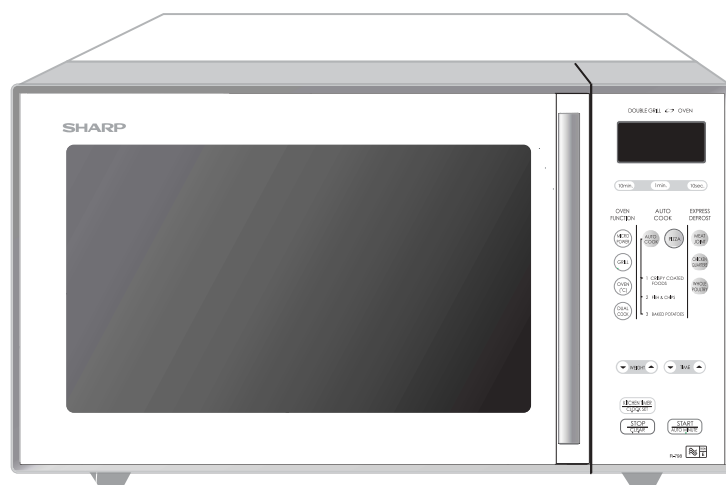


SHARP

OPERATION MANUAL with COOKBOOK



R-798M **MICROWAVE OVEN** **with TOP & BOTTOM GRILLS**

900W (IEC 60705)

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT:

There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

If you require any advice or assistance regarding your Sharp product, please visit our website:

www.sharp.co.uk/customersupport

Customers without Internet access may telephone:

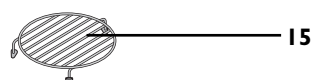
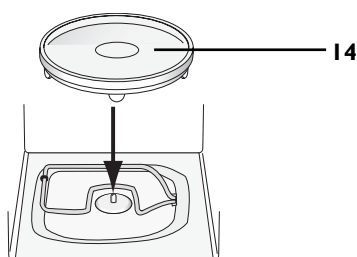
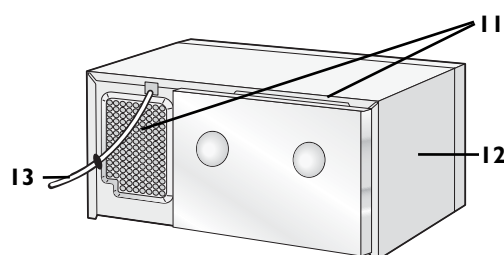
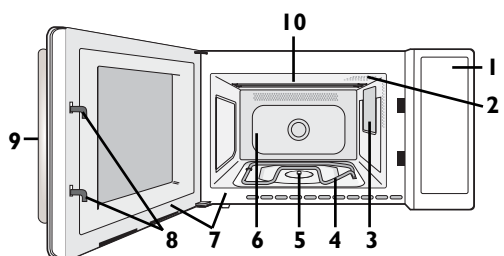
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YOUR OVEN AND ACCESSORIES



OVEN:

1. Control panel
2. Oven lamp
3. Waveguide cover (DO NOT REMOVE)
4. Bottom grill heating element
5. Turntable motor shaft
6. Oven cavity
7. Door seals and sealing surfaces
8. Door latches
9. Door opening handle
10. Top grill heating element
11. Ventilation openings
12. Outer cabinet
13. Power cord

ACCESSORIES:

Check to make sure the following accessories are provided:

14. Turntable
15. Rack

- Place the turntable on to the turntable motor shaft, ensuring it is located firmly.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.
- For use of the rack, refer to the grilling and dual cooking sections on pages 12 to 15.

Never touch the grills when they are hot.

NOTES:

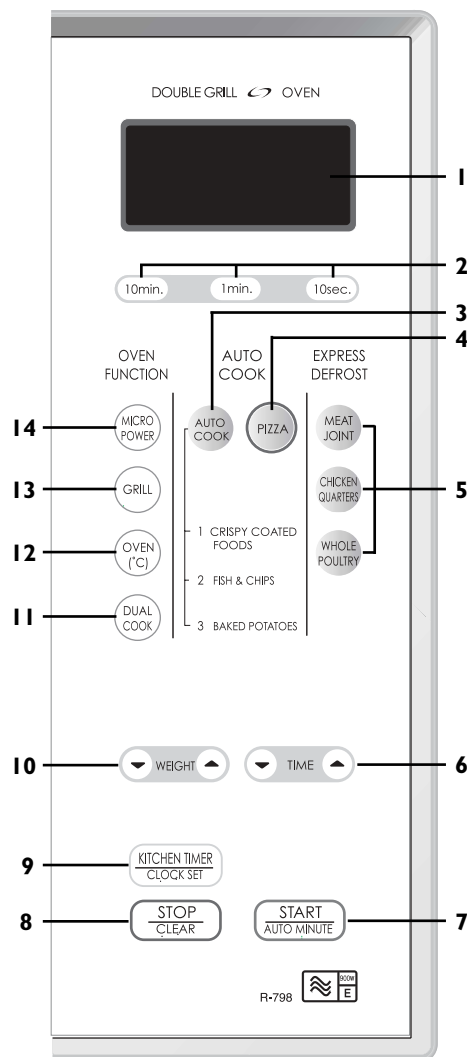
- The waveguide cover is fragile. Care should be taken when cleaning inside the oven to ensure that it is not damaged.
- After cooking fatty foods without a cover, always clean the cavity and especially the grill heating elements thoroughly, these must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.
- Always operate the oven with the turntable fitted correctly. This promotes thorough, even cooking. A badly fitted turntable may rattle, may not rotate properly and could cause damage to the oven.
- The turntable rotates clockwise or anti-clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please quote both the **PART NAME** and **MODEL NUMBER** to your dealer or SHARP approved service facility. The model number is located at the bottom of the control panel.



WARNING:

The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

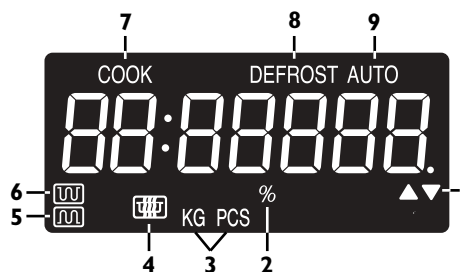
CONTROL PANEL



1. DIGITAL DISPLAY

KEYS:

2. TIME
3. AUTO COOK
4. PIZZA
5. EXPRESS DEFROST
6. LESS/MORE
7. START/AUTO MINUTE
8. STOP/CLEAR
9. KITCHEN TIMER/CLOCK SET
10. WEIGHT UP/DOWN
11. DUAL COOK
12. OVEN (°C)
13. GRILL
14. MICRO POWER



DIGITAL DISPLAY

INDICATORS:

1. LESS/MORE
2. MICROWAVE POWER LEVEL
3. WEIGHT
4. MICROWAVE
5. BOTTOM GRILL
6. TOP GRILL
7. COOK
8. DEFROST
9. AUTO

IMPORTANT SAFETY INSTRUCTIONS

PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Oven Use:

- The oven is for domestic use only.
- Never operate when empty, except as directed in the 'Grill cooking' section on page 12.
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches.
- Never operate the oven with any object caught in the door.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
- If water or food drops inside the air vent openings switch the oven off immediately, unplug it and call a SHARP approved service facility. (See page 31).
- Never move the oven while it is operating.
- The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grills will become very hot during operation. Care should be taken to avoid touching these areas. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.

Pacemaker: If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

WARNING: Do not allow children to use the oven without supervision until 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.

LIQUIDS: Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container. Stir the liquid prior to and during heating/reheating, let liquid stand for at least 20 seconds in the oven after cooking.

FIRE: If smoke is observed, switch off and unplug the appliance and keep the door closed in order to stifle any flames.

INSTALLATION



WARNING:

Inspect the Oven:

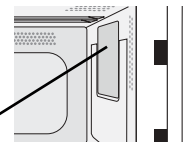
- Check the oven carefully for damage before and regularly after installation.
- Make sure the door closes properly, that it is not misaligned or warped.
- Check the hinges and door safety latches are not broken or loose.
- Ensure the door seal and sealing surfaces are not damaged.
- Inspect the oven interior and door for dents.

IMPORTANT:

If any damage is apparent, do not operate the oven in any way, until it has been repaired by a SHARP trained engineer. (See page 31 for details).

1. Remove all packing materials including the feature sticker (if present). Do not remove the plastic film from the inside of the oven window as this protects it from dirt. The waveguide cover prevents food and grease from entering the waveguide area where it could cause damage.

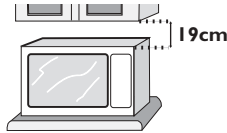
DO NOT REMOVE THE WAVEGUIDE COVER.



2. The oven door will become hot during cooking. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor. Ensure the surface or mounting position is strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.

INSTALLATION

3. The minimum height of free space necessary above the top surface of the oven is 19cm.



4. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.
5. Make sure the power supply cord is undamaged (See "ELECTRICAL CONNECTION" opposite).
Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.
6. The socket must be readily accessible so that it can be easily unplugged in an emergency.
7. Do not use the oven outdoors.

BUILDING-IN-KIT.

An installation frame is available which enables the microwave oven to be integrated within a kitchen unit.

The microwave oven is not designed to be built above or near a conventional oven.

SHARP recommend the use of the build in kit **EBR-4900**, available from your SHARP dealer. Only the use of this frame will guarantee the quality and safety of the oven.



