponge (the biscuits will overlap.) Place strawberries over the biscuits and sprinkle with sugar and liqueur. Place scoops of ice cream evenly over strawberries. Place in freezer. Preheat oven to **Convection 250°C**. Beat egg whites until stiff. Gradually add extra sugar beating all the time until sugar has dissolved and mixture is thick and glossy. Fold in almonds and spoon meringue mixture over ice cream. Cook on **250°C** on Low Rack for **3 to 5 minutes**. Serve immediately.



Baked Alaska Surprise

Banana Coconut Creamed Rice

Serve: 4

Ingredients:

1 cup	arborio rice
400 ml	coconut milk
20 g	unsalted butter
1/2 cup	sugar
100 ml	coconut milk, extra to serve
1	banana, to serve
1/2 cup	shredded coconut, toasted

Method:

Wash and drain rice. Place rice, 300 ml of coconut milk, 300 ml water, butter and sugar into a 2.5 L deep microwave-safe bowl or jug, stir to combine. Microwave uncovered on **HIGH** for **21 minutes**, stirring every **7 minutes**. Remove and stir well, stand for **5 minutes**.

Note:

Rice will absorb excess liquid on standing. Serve warm in individual bowls drizzled with extra coconut milk, banana slices and shredded coconut.

Pavlova

C

Serves: 8 to 10

Ingredients:

4	egg whites
	pinch of salt
1 1/4 cups	caster sugar
2 teaspoons	vinegar
2 tablespoons	cornflour
Topping:	
300 ml	cream
1	punnet strawberries, hulled and cut in half
2	passionfruit

Method:

Preheat oven to **Convection 140°C**. Grease and line a baking tray. Dust with 1 tablespoon cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture. Pile mixture high on a baking tray. Place on Low Rack and cook on **140°C** for **1 hour to 1 hour 10 minutes**. Allow to cool.

Filling:

Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.

Desserts and Pastries

Lemon Meringue Pie

C

Serves: 4 to 6

Ingredients:

Pastry:

1 cup plain flour
2 tablespoons caster sugar
75 g butter
1 egg yolk
2 teaspoons milk

Filling:

2½ tablespoons cornflour
½ cup caster sugar
150 ml water
juice and grated rind
of 2 lemons
3 eggs, separated
⅓ cup caster sugar, extra

Method:

Pastry:

Stir flour and sugar together in a bowl. Rub in butter until mixture resembles fine breadcrumbs. Add egg yolk and milk and knead lightly. Wrap and chill for **10 to 15 minutes**.

Filling:

Place cornflour and sugar into a 1-litre casserole dish. Gradually add water, stirring. Add lemon rind. Cook on **HIGH** for **2 to 3 minutes**, stirring every minute until boiling. Add yolks and lemon juice and mix well. Cook on **MED HIGH** for a further **2 to 3 minutes**. Stir Halfway through. Set aside.

Preheat oven to **Convection 180°C**. Roll out pastry to fit a 20 cm pie plate. Prick base. Cook on Low Rack for on **180°C** for **10 to 12 minutes**. Beat egg whites until soft peaks form. Gradually beat in extra caster sugar, one tablespoonful at a time. Preheat oven to **Convection 180°C**. Place lemon filling into cooked pastry case and top with meringue. Cook on Low Rack for **10 to 12 minutes** until meringue is golden in colour.

Tip: It is necessary to preheat oven again when placing lemon mixture and meringue into pie shell.

Peach Crumble

R MC

Serves: 4 to 6

Ingredients:

70 g butter
½ cup flour
¼ cup sugar
1 cup toasted muesli
½ cup shredded coconut
½ teaspoon cinnamon
1 can (810 g) peaches, drained, sliced

Method:

Place butter in a 2-litre dish. Cook on **MED HIGH** for **1 minutes 40 seconds**. Mix in flour, sugar, muesli, coconut and cinnamon. Place the peaches in a 2-litre dish, top with crumble mixture. Place on Low Rack and set on **Combination 6** for **20 minutes**.

Rhubarb Apple Ginger Compote

R

Serves: 4

Ingredients:

300 g rhubarb, chopped
2 apples, peeled, sliced
30 g glace ginger, chopped
1½ cups sugar
1 teaspoon orange rind
1 orange, squeeze juice

Method:

Place all ingredients in a 2-litre dish. Cook on **HIGH** for **3 minutes**. Stir. Cook on **HIGH** for **3 minutes**.

