WARRANTY
Consumer Electronic Products

Congratulations on Your Purchase!

This Sharp product is warranted against faults in materials and manufacture for a period of twelve (12) months from the date of original purchase.

If service is required during the warranty period, please contact your nearest Sharp Approved Service Centre. These repairs would be carried out at no charge to the owner, subject to the conditions specified herein.

The owner is responsible for any transportation and insurance costs if the product has to be returned for repair.

This warranty does not extend to accessories or defects or injuries caused by or resulting from causes not attributable to faulty parts or the manufacture of the product, including but not limited to, defect or injury caused by or resulting from misuse, abuse, neglect, accidental damage, improper voltage, liquid spillage, vermin infestation, software, or any alterations made to the product which are not authorised by Sharp.

Please retain your sales documentation, as this should be produced to validate a warranty claim.

This warranty is in addition to and in no way limits, varies or excludes any express and implied rights and remedies under any relevant legislation in the country of sale.

IMPORTANT
DO NOT RETURN THIS PAGE TO SHARP

For your reference, please enter the particulars of your purchase below and retain, with your purchase documentation.

Model No. ____________________________
Serial No. ____________________________
Date of Purchase ______________________
Retailer ______________________________

FOR LOCATION ENQUIRIES WITHIN
AUSTRALIA
REGARDING YOUR
LOCAL
SHARP APPROVED SERVICE CENTRE

CALL THE

SHARP SERVICE REFERRAL CENTRE
TOLL FREE 1 300 135 022
DURING NORMAL BUSINESS HOURS
(Eastern Standard Time)

or contact our web site
www.sharp.net.au

FOR PRODUCTS PURCHASED IN
NEW ZEALAND
CONTACT YOUR SELLING DEALER/RETAILER
OR CALL

SHARP CUSTOMER SERVICES
telephone: 09 573 0111
FACSIMILE: 09 573 0113
or contact our web site
www.sharpnz.co.nz

SHARP CORPORATION OF AUSTRALIA PTY. LIMITED
ABN 40 003 039 405
1 Huntingwood Drive Blacktown NSW 2148

SHARP CORPORATION OF NEW ZEALAND LIMITED
59 Hugo Johnson Drive
Penrose, Auckland

IMPORTANT NOTICE: This warranty applies only to products sold in Australia & New Zealand.
INTRODUCTION

Thank you for buying a Sharp Microwave Oven.

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

The manual is divided into two sections:

1. OPERATION (P2~P15)
   This section describes your oven and teaches you how to use all the features.

2. COOKING GUIDE
   This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.
   It also contains recipes for automatic cooking and manual cooking.

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

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

**IMPORTANT SAFETY INSTRUCTIONS : READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.**

To reduce the risk of fire in the oven cavity:

a. Do not overcook food.

b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.

c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.

d. Look at the oven from time to time when food is heated in disposable containers made of plastic, paper or other combustible materials for signs of smoke or burning.

e. If materials inside the oven should ignite, or smoke is observed, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

To reduce the risk of an explosion or delayed eruptive boiling:

Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated.

If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

Additionally:

a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.

b. Do not use excessive amount of time.

c. When boiling liquids in the oven, use a wide-mouthed container.

d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.

e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.

This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.

It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.

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

Do not try to adjust or repair the oven yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. Especially those which involve the removal of a cover which gives protection against exposure to microwave energy are very hazardous.

Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:

(1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals, Sealing Surfaces and oven cavity (buckled or deformed), (4) Burn marks on the door seal faces.

Do not bump, or catch utensils, loose clothes and your accessories on the door safety latches when removing food from the oven.

Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.

Never tamper with or deactivate the door safety latches.

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

Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP.

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

Avoid steam burns by directing steam away from the face and hands.

Slowly lift the furthest edge of a dish’s cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.

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

To prevent the turntable from breaking:

a. Before cleaning the turntable with water, leave the turntable to cool.

b. Do not place anything hot on a cold turntable.

c. Do not place anything cold on a hot turntable.

Do not place anything on the outer cabinet.

This appliance must be earthed.

Do not store food or any other items inside the oven.

Make sure the utensil does not touch the interior walls during cooking.

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

This appliance is not intended for use by young children or infirm persons without supervision.

Young children should be supervised to ensure that they do not play with the appliance.
### SPECIAL NOTES

<table>
<thead>
<tr>
<th><strong>Eggs, fruits, nuts, seeds, vegetables, sausages and oysters</strong></th>
<th><strong>DO</strong></th>
<th><strong>DON'T</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>* Puncture egg yolks and whites and oysters before cooking to prevent &quot;explosion&quot;.</td>
<td></td>
<td>* Cook eggs in shells. This prevents &quot;explosion&quot;, which may damage the oven or injure yourself.</td>
</tr>
<tr>
<td>* Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.</td>
<td></td>
<td>* Reheat whole eggs.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Overcook oysters.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Dry nuts or seeds in shells.</td>
</tr>
<tr>
<td><strong>Popcorn</strong></td>
<td>* Use specially bagged popcorn for the microwave oven.</td>
<td>* Pop popcorn in regular brown bags or glass bowls.</td>
</tr>
<tr>
<td></td>
<td>* Listen while popping corn for the popping to slow to 1-2 seconds.</td>
<td>* Exceed maximum time on popcorn package.</td>
</tr>
<tr>
<td><strong>Baby food</strong></td>
<td>* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns.</td>
<td>* Heat disposable bottles.</td>
</tr>
<tr>
<td></td>
<td>* Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.</td>
<td>* Overheat baby bottles. Only heat until warm.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Heat bottles with nipples on.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Heat baby food in original jars.</td>
</tr>
<tr>
<td><strong>General</strong></td>
<td>* Food with filling should be cut after heating, to release steam and avoid burns.</td>
<td>* Heat or cook in closed glass jars or air tight containers.</td>
</tr>
<tr>
<td></td>
<td>* Use a deep bowl when cooking liquids or cereals to prevent boiling over.</td>
<td>* Deep fat fry.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Heat or dry wood, herbs, wet papers, clothes or flowers.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>* Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.</td>
</tr>
<tr>
<td><strong>Liquids (Beverages)</strong></td>
<td>* For boiling or cooking liquids see WARNING on page 2 to prevent explosion and delayed eruptive boiling.</td>
<td>* Heat for longer than recommended time. See REHEATING-FOOD CHART on page 23.</td>
</tr>
<tr>
<td><strong>Canned foods</strong></td>
<td>* Remove food from can.</td>
<td>* Heat or cook food while in cans.</td>
</tr>
<tr>
<td><strong>Sausage rolls, Pies, Christmas pudding</strong></td>
<td>* These foods have high sugar and/or fat contents.</td>
<td>* Overcook as they may catch fire.</td>
</tr>
<tr>
<td></td>
<td>* Cook for the recommended time.</td>
<td></td>
</tr>
<tr>
<td><strong>Meats</strong></td>
<td>* Use a microwave proof roasting rack to collect drained juices.</td>
<td>* Place meat directly on the turntable for cooking.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Utensils</strong></td>
<td>* Check the utensils are suitable for MICROWAVE cooking before you use them.</td>
<td>* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.</td>
</tr>
<tr>
<td><strong>Aluminium foil</strong></td>
<td>* Use to shield food to prevent over cooking.</td>
<td>* Use too much.</td>
</tr>
<tr>
<td></td>
<td>* Watch for sparking. Reduce foil or keep clear of cavity walls.</td>
<td>* Shield food close to cavity walls. Sparking can damage the cavity.</td>
</tr>
<tr>
<td><strong>Browning dish</strong></td>
<td>* Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish.</td>
<td>* Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.</td>
</tr>
</tbody>
</table>
INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity, (do not remove the waveguide cover, item 8 below), and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.

2. Accessories provided
   1) Turntable  2) Roller stay
   3) Operation manual and Cook book

3. Locate the roller stay in the centre of the oven, then fit the turntable on the roller stay. Make sure the turntable and roller stay are centrally located and locked together. Refer to OVEN DIAGRAM below. NEVER operate the oven without the roller stay and turntable.

4. The oven should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings. When mounting on bench top: Allow at least 10cm on the top, 5cm on the both sides and at the rear of the oven for adequate air circulation.

5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
   The A.C. voltage must be single phase 230 – 240V, 50Hz.

6. Operate the oven from a general purpose domestic outlet.
   If a generator is used, do not operate the oven with non-sinusoidal outputs.

**OVEN DIAGRAM**

(R-330F)

1. Door open button
2. Oven lamp
3. Door hinges
4. Door safety latches
5. See through door
6. Door seals and sealing surfaces
7. Coupling
8. Waveguide cover
9. Touch control panel
10. Liquid crystal display
11. Ventilation openings
12. Power supply cord
13. Turntable
14. Roller stay

(R-395F(S))
OPERATION OF TOUCH CONTROL PANEL

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

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

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

**Control Panel Display**

**Touch Control Panel Layout**

1. **INSTANT ACTION PADS**
   - Press to cook or reheat 8 popular menus.

2. **EXPRESS DEFROST PAD**
   - Press to select the Express Defrost menu.

3. **EASY DEFROST PAD**
   - Press to select the Easy Defrost menu.

4. **NUMBER PADS**
   - Press to enter cooking time, clock time, weight of food.

5. **POWER LEVEL PAD**
   - Press to select microwave power setting.
   - If not pressed, HIGH is automatically selected.
   - Press to alter the cooking result for automatic operations.

6. **TIMER/CLOCK PAD**
   - Press to set clock, timer, child lock or demonstration mode.

7. **STOP/CLEAR PAD**
   - Press to clear during programing.
   - Press once to stop operation of oven during cooking; press twice to cancel cooking programme.

8. **INSTANT COOK/START PAD**
   - Press to start oven after setting programmes.
   - Press once to cook for 1 minute at HIGH or increase by 1 minute multiples each time this pad is pressed during cooking.

---

**R-330F**

**R-395F(S)**

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**Indicators**
BEFORE OPERATING

Getting Started

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Plug the oven into a power point and switch on the power. Ensure the oven door is closed.</td>
<td></td>
<td>Flashing eights</td>
</tr>
<tr>
<td>2</td>
<td>Press the STOP/CLEAR pad so that the oven beeps.</td>
<td>STOP CLEAR</td>
<td>Only the dots will remain.</td>
</tr>
</tbody>
</table>

Clock Setting

* To enter the present time of day 11:34 (AM or PM).

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Press the TIMER/CLOCK pad.</td>
<td>TIMER CLOCK</td>
<td>The dots (:) will flash on and off.</td>
</tr>
<tr>
<td>2</td>
<td>Enter the correct time of day by pressing the numbers in sequence.</td>
<td>1 1 3 4</td>
<td>11:34</td>
</tr>
<tr>
<td>3</td>
<td>Press the TIMER/CLOCK pad again.</td>
<td>TIMER CLOCK</td>
<td>11:34</td>
</tr>
</tbody>
</table>

This is a 12 hour clock. If you attempt to enter an incorrect clock time (eg. 13:45), Err will appear in the display. Press the STOP/CLEAR pad and re-enter the time of day (eg. 1:45). If you wish to know the time of day during the cooking or timer mode, press the TIMER/CLOCK pad. As long as your finger is pressing the TIMER/CLOCK pad, the time of day will be displayed.

Stop/Clear

Press the STOP/CLEAR pad once to:
1. Stop the oven temporarily during cooking.
2. Clear if you make a mistake during programming.

To Cancel a Programme During Cooking

Press the STOP/CLEAR pad twice.
**MANUAL OPERATIONS**

**Microwave Time Cooking**

This is a manual cooking feature, first enter the cooking time then the power level. There are five different power levels. You can programme up to 99 minutes, 99 seconds.

<table>
<thead>
<tr>
<th>Power level</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% (LOW)</td>
<td>[10P]</td>
</tr>
<tr>
<td>30% (MEDIUM LOW)</td>
<td>[30P]</td>
</tr>
<tr>
<td>50% (MEDIUM)</td>
<td>[50P]</td>
</tr>
<tr>
<td>70% (MEDIUM HIGH)</td>
<td>[70P]</td>
</tr>
<tr>
<td>100% (HIGH)</td>
<td>[100P]</td>
</tr>
</tbody>
</table>

**Examples of foods typically cooked on microwave oven power level**

- Keeping food warm
- Defrost Softening butter
- Casseroles
- Cakes Muffins Slices Seafood
- Vegetables Rice/Pasta Fruit

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

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

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

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Enter desired cooking time.</td>
<td>2 3 0</td>
<td>2.30</td>
</tr>
</tbody>
</table>

START will flash on and off.