WARNING: THIS APPLIANCE MUST BE EARTHED

To wire an appropriate plug, follow the wiring code given in 'To replace the mains plug' on page 31.

ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.
- If the power supply cord is damaged, it must be replaced by a SHARP approved service facility or a similarly qualified person to avoid a hazard.
- When removing the plug from the socket always grip the plug, never the cord as this may damage the power supply cord and the connections inside the plug.
- If the plug fitted to your oven is a rewirable type and in the event of the socket outlet in your home not being compatible with the plug supplied, remove the plug properly (do not cut off).
- If the plug fitted to your oven is a non-rewirable type and in the event of the socket outlet in your home not being compatible with the plug supplied, cut-off the mains plug.
- Refit with a suitable type, observing the wiring code given in 'To replace the mains plug' on page 31.

IMPORTANT!

- The fuse from the cut-off plug should be removed and the plug disposed of in a safe manner.
- Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.
- The plug must not be used without the fuse cover fitted.
- If you have any doubt about your microwave oven obtain the help of a qualified electrician.
- When replacing the plug please ensure that you use a BSI or ASTA approved plug to BSI 363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BSI 362. If you have any doubt about electrical connection seek the help of a qualified electrician.

HEATING CATEGORY



Microwave Symbol.

900W
E

Microwave output power in Watts (based on international (IEC 60705) standard).
Letter representing the oven heating category.

The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.

OVEN OUTPUT POWER	Less heating time required → 600 700 800 900 1000 Watts ← More heating time required
OVEN OUTPUT CATEGORY	Less heating time required → A B C D E ← More heating time required

Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required as shown opposite.

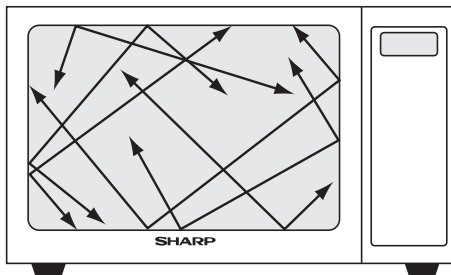
HOW YOUR OVEN WORKS

Microwaves are energy waves, similar to those used for TV and radio signals.

Electrical energy is converted into microwave energy, which is directed into the oven cavity via a waveguide. To prevent food and grease entering the wave guide it is protected by the waveguide cover.

Microwaves cannot pass through metal, because of this the oven cavity is made of metal and there is a fine metal mesh on the door.

During cooking the microwaves bounce off the sides of the oven cavity at random.



Microwaves will pass through certain materials, such as glass and plastic, to heat the food. (See 'Suitable Cookware' on page 25).

Water, sugar and fat in food absorb microwaves which cause them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

The outer areas of the food are heated by the microwave energy, then the heat moves to the centre by conduction, as it does in conventional cooking. It is important to turn, rearrange or stir food to ensure even heating.

Once cooking is complete, the oven automatically stops producing microwaves.

Standing time is necessary after cooking, as it enables the heat to disperse equally throughout the food.

BEFORE OPERATION

Your oven comes pre-set in Energy Save Mode (see page 8 for details).

To operate the oven in Energy Save Mode:

1. Plug in the oven. Nothing will appear on the display at this time.

2. Open the door.
The display will flash:



3. Close the door.
The display will show:



NOTES: In Energy Save Mode, if you do not operate the oven for 3 minutes or more (i.e. after closing the door, pressing the **STOP/CLEAR** key, or at the end of cooking), you will not be able to operate the oven until you open and close the oven door.

When new, the very first time the grills are used, smoke and odour will be given off.

To avoid this happening when food is being cooked, heat the grills without food for approx. 20 minutes. (Please refer to note on page 12.)

MICROWAVE POWER LEVELS

Power Level	Press the MICRO POWER key	Percentage
HIGH	x 1	100%
MEDIUM HIGH	x 2	70%
MEDIUM	x 3	50%
MEDIUM LOW (Defrost)	x 4	30%
LOW (Defrost)	x 5	10%

- Your oven has 5 power levels, as shown opposite.
- To change the power level for cooking, enter the cooking time and then press the **MICRO POWER** key.

Power level:

The microwave power level is varied by the microwave energy switching on and off. When using power levels other than 100% you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

IMPORTANT: The microwave power level will cook at 100% unless you press the **MICRO POWER** key to the desired setting.

Check the power level:

To check the microwave power level during cooking, press the **MICRO POWER** key. As long as your finger is pressing the **MICRO POWER** key the power level will be displayed. The oven continues to count down although the display will show the power level.



**MICRO POWER
KEY**

ENERGY SAVE MODE

Your oven has an Energy Save Mode. This facility saves electricity when the oven is not in use.

- If the oven is not used, it will default to Energy Save Mode after 3 minutes. The display is blank and the oven cannot be operated.
- To operate the oven, open and then close the door. "0" will be displayed and the oven is ready to use.

To cancel Energy Save Mode, set the clock. (Please refer to page 9.)

To cancel the clock, follow the procedure opposite. (This will restart Energy Save Mode.)

Notes:

- If you unplug your oven at any stage you will have to reset the clock to cancel Energy Save Mode.
- If the clock has been set, cancelling Energy Save Mode, then your oven has a safety feature which prevents **START/AUTO MINUTE** key from working if the oven has not been in use for more than 3 minutes. Press the **STOP/CLEAR** key or open and close the door to re-use the oven.

1. Time of day appears on the display.



2. Press the **KITCHEN TIMER/CLOCK SET** key 3 times.



3. Press the **START/AUTO MINUTE** key. The power will be off and the display will show nothing.



SETTING THE CLOCK

Your oven has a 12 hour clock.

- To select the 12 hour clock, press the **KITCHEN TIMER/CLOCK SET** key twice.



To set the time of day follow the instructions opposite.

NOTES:

- Press the **STOP/CLEAR** key if you make a mistake during programming.
- If you press any of the **TIME** keys too many times, continue to press the key until the desired time re-appears.
- To check the time of day during a cooking process, press the **KITCHEN TIMER/CLOCK SET** key and the time of day will remain on the display as long as you keep your finger on the key. This does not affect the cooking process.
- If the clock is set, when cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will only show ".0" when cooking is complete.
- If the electrical power supply to your microwave oven is interrupted, the display will intermittently show ".0" after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
- When you want to reset the time of day, follow the opposite example again.

- Select the clock.



- Enter the hours by pressing the **TIME** keys.



- Press the **KITCHEN TIMER/CLOCK SET** key once.



- Enter the minutes by pressing the **TIME** keys.



- To start the clock, press the **KITCHEN TIMER/CLOCK SET** key once.



HOW TO OPERATE YOUR OVEN

Opening and closing the door:

To open the oven door, pull the door opening handle.

Starting the oven:

Close the door and press the **START/AUTO MINUTE** key.



Stopping the oven:

If you want to stop the oven during cooking, press the **STOP/CLEAR** key once or open the oven door. If you want to cancel the cooking programme, press the **STOP/CLEAR** key twice.



Your oven enables you to cook and defrost food using the automatic programmes, or to cook and defrost food manually.

Automatic cooking and defrosting allows you to cook and defrost using preset programmes where the timings have been calculated for you, e.g **Auto Cook** and **Express Defrost**.

Manual cooking and defrosting allows you to cook/defrost foods and weights which are not included in the automatic programmes.

The following are examples of manual cooking and defrosting.

For automatic cooking and defrosting refer to pages 16 - 19.

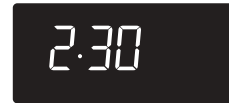
MANUAL COOKING

- Enter the cooking time and use microwave power levels 10% to 100% to cook (refer to page 7).
- Stir or turn the food, where possible, 2 - 3 times during cooking, if required.
- After cooking, cover the food and leave to stand, if required.
- Refer to the cooking charts in the cookbook section, pages 34 - 41.

Example:

To cook for 2 minutes 30 seconds on 70% microwave power.

1. Enter the cooking time by pressing the **1 MIN.** key twice, then the **10 SEC.** key three times.



2. Input the power level by pressing the **MICRO POWER** key twice.



3. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the cooking time.

HOW TO OPERATE YOUR OVEN

MANUAL DEFROSTING

- Enter the defrosting time and use microwave power levels 10% or 30% to defrost (refer to page 7).
- Stir or turn the food, where possible, 2 - 3 times during defrosting.
- After defrosting, cover the food in foil and leave to stand until thoroughly defrosted.
- Refer to the defrosting charts in the cookbook section, page 33.

NOTES FOR MANUAL COOKING AND DEFROSTING:

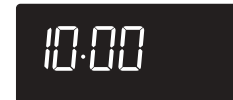
- When the oven starts, the oven lamp will light and the turntable will rotate clockwise or anti-clockwise.
- Your oven can be programmed up to 99 minutes, 90 seconds (99.90).
- If the door is opened during cooking/defrosting to stir or turn over food, the cooking time on the display stops automatically. The cooking/defrosting time starts to count down again when the door is closed and the **START/AUTO MINUTE** key is pressed.
- When cooking/defrosting is complete, the time of day will reappear on the display, if the clock has been set.
- If you want to know the power level during cooking, press the **MICRO POWER** key. As long as your finger is touching the key, the power level will be displayed.

Example:

To defrost for 10 minutes on 30% microwave power.

1. Enter the defrosting time by pressing the **10 MIN.** key once.

10min. x1



2. Input the power level by pressing the **MICRO POWER** key 4 times.

MICRO POWER x4



3. Press the **START/AUTO MINUTE** key once to start defrosting.

START/AUTO MINUTE x1



The display will count down through the defrosting time.