Apple Pie

A C

Serves: 6 to 8

Ingredients:

Pastry:

185 g butter
½ cup caster sugar
1 tablespoon lemon juice
1 egg
1½ cups plain flour
1 cup self-raising flour

Filling:

800 g pie apples
¼ cup caster sugar
1 teaspoon arrowroot
1 teaspoon cinnamon

Method:

Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press ⅔ of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of greaseproof paper to fit pie. Place on pie and press edges together. Place on Low Rack. Cook on **Convection 180°C** for **40 to 50 minutes**. Preheating is not required.

To Cook by Auto Menu:

Select , then press .

Micro - Made Extras

Coffee Liqueur

Makes: 3 cups

Ingredients:

1½ cups	hot tap water
2 cups	sugar
⅓ cup	instant coffee granules
2 cups	vodka
3 teaspoons	vanilla essence

Method:

Pour water into a 4-litre casserole dish. Cook on **HIGH** for **2 to 3 minutes**. Add remaining ingredients except vodka and stir well. Cook on **MEDIUM** for **30 to 35 minutes**. Cool slightly and mix in vodka. Pour into an airtight container and stand for **4 days** before serving. Serve in liqueur glasses.

Lemon Lime Cordial

Makes: Approximately 1.5-litre of undiluted cordial

Ingredients:

10	large lemons
8	limes
4 cups	sugar
2 cups	water
2 teaspoons	citric acid

Method:

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

Ginger Tea

Serves: 2

Ingredients:

5 cm	piece ginger
1	lemon, sliced
2	teabags
1 cup	mint leaves
2 cups	water

Method:

Peel and slice ginger and place into a 2-cup jug with remaining ingredients. Heat on **HIGH** for **3 to 4 minutes**. Allow standing for **5 minutes** to infuse. Strain and serve.

Caramel Sauce

R

Makes: 2 cups

Ingredients:

400 g	condensed milk
¼ cup	brown sugar
2 tablespoons	golden syrup
300 ml	thickened cream

Method:

In a 2-litre jug mix all ingredients except cream. Cook on **HIGH** for **3 minutes**, stirring halfway through the cooking time. Mix well then stir in cream. Cook on **MED LOW** for **3 minutes**. Serve warm or cold.

Chocolate Macadamia Nut Sauce

Makes: 1 cup

Ingredients:

200 g	dark chocolate
½ cup	cream
¼ cup	macadamia nuts, chopped finely

Method:

Place chocolate and cream in a 2-cup pyrex jug, melt on **HIGH** for **1 to 2 minutes**. Mix well and stir in macadamia nuts. Serve hot over ice cream.

Sweet berry Sauce

R

Makes: approximately 3 cups

Ingredients:

½ cup	caster sugar
½ cup	water
500 g	mixed berries, chopped
2 tablespoons	water
1 tablespoon	cornflour

Method:

Combine sugar and water in a 1-litre bowl and cook on **HIGH** for **2 minutes**, stir once during cooking to dissolve sugar. Add berries and cook on **HIGH** for **4 minutes**. Blend water and cornflour and add to berry mixture. Cook on **HIGH** for **2 minutes**. Serve hot or cold with ice cream.

Micro - Made Extras

Mushroom Sauce

Makes: 1 1/2 cups

Ingredients:

3 tablespoons	butter
2 tablespoons	flour
1 teaspoon	soy sauce
3/4 cup	cream
	salt and pepper taste
1/2 teaspoon	curry powder
190 g	champignon mushrooms, sliced

Method:

Place butter in a 4-cup glass jug. Cook on **HIGH** for **40 seconds**. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on **HIGH** for **2 to 3 minutes**, stirring every **1 minute**. Serve on toast or as accompaniment to meats. Sauce can be reheated on **HIGH** for **1/2 to 1 minute**.