The timer begins to count down.

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Press the INSTANT COOK/START pad.</td>
<td>INSTANT COOK START</td>
<td>2.30</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Press the INSTANT COOK/START pad.</td>
<td>INSTANT COOK START</td>
<td>10.00</td>
</tr>
</tbody>
</table>

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

* Suppose you want to cook Fish Fillets for 10 minutes on 50% power.

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Enter desired cooking time.</td>
<td>1 0 0 0</td>
<td>10.00</td>
</tr>
</tbody>
</table>

START will flash on and off.

The timer begins to count down.

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

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

If more than 40 minutes is entered, the microwave power will be reduced after 40 minutes to avoid overheating.
Sequence Cooking

Your oven can be programmed for up to 3 automatic cooking sequences, switching from one variable power setting to another automatically.

* Suppose you want to cook for 10 minutes on 50% followed by 5 minutes on 100%.

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Enter desired cooking time.</td>
<td>1 0 0 0</td>
<td>10:00 START will flash on and off.</td>
</tr>
<tr>
<td>2</td>
<td>Select desired power level by pressing the POWER LEVEL pad (for 50% press three times).</td>
<td>POWER LEVEL x 3</td>
<td>50P</td>
</tr>
<tr>
<td>3</td>
<td>For second sequence, enter desired time for cooking time. If power is not selected the oven will operate at 100% power.</td>
<td>5 0 0</td>
<td>5:00</td>
</tr>
<tr>
<td>4</td>
<td>Press the INSTANT COOK/START pad.</td>
<td>INSTANT COOK START</td>
<td>10:00 The timer begins to count down to zero. When it reaches zero,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5:00 the second sequence will appear and the timer will begin counting down to zero again.</td>
</tr>
</tbody>
</table>

Instant Cook™

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

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Press the INSTANT COOK/START pad. Within 3 minutes of closing the door.</td>
<td>INSTANT COOK START</td>
<td>1:00 The timer begins to count down.</td>
</tr>
</tbody>
</table>

Press the INSTANT COOK/START pad until desired time is displayed. Each time the pad is pressed, the cook time is increased by 1 minute.
## Increasing Time During a Cooking Programme

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

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

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Enter desired cooking time.</td>
<td>5 0 0</td>
<td><img src="image" alt="5.00" /> START will flash on and off.</td>
</tr>
<tr>
<td>2</td>
<td>Select power level by pressing the POWER LEVEL pad as required. (for 50% press three times)</td>
<td>POWER LEVEL x 3</td>
<td><img src="image" alt="5.0P" /></td>
</tr>
<tr>
<td>3</td>
<td>Press the INSTANT COOK/START pad.</td>
<td>INSTANT COOK START</td>
<td><img src="image" alt="5.00" /> The timer starts to count down.</td>
</tr>
<tr>
<td>4</td>
<td>Press the INSTANT COOK/START pad twice to increase the cooking time by two minutes.</td>
<td>INSTANT COOK START x 2</td>
<td><img src="image" alt="3.30" /></td>
</tr>
</tbody>
</table>
AUTOMATIC OPERATIONS

Notes for Automatic Operations

1. When using the automatic features, carefully follow the instructions provided in each MENU GUIDE to achieve the best result. If the instructions are not followed carefully, the food may be overcooked or undercooked or [Err] may be displayed.

2. Food weighing more or less than the quantity or weight listed in each MENU GUIDE, cook manually. Refer to manual cooking charts in RECIPES section.

3. To change the final cooking or defrosting result from the standard setting, press the POWER LEVEL pad once (for more) or twice (for less) after selecting desired setting. Refer to page 13.

4. The final cooking result will vary according to the food condition (e.g., initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.

5. To avoid children's misuse, each INSTANT ACTION pad can be used only within 3 minutes of a preceding operation.

6. To defrost foods above or below the weights allowed on the EXPRESS DEFROST MENU GUIDE, use EASY DEFROST or defrost manually.

7. [Err] will be displayed if: more or less than weight of foods suggested in EASY DEFROST MENU GUIDE is programmed when the INSTANT COOK/START pad is pressed. To clear, press the STOP/CLEAR pad and reprogramme.

8. When entering the weight of the food, round off the weight to the nearest 0.1kg (100g). For example, 1.65kg would become 1.7kg.

Instant Action

The Instant Action allows you to cook or reheat several popular foods. Follow the instructions provided in INSTANT ACTION MENU GUIDE on page 3 and 4 of the cooking guides.

* Suppose you want to cook 2 Jacket Potatoes.

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
</table>
| 1    | Press the JACKET POTATO pad until desired quantity is displayed (for 2 pieces press twice). | [JACKET POTATO] x 2 | [2] QTY
After about 2 sec. [3:30] COOK
The cooking time will begin counting down. The oven will "beep" 4 times and stop. COOK indicator will go off and CHECK will flash on and off. |
| 2    | Open the door. Turn over potatoes. Close the door. | 1:45 START
START will flash on and off. |
| 3    | Press the INSTANT COOK/START pad. | [INSTANT COOK START] 1:45 COOK
The cooking time will begin counting down. When it reaches zero, the oven will "beep". |
# Express Defrost

**EXPRESS DEFROST** rapidly defrosts 0.5 kg of specific foods. Follow the instructions provided in EXPRESS DEFROST MENU GUIDE on page 5 of the cooking guides.

* Suppose you want to defrost 0.5 kg of Chicken Fillets.

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Press the EXPRESS DEFROST pad until the desired menu number is displayed (for Chicken Fillets press twice).</td>
<td>EXPRESS DEFROST</td>
<td>EP-2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>x 2</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Press the INSTANT COOK/START pad.</td>
<td>INSTANT COOK START</td>
<td>3:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Open the door. Remove defrosted pieces, turn over remaining pieces. Close the door.</td>
<td></td>
<td>1:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>START will flash on and off.</td>
</tr>
<tr>
<td>4</td>
<td>Press the INSTANT COOK/START pad.</td>
<td>INSTANT COOK START</td>
<td>1:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>The defrosting time will begin counting down. When it reaches zero, the oven will &quot;beep&quot;.</td>
</tr>
</tbody>
</table>
Easy Defrost

1. Steak / Chops
2. Roast Meat
3. Poultry
4. Chicken Pieces

EASY DEFROST will automatically compute the microwave power and defrosting time. Follow the instructions provided in EASY DEFROST MENU GUIDE on page 6 of the cooking guides.

* Suppose you want to defrost 1.0 kg of Chicken Pieces.

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Press the EASY DEFROST pad until the desired menu number is displayed (for Chicken Pieces press four times).</td>
<td>EASY DEFROST x 4</td>
<td>Ed - 4 kg</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>KG will flash on and off.</td>
</tr>
<tr>
<td>2</td>
<td>Press the number pads to enter weight.</td>
<td>1 0</td>
<td>1.0 - kg</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>KG stops flashing and START will flash on and off.</td>
</tr>
<tr>
<td>3</td>
<td>Press the INSTANT COOK/START pad.</td>
<td>INSTANT COOK START</td>
<td>20:30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>The defrosting time will begin counting down. The oven will &quot;beep&quot; 4 times and stop. COOK indicator will go off and CHECK will flash on and off.</td>
</tr>
<tr>
<td>4</td>
<td>Open the door. Remove defrosted pieces, turn over remaining pieces. Close the door.</td>
<td></td>
<td>3.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>START will flash on and off.</td>
</tr>
<tr>
<td>5</td>
<td>Press the INSTANT COOK/START pad.</td>
<td>INSTANT COOK START</td>
<td>3.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>The defrosting time will begin counting down. When it reaches zero, the oven will &quot;beep&quot;.</td>
</tr>
</tbody>
</table>
OTHER CONVENIENT FEATURES

**Less/More Setting**

The cooking times programmed into the automatic menus are tailored to the most popular tastes. To adjust the cooking time to your individual preference use the "more" or "less" feature to either add (more) or reduce (less) cooking time.

The Less/More can be used to adjust the cooking time of the following features
- INSTANT ACTION
- EXPRESS DEFROST
- EASY DEFROST

(1) INSTANT ACTION
* Suppose you want to reheat 1 cup of Beverage for less time than the standard setting.

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Press the BEVERAGE pad once.</td>
<td>BEVERAGE x 1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Press the POWER LEVEL pad twice within 2 seconds.</td>
<td>POWER LEVEL x 2</td>
<td>LESS</td>
</tr>
</tbody>
</table>

(2) EXPRESS DEFROST/EASY DEFROST
* Suppose you want to defrost 1.0kg of Chicken Pieces (Easy Defrost) for more time than the standard setting.

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Press the EASY DEFROST pad four times for Chicken Pieces.</td>
<td>EASY DEFROST x 4</td>
<td>Ed-4</td>
</tr>
<tr>
<td>2</td>
<td>Press the number pads to enter weight.</td>
<td>1 0</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Press the POWER LEVEL pad once.</td>
<td>POWER LEVEL x 1</td>
<td>PLUS</td>
</tr>
<tr>
<td>4</td>
<td>Press the INSTANT COOK/START pad.</td>
<td>INSTANT COOK</td>
<td>22:33</td>
</tr>
</tbody>
</table>

For EXPRESS DEFROST select the menu using the EXPRESS DEFROST pad instead of the EASY DEFROST pad in step 1 and go to step 3.
**Timer**

Use this feature as a general purpose timer. Example include:
- timing boiled eggs cooked on the stove top.
- timing the recommended standing time of food.

You can enter any time up to 99 minutes, 99 seconds. If you want to cancel the timer during the count down phase simply press STOP/CLEAR and the display will return to showing the time of day.

* Suppose you want to set the timer for 3 minutes to boil an egg on the stove top.

<table>
<thead>
<tr>
<th>Step</th>
<th>Procedure</th>
<th>Pad Order</th>
<th>Display</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Enter desired time.</td>
<td>3 0 0</td>
<td>3:00</td>
</tr>
</tbody>
</table>

Once the egg has come to the boil in the saucepan you can start the timer.

| 2    | Press the TIMER/CLOCK pad | TIMER CLOCK | 3:00     |

The timer begins to countdown. When the timer reaches zero, the oven will "beep", **End** will appear in the display.

**Child Lock**

If the oven is accidentally started with no food/liquid in the cavity, the oven could be damaged. To prevent accidents like this, your oven has a "Child Lock" feature that you can set when the oven is not in use.

To set the Child Lock, press the TIMER/CLOCK pad, [ ] and press the INSTANT COOK/START pad and hold for 3 seconds. **SAFE** will appear in the display.

The Control Panel is now locked, each time a pad is pressed, the display will show "SAFE".

To unlock the control panel, press the TIMER/CLOCK pad, [ ] and the STOP/CLEAR pad. The time of day is displayed and the oven is ready to use.

**Demonstration Mode**

This feature is mainly for use by retail outlets, and also allows you to practice the key operation.

To demonstrate, press the TIMER/CLOCK pad, [ ] and press the INSTANT COOK/START pad and hold for 3 seconds. [INSTP] will appear in the display.

Cooking operations can now be demonstrated with no power in the oven. For example, press INSTANT COOK/START pad, and the display will show [100] and count down to zero at ten times the speed. When the timer reaches zero, **End** will appear in the display.

To cancel, press the TIMER/CLOCK pad, [ ] and the STOP/CLEAR pad.

**Alarm**

Your oven has an alarm function. If you leave food in the oven after cooking, the oven will "beep" 3 times and **End** will flash on and off in the display after 2 minutes.

If you do not remove the food at that time, the oven will "beep" 3 times after 4 minutes and 6 minutes.
CARE AND CLEANING

Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven.

CLEAN THE OVEN AT REGULAR INTERVALS - Keep the oven clean, or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

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

Door:
Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaners.