GRILL COOKING

The oven has top and bottom grills which can be used separately or combined. These have one power setting only. The grill is assisted by the turntable which rotates simultaneously to ensure even browning.

Use the rack for grilling small items of food such as bacon, gammon and teacakes, turn over halfway through grilling.

Food can be placed either directly onto the rack, or into a flan dish/heat-resistant plate on the rack.

To select the grill(s) required (Top, Bottom or Combined), enter the grilling time and follow the table below.

Cooking Mode	Press GRILL key
GRILL-1 (Top Grill)	Once
GRILL-2 (Bottom Grill)	Twice
GRILL-3 (Top and Bottom Grill)	3 Times

NOTE: When new, the very first time the grills are used, smoke and odour will be given off. To avoid this happening when food is being cooked, heat the grills without food for approx. 20 minutes.

NOTES:

- It is not necessary to preheat the grill before cooking.
- Follow the recommended grilling times and procedures in the charts on page 36 of the cookbook section.
- When browning foods in a deep container, place on the turntable.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".

⚠ WARNING:

The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

Example:

To grill for 20 minutes, using GRILL-3.

1. Enter the cooking time by pressing the **10 MIN.** key twice.

10min. x2



2. Select GRILL-3 by pressing the **GRILL** key 3 times.

GRILL x3



3. Press the **START/AUTO MINUTE** key once to start grilling.

START
AUTO MINUTE x1



The display will count down through the cooking time.

PREHEATING THE OVEN



Your oven can be preheated to a desired temperature prior to oven cooking.

NOTES:

- When the oven reaches the desired temperature, the audible signal will sound and the temperature will be displayed in °C.
Do not press the STOP/CLEAR key after opening and closing the door, as this will cancel the Oven mode.
- The preheated temperature will be maintained for approximately 30 minutes.
After this time, preheat will be cancelled.
- During preheating and oven cooking, you will hear the cooling fan cycling on and off.
This is completely normal and will not affect the cooking.
- You can check the actual temperature during preheating by pressing the **OVEN (°C)** key.
The temperature will appear on the display.
This will not affect the oven operation.
- If you prefer not to preheat the oven where recommended in the cookbook section, allow extra cooking time.

Example:

To preheat the oven to 180°C.

1. Enter the temperature by pressing the **OVEN (°C)** key twice.



x2



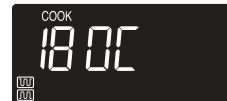
2. Press the **START/ AUTO MINUTE** key once to start preheating.



x1



3. When the oven reaches 180°C, the audible signal will sound and the oven will display 180°C. Place food in the oven, enter the desired cooking time and press the **START/AUTO MINUTE** key.



⚠ WARNING:

The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

OVEN COOKING



Your oven can be programmed to cook with seven different temperatures by combining the top and bottom grills.

The temperatures available in °C are:
**200°C, 180°C, 160°C, 130°C,
 100°C, 70°C, 40°C.**

- Oven cooking is ideal for cooking foods and recipes in the cookbook section.
- When using the **OVEN (°C)** key, all metal cookware can be used. (See 'Suitable Cookware' on page 25).
- **The oven function on this model works in a unique way. The heat for the oven function is generated by the top and bottom grills turning on and off. Due to this it is necessary to reduce standard convection temperatures. The temperatures should be reduced by approximately 20 - 30°C. Check food is thoroughly heated after cooking. It is recommended to preheat the oven before use.**

Example: To cook an Apple Pie, usually cooked in a conventional oven at 180°C for 20 minutes, reduce the temperature to 160°C and cook for 20 minutes.

Example:

To cook for 20 minutes at 200°C convection.

1. Enter the cooking time by pressing the **10 MIN.** key twice.

10min. x2



2. Input the temperature by pressing the **OVEN (°C)** key once.

OVEN (°C) x1



3. Press the **START/AUTO MINUTE** key once to start cooking.

START
AUTO MINUTE x1



The display will count down through the cooking time.

NOTES:

- Follow oven times and procedures in the charts and recipes in the cookbook section.
- Food manufacturers instructions are only a guideline, so cooking times may need to be adjusted.
- Pressing the **OVEN (°C)** key during cooking will display the programmed temperature. This will not affect the programme or cooking time.
- Temperature measurements taken whilst the oven is in OVEN mode will differ from the displayed level. This is due to the grill elements turning on and off in order to regulate the oven temperature. This will not affect the cooking results as long as the operation manual and cookbook are followed correctly.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".
- This oven is not suitable for baking Yorkshire Puddings.



WARNING:

The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

DUAL COOKING



Dual Cook combines microwave power with the grill.

The combination of microwave power with grill reduces cooking time and provides a crisp, brown finish.

There are two Dual Grill modes:

1. Dual Cook-1 - Top grill with microwave.
2. Dual Cook-2 - Bottom grill with microwave.

To select the dual cook mode required, enter the cooking time and follow the table below.

Dual Cook Mode	Press DUAL COOK key
DUAL COOK-1 (Top Grill and Microwave*)	Once
DUAL COOK-2 (Bottom Grill and Microwave*)	Twice

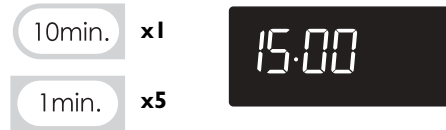
NOTES:

- Dual Cook is preset with 30% microwave power. If you wish to change the microwave power level, press the **MICRO POWER** key until the desired power level is shown on the display.
- * You can select power levels 10%, 30%, 50%, 70% and 100%.
- It is not necessary to preheat the grill.
- Follow the recommended dual cooking times and procedures in the charts on pages 37 - 39.
- When browning foods in a deep container, place on the turntable.
- After cooking is complete the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical parts. The display may show "NOW COOLING".

Example:

To cook for 15 minutes using Dual Cook-1, 50% microwave power.

1. Enter the cooking time by pressing the **10 MIN.** key once and the **1 MIN.** key 5 times.



2. Select Dual Cook-1 by pressing the **DUAL COOK** key once.



3. Change the power level by pressing the **MICRO POWER** key 4 times.



4. Press the **START/AUTO MINUTE** key once to start cooking.



The display will count down through the cooking time.



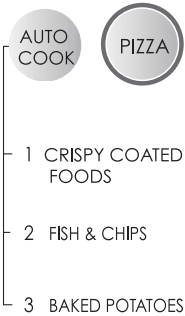
WARNING:

The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

AUTOCOOK / PIZZA

AUTOCOOK enables you to cook the foods listed on the control panel.

PIZZA enables you to cook frozen and chilled pizzas.



For cooking instructions please refer to the charts on page 17.

Follow the example opposite for details on how to operate this function.

NOTES:

- If the **DOWN (▼) WEIGHT** key is pressed the display will count down from the highest weight range, each time the key is pressed.
- If the **UP (▲) WEIGHT** key is pressed the display will count up from the lowest weight range, each time the key is pressed.
- You can enter the weight by holding down or pressing the **WEIGHT** keys until the desired weight is displayed.
- Press the **MORE** or **LESS** keys before pressing the **START/AUTO MINUTE** key as instructed in the chart.
- When action is required (example, to turn food over), the oven stops, the audible signal sounds and instructions will appear on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- The final food temperature will vary according to the initial food temperature. Check food is thoroughly heated after cooking. If necessary, you can extend the cooking time manually.
- AUTOCOOK and PIZZA uses a combination of microwave power and grills.
- Do not use the AUTO MINUTE function during AUTOCOOK and PIZZA, as the food may be overcooked.

WEIGHT RANGE:

- Weigh all foods prior to cooking as the labelled weight is only approximate.
- Pizza should be rounded up to the nearest 0.1kg, for example, 0.65kg to 0.7kg.
- Crispy Coated Foods should be rounded up to the nearest 0.05kg, for example, 0.34kg to 0.35kg.
- **You are restricted to cook a weight within the range given in the charts.**
- To cook weights or foods not included in the chart, please refer to the charts in the cookbook section.

Example:

To cook 0.3kg of Crispy Coated Foods (AC-1).

1. Select the menu required by pressing the **AUTOCOOK** key once.



2. Enter the weight by pressing the **WEIGHT UP** key 5 times.






3. Press the **START/AUTO MINUTE** key once to start cooking.




The display will count down through the cooking time.

AUTOCOOK / PIZZA

AUTOCOOK CHART

MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
AC-1 Crispy Coated Foods "Crispy Crumb Foods"  x1 Chilled & Frozen e.g. Fish Cakes, Chicken Fillets, Vegetable Burger	0.10kg - 0.50kg	<ul style="list-style-type: none"> Place the crispy coated food on the turntable. After cooking, remove from the turntable and serve. <p>NOTE:</p> <ul style="list-style-type: none"> For Frozen Crispy Coated foods use the MORE key.
AC-2 Fish & Chips "Fish and Chips"  x2 Chilled & Frozen e.g. Fish Cakes & chips, Goujons & chips, Nuggets & chips, Fillets & chips,	1 - 2 servings 1 serve = 150g crispy crumb food plus 150g chips (standard cut only)	<ul style="list-style-type: none"> Place the fish and chips on the turntable. After cooking, remove from the turntable and serve. <p>NOTES:</p> <ul style="list-style-type: none"> For Scampi & Chips use the LESS key. Frozen <u>chunky</u> fish fillets are not recommended. Fish, chicken and vegetable crumbed products can be used on this menu.
AC-3 Baked Potatoes "Baked Potato"  x3	1 - 4 pieces 1 potato = approx. 250g	<ul style="list-style-type: none"> Pierce each potato in several places and place towards the edge of the turntable. After cooking, leave to stand wrapped in aluminium foil for 2 - 3 minutes.