Chinese Sweet & Sour Sauce

Makes: 4 cups

Ingredients:

1/2	cucumber
1/2 cup	cornflour
1/2 cup	brown sugar
1 cup	chicken stock
1/2 cup	dry sherry
2 tablespoons	white vinegar
2 tablespoons	soy sauce
2 tablespoons	tomato paste
410 g	pineapple pieces and juice
1/2	red capsicum, sliced
1	stick celery, sliced

Method:

Cut cucumber in half lengthwise, scoop out seeds and slice diagonally into 1 cm pieces. Combine cornflour and sugar in a 2-litre casserole dish. Gradually stir in stock, sherry, vinegar, soy sauce, tomato paste, pineapple pieces and juice, capsicum, cucumber and celery. Cook on **HIGH** for **10 to 12 minutes**, stirring every 2 minutes. Serve with ham steaks, pork chops or chicken.

Mint Sauce

Makes: Approximately 1/3 cup

Ingredients:

1 tablespoon	water
1 tablespoon	sugar
2 tablespoons	brown vinegar
2 tablespoons	mint, finely chopped

Method:

Combine all ingredients in a 1-cup jug. Cook on **HIGH** for **1/2 to 1 minute**. Stir well and serve with Roast Lamb.

Brandy Sauce

Makes: 1 1/2 cups

Ingredients:

2 tablespoons	butter
2 tablespoons	cornflour
3 tablespoons	sugar
2 tablespoons	golden syrup
1 cup	milk
1/4 cup	brandy

Method:

In a 1-litre pyrex jug melt butter on **HIGH** for **20 to 30 seconds**. Blend in cornflour, sugar and golden syrup and cook on **HIGH** for **50 seconds to 1 minute**. Add milk gradually and cook on **MEDIUM** for **3 to 4 minutes**. Stirring halfway through cooking. Stir in brandy. Serve hot with fruit or Christmas pudding.

Hollandaise Sauce

Makes: 3/4 cup

Ingredients:

60 g	butter
2 tablespoons	lemon juice
2	egg yolks
1/4 cup	cream
1/2 teaspoon	mustard
1/4 teaspoon	salt

Method:

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

Rhubarb and Apple Conserve

Make: 2 cups

Ingredients:

350 g	rhubarb, chopped
3	medium sized apples, grated
2 tablespoons	water
1 cup	caster sugar
2 tablespoons	lemon juice

Method:

Place rhubarb, apple and water in a 3-litre casserole dish, cover and cook on **HIGH** for **6 to 8 minutes**, stirring once during cooking. Stir in sugar and lemon juice and cook uncovered on **HIGH** for **15 minutes** stirring after every **5 minutes**. Pour into hot sterilised jars, when cool, seal.

Micro - Made Extras

Strawberry Jam

Makes: Approximately 1.6 kg

Ingredients:

1 kg strawberries, washed and hulled
1 kg caster sugar
pectin if required

Method:

Place strawberries in a 4-litre casserole dish. Cover and cook on **HIGH** for **5 minutes**. Stir in sugar and pectin if required. Cook on **MED HIGH** for **25 to 30 minutes**, stirring every **10 minutes**. Cool and bottle in sterilised jars. Seal.

Sweet Apricot Jam

Makes: 3 cups

Ingredients:

750 g dried apricots, cut in quarters
1800 ml water
1.3 kg sugar
2 tablespoons pectin

Method:

Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on **HIGH** for **25 to 30 minutes**, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on **HIGH** for a further **25 to 30 minutes**, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

Rhubarb and Berry Jam

Makes: 1½ cups

Ingredients:

2 cups chopped rhubarb
1½ cups berries, fresh or frozen
2 tablespoons orange juice
1 cup caster sugar

Method:

Combine rhubarb, berries and orange juice in a 3-litre casserole dish. Cook on **HIGH** for **8 to 10 minutes**, stirring twice during cooking. Add sugar, stir until dissolved, cook on **HIGH** for a further **10 to 15 minutes**, stirring every 5 minutes. Pour into sterilised jars, and seal.



Jam

Orange Marmalade

Makes: 3 cups

Ingredients:

700 g oranges
1 lemon
water
3 cups sugar, warmed

Method:

Wash fruit. Cut fruit in half, reserve seeds, squeeze juice from fruit and set aside. Remove rind from fruit being careful not to include white pith. Cut rind into fine strips. Set aside. Pour fruit juice into a 4-cup jug. Add enough water to make 3 cups of liquid. Add seeds. Cover and cook on **HIGH** for **20 minutes**. Strain. Add sugar to mixture with rind, mix well and cook on **HIGH** for a further **30 minutes** or until marmalade has set. Pour into clean sterilised jars. Seal.