Touch Control Panel:
Wipe the panel with a cloth dampened slightly with water only. Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:
To clean the interior surfaces, wipe with a soft cloth and warm water for hygienic reasons. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.
Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

Turntable/Roller Stay:
Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK
Please check the following before calling for service:

1. Does the display light up? YES _____ NO _____
2. When the door is opened, does the oven lamp come on? YES _____ NO _____
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if door is closed properly. Press the INSTANT COOK/START pad once.
   A. Does the oven lamp come on? YES _____ NO _____
   B. Does the cooling fan work? YES _____ NO _____
      (Put your hand over the rear ventilation openings.)
   C. Does the turntable rotate? YES _____ NO _____
      (The turntable can rotate clockwise or counterclockwise. This is quite normal.)
   D. After one minute, did an audible signal sound and COOK indicator go off? YES _____ NO _____
   E. Is the water inside the oven hot? YES _____ NO _____

If “NO” is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

NOTE: 1. If time in the display is counting down rapidly, check Demonstration Mode. (See P14. for details.)
2. If you cook the food over 40 minutes on 100%, the microwave power will be automatically reduced to avoid overcooking.

SPECIFICATIONS

<table>
<thead>
<tr>
<th></th>
<th>R-330F</th>
<th>R-395F(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>AC Line Voltage</td>
<td>Single phase 230–240V, 50Hz</td>
<td></td>
</tr>
<tr>
<td>AC Power Required</td>
<td>1.60 kW</td>
<td></td>
</tr>
<tr>
<td>Output Power</td>
<td>1100 W* (IEC test procedure)</td>
<td></td>
</tr>
<tr>
<td>Microwave Frequency</td>
<td>2450 MHz (Class B/Group 2)**</td>
<td></td>
</tr>
<tr>
<td>Outside Dimensions (W x H x D)</td>
<td>520mm x 302mm x 420mm</td>
<td>520mm x 302mm x 426mm</td>
</tr>
<tr>
<td>Cavity Dimensions (W x H x D)</td>
<td>374mm x 227mm x 399mm</td>
<td></td>
</tr>
<tr>
<td>Oven Capacity</td>
<td>34 litre</td>
<td></td>
</tr>
<tr>
<td>Cooking Uniformity</td>
<td>Turntable (ø335mm tray) system</td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td>Approx. 17 kg</td>
<td></td>
</tr>
</tbody>
</table>

* When tested in accordance with AS/NZS 2895.1.1995
** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the international Standard CISPR11.
## COOKING GUIDES

**CONTENTS COOKING GUIDE**

<table>
<thead>
<tr>
<th>HELPFUL HIDTS</th>
<th>COOKWARE AND UTENSIL GUIDE</th>
<th>INSTANT ACTION MENU GUIDE</th>
<th>EXPRESS DEFROST MENU GUIDE</th>
<th>EASY DEFROST MENU GUIDE</th>
<th>RECIPES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3, 4</td>
<td>5</td>
<td>6</td>
<td>7~24</td>
</tr>
</tbody>
</table>
1. THE ARRANGEMENT
   Arrange foods carefully. Place thickest areas toward outside of dish.

3. COVERING
   Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetables, Casseroles, or when Reheating.
   Use to cover foods:

   - LID
   - PLASTIC WRAP
   - PAPER TOWEL

5. SHIELDING
   Shield using small pieces of aluminium foil to shield thin areas of meat, fish and poultry or edges of cakes to prevent overcooking.

7. STIRRING
   Stir foods from the outside to the centre of the dish, once or twice during cooking if possible.
   Eg. Casseroles and Sauces.

9. DENSITY
   The depth to which microwaves penetrate food varies depending on the food’s density. Porous foods like minced beef or mashed potatoes microwave faster than dense ones like steak or whole potatoes.

11. STARTING TEMPERATURE
    Frozen or refrigerated foods take longer to heat than food at room temperature. Cooking times in this book are based on normal storage temperatures. Since rooms, refrigerators and freezers differ in temperature, check cooking result at the minimum time.

13. CONDENSATION
    Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

2. TURNING
   Foods such as poultry and joints of meat should be turned over after half the cooking time.

4. PIERCING
   Pierce potatoes, eggs, tomatoes or any foods with a skin or membrane to allow steam to escape.

6. STANDING TIME
   Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.

8. SIZE
   Small pieces cook faster than large ones. To speed up cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same size.

10. FAT AND BONE
    Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.

12. QUANTITY
    Microwave cooking times are directly related to the amount of food in the oven. Because energy is absorbed by the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.

14. GENERAL
    Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.
## COOKWARE AND UTENSIL GUIDE

<table>
<thead>
<tr>
<th>Utensil</th>
<th>Use</th>
<th>Advice</th>
</tr>
</thead>
</table>
| GLASSWARE/CERAMIC (HEAT RESISTANT)| YES | GLASSWARE  
• Ordinary glass is not suitable for cooking but may be used for short periods for heating foods.  
CERAMIC  
• Most ovenproof china, and ceramics, are suited.  
• Avoid dishes that are decorated with gold or silver leaf.  
• Avoid using antique pottery.  
• If unsure, check with the manufacturer. |
| METAL COOKWARE                   | NO  | • Metal cookware should be avoided when cooking in the microwave oven.  
• Microwave energy is reflected by metal. |
| PLASTIC WRAP/OVEN BAGS (MICROWAVE SAFE ONLY) | YES | • Plastic wrap can be used to cover food.  
• Some shrinkage of the wrap may occur, over an extended cooking time.  
• When removing wrap, lift it in such a way to avoid steam burns.  
• Do not tie oven bags with metal twist ties, substitute with string.  
• For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt. |
| ALUMINIUM FOIL                   | FOR SHIELDING | • Small amounts may be used to shield certain parts of meat and fish when cooking or defrosting.  
• Remove food in foil trays, if possible, and place in a microwave safe dish.  
• If not possible, place the foil tray onto a heat proof plate allowing 2.5 cm room between the walls of the oven. |
| STRAW AND WOOD                   | NO  | • Excessive over heating of these materials may cause a fire in the microwave oven. |
| PAPER                            | YES | • Paper towels and waxed paper are suitable to use to prevent splatters.  
• These are suitable for use when reheating foods or for short cooking times. |
| PLASTIC COOKWARE MICROWAVE SAFE  | YES | • Ideal for cooking, reheating and defrosting.  
• Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content. |
| BROWNING DISH                    | YES | • Ensure that the preheating time of the dish is not exceeded.  
• Ensure that a microwave heat proof dinner plate or suitable insulator be placed between the turntable and the browning dish. |
| THERMOMETERS  
• MICROWAVE SAFE  
• CONVENTIONAL | YES | NO  |
# INSTANT ACTION MENU GUIDE

The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.

<table>
<thead>
<tr>
<th>Menu</th>
<th>Quantity (Unit per pressing each INSTANT ACTION pad)</th>
<th>Initial Temperature (approx.)</th>
<th>Procedure</th>
<th>Standing Time (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinner Plate</td>
<td>1 serve, approx. 400 g</td>
<td>+3°C Refrigerated</td>
<td>• Cover with plastic wrap. • After cooking, stand covered.</td>
<td>2</td>
</tr>
<tr>
<td><strong>MEAT</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef, Lamb Chicken, T-Bone</td>
<td>sliced</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>POTATO</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>175-180g</td>
<td>125g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.2–1.0 kg</td>
<td></td>
<td>+3°C Refrigerated</td>
<td>• Wash the vegetables. • Cut potatoes into small pieces. • Arrange the vegetables in a shallow dish in the following way: hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between. • Cover with glass lid or plastic wrap. • After cooking, stir then stand covered. NOTE: Use MORE setting for potato.</td>
<td>1 - 5</td>
</tr>
</tbody>
</table>

1 - 5

<p>| Dinner Plate          | 1 serve, approx. 400 g                              | +3°C Refrigerated             | • Cover with plastic wrap. • After cooking, stand covered.               | 2                       |
| <strong>MEAT</strong>              |                                                     |                               |                                                                           |                         |
| Beef, Lamb Chicken, T-Bone | sliced                                                  |                               |                                                                           |                         |
| <strong>POTATO</strong>            |                                                     |                               |                                                                           |                         |
| 175-180g              | 125g                                               |                               |                                                                           |                         |
| <strong>VEGETABLES</strong>        |                                                     |                               |                                                                           |                         |
| 0.2–1.0 kg            |                                                    | +3°C Refrigerated             | • Wash the vegetables. • Cut potatoes into small pieces. • Arrange the vegetables in a shallow dish in the following way: hard vegetables around the outside, soft vegetables in the centre, medium vegetables in-between. • Cover with glass lid or plastic wrap. • After cooking, stir then stand covered. NOTE: Use MORE setting for potato. | 1 - 5                   |</p>
<table>
<thead>
<tr>
<th>Menu</th>
<th>Quantity (Unit per pressing each INSTANT ACTION pad)</th>
<th>Initial Temperature (approx.)</th>
<th>Procedure</th>
<th>Standing Time (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen Vegetables</td>
<td>0.2-1.0 kg (0.2 kg)</td>
<td>− 18°C Frozen</td>
<td>• Before cooking, separate vegetables eg. broccoli as much as possible.</td>
<td>1 - 5</td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td>• Arrange the vegetables in a shallow dish in the following way: hard</td>
<td></td>
</tr>
<tr>
<td>Beans</td>
<td></td>
<td></td>
<td>vegetables around the outside, soft vegetables in the centre, medium</td>
<td></td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td></td>
<td></td>
<td>vegetables in between.</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
<td>• Cover with a glass lid or plastic wrap.</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td></td>
<td>• After cooking, stir then stand covered.</td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>hard vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Peas</td>
<td>medium vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>soft vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jacket Potato</td>
<td>1–10 pieces</td>
<td>+ 20°C Room temperature</td>
<td>• Use washed new potatoes.</td>
<td>3 - 10</td>
</tr>
<tr>
<td>Potato (whole)</td>
<td></td>
<td></td>
<td>• Pierce twice with fork on each side.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 piece, approx. 150 g</td>
<td></td>
<td>• Place on outside of turntable.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• The oven will &quot;beep&quot; and stop. CHECK will flash on and off.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Turn potatoes over and press start to continue cooking.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• After cooking, stand, covered with aluminium foil.</td>
<td></td>
</tr>
<tr>
<td>Rice / Pasta</td>
<td>1–4 serves</td>
<td>approx. + 60°C hot tap water or soup stock</td>
<td>• Wash rice thoroughly until water runs clear.</td>
<td>3 - 5</td>
</tr>
<tr>
<td>includes: White Rice</td>
<td></td>
<td></td>
<td>• Place into a Pyrex® bowl and cover with hot soup stock (for rice) or</td>
<td></td>
</tr>
<tr>
<td>Dry Pasta</td>
<td></td>
<td></td>
<td>with hot tap water (for rice or pasta).</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Cook uncovered.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• The oven will &quot;beep&quot; and stop. CHECK will flash on and off.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Stir and press start to continue cooking.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• After cooking, stand and stir.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Serve</th>
<th>1 serve</th>
<th>2 serves</th>
<th>3 serves</th>
<th>4 serves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice/Pasta</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1½ cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>Soup stock or Hot tap water for Rice</td>
<td>1½ cups</td>
<td>2½ cups</td>
<td>3 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>Hot tap water for Pasta</td>
<td>2 cups</td>
<td>2½ cups</td>
<td>3 cups</td>
<td>4 cups</td>
</tr>
</tbody>
</table>
# EXPRESS DEFROST MENU GUIDE

<table>
<thead>
<tr>
<th>NO.</th>
<th>Menu</th>
<th>Quantity (kg’s)</th>
<th>Procedure</th>
<th>Standing Time (minutes)</th>
</tr>
</thead>
</table>
| 1   | Fish Fillets          | 0.5             | • Place fish fillets on a defrost rack.  
• The oven will "beep" and stop, CHECK will flash on and off. Turn over and separate into pieces.  
• Press start to continue defrosting.  
• After defrost time, stand covered with aluminium foil. | 5                        |
| 2   | Chicken Fillets       | 0.5             | • Place chicken fillets on a defrost rack.  
• The oven will "beep" and stop, CHECK will flash on and off. Turn over and separate into pieces.  
• Press start to continue defrosting.  
• After defrost time, stand covered with aluminium foil. | 5                        |
| 3   | Sausages / Minced Meat| 0.5             | • Place sausages / minced meat on a defrost rack.  
• The oven will "beep" and stop, CHECK will flash on and off. Remove defrosted portions of mince, turn over and shield edges with foil strips.  
• Press start to continue defrosting.  
• After defrost time, stand covered with aluminium foil. | 5                        |

**NOTE:** When freezing minced meat, shape it into flat even sizes.  
For fish fillets, chicken fillets and sausages, freeze separately in single flat layers and if necessary separate into layers with freezer plastic. This will ensure even defrosting.  
It is also a good idea to label the packs with the correct weights.
# EASY DEFROST MENU GUIDE