PIZZA CHART

MENU	WEIGHT RANGE	COOKING INSTRUCTIONS
Pizza  x1: Frozen x2: Chilled	0.1kg - 0.9kg (Thin & Crispy or Deep Pan type)	<ul style="list-style-type: none"> Lightly grease the turntable with oil. Remove all packaging and place on the turntable. After cooking, remove from the turntable. <p>NOTE: Bake & Rise and Stuffed Crust Pizzas are not recommended.</p>

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.
- For converting to Lb/oz see the conversion chart on page 32.



WARNING:

The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

EXPRESS DEFROST

EXPRESS DEFROST enables you to defrost 3 popular menus.



For defrosting instructions please refer to the chart on page 19.

Follow the example opposite for details on how to operate this function.

NOTES:

- If the **DOWN (▼) WEIGHT** key is pressed the display will count down from the highest weight range, each time the key is pressed.
- If the **UP (▲) WEIGHT** key is pressed the display will count up from the lowest weight range, each time the key is pressed.
- You can enter the weight by holding down or pressing the **WEIGHT** keys until the desired weight is displayed.

Example:

To defrost a 1.2kg Meat Joint.

1. Press the **MEAT JOINT** key once.



2. Enter the weight by pressing the **WEIGHT UP** key 7 times.






3. Press the **START/AUTO MINUTE** key once to start defrosting.



The display will count down through the cooking time.

EXPRESS DEFROST

EXPRESS DEFROST CHART

MENU	WEIGHT RANGE	COOKING PROCEDURE
Meat Joint (Beef/Lamb/Pork) 	0.6kg - 1.8kg	<ul style="list-style-type: none"> Place meat in a flan dish on the turntable. Turn meat over when the audible signal sounds. Stand, wrapped in foil, for 60 - 90 minutes until thoroughly defrosted.
Chicken Quarters 	0.3kg - 1.2kg	<ul style="list-style-type: none"> Place quarters, best side-down, in a flan dish on the turntable. Turn over and rearrange when the audible signal sounds. Stand, wrapped in foil, for 15 - 30 minutes until thoroughly defrosted.
Whole Poultry 	1.2kg - 1.8kg	<ul style="list-style-type: none"> Place poultry, breast side-up, in a flan dish on the turntable. Turn over when the audible signal sounds. Stand, wrapped in foil, for 60 - 90 minutes until thoroughly defrosted.

- Frozen foods are defrosted from -18°C.
- For converting to Lb/oz see the conversion chart on page 32.

NOTES:

- When action is required (example, to turn food over), the oven stops, the audible signals sound and any instructions will appear on the display. To continue cooking, press the **START/AUTO MINUTE** key.
- Before freezing foods, ensure food is fresh and of good quality.
- If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.
- Do not cook the meat or poultry from EXPRESS DEFROST until thoroughly defrosted.
- Do not use the rack for defrosting.

WEIGHT RANGE:

- Weigh all meat and poultry prior to defrosting as the labelled weight is only approximate.
- Food weight should be rounded up to the nearest 0.1kg, for example, 0.65kg to 0.7kg.
- You are restricted to defrost a weight within the range given in the charts.**
- To defrost weights or foods not included in these charts, please refer to the charts in the cookbook section, or follow manufacturers instructions on the pack.

CONVENIENT FUNCTIONS

1. SEQUENCE COOKING

This function allows you to cook using up to 4 automatic cooking stages for microwave mode and 2 automatic cooking stages for grill and dual cooking modes.

Once programmed there is no need to interfere with the cooking operation as the oven will automatically move onto the next stage.

Example:

To cook for:

5 minutes on 70% microwave power (Stage 1)

6 minutes on Grill-I (Stage 2)

3 minutes on Dual Cook-I, 10% microwave power (Stage 3)

STAGE 1

1. Enter the cooking time by pressing the **1 MIN.** key 5 times.



2. Input the power level by pressing the **MICRO POWER** key twice.



STAGE 2

3. Enter the cooking time by pressing the **1 MIN.** key 6 times.



4. Select Grill-I by pressing the **GRILL** key once.



STAGE 3

5. Enter the cooking time by pressing the **1 MIN.** key 3 times.



6. Select Dual Cook-I by pressing the **DUAL COOK** key once, then change the power level by pressing the **MICRO POWER** key once.



7. Press the **START/AUTO MINUTE** key once to start cooking.



NOTE: If 100% is required on the final stage, it is not necessary to input the power level.

CONVENIENT FUNCTIONS

2. LESS AND MORE

The **LESS (▼)** and **MORE (▲)** keys enable you to:

- Cook/defrost food for less or more time than the automatic programmes.
- Decrease or increase cooking/defrosting time whilst the oven is in use (manual cooking only).

TO USE WITH AUTOMATIC PROGRAMMES:

AUTO COOK / PIZZA / EXPRESS DEFROST
Press the **LESS (▼)** / **MORE (▲)** key before pressing the **START/AUTO MINUTE** key.

Example:

If you prefer Baked Potatoes which are cooked, but still firm, use the **LESS (▼)** key.

Alternatively, if you prefer Baked Potatoes softer, use the **MORE (▲)** key.

NOTES:

- If you select MORE the display will show, (▲).
- If you select LESS, the display will show, (▼).
- Some menus cannot use the LESS function. If you select LESS for them, then press the **START/AUTO MINUTE** key,

ERROR NO LESS SETTING

will be displayed.

- To cancel LESS / MORE, press the same key again.
- To change MORE to LESS, press the **LESS (▼)** key.
- To change LESS to MORE, press the **MORE (▲)** key.

TO USE WITH MANUAL COOKING:

Example:

To cook for 10 minutes on 50% microwave power and then decrease the cooking time by 2 minutes.

1. Enter the cooking time by pressing the **10 MIN.** key once.



2. Input the power level by pressing the **MICRO POWER** key 3 times.



3. Press the **START/AUTO MINUTE** key once to start cooking.



4. Reduce the cooking time by pressing the **LESS** key twice.



The cooking time is reduced by 2 minutes and continues to count down.

NOTES:

- The cooking/defrosting time will increase/decrease in multiples of 1 minute.
- The overall time can be extended to a maximum of 99 minutes.

CONVENIENT FUNCTIONS

3. KITCHEN TIMER

Use the KITCHEN TIMER as a minute timer or to monitor the standing time for cooked/defrosted food.

NOTES:

- You can enter any time up to 99 minutes, 90 seconds.
- To cancel the KITCHEN TIMER simply press the **STOP/CLEAR** key and the display will return to the time of day, if set.
- The KITCHEN TIMER function cannot be used whilst the oven is in use.

Example:

To set the timer for 5 minutes.

1. Press the **KITCHEN TIMER** key once.

KITCHEN TIMER
CLOCK SET x1



2. Enter the desired time by pressing the **1 MIN.** key 5 times.

1 min. x5

5:00



3. Press the **START/AUTO MINUTE** key once to the timer.

START
AUTO MINUTE x1

5:00

4. AUTO MINUTE

AUTO MINUTE enables you:

- To cook on 100% microwave power in multiples of 1 minute.
- To extend cooking time in multiples of 1 minute.

NOTE: The overall time can be extended to a maximum of 99 minutes.

Example: To cook for 2 minutes, press the **START/AUTO MINUTE** key twice.

START
AUTO MINUTE x2

COOK
2:00

MICROWAVE COOKING ADVICE

Microwaves cook food faster than conventional cooking. It is therefore essential that certain techniques are followed to ensure good results. Many of the following techniques are similar to those used in conventional cooking.

COOKING ADVICE NOTES:

- **Always attend the oven when in use.**
- **Ensure that the utensils are suitable for use in a microwave oven. (See 'Suitable Cookware' on page 25).**
- Refer to the charts in the cookbook section for recommended cooking times and power levels.



WARNING:

Liquids and foods must not be heated in sealed containers or jars/containers with lids on, as pressure will build up inside and may cause the jar/container to explode.

- Do not place hot foods/utensils on a cold turntable or cold foods/utensils on a hot turntable.
- Only use microwave popcorn within the recommended packaging (follow the manufacturers instructions). Never use oil unless specified by the manufacturer and never cook for longer than instructed.





WARNING:

Follow instructions in the SHARP operation manual at all times.

If you exceed recommended cooking times and use power levels that are too high, food may overheat, burn and, in extreme circumstances, catch fire and damage the oven.

Cooking Techniques

Arrange	Place the thickest parts of food towards the outside of the dish. e.g. Chicken drumsticks. Foods that are placed towards the outside of the dish will receive more energy, so cook quicker, than those in the centre.	
Cover	Certain foods benefit from being covered during microwave cooking, follow recommendations where given (see pages 33 - 41). Use vented microwave cling film or a suitable lid.	
Pierce	Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode. e.g. Potatoes, Fish, Chicken, Sausages.	
Stir, turn and rearrange	For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre.	
Stand	Standing time is necessary after cooking so it enables the heat to disperse equally throughout the food.	