Tip: To warm sugar - Place sugar in a 2-litre casserole dish and cook on **HIGH** for **1 to 1½ minutes**.

Micro - Made Extras

Peach Butter

Makes: 2 cups

Ingredients:

425 g can	peaches, drained
1 teaspoon	grated lemon rind
1/4 cup	lemon juice
90 g	butter
3	eggs
3/4 cup	caster sugar

Method:

In a blender or food processor, place peaches, lemon rind and juice, process until smooth. Place eggs in a 3-litre casserole dish whisk until well combined, add remaining ingredients, cook on **HIGH** for **6 to 8 minutes**, until mixture has thickened. Whisk twice during cooking. Pour into jars, cool them seal. Store in the refrigerator.

Mango Chutney

Makes: 3 cups

Ingredients:

450 g	fresh mango, sliced
250 g	cooking apples, peeled, cored and sliced
2 tablespoons	salt
2	onions, finely sliced
300 g	brown sugar
150 ml	malt vinegar
1 teaspoon	ground ginger
1 teaspoon	chilli powder

Method:

Place mango and apple in a bowl and sprinkle with salt. Stand overnight. Rinse and drain fruit. Place fruit in a 4-litre casserole dish, add onion. Cover and cook on **HIGH** for **6 minutes**, stirring halfway through cooking. Add sugar, vinegar and spices, mix well. Cover and cook on **HIGH** for **15 minutes**. Pour into sterilised jars and seal.

Lemon Butter

Makes: 1 cup

Ingredients:

1/2 cup	lemon juice
1 tablespoon	lemon rind
1/3 cup	sugar
3	egg yolks
1 tablespoon	butter
1 tablespoon	cornflour

Method:

Blend all ingredients in a 4-cup glass jug. Cook on **MEDIUM** for **3 to 4 minutes**, stirring every minute. Pour into hot sterilised jars and seal immediately.

Tomato Chutney

Makes: 4 cups

Ingredients:

250 g	onion, finely chopped
1.5 kg	ripe tomatoes, skins removed and tomatoes chopped
1 teaspoon	salt
1 teaspoon	paprika
	pinch cayenne pepper
150 ml	malt vinegar
175 g	sugar

Method:

Place onions in a 3-litre dish. Cover and cook on **HIGH** for **4 to 5 minutes**. Add tomatoes and cover and cook on **HIGH** for **5 to 6 minutes**. Add salt, spices and vinegar. Stir well and cook on **HIGH** for **10 minutes**, stirring halfway through cooking. Add sugar, stir well and cook on **HIGH** for **35 to 40 minutes**, stirring occasionally. Pour into sterilised jars and seal.

Passionfruit Butter

Makes: 1 1/2 cups

Ingredients:

3	eggs
1/2 cup	caster sugar
6	passionfruit, pulp removed
90 g	butter

Method:

Beat eggs and sugar together in a 1-litre jug until combined. Stir in passionfruit pulp and butter. Cook on **MED HIGH** for **4 minutes**, stirring after every minute. Pour into hot sterilised jars, when cool, seal.

Micro - Made Extras

Gravy

Makes: 2 cups

Ingredients:

2 tablespoons	dripping or pan juices
1	small onion, finely chopped
2 tablespoons	flour
1 tablespoon	tomato paste
1½ cups	beef stock
	salt and pepper

Method:

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

Cheese Sauce

R

Makes: 1 cup

Ingredients:

40 g	butter
2 tablespoons	flour
375 ml	milk
½ cup	grated cheese

Method:

Place butter in a 1-litre jug. Set on **HIGH** for **50 seconds**. Whisk in flour. Whisk in milk. Set on **HIGH** for **2 minutes**. Stir in cheese. Set on **HIGH** for **2 minutes**. Stir.

Rich Chocolate Sauce

R

Makes: 2 cups

Ingredients:

200 g	chocolate pieces
300 ml	cream

Method:

Place ingredients in a 1-litre jug. Cook on **HIGH** for **2½ minutes**. Whisk well.