<table>
<thead>
<tr>
<th>NO.</th>
<th>Menu</th>
<th>Quantity min-max (kg's)</th>
<th>Procedure</th>
<th>Standing Time (minutes)</th>
</tr>
</thead>
</table>
| 1   | Steak Chops | 0.1 - 3.0 | • Shield thin end of chops or steaks with foil.  
• Position the food with thinner parts in the centre in a single layer on a defrost rack.  
If pieces are stuck together, try to separate as soon as possible.  
• The oven will "beep" and stop, CHECK will flash on and off.  
Remove defrosted pieces, turn over and shield the warm portions of remaining pieces.  
• Press start to continue defrosting.  
• After defrost time, stand covered with aluminium foil. | 5 - 30 |
|     | Minced Meat Beef | 0.1 - 3.0 | • Place frozen minced meat on a defrost rack. Shield edges.  
• The oven will "beep" and stop, CHECK will flash on and off.  
Remove defrosted portions of mince, turn over and shield edges with foil strips. | 10 - 30 |
| 2   | Roast Meat Beef/Pork Lamb | 0.5 - 3.0  
0.5 - 2.5 | • Shield the bone and the edge with foil strips about 2.5cm wide.  
• Place joint with lean side face upwards (if possible) on a defrost rack.  
• The oven will "beep" and stop, CHECK will flash on and off.  
Turn over and shield the warm portions.  
• Press start to continue defrosting.  
• After defrost time, stand covered with aluminium foil. | 5 - 60 |
| 3   | Poultry | 1.0 - 4.0 | • Remove from original wrapper. Shield wing and leg tips with foil.  
• Place breast side down on a defrost rack.  
• The oven will "beep" and stop, CHECK will flash on and off.  
Turn over and shield the warm portions.  
• Press start to continue defrosting.  
• After defrost time, stand covered with aluminium foil. | 5 - 50 |
| 4   | Chicken Pieces | 0.1 - 3.0 | • Shield the exposed bone with foil.  
• Place chicken pieces on a defrost rack.  
• The oven will "beep" and stop, CHECK will flash on and off.  
Remove any defrosted pieces, turn over and shield the warm portions of remaining pieces.  
• Press start to continue defrosting.  
• After defrost time, stand covered with aluminium foil. | 5 - 15 |

Food not listed in the Guide can be defrosted using 30 % setting.  
NOTE: When freezing minced meat, shape it into flat even sizes.  
For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary  
interleave with freezer plastic to separate layers. This will ensure even defrosting.  
It is also a good idea to label the packs with the correct weights.
LASAGNE

Serves 8

MEAT SAUCE INGREDIENTS
- 30 g butter
- 1 onion, chopped
- 1 kg topside mince
- 1/4 cup tomato paste
- 240 g jar neopolitana sauce
- 1 cup fresh button mushrooms, sliced
- 2 cloves garlic, crushed (optional)
- 1 tablespoon fresh oregano

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

MEAT SAUCE METHOD
1. Place butter and onion in a large Pyrex bowl. Cook for 2-3 minutes on HIGH.
2. Stir in mince. Cook, uncovered, for 12-14 minutes on MEDIUM HIGH, stirring every 2 minutes. Drain excess fat.
3. Stir in tomato paste, neopolitana sauce, mushrooms, garlic and oregano.

CHEESE SAUCE METHOD
1. Melt butter in a medium sized Pyrex bowl for 40-50 seconds on HIGH. Stir in flour; cook for further 40-50 seconds on HIGH.
2. Gradually stir in milk. Cook for 4-6 minutes on HIGH, stirring every minute.
3. Stir in tasty cheese.

TO ASSEMBLE
1. Use a 3-litre deep casserole dish
2. Stand lasagne sheets in hot water for 5 minutes, then cover base of dish.
3. Spoon over sheets one-third of meat sauce. Cover with one-third of cheese sauce.
4. Repeat the process 3 times, ending with the cheese sauce.
5. Sprinkle with mozzarella cheese.
6. Cook for 10 minutes on MEDIUM HIGH with the lid on. Remove lid and continue cooking for a further 10 minutes on MEDIUM HIGH.
7. Allow to stand 10 minutes before serving.
8. Serve with a fresh garden salad and bread.
GOLDEN CURRY SAUSAGES
Serves 4-6
1 kg sausages
1 onion, finely sliced
2 tablespoons butter
3 teaspoons curry powder
1½ cups water

1. Pierce sausages with a fork twice. Arrange on a microwave safe rack.
2. Cook sausages for 14-16 minutes on MEDIUM, turning halfway through cooking. After cooled, slice into rounds.
3. Mix sugar, vinegar, curry powder, flour, Worcestershire sauce and water together in a jug.
4. In a 3-litre casserole dish combine butter, onions and cook for 2-3 minutes on HIGH, or until onions become transparent.
5. Add carrot, sausages and sauce. Mix well and cook for an extra 6-7 minutes on MEDIUM.

BEEF STROGANOFF
Serves 6
1 kg rump steak, cut into strips
½ cup plain flour
1½ cups beef stock
1/4 cup red wine
salt and pepper
100 g mushrooms, thinly sliced
1 onion, finely chopped
300 mL sour cream
2 tablespoons tomato purée

1. Toss steak with flour, salt and pepper in a freezer bag until evenly coated.
2. Place steak, left-over flour, onion, tomato purée, beef stock and red wine in a 3-litre casserole dish.
3. Cook, covered, for 24-26 minutes on MEDIUM, stirring twice during cooking.
4. Stir in mushrooms and sour cream. Cook for a further 7-8 minutes on MEDIUM.
5. Serve with boiled rice.

VEAL AND AUBERGINE
Serves 4-6
750 g veal, diced
1 large aubergine or eggplant, cubed
2 tablespoons gravy powder
420 g can minestrone soup
2 teaspoons fresh sage
1 tablespoon flour
2 tablespoons fresh parsley
1 tablespoon chicken stock powder
4 rashers bacon, chopped
3 shallots, sliced
1 yellow capsicum, sliced
420 g can peeled tomatoes
2 tablespoons continental parsley, chopped
2 tablespoons tomato paste

1. Place flour, sage, stock powder, pepper and veal into a freezer bag, toss well to coat the veal.
2. Transfer the meat and any flour remaining in the bag to a 3-litre casserole dish.
3. Add the bacon, shallots, tomatoes, capsicum, tomato paste and eggplant (aubergine). Mix well. Cover and cook for 25-32 minutes on MEDIUM, stirring 2-3 times during cooking.
4. Sprinkle with parsley and serve with rice and Kalamata olives.
ITALIAN SPAGHETTI SAUCE  Serves 4-6

- 500 g topside mince
- 1 onion, chopped
- 2 cloves garlic, crushed
- 410 g can whole tomatoes
- 1/2 cup tomato paste

1. Mix mince, onion and garlic together in a large bowl. Cook for 8-10 minutes on MEDIUM HIGH, stirring every 2 minutes. Drain well.
2. Stir in canned tomatoes, tomato paste, mushrooms, parsley, salt, oregano and basil.
3. Cook for a further 6-8 minutes on MEDIUM HIGH. Stir halfway through cooking.
4. Serve over hot spaghetti.

INDIAN CURRY LAMB  Serves 4-6

- 1 small sweet potato, cubed
- 1 onion, thinly sliced
- 1 kg lamb, trimmed and cubed
- 1 cup chicken stock
- 1 teaspoon chicken stock powder, extra
- 1 tablespoon curry paste
- 300 g can of chickpeas
- 3 cubed zucchini
- 2 tablespoons fresh coriander or parsley, chopped

1. Place onion and curry paste in a dish, cook for 1 minute on MEDIUM HIGH.
2. Place onion, lamb, sweet potato, chicken stock and stock powder into a 3-litre casserole dish.
3. Cover and cook for 28-30 minutes on MEDIUM, stirring twice during cooking.
4. Add zucchini and cook for a further 1-2 minutes on HIGH.
5. Combine lamb, canned chickpeas and stock mixture in a 3-litre casserole dish and cover.
6. Heat through for 6-8 minutes on MEDIUM.
7. Stir through coriander, and serve.

CHILLI CON CARNE  Serves 4-6

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

1. Mix mince and onion together in a large bowl. Cook for 10-12 minutes on MEDIUM HIGH, stirring every 2 minutes. Drain excess liquid.
2. Stir in tomatoes, salt and pepper, chilli powder, vinegar, sugar, tomato paste and kidney beans.
3. Cook for 18-20 minutes on MEDIUM HIGH, stirring twice during cooking.
4. Serve with boiled rice.

HONEY ROAST LAMB  Serves 4-6

- 1.5 kg leg of lamb
- 3 tablespoons honey
- 1 tablespoon Dijon mustard

1. Combine honey and Dijon mustard. Brush over lamb.
2. Place fat-side down on a roasting rack.
3. Cook for 26-28 minutes on MEDIUM HIGH (for medium) or 32-34 minutes on MEDIUM HIGH (for well done).
4. Turn over halfway through cooking shielding shank with foil to prevent overcooking. Brush combined ingredients over leg of lamb. Allow to stand for 10 minutes covered with foil before carving.
**POULTRY**

**CHICKEN IN A POT**  
Serves 4-6

1.5 kg chicken thighs  
¼ cup plain flour  
2 rashers bacon, finely chopped  
1 green capsicum, diced  
1 onion, finely chopped  
425 g can peeled tomatoes

1. Toss chicken thighs in flour.  
2. Combine all ingredients, except mushrooms, in a 3-litre casserole dish.  
3. Cover and cook for 30-33 minutes on MEDIUM HIGH. Stir 2-3 times during cooking.  
4. Add mushrooms. Cook, uncovered, a further 5-7 minutes on MEDIUM HIGH.

**CHICKEN WITH BACON AND LEEK SEASONING**  
Serves 4

No.15 chicken  
60 g butter, melted  
1 leek, finely chopped  
1 rasher bacon, chopped  
¾ cup wholemeal breadcrumbs  
1 egg yolk  
salt and pepper  
20 g butter, melted, extra

1. Combine butter, leek and bacon in a bowl. Cook for 1-2 minutes on HIGH.  
2. Stir in breadcrumbs, egg yolk and seasonings. Mix well.  
3. Fill cavity of chicken with stuffing and secure with a toothpick.  
4. Brush chicken with extra melted butter.  
5. Place chicken on a rack, breast-side down, cook for 11-13 minutes on MEDIUM HIGH.  
6. Turn over, cook a further 11-13 minutes on MEDIUM HIGH.  
7. Stand covered with foil for 10 minutes before carving.

**CHICKEN FILLET BURGERS**  
Serves 4

2 chicken breast fillets  
1 pkt of chicken coating mix  
30 g melted butter

**TOPPING 1 HAWAIIAN**  
1 slice ham, sliced in half  
2 slices pineapple, sliced in half  
3 slices cheddar cheese

**TOPPING 2 MEDITERRANEAN**  
4 pieces of prosciutto  
4 pieces of marinated vegetables such as eggplant or roast capsicum  
¼ cup grated vintage cheese  
¼ cup Parmesan cheese

1. Brush fillets with butter.  
2. Place chicken and seasoning mix into a freezer bag. Toss to coat chicken.  
3. Place chicken fillets onto a roasting rack.  
4. Cook for 6-8 minutes on MEDIUM HIGH, turning halfway through cooking.  
5. Layer topping on chicken, finishing with cheese.  
6. Cook for 4-6 minutes on MEDIUM.  
7. Serve on a roll with salad.

**CHICKEN PENNE SALAD**  
Serves 6

No.15 chicken  
20 g butter  
1 packet picador cheese (soft capsicum-flavoured cheese)  
1 cup chicken stock  
¼ red capsicum, chopped  
¼ yellow capsicum, chopped  
1 stick celery, chopped  
2 cups penne pasta  
4 cups hot tap water  
1 tablespoon fresh chives

1. Brush chicken with butter melted for 20 seconds on HIGH.  
2. Cook chicken for 28-32 minutes on MEDIUM HIGH turning over halfway through cooking.  
3. Cool and then remove chicken flesh from the bone.  
4. Cook pasta in a large bowl for 15-16 minutes on HIGH. Stand for 5 minutes, stir and strain. Set aside to cool.  
5. Melt cheese by combining with chicken stock in a bowl and cooking on HIGH for 2 minutes.  
6. Combine all other ingredients and mix well with chicken, pasta and sauce.
**HONEY CHICKEN LEGS**  Serves 4

- 250 mL soy sauce
- 4 tablespoons honey
- 1 tablespoon lemon juice
- 1 clove garlic, crushed

1. Combine soy sauce, honey, lemon juice, garlic, ginger and oil in a small bowl. Pour over chicken and marinate for 2-3 hours.
2. Sprinkle with sesame seeds.
3. Arrange chicken legs on a roasting rack. Cook for 14-18 minutes on MEDIUM HIGH, turning over halfway through cooking.
4. Allow to stand for 5 minutes.