**NOTE: Eggs should not be heated using microwave power as they may explode, even after cooking has ended.
e.g. poached, fried, hard boiled.**

MICROWAVE COOKING ADVICE

Food Characteristics	
Composition	Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire. Bones in food conduct heat, making the food cook more quickly. Care must be taken so that the food is cooked evenly.
Density	Food density will affect the amount of cooking time needed. Light porous foods, such as cakes or bread, cook more quickly than heavy, dense foods, such as roasts and casseroles.
Quantity	The number of microwaves in your oven remains the same regardless of how much food is being cooked. The cooking time must be increased as the amount of food placed in the oven increases. e.g. Four potatoes will take longer to cook than two.
Size	Small foods and small pieces cook faster than large ones, as microwaves can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, take longer to cook in the thicker parts. For even cooking, place the thickest parts to the outside of the dish where they will receive more energy. Round shapes cook more evenly than square shapes when microwave cooking.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than food at room temperature. The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example jam doughnuts, to release heat or steam.



Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.



Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

SUITABLE COOKWARE

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware.

Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook. A variety of cookware can be used as listed below.

Cookware	Microwave Safe	Grill	Dual Grill	Oven	Comments
Aluminium foil Foil Containers	✓ / ✗	✓	✓ / ✗	✓	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer; e.g. Microfoil®, follow instructions carefully.
Browning dishes	✓	✗	✗	✗	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China and ceramics	✓ / ✗	✗	✗	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex®	✓	✓	✓	✓	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal	✗	✓	✗	✓	It is not recommended to use metal cookware when using microwave power as it will arc, which can lead to fire.
Plastic/Polystyrene e.g. fast food containers	✓	✗	✗	✓ / ✗	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✓	✗	✗	✗	Should not touch the food and must be pierced to let the steam escape.
Freezer/Roasting bags	✓	✗	✗	✓ / ✗	Must be pierced to let steam escape. Ensure bags are suitable for microwave or convection use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal arcing.
Paper plates/cups and kitchen paper	✓	✗	✗	✗	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw and wooden containers	✓	✗	✗	✗	Always attend the oven when using these materials as overheating may cause fire.
Recycled paper and newspaper	✗	✗	✗	✗	May contain extracts of metal which will cause 'arcing' and may lead to fire.
Racks	✓	✓	✓	✓	The metal racks supplied have been specially designed for all cooking modes and will not damage the oven.



WARNING: When heating food in plastic or paper containers, monitor the oven due to the possibility of ignition.

DEFROSTING ADVICE

Using your microwave oven is the quickest defrosting method.





It is a simple process but the following instructions are essential to ensure the food is thoroughly defrosted.

- Remove all packaging and wrapping before defrosting.
- To defrost food, use microwave power levels 30% or 10%.
- Please refer to the defrosting chart on page 33 for further information.

Rearrange	Foods that are placed towards the outside of the dish will defrost quicker than foods in the centre. It is therefore essential that the food is rearranged up to 4 times during defrosting. Move closely packed pieces from the outside to the centre and rearrange over-lapping areas. This will ensure that all parts of the food defrosts evenly.
Separate	Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as it is possible during defrosting. e.g. bacon rashers, chicken fillets.
Shield	Some areas of food being defrosted may become warm. To prevent them becoming warmer and starting to cook, these areas can be shielded with small pieces of foil, which reflect microwaves, e.g. legs and wings on a chicken.
Stand	Standing time is necessary to ensure food is thoroughly defrosted. Defrosting is not complete once the food is removed from the microwave oven. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.
Turn over	It is essential that all foods are turned over up to 4 times during defrosting. This is important to ensure thorough defrosting.

REHEATING ADVICE

For the reheating of foods, follow the advice and guidelines below to ensure food is thoroughly reheated before serving.

Plated meals	<p>Remove any poultry or meat portions, reheat these separately, see below.</p> <p>Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling film and reheat on 50%, stir/rearrange halfway through reheating.</p> <p>NOTE: Ensure the food is thoroughly reheated before serving.</p>	
Sliced meat	<p>Cover with vented microwave cling film and reheat on 50%. Rearrange at least once to ensure even reheating.</p> <p>NOTE: Ensure the meat is thoroughly reheated before serving.</p>	
Poultry portions	<p>Place thickest parts of the portions to the outside of the dish, cover with vented microwave cling film and reheat on 70%.</p> <p>Turn over halfway through reheating.</p> <p>NOTE: Ensure the poultry is thoroughly reheated before serving.</p>	
Casseroles	<p>Cover with vented microwave cling film or a suitable lid and reheat on 50%.</p> <p>Stir frequently to ensure even reheating.</p> <p>NOTE: Ensure the food is thoroughly reheated before serving.</p>	

To achieve the best results when reheating, select a suitable microwave power level appropriate to the type of food. e.g. A bowl of vegetables can be reheated using 100%, while a lasagne which contains ingredients that cannot be stirred, should be reheated using 50%.

NOTES:

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.



Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.

- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, e.g. mince pies or Christmas pudding.
- Never heat oil or fat for deep frying as this may lead to overheating and fire.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturer's instructions on the can.



The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

CLEANING & MAINTENANCE

OVEN INTERIOR

- It is important to clean the interior of your microwave oven after each use.
- To clean the oven interior, use a mild detergent solution, such as washing-up liquid, with warm water on a soft cloth.
- Food and liquid splashes will build-up on the oven walls and ceiling. If grease, fat and food debris is allowed to build-up in the oven interior it may overheat, smoke or even catch fire when next using the oven.
- Keep the **waveguide cover** clean at all times. The waveguide cover is constructed from a fragile material and should be cleaned with care (follow the cleaning instructions above).
NOTE: Excessive soaking may cause disintegration of the waveguide cover. The waveguide cover is a consumable part and without regular cleaning, will need to be replaced.
- Food will release steam during cooking and cause condensation inside the oven and door. It is important to wipe the oven dry. A build-up of condensation will eventually lead to rust forming on the oven interior.
- **Do not allow grease or dirt to build-up on the door seals or areas around the door. This may prevent the door from closing correctly and may cause a leakage of microwaves (follow the cleaning instructions opposite).**
- Ensure the turntable and accessories are cleaned after every use with a mild washing-up liquid solution and dried. This will prevent the build-up of grease and food debris. The turntable and accessories are dishwasher safe.

Cleaning tip - For easier cleaning of your oven:

Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on 100% for 10 - 12 minutes. Wipe the oven clean using a soft, dry cloth.

OUTER CABINET

- Wipe the outside of the microwave oven with a mild detergent solution, such as washing-up liquid, with warm water on a soft cloth.
- The control panel must be wiped clean and dried with the door open, therefore inactivating the oven.

GRILLS

- It is important to keep the grills clean at all times.
- Food and liquid splashes build-up and stick to the grills, which may cause smoke and possibly fire when next using the oven (follow the cleaning instructions above).

NOTES:

- Never use spray cleaners, oven pads or abrasive scourers as these damage the surface of the oven.
- A steam cleaner should not be used.
- Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor. Excess water spillage through these holes will cause damage to the oven interior.
- Slight tarnishing of the oven cavity, around the area of the grills, is likely to occur. This is normal and will not affect the oven's performance.
- Failure to maintain your oven in a clean condition could adversely affect the life of the oven and possibly result in a hazardous situation.

⚠ WARNING:

The door, outer cabinet, oven cavity, turntable, dishes, accessories and especially the grills will become very hot during operation. To prevent burns, always use thick oven gloves.

TROUBLESHOOTING

If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple.

Follow this simple check below:

Place half a cup of water on the turntable and close the door. Programme the oven to cook for 1 minute using 100% microwave power.

1. Does the oven lamp come on when it is cooking?
2. Does the turntable rotate?
3. Does the cooling fan work? (Check by placing your hand above the air vent openings.)
4. After 1 minute does the audible signal sound?
5. Is the water in the cup hot?

Take the cup of water out of the oven and close the door. Programme the oven to cook for 3 minutes using the top and bottom grills.

6. After 3 minutes, do both the grill heating elements become red?

Programme the oven to cook for 3 minutes using the oven on 180°C.

7. After 3 minutes, is the oven cavity hot?

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown. If there is no fault with either, check against the troubleshooting chart on the following page.

NOTES:

- If you cook food for more than the standard time (see chart opposite) using the same cooking mode, the oven's safety mechanisms automatically activate. The microwave power level will be reduced or the grill heating elements will turn on and off.
- After manual or automatic cooking using the Grill, Dual Grill or Oven modes, the cooling fan will switch on to cool the oven cavity. When the cooling fan works, the display may show "NOW COOLING". To clear it, press the **STOP/CLEAR** key and the display will return to the time of day, if set. During these modes, the cooling fan will carry on working after you have pressed the **STOP/CLEAR** key. You may feel hot air blowing out of the air-vent openings.



WARNING:

Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a SHARP trained engineer to carry out servicing or repairs. This is important as it may involve the removal of covers that provide protection against microwave energy.

- The door seal stops microwave leakage during oven operation, but does not form an airtight seal. It is normal to see drops of water, light or feel warm air around the oven door. Food with a high moisture content will release steam and cause condensation inside the door which may drip from the oven.
- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer Cabinet & Lamp Access: Never remove the outer cabinet. This is very dangerous due to high voltage parts inside which must never be touched, as this could be fatal. Your oven is not fitted with a lamp access cover. If the lamp fails, do not attempt to replace the lamp yourself, call a SHARP approved service facility.

IMPORTANT:

If the display is blank and has gone dark, even if the power plug is properly connected, the oven may be in Energy Save Mode. To cancel it, open and then close the oven door, see page 8.