**SEASONED CHICKEN PARCELS**  Serves 4

- 3 spring onions, chopped finely
- 1/2 cup fresh (white) bread crumbs
- 1 clove garlic, crushed
- 1 egg yolk
- 1/2 cup pine nuts, chopped finely
- 100 g bacon

1. Mallet chicken breasts until flat.
2. Mix all other ingredients in a small bowl.
3. Place mixture in the centre of the chicken breast.
4. Roll and tie chicken with string so as no filling is exposed.
5. Place in casserole dish and brush with butter.
6. Cook 12-14 minutes on MEDIUM HIGH. Turn over halfway during cooking.
7. Stand for 5 minutes, covered in foil.

**CRUNCHY CAMEMBERT CHICKEN**  Serves 6

- 125 g camembert cheese, finely chopped
- 2 tablespoons seeded mustard
- 2 rashers bacon, finely chopped
- 1/2 cup toasted, slivered almonds

1. Mix camembert, bacon, almonds and 1 tablespoon mustard together.
2. Press camembert mixture between skin and flesh of chicken.
3. Tie chicken legs together.
5. Place breast side down on a roasting rack, cook for 30-32 minutes on MEDIUM HIGH. Turn over halfway through cooking.
6. Allow to stand covered with foil for 10 minutes before serving.

**TANDOORI CHICKEN**  Serves 4-6

- 2 fresh red chillies, seeded
- 1 onion
- 2 cloves garlic, crushed
- 2 teaspoons crushed ginger
- 2 tablespoons lemon juice
- 2 teaspoons ground cumin
- 1/2 teaspoon black pepper
- 3 teaspoons ground coriander
- 2 whole cloves

1. In a Food Processor, pureé chillies, onion, garlic, ginger and lemon juice until smooth.
2. Mix cumin, pepper, coriander, cloves, cinnamon, bay leaf, turmeric, nutmeg and paprika in a small bowl.
3. Cook for 1 minute on HIGH, stirring halfway through cooking. Remove bay leaf and cloves.
4. Combine chilli mixture, spices and yoghurt together. Spread over chicken.
5. Cover and marinate overnight, stirring occasionally.
6. Place on a roasting rack, cook for 19-21 minutes on MEDIUM HIGH. Turn over halfway through cooking.
7. Serve with boiled rice.

**ROAST CHICKEN**  Serves 4

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

1. Wash and dry chicken well.
2. Tie legs of chicken together with string.
3. Place breast-side down on a roasting rack.
4. Baste with butter and sprinkle with Season All salt.
5. Cook for 14-16 minutes on MEDIUM HIGH.
6. Turn chicken over. Baste with butter and sprinkle with Season All salt.
7. Cook a further 14-16 minutes on MEDIUM HIGH.
8. Allow to stand covered with foil for 10 minutes before serving.
SEAFOOD

SEAFOOD LAKSA  Serves 4-6

1 tablespoon lemon grass, finely sliced 1 tablespoon fish sauce
270 mL coconut cream 1 packet of bean shoots
2 fish fillets or 300 g king prawns or both 2 cloves garlic crushed
1 tablespoon oil 1 packet of vermicelli noodles
1-2 tablespoons Laksa paste 1,125 mL Fish Stock

1. In a large bowl cook Laksa paste, oil, lemon grass, and garlic for 1 minute on HIGH stirring once during cooking.
2. Add fish sauce, fish stock and cook for 3 minutes on HIGH.
3. Add cubed fish and or deveined prawns and cook for 7 minutes on MEDIUM.
   Stir through coconut cream and cook for a further 2 minutes.
4. Add noodles to a large bowl of boiling water and let stand for 5-10 minutes, or until noodles collapse.
5. In a serving bowl place bean shoots, noodles and then Laksa soup.
6. Garnish with freshly torn coriander and fried onion flakes.

CHEESY SALMON CANNELLONI  Serves 4-6

1 large packet cannelloni
250 g ricotta cheese
90 g cheddar cheese
salt and pepper to taste
2 eggs lightly beaten
210 g red salmon, drained with bones removed
2 teaspoons lemon juice
2 tablespoons fresh parsley, chopped
2 tablespoons of extra cheddar cheese
375 g jar pasta sauce

1. Combine ricotta cheese, cheddar cheese, salt and pepper, eggs, salmon and lemon juice and mix well.
2. Place spoonfuls of salmon mixture into cannelloni shells until full.
3. Place in a single layer in a shallow dish.
4. Pour pasta over cannelloni and smooth over with the back of a spoon to ensure all sections of pasta are covered with sauce.
5. Cook for 14 minutes on MEDIUM HIGH.
6. Remove dish and sprinkle with extra cheese. Continue cooking on MEDIUM HIGH for a further 2-4 minutes. Allow to stand for 10 minutes before serving.
7. Sprinkle with chopped parsley to serve.

SMOKED SALMON TAGLIATELLE  Serves 4

500 g tagliatelle pasta 2 cloves garlic, crushed
60 g butter 2 small shallots, finely sliced
100 g smoked salmon 600 g thickened cream
200 g snow peas, trimmed 1 tablespoon fresh dill
100 g button mushrooms, finely sliced 1 cup parmesan cheese

1. Place tagliatelle in a large bowl with 6 cups of hot tap water. Cook for 10-12 minutes on HIGH, stirring halfway. Drain pasta.
2. In a large bowl cook garlic, butter and shallots for 1 minute on HIGH.
3. Add trimmed whole snow peas and button mushrooms, and cook for a further 2 minutes on HIGH.
4. In a large microwave safe bowl, place cream and cook for 5 minutes on MEDIUM, stirring once during cooking.
5. In a large shallow dish, combine pasta, snow peas, button mushrooms, smoked salmon and dill. Stir gently until the pasta is well coated.
6. Sprinkle with parmesan cheese and cook for 2 minutes on HIGH.

GARLIC PRAWNS  Serves 4

24 green king prawns
3 tablespoons butter
3 cloves garlic, crushed
1 tablespoon chopped parsley

1. Peel and devein prawns, leaving tails in tact.
2. Combine butter and garlic. Cook for 1 minute on HIGH.
3. Stir in prawns and cook for 4-6 minutes on MEDIUM, tossing every 2 minutes.
4. Serve in individual dishes sprinkled with parsley.
**SEAFOOD MARINARA**  
Serves 6-8

1 tablespoon oil  
1 clove garlic, crushed  
100 g angel hair pasta  
6 cups hot tap water  
300 g seafood marinara  
3 fresh tomatoes, chopped

1. Place oil and garlic in a large microwave safe bowl and cook for 20-30 seconds on HIGH.  
2. Place pasta and hot water in a large microwave safe bowl and cook for 10 minutes on HIGH, stirring once during cooking. Allow to stand for 5 minutes. Drain. Set aside.  
3. Place 300 g marinara and tomatoes into oil and cook for 4-6 minutes on MEDIUM, stirring once during cooking.  
4. Stir in cream and shallots and cook for 1-2 minutes on MEDIUM HIGH.  
5. Stir and stand for 2 minutes before serving.

**CRAB MORNAY**  
Serves 6

350 g fresh crabmeat or 2 x 170 g cans crab meat, drained  
5 cloves garlic, crushed  
60 g butter  
1/3 cup plain flour  
1/2 teaspoon dry mustard  
2 cups milk  
1 onion, finely chopped  
1/2 cup grated cheese  
4 tablespoons tomato sauce  
1/2 teaspoon tabasco  
2 teaspoons Worcestershire sauce  
3 tablespoons cream

1. Place crab meat and cream in a large microwave safe bowl and cook for 4-6 minutes on MEDIUM, stirring once during cooking.  
2. Stir in garlic, cooked onion, flour, mustard, and milk. Cook for 3-5 minutes on HIGH, stirring every minute.  
3. Stir in cheese, tomato sauce, tabasco, Worcestershire sauce, cream and garlic.  
4. Place into a 1-litre serving dish. Sprinkle with remaining cheese.  
5. Cook for 8-10 minutes on MEDIUM.  

**SESAME PRAWNS**  
Serves 4

250 g prawns, peeled and deveined  
1 tablespoon sesame oil  
1 clove garlic, crushed  
2 teaspoons kecap manis  
1 tablespoon sesame seeds

1. Peel prawns, leaving tails intact, and devein.  
2. Combine the prawns, oil, garlic and kecap manis in a large bowl and stir well. Cover and refrigerate for at least 2 hours.  
3. Thread the prawns onto microwave safe skewers and place on to a microwave safe roasting rack.  
4. Sprinkle one side of the skewered prawns with half the sesame seeds. Cook for 3-5 minutes on MEDIUM, turning after 2 minutes.

**GARLIC MUSSELS**  
Serves 4 as entree

250 g mussels  
250 g New Zealand mussels  
1 cup wine  
2 cups water  
1 clove garlic, crushed  
2 tablespoons butter  
2 tablespoons olive oil  
2 cloves garlic, crushed  
pepper

1. Wash mussels under running water; remove all traces of mud, seaweed and barnacles with brush or knife; remove beards. Discard cracked, broken or open mussel shells.  
2. In a large bowl, cover mussels with wine, water and garlic. Cook for 14-16 minutes on MEDIUM or until open, removing from liquid as they open. Discard unopened mussels.

**GARLIC BUTTER**

1. Melt butter in jug for 30 seconds on HIGH, add oil, garlic and pepper. Pour 1/2 garlic sauce over mussels; toss well.  
2. Arrange mussels in serving bowl and pour remaining sauce over mussels.
CAULIFLOWER AU GRATIN  Serves 4-6

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

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

SCALLOPED POTATOES  Serves 4-6

3 large potatoes (approx. 500 g), peeled and sliced thinly
1/2 large onion, sliced
1 cup grated tasty cheese
250 ml thickened cream
paprika
salt and pepper to taste

1. In a medium casserole dish, place 1/3 of the sliced potatoes to cover the dish.
2. Layer 1/3 of the sliced onion on top.
3. Sprinkle 1/3 of the grated cheese over the onion.
4. Repeat with second layer of potatoes, onion and cheese.
5. Finish with a layer of potatoes and pour over thickened cream.
6. Top with remaining cheese, salt and pepper to taste, sprinkle with paprika.
7. Cook uncovered for 10 minutes on MEDIUM HIGH.
8. Cook for a further 7 minutes on MEDIUM.
9. Stand for 5 minutes before serving.

HONEY CARROTS  Serves 4

500 g carrots, sliced lengthwise
1 teaspoon garlic, crushed
60 g butter
1 teaspoon sesame seeds
1 tablespoon honey

1. Combine all ingredients in a casserole dish.
2. Cover and cook for 5-6 minutes on HIGH. Stir halfway through cooking.
3. Stand covered for 3 minutes before serving.

VEGETABLE PLATTER  Serves 4

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

1. Arrange vegetables in a shallow dish with the harder vegetables positioned around the outside and the softer vegetables in the centre.
2. Cover with a lid or plastic wrap.
3. Cook for 4-6 minutes on HIGH.
4. Stand covered for 3 minutes, before serving.

EASY HOME-MADE RISOTTO  Serves 6-8

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

1. Place onion, butter and bacon in a 3-litre casserole dish. Cook for 3-4 minutes on HIGH. Stir well.
2. Dissolve stock cubes in boiling water; add to onion and bacon. Add all other ingredients. Cover with a lid and cook for 23-25 minutes on HIGH. Do not stir while cooking.
3. At the end of this time, all the liquid will have been absorbed.
4. Leave to stand for 5 minutes and stir with a fork before serving.
**POTATO, AVOCADO AND ONION SALAD**  Serves 6

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 kg small new potatoes</td>
<td>150 mL sour cream</td>
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<tr>
<td>1 large onion, sliced into rings</td>
<td>black pepper</td>
</tr>
<tr>
<td>1 tablespoon caster sugar</td>
<td>1 large avocado, cubed</td>
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<tr>
<td>1 tablespoon butter</td>
<td>chives, for garnish</td>
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<tr>
<td>1/2 cup mayonnaise</td>
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1. Cut unpeeled potatoes in half. Place in a large dish and cover with water. Cook, covered with a lid, for 14-16 minutes on HIGH (potatoes should be tender but holding their shape). Drain.
2. Place onion rings, caster sugar and butter in a Pyrex dish. Cook for 4-6 minutes on HIGH, stirring twice.
3. Combine mayonnaise, sour cream and black pepper. Pour over potatoes.
4. Toss in onions and avocado; sprinkle with chives.