Cooking Mode	Standard Time
Microwave 100% cooking	20 Minutes
Grill-1	15 Minutes
Grill-2	15 Minutes
Grill-3	Top Grill 6 Minutes Btm Grill 6 Minutes
Dual Grill-1	
Microwave 100%	Microwave 20 Minutes Top Grill 15 Minutes
Microwave 10 - 70%	Top Grill 15 Minutes
Dual Grill-2	
Microwave 100%	Microwave 20 Minutes Btm Grill 15 Minutes
Microwave 10 - 70%	Btm Grill 15 Minutes

TROUBLESHOOTING

TROUBLESHOOTING CHART


QUERY	ANSWER
Draught circulates around the door.	When the oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may possibly roughen the surface of the cavity, but would not otherwise damage the oven.
Arcing potatoes.	Ensure all "eyes" are removed from the potatoes and that they have been pierced, place directly onto the turntable or in a heat resistant flan dish or similar.
The display is lit but the control panel will not work when pressed.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct power level has been selected.
Oven makes a noise.	The microwave energy pulses ON and OFF during cooking/defrosting.
Outer cabinet is hot.	The cabinet may become warm to the touch - keep children away.

TO REPLACE THE MAINS PLUG

The wires in the mains cable are colour coded as shown:

Green and yellow stripes	=	EARTH
Blue	=	NEUTRAL
Brown	=	LIVE

As the colours in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as described:

- The green and yellow wire to the plug terminal marked E  or coloured green or coloured green and yellow.
- The blue wire to the plug terminal marked N or coloured black or coloured blue.
- The brown wire to the plug terminal marked L or coloured red or coloured brown.

Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug.

Like most appliances in your home, your oven must be connected to a single phase 230-240V, 50Hz alternating current supply.

If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.



WARNING: THIS APPLIANCE MUST BE EARTHED

If you have any doubts about your electrical supply ask a qualified electrician.

CALLING FOR SERVICE

- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre. Telephone: 08705 274277 (office hours).
- For general information and assistance with oven queries, please contact our **Customer Information Centre:**
U.K.: 08705 274277 (office hours)
Ireland: 01 676 0648 (office hours)
Website: www.sharp.co.uk/customersupport
- Replacement accessories may be obtained from our main parts distributor: Willow Vale Electronics Ltd. Telephone: 0121 766 5414

COOKBOOK

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INTRODUCTION

This Cookbook contains a wide variety of recipes developed specifically for your microwave oven. These will give you successful results and will save time and electricity. The recipes demonstrate the capabilities of your oven and prove that microwave technology is the efficient and effective alternative to conventional cooking. The cookery notes below compliment all cooking procedures in this cookbook and should be read in advance of recipe preparation.

COOKERY NOTES

- Please weigh all meat and poultry prior to defrosting and cooking, as labelled weights are only approximate.
- Where dishes are covered use vented microwave cling film unless otherwise stated. Where dishes are lined, use greaseproof paper unless otherwise stated.
- Please note that all preparation times and serving quantities are approximate.
- All ingredients are given in both metric and imperial measures. Use either set but not a combination of both measures.
- Cooking times in the charts and recipes are based on standard conditions. Cooking results will vary according to the condition of foods, utensils and the oven. Please check the cooking result and, if necessary, adjust cooking times accordingly.
- Serve all dishes immediately unless otherwise stated.
- Butter and margarine can be interchanged on recipes, as preferred.
- Half-fat, skimmed or full-fat milk may be used in all recipes, as preferred.
- Where it is necessary to blend foods, use a food processor, liquidiser or press through a sieve.
- Chilled foods are to be cooked from 5°C. **DO NOT COOK FROM FROZEN.**
- Ambient/fresh/dried/canned foods are to be cooked from 20°C. **DO NOT COOK FROM FROZEN.**
- Frozen foods are to be cooked from -18°C.

CONVERSION CHARTS

WEIGHT MEASURES

15g	1/2oz
25g	1oz
50g	2oz
100g	4oz
175g	6oz
225g	8oz
450g	1lb

VOLUME MEASURES

30ml	1flop
100ml	3flop
150ml	5flop (1/4 pint)
300ml	10flop (1/2 pint)
600ml	20flop (1 pint)

SPOON MEASURES

1.25ml	1/4 teaspoon
2.5ml	1/2 teaspoon
5ml	1 teaspoon
15ml	1 tablespoon

DEFROSTING CHART

FOOD	DEFROST TIME	MICRO POWER LEVEL	▼ METHOD	● STANDING TIME
Meat Joints (Beef,Lamb,Pork)	22 - 23 Minutes/ 450g	10%	Place in a flan dish. Turn over 4 - 5 times during defrosting. Shield.	60 - 90 Minutes
Minced Meat	5 - 8 Minutes/ 450g	30%	Place on a plate. Turn over 3 - 4 times, removing defrosted mince each time.	15 - 30 Minutes
Steak 2cm (3/4") thick	11 - 12 Minutes/ 450g	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	15 - 30 Minutes
Chops and Sausages	16 - 18 Minutes/ 450g	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	15 - 30 Minutes
Bacon	11 - 12 Minutes/ 450g	30%	Place on a plate. Separate and re-arrange twice during defrosting. Shield.	5 - 10 Minutes
❖ Whole Poultry (Chicken,Turkey,Duck)	20 - 21 Minutes/ 450g	10%	Place in a flan dish. Turn 4 - 5 times, during defrosting. Shield.	60 - 90 Minutes
Chicken Legs	8 - 9 Minutes/ 450g	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	25 - 30 Minutes
Chicken/Turkey (Breasts & Fillets)	11 - 12 Minutes/ 450g	30%	Place in a flan dish. Turn 2 - 3 times, separate during defrosting. Shield.	25 - 30 Minutes
Minced Turkey	11 - 12 Minutes/ 450g	30%	Place in a bowl. Turn 3 - 4 times, removing defrosted mince each time.	15 - 20 Minutes
Whole Fish (Trout, Mackerel)	9 Minutes/ 450g	30%	Place in a flan dish. Separate and re-arrange twice during defrosting. Shield.	15 - 30 Minutes
Fish Fillets/Steaks	7 - 8 Minutes/ 450g	30%	Place in a flan dish. Separate and re-arrange twice during defrosting. Shield.	15 - 30 Minutes
Apples	8 - 9 Minutes/ 450g	30%	Place in a dish. Stir during defrosting. Shield.	15 - 20 Minutes
Blackcurrants/Redcurrants/ Raspberries/Blackberries	6 - 7 Minutes/ 450g	30%	Place in a dish. Stir during defrosting. Shield.	15 - 20 Minutes
Gooseberries/Rhubarb/ Strawberries	7 - 8 Minutes/ 450g	30%	Place in a dish. Stir during defrosting. Shield.	15 - 20 Minutes
Bread (sliced)	6 Minutes/ 400g	30%	Place on the turntable. Separate and rearrange during defrosting.	5 - 10 Minutes
Pastry (Puff or Shortcrust)	5 Minutes/ 450g	30%	Place on a plate. Turn over half way through defrosting.	10 - 15 Minutes
Meat & Fruit Pies (cooked)	7 - 8 Minutes/ large pie	30%	Remove from foil container. Place in a flan dish.	15 - 20 Minutes

NOTE: Do not use the rack for defrosting.

▼ Method: If shielding is necessary, use small pieces of foil.

❖ Poultry: Chicken, turkey and duck must be defrosted without giblets.

● Standing Time: During recommended standing time, wrap or cover food in foil.

COOKING CHART

FOOD	COOKING TIME	MICRO POWER LEVEL	METHOD	STANDING TIME
Fish Fillets	7 Minutes/ 450g	100%	Place in a single layer in a flan dish. Cover and cook.	2 - 3 Minutes
Whole Fish & Steaks	7 - 8 Minutes/ 450g	100%	Place in a single layer in a flan dish. Cover and cook.	2 - 3 Minutes
Aubergines & Broccoli (fresh)	5 Minutes/ 225g	100%	Slice. Add 30ml (2 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Green Beans and Sprouts (fresh)	5 - 6 Minutes/ 225g	100%	Add 30ml (2 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Cabbage, Carrots, Cauliflower, Celery (fresh)	5 Minutes/ 225g	100%	Slice or break into florets. Add 30ml (2 tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Corn on the Cob (fresh)	6 - 7 Minutes/ 225g	100%	Add 45ml (3 tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Courgettes & Leeks (fresh)	4 - 5 Minutes/ 225g	100%	Slice. Add 30ml (2 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Parsnips & Spinach (fresh)	5 - 6 Minutes/ 225g	100%	Slice. Add 45ml (3 tbsp) water. Cover. Stir halfway through cooking.	2 Minutes
Potatoes, Jacket (250g/9oz - each) (fresh)	10 - 12 Minutes/ 2 potatoes	100%	Pierce in several places. Place on the edge of the turntable.	5 Minutes
Potatoes, Boiled (old & new - fresh)	9 - 10 Minutes/ 450g	100%	Cut into quarters. Add 60ml (4 tbsp) water. Cover. Stir halfway through cooking.	4 Minutes
Swede & Turnips (fresh)	7 - 8 Minutes/ 225g	100%	Dice. Add 45ml (3 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Beans & Cabbage (green - frozen)	5 - 6 Minutes/ 225g	100%	Place in dish. Add 15ml (1 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Broccoli/ Leaf Spinach /Brussels Sprouts (frozen)	6 - 7 Minutes/ 225g	100%	Place in dish. Add 15ml (1 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Carrots - sliced (frozen)	6 Minutes/ 225g	100%	Place in dish. Add 15ml (1 tbsp) water. Cover dish. Stir halfway through cooking.	3 Minutes
Cauliflower florets (frozen)	5 - 6 Minutes/ 225g	100%	Place in dish. Add 15ml (1 tbsp) water. Cover dish. Stir halfway through cooking.	2 Minutes
Corn on the Cob (frozen)	10 - 11 Minutes/ 2 cobs	100%	Place in dish. Cover dish. Turnover halfway through cooking.	3 Minutes
Peas, Sweetcorn & Mixed Vegetables (frozen)	5 - 6 Minutes/ 225g	100%	Place in dish. Cover dish. Stir halfway through cooking.	2 Minutes
Apples & Rhubarb (fresh)	5 - 6 Minutes/ 450g	100%	Peel & slice. Place in a dish and cover. Stir during cooking.	2 Minutes
Blackberries/ Raspberries/ Redcurrants	5 - 6 Minutes/ 450g	100%	Place in a dish and cover. Stir during cooking.	2 Minutes

NOTE:

- Prior to cooking fresh vegetables and fruit are at ambient temperature (20°C)
- Frozen vegetables are cooked from -18°C.