**HONEY GINGERED VEGETABLES**  Serves 6

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 teaspoons grated ginger</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons honey</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon soy sauce</td>
<td></td>
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<tr>
<td>2 teaspoons lemon juice</td>
<td></td>
</tr>
<tr>
<td>500 g butternut pumpkin, peeled and thinly sliced</td>
<td></td>
</tr>
<tr>
<td>1 cup frozen beans</td>
<td></td>
</tr>
<tr>
<td>2 zucchinis, sliced</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon sesame seeds</td>
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1. In a large bowl, heat ginger, honey, soy sauce and lemon juice for 1 minute on HIGH.
2. Add pumpkin and cook covered 4-6 minutes on HIGH, until just tender.
3. Stir in beans and zucchini, cook covered a further 3-4 minutes on HIGH.
4. Spoon onto a serving plate. Sprinkle with sesame seeds.

**STUFFED BAKED POTATOES**  Serves 4

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 large potatoes</td>
<td>30 g butter</td>
</tr>
<tr>
<td>1/4 cup milk</td>
<td>2 teaspoons dried parsley flakes</td>
</tr>
<tr>
<td>1/4 cup cream</td>
<td>1/4 teaspoon dry mustard</td>
</tr>
<tr>
<td>1/2 cup grated cheddar cheese</td>
<td>paprika</td>
</tr>
</tbody>
</table>

1. Pierce potatoes with a fork; place on turntable. Cook for 10-12 minutes on HIGH. Stand in foil for 5 minutes.
2. Cut a thin slice from the top of each potato; scoop out cooked potato with a spoon, leaving a thin shell.
3. Stir milk, cream, half the cheese, butter, parsley, mustard and potato. Mix well until no lumps remain.
4. Spoon mixture into each potato shell. Place on a plate.
5. Sprinkle with remaining cheese and paprika. Cook for 4-5 minutes on HIGH, until cheese is melted.

**PUMPKIN SALAD**  Serves 6-8

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 kg pumpkin, peeled and cubed</td>
<td>1 tablespoon finely chopped parsley</td>
</tr>
<tr>
<td>2 tablespoons water</td>
<td>1/2 teaspoon nutmeg</td>
</tr>
<tr>
<td>1/4 cup walnuts</td>
<td>ground black pepper</td>
</tr>
<tr>
<td>6 shallots, chopped</td>
<td>1 cup mayonnaise</td>
</tr>
</tbody>
</table>

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

**POTATOES PIZZAIOLA**  Serves 4-6

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 large potatoes</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, crushed</td>
<td></td>
</tr>
<tr>
<td>425 g can tomatoes, roughly chopped</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons fresh (or 1/2 teaspoon dried) basil</td>
<td></td>
</tr>
<tr>
<td>ground black pepper and salt to taste</td>
<td></td>
</tr>
<tr>
<td>1/2 brown onion, finely diced</td>
<td></td>
</tr>
<tr>
<td>1 anchovy, minced</td>
<td></td>
</tr>
</tbody>
</table>

1. Peel and dice potatoes into 1.5 cm cubes, rinse and place in a large bowl with 2 tablespoons of water, cover and cook for 6-8 minutes on HIGH, stirring halfway through cooking. Drain.
2. In a small bowl, combine butter, garlic, onion and anchovy. Cook for 1/2-1 minute on HIGH, stir halfway.
3. Combine basil, pepper and salt to garlic mixture.
4. Add tomatoes and garlic mixture to potatoes, ensuring potatoes are well coated.
5. Cook, uncovered, for 4-5 minutes on HIGH, stirring halfway through cooking.
### AUSTRALIAN FRUIT CAKE
Serves 4-6

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 kg mixed fruit</td>
<td></td>
</tr>
<tr>
<td>1 cup brown sugar</td>
<td></td>
</tr>
<tr>
<td>250 g butter, chopped</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons brandy</td>
<td></td>
</tr>
<tr>
<td>4 eggs, lightly beaten</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons parisienne essence</td>
<td></td>
</tr>
</tbody>
</table>

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

### CHOCOLATE CAKE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups sugar</td>
<td></td>
</tr>
<tr>
<td>3/4 cup cocoa</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon baking powder</td>
<td></td>
</tr>
<tr>
<td>1/2 cups milk</td>
<td></td>
</tr>
<tr>
<td>ICING</td>
<td></td>
</tr>
<tr>
<td>125 g butter</td>
<td></td>
</tr>
<tr>
<td>1 cup icing sugar</td>
<td></td>
</tr>
<tr>
<td>1 dessert spoon rum</td>
<td></td>
</tr>
</tbody>
</table>

1. Combine all ingredients together in a large bowl.
2. Beat together for 3 minutes on HIGH.
3. Pour into a greased microwave safe gugelhopf container.
4. Cook for 20-23 minutes on MEDIUM. Allow to stand 5-10 minutes before turning out.
5. Allow to cool before icing.

### BREAD AND BUTTER PUDDING
Serves 4-6

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 slices multigrain bread, crusts removed</td>
<td></td>
</tr>
<tr>
<td>2 1/2 cups milk</td>
<td></td>
</tr>
<tr>
<td>crumbs</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon vanilla essence</td>
<td></td>
</tr>
<tr>
<td>butter</td>
<td></td>
</tr>
<tr>
<td>4 eggs, lightly beaten</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons caster sugar</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sultanas</td>
<td></td>
</tr>
</tbody>
</table>

1. Spread bread with butter and cut into 2 cm cubes.
2. Place bread, sugar and sultanas in a 1.25-litre pudding bowl.
3. Heat milk and vanilla for 3 minutes on HIGH. Gradually whisk into eggs. Cook for 3-4 minutes on HIGH, stirring during cooking, or until thick.
4. Pour over bread mixture.
5. Sprinkle with brown sugar and nutmeg.
6. Cook for 15-20 minutes on MEDIUM LOW.
7. Allow to stand for 5-10 minutes before serving.

### Caramel Rice Pudding
Serves 4-6

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup rice</td>
<td></td>
</tr>
<tr>
<td>3 cups hot water</td>
<td></td>
</tr>
<tr>
<td>400 g can condensed milk</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td></td>
</tr>
<tr>
<td>cinnamon sugar</td>
<td></td>
</tr>
</tbody>
</table>

1. Place rice and water in a large Pyrex bowl. Cook for 10 minutes on HIGH, or until tender. Stir halfway. Drain.
2. Mix condensed milk and butter together. Cook for 4-6 minutes on HIGH, stirring every 30 seconds. (Caramel will boil over if not stirred.)
3. Mix caramel into rice and sprinkle with cinnamon sugar.

### Chocolate Mousse
Serves 4

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 g cooking chocolate</td>
<td></td>
</tr>
<tr>
<td>3 egg whites</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons water</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons rum</td>
<td></td>
</tr>
<tr>
<td>1/4 cup caster sugar</td>
<td></td>
</tr>
</tbody>
</table>

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

### DESSERTS

### BREAD AND BUTTER PUDDING
Serves 4-6

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 slices multigrain bread, crusts removed</td>
<td></td>
</tr>
<tr>
<td>2 1/2 cups milk</td>
<td></td>
</tr>
<tr>
<td>crumbs</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon vanilla essence</td>
<td></td>
</tr>
<tr>
<td>butter</td>
<td></td>
</tr>
<tr>
<td>4 eggs, lightly beaten</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons caster sugar</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sultanas</td>
<td></td>
</tr>
</tbody>
</table>

1. Spread bread with butter and cut into 2 cm cubes.
2. Place bread, sugar and sultanas in a 1.25-litre pudding bowl.
3. Heat milk and vanilla for 3 minutes on HIGH. Gradually whisk into eggs. Cook for 3-4 minutes on HIGH, stirring during cooking, or until thick.
4. Pour over bread mixture.
5. Sprinkle with brown sugar and nutmeg.
6. Cook for 15-20 minutes on MEDIUM LOW.
7. Allow to stand for 5-10 minutes before serving.

### CARAMEL RICE PUDDING
Serves 4-6

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup rice</td>
<td></td>
</tr>
<tr>
<td>3 cups hot water</td>
<td></td>
</tr>
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</tr>
<tr>
<td>1 tablespoon butter</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td></td>
</tr>
<tr>
<td>cinnamon sugar</td>
<td></td>
</tr>
</tbody>
</table>

1. Place rice and water in a large Pyrex bowl. Cook for 10 minutes on HIGH, or until tender. Stir halfway. Drain.
2. Mix condensed milk and butter together. Cook for 4-6 minutes on HIGH, stirring every 30 seconds. (Caramel will boil over if not stirred.)
3. Mix caramel into rice and sprinkle with cinnamon sugar.
DEFROSTING FROZEN FOODS

Procedure:
1. Remove wrapping from meat.
2. Place frozen meat on a defrost rack. Shield.
3. Defrost using MEDIUM LOW/DEFROST power level (30%).
4. Halfway through defrosting, remove any defrosted portions, e.g. steak, mince. Turn over and shield. Continue defrosting.

DEFROSTING TIMES AND TECHNIQUES FOR SEAFOOD, BREAD AND PIES

<table>
<thead>
<tr>
<th>SEAFOOD</th>
<th>MICROWAVE TIME</th>
<th>STANDING TIME</th>
<th>PROCEDURES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Fish</td>
<td>4-6 minutes/500 g</td>
<td>5 minutes</td>
<td>Shield head and tail with foil. Separate and rearrange halfway through defrosting.</td>
</tr>
<tr>
<td>Scallops</td>
<td>6-8 minutes/500 g</td>
<td>2-3 minutes</td>
<td>Separate as soon as possible.</td>
</tr>
<tr>
<td>Prawns</td>
<td>4-6 minutes/500 g</td>
<td>2-3 minutes</td>
<td>Separate as soon as possible.</td>
</tr>
</tbody>
</table>

DEFROSTING TIMES AND TECHNIQUES FOR MEAT AND POULTRY

<table>
<thead>
<tr>
<th>CUT</th>
<th>MICROWAVE TIME</th>
<th>STANDING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF (Roast)</td>
<td>10-12 minutes/500 g</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Steaks</td>
<td>6-8 minutes/500 g</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>Minced Beef</td>
<td>8-10 minutes/500 g</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>PORK (Roast)</td>
<td>8-10 minutes/500 g</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Chops</td>
<td>5-7 minutes/500 g</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>Ribs</td>
<td>7-9 minutes/500 g</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>Minced Pork</td>
<td>9-11 minutes/500 g</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>LAMB (Roast)</td>
<td>8-10 minutes/500 g</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Shoulder</td>
<td>7-9 minutes/500 g</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Chops</td>
<td>6½-7½ minutes/500 g</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>POULTRY</td>
<td>8-10 minutes/500 g</td>
<td>20-30 minutes</td>
</tr>
<tr>
<td>Turkey (Whole)</td>
<td>8-10 minutes/500 g</td>
<td>20-30 minutes</td>
</tr>
<tr>
<td>Chicken (Whole)</td>
<td>8-9 minutes/500 g</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Pieces</td>
<td>8-12 minutes/500 g</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Duck</td>
<td>8-10 minutes/500 g</td>
<td>10-15 minutes</td>
</tr>
</tbody>
</table>

BREAD

<table>
<thead>
<tr>
<th>BREAD</th>
<th>MICROWAVE TIME</th>
<th>PROCEDURES</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 slices</td>
<td>20-25 seconds</td>
<td>Place between paper towel directly on turntable.</td>
</tr>
<tr>
<td>4 slices</td>
<td>40-45 seconds</td>
<td></td>
</tr>
<tr>
<td>6 slices</td>
<td>50-60 seconds</td>
<td></td>
</tr>
<tr>
<td>Bread Rolls</td>
<td>30-35 seconds per roll</td>
<td></td>
</tr>
</tbody>
</table>

PIES

<table>
<thead>
<tr>
<th>PIES</th>
<th>MICROWAVE TIME</th>
<th>PROCEDURES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>3-4 minutes</td>
<td>Remove from packaging. Place between paper towel on a rack. Turn over halfway. Allow to stand 3-5 minutes before reheating.</td>
</tr>
<tr>
<td>Whole</td>
<td>7-8 minutes</td>
<td></td>
</tr>
<tr>
<td>Pieces</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# MICROWAVE OVEN ROASTING CHART

<table>
<thead>
<tr>
<th>FOOD</th>
<th>COOKING TIME AND POWER LEVEL</th>
<th>INSTRUCTIONS</th>
<th>STANDING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>24-27 minutes/kg at MEDIUM</td>
<td>Tie meat with string. Season with cracked pepper. Place fat-side down on a Rack. Turn over halfway through cooking. Stand covered with foil before carving.</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Medium</td>
<td>28-31 minutes/kg at MEDIUM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well done</td>
<td>34-37 minutes/kg at MEDIUM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VEAL</td>
<td>33-35 minutes/kg at MEDIUM</td>
<td>Tie meat with string. Place on a rack. Brush with melted butter. Turn over halfway through cooking. Stand covered with foil before carving.</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>PORK</td>
<td>29-31 minutes/kg at MEDIUM</td>
<td>Brush rind with oil and sprinkle with salt. Place on a rack. Turn over halfway through cooking. Stand covered with foil before carving.</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Well done</td>
<td>33-35 minutes/kg at MEDIUM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LAMB</td>
<td>17-21 minutes/kg at MEDIUM HIGH</td>
<td>Season with 'Season All' or as desired. Place fat-side down on a rack. Turn over halfway through cooking. Stand covered with foil before carving.</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Medium</td>
<td>22-25 minutes/kg at MEDIUM HIGH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well done</td>
<td>29-31 minutes/kg at MEDIUM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHICKEN</td>
<td>16-21 minutes/kg at MEDIUM HIGH</td>
<td>Brush with melted butter. Season as desired. Place chicken breast-side down on a rack. Turn over and shield wings and legs halfway through cooking. Stand covered with foil before carving.</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Whole</td>
<td>12-13 minutes/500 g at MEDIUM</td>
<td>Season as desired. Place chicken skin-side down on a rack. Turn over halfway through cooking.</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>CHICKEN</td>
<td>15-17 minutes/500 g at MEDIUM</td>
<td>Truss turkey. Place breast-side down on a rack. Turn over halfway through cooking and shield wings and legs. Baste with melted butter 2-3 times during cooking. Stand covered with foil before carving.</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>Pieces</td>
<td>12-14 minutes/500 g at MEDIUM</td>
<td>Place duck breast-side down on a rack. Pierce skin to drain excess fat. Turn over halfway through cooking. Stand covered with foil before carving.</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td>TURKEY</td>
<td>15-17 minutes/500 g at MEDIUM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td>12-14 minutes/500 g at MEDIUM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DUCK</td>
<td>12-14 minutes/500 g at MEDIUM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### FRESH VEGETABLE CHART

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>AMOUNT</th>
<th>MICROWAVE TIME AT HIGH (100%)</th>
<th>COOKING PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>500 g</td>
<td>3-4 minutes</td>
<td>Wash and place in a freezer bag. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Beans</td>
<td>500 g</td>
<td>4½-5 minutes</td>
<td>Cut into 4 cm pieces. Place in a dish with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>500 g</td>
<td>4½-5 minutes</td>
<td>Cut into uniform florets. Arrange with flower towards centre. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>500 g</td>
<td>3½-4 minutes</td>
<td>Arrange in a 23 cm flan dish. Arrange with stalk towards outside. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Cabbage</td>
<td>500 g</td>
<td>3½-4 minutes</td>
<td>Shred and cook in a dish with 2 tablespoons water. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Carrots</td>
<td>500 g</td>
<td>4½-5 minutes</td>
<td>Arrange in a dish with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>500 g</td>
<td>4½-5 minutes</td>
<td>Cut into uniform florets. Arrange with flower towards centre, with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Chokos</td>
<td>500 g (2)</td>
<td>5½-6½ minutes</td>
<td>Cut into quarters. Place in a 20 cm pie plate with 1 tablespoon of water. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Corn (on cob)</td>
<td>500 g (2)</td>
<td>4½-6½ minutes</td>
<td>Rinse corn under cold water. Place corn in husk directly onto turntable. Turn over during cooking. Allow to stand 3 minutes before serving. Rinse corn under cold water. Place corn in husk directly onto turntable. Turn over during cooking. Allow to stand 5 minutes before serving.</td>
</tr>
<tr>
<td>1 kg (4)</td>
<td>14-15 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td>500 g</td>
<td>3½-4 minutes</td>
<td>Cut into 2 cm cubes. Place in a dish with 2 tablespoons water. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>500 g</td>
<td>3½-4 minutes</td>
<td>Sliced or whole. Place in a dish with 2 teaspoons butter. Allow to stand 3 minutes before serving.</td>
</tr>
</tbody>
</table>

### VEGETABLE AMOUNTS

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>AMOUNT</th>
<th>MICROWAVE TIME AT HIGH (100%)</th>
<th>COOKING PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peas - Green</td>
<td>500 g</td>
<td>3-4 minutes</td>
<td>Cook in a dish with 1 teaspoon sugar and 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>- Snow</td>
<td>500 g</td>
<td>2½-3 minutes</td>
<td>Remove string from pod. Cook in a dish with 1 tablespoon water. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Potatoes (jacket)</td>
<td>2 medium 4 small</td>
<td>3½-4½ minutes</td>
<td>Pierce skin with a fork. Place on turntable. Turn over halfway through cooking. Allow to stand wrapped in foil 3 minutes. Peel and quarter potatoes. Cook in a dish with ½ cup water. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>(baked)</td>
<td>2 medium 4 small</td>
<td>4½-5 minutes</td>
<td></td>
</tr>
<tr>
<td>Pumpkin</td>
<td>500 g</td>
<td>4½-5 minutes</td>
<td>Peel and cut into serving-size pieces. Place in a dish and cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Spinach</td>
<td>500 g</td>
<td>4-6 minutes</td>
<td>Wash and shred. Cook, covered, in a dish with 2 tablespoons water. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Squash</td>
<td>500 g</td>
<td>3½-4 minutes</td>
<td>Wash and place in a dish with 1 tablespoon of water. Pierce whole squash with a fork. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>500 g</td>
<td>5-6 minutes</td>
<td>Peel and quarter potatoes. Cut in half and then into 1 cm thick slices. Allow to stand 3-5 minutes before serving.</td>
</tr>
<tr>
<td>1 kg</td>
<td>11-12 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>500 g</td>
<td>2½-3 minutes</td>
<td>Cut into quarters. Place in a dish. Season and cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Zucchini</td>
<td>500 g</td>
<td>3½-4 minutes</td>
<td>Cut into uniform-size pieces. Place in a dish with 1 tablespoon water and 1 tablespoon butter. Cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
<tr>
<td>Vegetables (canned)</td>
<td>500 g</td>
<td>4-5 minutes</td>
<td>Drain, reserving 2 tablespoons liquid. Place vegetables and reserved liquid in a dish and cook covered. Allow to stand 3 minutes before serving.</td>
</tr>
</tbody>
</table>
**FROZEN VEGETABLE CHART**

1. Place vegetables in a dish. Cover with a lid or plastic wrap.
2. Stir halfway through cooking.
3. Allow to stand 1-3 minutes before serving.

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>WEIGHT</th>
<th>MICROWAVE TIME AT HIGH (100%)</th>
<th>SPECIAL PROCEDURES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>500 g</td>
<td>6-7 minutes</td>
<td></td>
</tr>
<tr>
<td>Beans (green, cut)</td>
<td>500 g</td>
<td>6½-7 minutes</td>
<td>Break apart as soon as possible.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>500 g</td>
<td>6½-7 minutes</td>
<td>Break apart as soon as possible.</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>500 g</td>
<td>6½-7 minutes</td>
<td></td>
</tr>
<tr>
<td>Carrots (whole)</td>
<td>500 g</td>
<td>6½-7 minutes</td>
<td></td>
</tr>
<tr>
<td>Carrots (sliced)</td>
<td>500 g</td>
<td>6½-7 minutes</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>500 g</td>
<td>6½-7 minutes</td>
<td></td>
</tr>
<tr>
<td>Corn (on cob)</td>
<td>4 pieces (500 g)</td>
<td>6½-7 minutes</td>
<td></td>
</tr>
<tr>
<td>Corn (kernel)</td>
<td>500 g</td>
<td>6½-7 minutes</td>
<td></td>
</tr>
<tr>
<td>Peas (green)</td>
<td>500 g</td>
<td>6½-7 minutes</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>250 g</td>
<td>4-4½ minutes</td>
<td></td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>500 g</td>
<td>6½-7 minutes</td>
<td></td>
</tr>
</tbody>
</table>

**RICE AND PASTA COOKING CHART**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>OTHER INGREDIENTS</th>
<th>COOKING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup white rice</td>
<td>2 cups hot tap water</td>
<td>10-12 minutes on HIGH</td>
</tr>
<tr>
<td>1 cup brown rice</td>
<td>2½ cups hot tap water</td>
<td>20-24 minutes on HIGH</td>
</tr>
<tr>
<td>1 cup macaroni</td>
<td>4 cups boiling water</td>
<td>10-12 minutes on HIGH</td>
</tr>
<tr>
<td>250 g spaghetti</td>
<td>4 cups boiling water</td>
<td>12-14 minutes on HIGH</td>
</tr>
<tr>
<td>250 g fettuccine</td>
<td>4 cups boiling water</td>
<td>10-12 minutes on HIGH</td>
</tr>
<tr>
<td>½ cup quick-cooking oats</td>
<td>⅔ cup cold tap water or milk</td>
<td>3-4 minutes on HIGH</td>
</tr>
<tr>
<td>1 cup quick-cooking oats</td>
<td>2¼ cups cold tap water or milk</td>
<td>4½-5½ minutes on HIGH</td>
</tr>
</tbody>
</table>

Procedure:
Place rice/pasta/oats in a large bowl with water. Cook uncovered, stirring twice during cooking. Allow to stand 2 minutes.

**GUIDE TO COOKING EGGS**

**SCRAMBLED EGG GUIDE**

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

<table>
<thead>
<tr>
<th>Egg(s)</th>
<th>Butter</th>
<th>Milk</th>
<th>Cook MEDIUM HIGH (70%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 tsp.</td>
<td>1 tbsp.</td>
<td>1-1½ min.</td>
</tr>
<tr>
<td>2</td>
<td>2 tsp.</td>
<td>1 tbsp.</td>
<td>1½-2 min.</td>
</tr>
<tr>
<td>3</td>
<td>1 tbsp.</td>
<td>2 tbsp.</td>
<td>2½-3 min.</td>
</tr>
<tr>
<td>4</td>
<td>1 tbsp.</td>
<td>¼ cup</td>
<td>3-3½ min.</td>
</tr>
</tbody>
</table>
## REHEATING CONVENIENCE