COOKING CHART

FOOD	* COOKING TIME	MICRO POWER LEVEL	▼ METHOD	● STANDING TIME
White rice (long grain)	14 - 15 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g rice. Do not cover. Stir twice during cooking.	2 Minutes
Brown rice	21 - 22 Minutes	70%	Add 400ml (14fl.oz) boiling water/100g rice. Do not cover. Stir twice during cooking.	2 Minutes
DRIED PASTA				
Spaghetti (short cut)	11 - 12 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	2 Minutes
Macaroni (short cut)	12 - 13 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	2 Minutes
Tagliatelle	10 - 11 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	2 Minutes
Pasta shells	11 - 12 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	2 Minutes
FRESH PASTA				
Spaghetti/Tagliatelle	8 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	2 Minutes
Fusilli/Penne/Conchiglie/Farfalle	8 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	2 Minutes
Ravioli	12 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	2 Minutes
Tortellini (white)	12 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	2 Minutes
Tortellini (brown)	14 Minutes	70%	Add 300ml (1/2 pint) boiling water/100g pasta. Do not cover. Stir twice during cooking.	2 Minutes
Scrambled Eggs	15g butter 2 eggs (medium) 30ml (2 tbsp) milk salt & pepper	70%	1 Melt the butter in a bowl on 70% for 30 seconds. 2 Add the eggs, milk and seasoning and mix well. 3 Cook on 70% for 3 minutes, stirring every 30 seconds.	30 Seconds
Omlette	15g butter 4 eggs (medium) 90ml (6 tbsp) milk salt & pepper	100%	1 Whisk together eggs and milk. Season. 2 Place butter in a 25cm flan dish. Heat on 100% for 1 minute, until melted. Coat the dish with the melted butter. 3 Pour omelette mixture into flan dish. Cook on 100% for 2 minutes. Whisk mixture and cook again on 100% for 4 minutes.	

- Ensure you read all cookery notes on page 32.
- Eggs and Fresh Pasta are cooked from chilled (5°C).
- * Cooking Time: Cooking time is constant for any quantity of rice or pasta, quantity of boiling water has to be adjusted according to quantity of rice or pasta, see Method.
- Standing Time: After standing, rinse rice and pasta in boiling water prior to serving.

GRILL - 3 COOKING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Tea Cakes and Muffins	4 - 5 Minutes for 1 - 6 halves	Slice in half. Place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Crumpets	5 - 6 Minutes for 1 - 6 crumpets	Place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Cheese on Toast	6 Minutes for 2 slices	Place bread directly onto the turntable. Grill for 3 minutes. Turn over and cover with 80g grated cheese. Grill for 3 minutes.	GRILL - 3
Oven Chips (thin cut)	6 - 7 Minutes for 100g 8 - 9 Minutes for 200g 10 - 11 Minutes for 300g	Place directly onto the turntable. Turn over 3/4 of the way through cooking.	GRILL - 3
Oven Chips (standard cut)	6 - 7 Minutes for 100g 8 - 9 Minutes for 200g 10 - 11 Minutes for 300g	Place directly onto the turntable. Turn over 3/4 of the way through cooking.	GRILL - 3
Oven Chips (thick cut)	8 - 9 Minutes for 200g 11 - 12 Minutes for 300g 13 - 14 Minutes for 400g	Place directly onto the turntable. Turn over 3/4 of the way through cooking.	GRILL - 3
Bacon	9 - 10 Minutes for 1 - 6 rashers	Place in a flan dish on the turntable. Turn over 3/4 of the way through cooking.	GRILL - 3
Gammon Steak	8 - 9 Minutes for 225g 13 - 14 Minutes for 450g	Place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3
Sausages (thin)	8 Minutes for 225g 12 Minutes for 450g	Pierce skin, place directly onto the turntable. Turn over twice during cooking.	GRILL - 3
Sausages (thick)	9 Minutes for 225g 12 Minutes for 450g	Pierce skin, place directly onto the turntable. Turn over twice during cooking.	GRILL - 3
Beefburgers (chilled)	9 Minutes for 225g (2 burgers) 12 Minutes for 450g (4 burgers)	Place directly onto the turntable. Turn over 3/4 of the way through cooking.	GRILL - 3
Beefburgers (frozen)	9 Minutes for 225g (4 burgers) 12 Minutes for 450g (8 burgers)	Place directly onto the turntable. Turn over 3/4 of the way through cooking.	GRILL - 3
Fish Fingers (frozen)	10 - 11 Minutes for 1 - 12 fingers	Place directly onto the turntable. Turn over halfway through cooking.	GRILL - 3

NOTES:

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.
- No standing time is required for the foods in this chart.

DUAL COOK - I COOKING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Beef rare (chilled)	10 - 11 Minutes per 450g	Place fat side down in a flan dish on the rack. Calculate the cooking time. Use Sequence cooking. (Page 20). Stage 1: Cook on 70% throughout cooking time, apart from the last 4 minutes. Turn over, remove juices halfway through Stage 1. Stage 2: Cook on DUAL COOK - I, 70% for the final 4 minutes of cooking time. Stand for 10 minutes after cooking.	Stage 1: 70% Stage 2: DUAL COOK - I, 70%
Beef/Lamb medium (chilled)	12 - 13 Minutes per 450g	As above	As above
Beef/Lamb (Well done) (chilled)	16 - 17 Minutes per 450g	As above	As above
Pork (chilled)	17 - 18 Minutes per 450g	Place fat side down in a flan dish on the rack. Calculate the cooking time. Use Sequence cooking. (Page 20). Stage 1: Cook on 70% throughout, apart from the last 4 minutes. Turn over, remove juices halfway through Stage 1. Stage 2: Cook on DUAL COOK - I, 70% for the final 4 minutes of cooking time. Stand for 10 minutes after cooking.	Stage 1: 70% Stage 2: DUAL COOK - I, 70%
Poultry (Max. 1.8kg/4lb) (chilled)	11 - 12 Minutes per 450g	Place breast side down in a flan dish on the rack. Calculate the cooking time. Use Sequence cooking. (Page 20). Stage 1: Cook on 70% throughout cooking time, apart from the last 3 minutes. Turn over, remove juices halfway through Stage 1. Stage 2: Cook on DUAL COOK - I, 70% for the final 3 minutes of cooking time. Stand for 10 minutes after cooking.	Stage 1: 70% Stage 2: DUAL COOK - I, 70%
Chicken Fillets (with skin) (chilled)	10 - 11 Minutes per 450g	Place skin side down in a flan dish on the rack. Calculate the cooking time. Use Sequence cooking. (Page 20). Stage 1: Cook on 70% for the first half of cooking time. Turn over, remove juices after Stage 1. Stage 2: Cook on DUAL COOK - I, 70% for the second half of cooking time. Stand for 2 minutes after cooking.	Stage 1: 70% Stage 2: DUAL COOK - I, 70%
Chicken Legs (chilled)	9 - 10 Minutes per 450g	As above	As above
Chicken Breasts (chilled)	13 - 14 Minutes per 450g	As above	As above

NOTES:

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.