<table>
<thead>
<tr>
<th>FOOD</th>
<th>WEIGHT</th>
<th>COOKING TIME AND POWER LEVEL</th>
<th>SPECIAL INSTRUCTIONS</th>
<th>STANDING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverage (room temp.)</td>
<td>1 cup</td>
<td>1½ minutes on HIGH</td>
<td>Stir after heating.</td>
<td>—</td>
</tr>
<tr>
<td></td>
<td>2 cups</td>
<td>3 minutes on HIGH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canned Food (room temp.)</td>
<td>1 cup</td>
<td>4-5½ minutes on MEDIUM</td>
<td>Place food in bowl. Cover with plastic wrap or lid. Stir halfway.</td>
<td>1-3 minutes</td>
</tr>
<tr>
<td>(e.g. Spaghetti, Baked Beans)</td>
<td>2 cups</td>
<td>8-10 minutes on MEDIUM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canned Soup (room temp.)</td>
<td>1 cup</td>
<td>2-2½ minutes on HIGH</td>
<td>Stir halfway through cooking. Stir after heating.</td>
<td>—</td>
</tr>
<tr>
<td>250 mL per cup</td>
<td>2 cups</td>
<td>3-3½ minutes on HIGH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat Pie (refrigerated)</td>
<td>1 pie</td>
<td>2½-4 minutes on MEDIUM</td>
<td>Place directly on turntable, face side down. Cover with paper towel. Turn over halfway.</td>
<td>1-3 minutes</td>
</tr>
<tr>
<td>Individual 180 g each</td>
<td>4 pies</td>
<td>9½ minutes on MEDIUM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frozen Pasta Dinners (e.g.</td>
<td>300-500 g</td>
<td>3½-5 minutes on HIGH, followed by 4-5 minutes on</td>
<td>Remove from foil container. Place in a dish same size. Cover with plastic wrap or lid.</td>
<td>2-3 minutes</td>
</tr>
<tr>
<td>Lasagne)</td>
<td>500-750 g</td>
<td>MEDIUM</td>
<td>Allow to stand.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>4½-6 minutes on HIGH, followed by 8½-10 minutes on</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>MEDIUM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pizza (refrigerated)</td>
<td>1 slice</td>
<td>1-1½ minutes on MEDIUM HIGH</td>
<td>Place on paper towel. Place directly on turntable. Allow to stand.</td>
<td>—</td>
</tr>
<tr>
<td>100 g per slice</td>
<td>2 slices</td>
<td>2-2½ minutes on MEDIUM HIGH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner Plate (refrigerated)</td>
<td>1 serve</td>
<td>5½-6 minutes on MEDIUM</td>
<td>Slice potato. Cover plate with plastic wrap. Place directly on turntable. Allow to stand.</td>
<td>2 minutes</td>
</tr>
<tr>
<td>350 g-400 g per serve</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Casserole (refrigerated)</td>
<td>1 serve</td>
<td>4-5½ minutes on MEDIUM</td>
<td>Place in a bowl, cover with plastic wrap. Place directly on turntable. Stir halfway. Allow to stand, then stir.</td>
<td>1-3 minutes</td>
</tr>
<tr>
<td>250 g per serve</td>
<td>2 serves</td>
<td>8-10 minutes on MEDIUM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Croissants (frozen)</td>
<td>1</td>
<td>35-45 seconds on MEDIUM LOW</td>
<td>Place between paper towels. Place directly on the turntable.</td>
<td>—</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>60-70 seconds on MEDIUM LOW</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit Pie whole (frozen)</td>
<td>600 g</td>
<td>4-5 minutes on MEDIUM HIGH followed by 5 minutes</td>
<td>Remove from foil container. Place on a roasting rack. Allow to stand.</td>
<td>2-3 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>on MEDIUM LOW</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit Pie individual (frozen)</td>
<td>1</td>
<td>1½-2 minutes on MEDIUM LOW</td>
<td>Remove from foil container. Place directly on the turntable. Allow to stand.</td>
<td>1-2 minutes</td>
</tr>
<tr>
<td>135 g each</td>
<td>2</td>
<td>2½-3 minutes on MEDIUM LOW</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pecan Pie whole (frozen)</td>
<td>1 kg</td>
<td>3-3½ minutes on MEDIUM HIGH</td>
<td>Remove from foil container. Place on a plate lined with paper towel. Allow to stand.</td>
<td>2-3 minutes</td>
</tr>
<tr>
<td>Jam Donuts (frozen)</td>
<td>2</td>
<td>1½-2 minutes on MEDIUM LOW</td>
<td>Place directly on turntable. Turn over halfway through defrosting.</td>
<td>—</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>3-3½ minutes on MEDIUM LOW</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Danish Pastry whole (frozen)</td>
<td>400 g</td>
<td>2-3 minutes on MEDIUM HIGH followed by 2-2½</td>
<td>Remove from foil container. Place on dinner plate. Allow to stand.</td>
<td>2-3 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>minutes on MEDIUM LOW</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

Once frozen meat is thawed, it begins to lose its juices. With a microwave oven you can thaw meat just before you plan to cook it, thus preserving the quality. Microwave thawing doesn't mean a lot of fuss, but some attention is needed to make sure that parts of food do not start to cook before the centre is thawed. MEDIUM LOW is fast enough to be convenient but gentle enough to give good results.

POULTRY

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

CUTS OF MEAT

Break up or separate minced beef, cubed meat, chicken pieces or fish fillets after one-third of thawing time. Remove any thawed pieces. Place remainder in baking dish to complete thawing. Turn over roasts, steaks, chops or chicken. Separate as soon as possible.

JOINTS

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

REHEATING

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

CASSEROLES

Cover dish tightly with plastic wrap or a lid. Stir several times during reheating, especially if casserole has been refrigerated. If casserole cannot be stirred, reheat at MEDIUM.

MEATS

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

PLATES OF FOOD

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

VEGETABLES

Wrap large, whole vegetables in microwave plastic wrap. Cover dishes of vegetables and stir during reheating, if possible.

TOASTING

ALMONDS

Place 100 g almonds in a glass dish; cook for 3-3½ minutes on HIGH, or until golden brown. Stir almonds every minute during cooking.

SESAME SEEDS

Place ¼ cup sesame seeds in a glass bowl; cook for 2-3 minutes on HIGH, or until golden. Stir every minute.

RECONSTITUTING DRIED FOODS

DRIED FRUITS

Place 1 cup of fruit in a bowl, cover with cold water, and cook for 4½-5 minutes on HIGH. Stand covered for 5 minutes before using.
COMMONLY ASKED QUESTIONS AND ANSWERS

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

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

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

POINTS TO REMEMBER

As a general guide:
HIGH – is ideal for vegetables, fruit, soup, beverages, bacon and sauces.
MEDIUM HIGH – for roasting lamb, roasting chicken and fish fillets.
MEDIUM – is for roasting beef, pork and simmering; great for casseroles or stews and cooking seafood.
MEDIUM LOW – allows you to defrost.
LOW – is used to keep foods warm once they are cooked.

• The more food in the microwave oven, the longer it takes to cook.
• Reduce liquids in a microwave recipe because there is not as much evaporation, due to the shorter cooking time.
• Reduce seasonings slightly because flavours will be unbalanced by quantity of liquid. Do not add salt until the end of the cooking process.
• Microwaves cook from the outside to the centre, so when arranging foods always place the thicker or more dense portions of food at the outside, with the thinner, less-dense pieces on the inside.
• Foil can be used in the microwave oven success fully. Just remember two rules:
  (a) There must be at least half of the food exposed to the microwaves.
  (b) Do not let the foil touch the sides of the oven.
Use foil to shield thinner parts of food when defrosting, to prevent over-cooking and drying out.
• All food continues to cook after it leaves the microwave oven because the heat is stored in the food and not in the oven.
Standing time required will vary according to the volume and density of food.
  e.g. Fish and vegetables – 1-5 minutes
  Cakes – 3-10 minutes
  Roasts – 5-15 minutes
  Cover foods with a lid or foil when standing.
• When reheating foods always cover with a lid, plastic wrap or paper towel to prevent foods from drying out. Reheat on MEDIUM for best results.
• Always pierce food that has a membrane – for example eggs, tomatoes, potatoes and kidneys.
• Remember to cover vegetables with a lid or plastic wrap when cooking.

PULSES
To soak: Place one cup of any variety of beans in a large dish, add 2 cups cold water and cover with a lid or plastic wrap. Place in microwave and cook for 5 minutes on HIGH. Then simmer for 30 minutes on MEDIUM LOW. They will then be ready to use.
To cook: Rinse pulses. One cup of pulses to 4 cups of boiling water is required for a maximum of 45 minutes on HIGH.

DRIED MUSHROOMS
Place in a bowl with 2 cups of water and heat, slowly, 8-10 minutes on LOW.
HINTS

• Always place the stems of vegetables – e.g. cauliflower, broccoli – toward the outside of the dish. The stems are tougher than the flower, so this will ensure even cooking.
• Ice-cream containers were made for freezing food and are not suitable for use in a microwave oven.
• Remember: When melting chocolate in the microwave oven, it holds its shape until stirred. Heat for 2-2 1/2 minutes per 100 g on MEDIUM. DO NOT COVER.
• Jams and chutneys are great when made in the microwave, as they retain their colour and flavour. As cooking time is so short, less evaporation occurs. Therefore pectin or a jam setting agent is required to make jam set.
• To obtain more juice from oranges, lemons or limes, prick skin, microwave 30 seconds on HIGH and stand 2 minutes before squeezing.
• Warm jam for a quick glaze. Heat 2-3 tablespoons for 30 seconds on HIGH; strain if necessary while hot.
• To melt marshmallows, place 100 g in a large bowl. Cook for 30 seconds on HIGH.
• To dissolve gelatine, mix 1 teaspoon gelatine with 2 tablespoons water and cook for 20-30 seconds on HIGH. Stir well.
• To blanch almonds place 100 g in a bowl with 1 cup of water. Cook for 5 minutes on HIGH. Stir well.
• To blanch vegetables for freezing, place 150 g of vegetables in a dish with 1 tablespoon of water. Cover and cook on HIGH for 1/3 of the usual cooking time. After cooking, immerse immediately in iced water, package, label, and freeze for up to 3 months.
• Do not add salt to vegetables before cooking, as salt draws out the moisture and causes vegetables to toughen.

Additional Hints:

• To peel a tomato, pierce the skin with a fork 3-4 times. Place on a rack and cook for 45-60 seconds on HIGH. Stand for 3 minutes before peeling.
• To peel garlic is made easier by placing a clove in the microwave for 10 seconds on HIGH. Cover with paper towel when cooking.
• To blanch vegetables for freezing, place 150 g of vegetables in a dish with 1 tablespoon of water. Cover and cook on HIGH for 1/3 of the usual cooking time. After cooking, immerse immediately in iced water, package, label, and freeze for up to 3 months.
• Do not add salt to vegetables before cooking, as salt draws out the moisture and causes vegetables to toughen.

FOIL: Contrary to popular belief, foil can be used in the microwave – for shielding, not covering. It must not come in contact with the walls of the microwave. Foil directs microwave energy away from delicate or thin areas of food, toward areas that need more cooking. It is essential for even defrosting. Place foil over the thawed sections, allowing the frozen portions to continue defrosting.

To enhance the flavour of wine in food, increase the quantity to your taste.

When cooking sauces in the microwave use less liquid: the absence of direct heat means sauces do not reduce as much as stovetop-prepared sauces.

Rice and pasta cook well in small quantities. Use a large container to prevent boiling over.
<table>
<thead>
<tr>
<th>FEATURE</th>
<th>QUICK OPERATION GUIDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instant Action</td>
<td>To cook 2 Jacket Potatoes.</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| | **JACKET POTATO**
| | x 2 |
| Express Defrost | To defrost 0.5kg of Chicken Fillets. |
| | Menu Number
| | **EXPRESS DEFROST**
| | x 2
| | →
| | **INSTANT COOK**
| | **START** |
| Easy Defrost | To defrost 1.0kg of Chicken Pieces. |
| | Menu Number
| | **EASY DEFROST**
| | x 4
| | →
| | **POWER LEVEL**
| | **START** |
| Less/More Setting For Instant Action | For More setting
| | **BEVERAGE**
| | →
| | **POWER LEVEL**
| | or
| | **POWER LEVEL**
| | x 1
| | Within 2 seconds
| Less/More Setting For Express Defrost, Easy Defrost | For More setting
| | **EASY DEFROST**
| | x 4
| | →
| | **POWER LEVEL**
| | **START**
| | eg. Chicken Pieces
| | Weight |
| | x 1 |
| | x 2 |
| Variable Cooking Control | To soften Cream Cheese or Butter for 40 seconds on 30%. |
| | **EXPRESS DEFROST**
| | x 2
| | →
| | **INSTANT COOK**
| | **START**
| | **POWER LEVEL**
| | x 4
| Instant Cook | Just One Touch
| | **INSTANT COOK**
| | **START**
| | Within 3 minutes of closing the door |
| Timer | To set for 3 minutes. |
| | **3**
| | **O**
| | →
| | **TIMER**
| | **CLOCK** |
| Child Lock | To lock. |
| | **TIMER CLOCK**
| | →
| | **1**
| | →
| | **INSTANT COOK**
| | **START**
| | Press for 3 seconds |
| | To unlock. |
| | **TIMER CLOCK**
| | →
| | **1**
| | →
| | **STOP**
| | **CLEAR** |
| Clock | To set for 11:45 am |
| | **TIMER CLOCK**
| | →
| | **1**
| | **1**
| | **4**
| | **5**
| | →
| | **TIMER**
| | **CLOCK** |

* Express Defrost, no need to enter weight.