DUAL COOK - I COOKING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Lamb Chops (chilled)	10 Minutes per 450g	Place in a flan dish on the rack. Calculate the cooking time. Use Sequence cooking. (Page 20). Stage 1: Cook on DUAL COOK - I, 70% throughout, apart from the last 3 minutes. Turn over, remove juices after Stage 1. Stage 2: Cook on GRILL - I for the final 3 minutes of cooking time.	Stage 1: DUAL COOK - 2, 70% Stage 2: GRILL - I
Pork Chops (Boneless) (chilled)	14 Minutes per 450g	Place in a flan dish on the rack. Calculate the cooking time. Use Sequence cooking. (Page 20). Stage 1: Cook on DUAL COOK - I, 70% throughout, apart from the last 3 minutes. Turn over, remove juices after Stage 1. Stage 2: Cook on GRILL - I for the final 3 minutes of cooking time.	Stage 1: DUAL COOK - I, 70% Stage 2: GRILL - I
Pork Chops (with bone) (chilled)	16 Minutes per 450g	As above	As above
Crispy Crumb Foods (chilled)	7 - 8 Minutes for 100g 11 - 12 Minutes for 300g 14 - 15 Minutes for 500g	Place in a flan dish on the rack. Use Sequence cooking. (Page 20). Stage 1: Cook on DUAL COOK - I, 30% for the first half of cooking time. Turn over after Stage 1. Stage 2: Cook on GRILL - I for second half of cooking time. As above. As above.	Stage 1: DUAL COOK - I, 30% Stage 2: GRILL - I As above. As above.
Crispy Crumb Foods (frozen)	8 - 9 Minutes for 100g 11 - 12 Minutes for 300g 15 - 16 Minutes for 500g	Place in a flan dish on the rack. Use Sequence cooking. (Page 20). Stage 1: Cook on DUAL COOK - I, 50% for the first half of cooking time. Turn over after Stage 1. Stage 2: Cook on GRILL - I for second half of cooking time. As above. As above.	Stage 1: DUAL COOK - I, 50% Stage 2: GRILL - I As above. As above.
Pizza (thin and deep) (chilled)	4 Mins. 30 Secs. for 200g 6 Mins. 30 Secs. for 400g 8 Mins. 30 Secs. for 800g	Remove all packaging and place directly onto the turntable. Use Sequence cooking. (Page 20). Stage 1: Cook on DUAL COOK - I, 100% for 1 Min and 30 Secs. Stage 2: Cook on GRILL - 3 for 3 Minutes. Stage 1: Cook on DUAL COOK - I, 100% for 2 Mins and 30 Secs. Stage 2: Cook on GRILL - 3 for 4 Minutes. Stage 1: Cook on DUAL COOK - I, 100% for 3 Mins and 30 Secs. Stage 2: Cook on GRILL - 3 for 5 Minutes.	Stage 1: DUAL COOK - I, 100% Stage 2: GRILL - 3

- NOTES:**
- Chilled foods are cooked from 5°C.
 - Frozen foods are cooked from -18°C.
 - No standing time is required for the foods in this chart.

DUAL COOK - I COOKING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Pizza (thin and deep) (frozen)	4 Mins. 30 Secs. for 200g 6 Mins. 30 Secs. for 400g 8 Mins. 30 Secs. for 800g	Remove all packaging and place directly onto the turntable. Use Sequence cooking. (Page 20). Stage 1: Cook on DUAL COOK - I, 100% for 1 min and 30 secs. Stage 2: Cook on GRILL - 3 for 3 minutes. Stage 1: Cook on DUAL COOK - I, 100% for 2 Mins and 30 secs. Stage 2: Cook on GRILL - 3 for 4 minutes. Stage 1: Cook on DUAL COOK - I, 100% for 3 mins and 30 secs. Stage 2: Cook on GRILL - 3 for 5 minutes.	Stage 1: DUAL COOK - I, 100% Stage 2: GRILL - 3
Baked Potatoes (fresh)	16 - 17 Minutes for 2 Potatoes (250g each)	Pierce each potato in several places. Place in a flan dish on the rack. Turn over halfway through cooking time.	DUAL COOK - I, 70%
Roast Potatoes (fresh)	20 - 25 Minutes 675g Potatoes	Cut into even sized pieces. Brush with oil. Place in a flan dish on the rack. Turn over halfway through cooking time.	DUAL COOK - I, 50%
Garlic Bread (chilled)	5 Minutes for 1 baguette	Remove any packaging. Place in a flan dish on the rack.	DUAL COOK - I, 10%
Garlic Bread (frozen)	6 Minutes for 1 baguette	Remove any packaging. Place in a flan dish on the rack.	DUAL COOK - I, 30%
Toasted Sandwich	5 Minutes for 1 sandwich 6 Minutes for 2 sandwiches	Prepare sandwich: Place two slices of ham and 50g grated cheese between 2 slices of bread and butter. Place sandwich directly onto the turntable. Use Sequence cooking. (Page 20). Stage 1: Cook on GRILL - 3, for 4 minutes. Stage 2: Cook on DUAL COOK - 2, 30% for 1 minute. Prepare sandwich: As above, double the ingredients. Place sandwiches directly onto the turntable. Use Sequence cooking. (Page 20). Stage 1: Cook on GRILL - 3, for 4 minutes. Stage 2: Cook on DUAL COOK - 2, 30% for 2 minutes.	Stage 1: GRILL - 3 Stage 2: DUAL COOK - 2, 30% As above

NOTES:

- Chilled foods are cooked from 5°C.
- Frozen foods are cooked from -18°C.
- No standing time is required for the foods in this chart.

OVEN COOKING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Fish (Fillets, Steaks, Whole) • Chilled	30 Minutes for 450g	Place in a flan dish on the rack. Cover the dish with foil.	PREHEAT 200°C Bake at 200°C
• Frozen	45 Minutes for 450g	Place in a flan dish on the rack. Cover the dish with foil.	PREHEAT 200°C Bake at 200°C
Casserole	60 Minutes for 450g of meat	Place all ingredients into a large casserole dish with 600ml (1 pint) of stock. Cover the dish with a lid and place on the turntable. Stir 3 - 4 times during cooking.	PREHEAT 160°C Bake at 160°C
Lasgane, Moussaka, Cannelloni	50 Minutes for 450g of minced meat	Layer all ingredients into a large, square dish with 600ml (1 pint) of white sauce. Cover the dish with foil and place on the rack. After 35 minutes remove the foil and bake uncovered for the remaining time.	PREHEAT 200°C Bake at 200°C
Savoury Pie • Chilled	30 Minutes for 450g	Place the pie in its foil container on a baking tray. Bake on the rack.	PREHEAT 160°C Bake at 160°C
• Frozen	35 Minutes for 450g	Place the pie in its foil container on a baking tray. Bake on the rack.	PREHEAT 180°C Bake at 180°C
Savoury Pie • Chilled	20 Minutes for 450g	Place the pie in its foil container on a baking tray. Bake on the rack.	PREHEAT 160°C Bake at 160°C
• Frozen	45 Minutes for 450g	Place the pie in its foil container on a baking tray. Bake on the rack.	PREHEAT 160°C Bake at 160°C
Quiche (Chilled)	25 Minutes for 450g	Remove the foil container and place on a baking tray. Bake on the rack.	PREHEAT 180°C Bake at 180°C
Crispy Crumb • Chilled	15 - 20 Minutes for 300g	Remove all packaging and place on a baking tray. Bake on the rack.	PREHEAT 180°C Bake at 180°C
• Frozen	20 - 25 Minutes for 300g	Remove all packaging and place on a baking tray. Bake on the rack.	PREHEAT 180°C Bake at 180°C
Chicken Kiev	25 Minutes for 300g (2 Kievs)	Remove all packaging and place on a baking tray. Bake on the rack.	PREHEAT 180°C Bake at 180°C
Baked Potatoes	75 Minutes 2 potatoes (250g each)	Wash then pierce in several places. Place directly onto the turntable.	PREHEAT 160°C Bake at 160°C
Roast Potatoes	45 Minutes for 450g	Cut into even sized pieces and place in a flan dish with 90ml (6 tablespoons) of oil. Turn over every 10 minutes.	PREHEAT 160°C Bake at 160°C
Garlic Bread • Chilled	12 Minutes for 1 baguette	Remove all packaging and place on a baking tray. Bake on the rack.	PREHEAT 160°C Bake at 160°C
• Frozen	15 Minutes for 1 baguette	Remove all packaging and place on a baking tray. Bake on the rack.	PREHEAT 160°C Bake at 160°C

NOTES: • Chilled foods are cooked from 5°C.
• Frozen foods are cooked from -18°C.

REHEATING CHART

FOOD	COOKING TIME	METHOD	COOKING MODE
Canned foods (soups, beans, vegetables, etc.)	6 - 7 Minutes for 425g can	Remove from the can. Place in a dish, cover. Stir halfway through cooking. Stand for 2 minutes after cooking.	70%
Christmas pudding	40 - 50 seconds for 125g slice	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 30 seconds after cooking.	70%
	1 Minute for 175g pudding	As above	70%
	4 - 5 Minutes for 450g pudding	Place in a flan dish. Do not exceed cooking time advised by food manufacturer. Stand for 1 minute after cooking.	70%
Bread rolls/ Croissants	20 - 30 seconds for 2	Place on the turntable.	70%
Sausage rolls (cooked, chilled approx. 50g each)	3 - 4 Minutes for 6 sausage rolls	Place in a flan dish on the rack. Stand for 2 minutes after cooking.	DUAL COOK - I, 30%
Quiche, (cooked, chilled)	5 - 6 Minutes for 225g quiche	Remove foil container. Place in a flan dish on the rack. Stand for 3 minutes after cooking.	DUAL COOK - I, 30%
	7 - 8 Minutes for 450g quiche		
Meat Pie (cooked, chilled)	3 - 4 Minutes for 225g pie	Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	DUAL COOK - I, 50%
	5 - 6 Minutes for 450g pie		
	8 - 9 Minutes for 600g pie		
Fruit Pie (cooked, chilled)	20 - 30 Seconds for 50 - 70g pie	Remove foil container. Place in a flan dish on the turntable. Stand for 1 minute after cooking.	50%
	3 - 4 Minutes for 225g pie	Remove foil container. Place in a flan dish on the low rack. Stand for 3 minutes after cooking.	DUAL COOK - I, 50%
	7 - 8 Minutes for 450g pie		

NOTES:

- Take care when heating foods with high sugar or fat content, for example, Christmas pudding and mince pies.
- DO NOT EXCEED THE REHEATING TIMES GIVEN IN THE CHART ABOVE.

RECIPES

Serves 4 - 6

75g celery, sliced
125g carrots, chopped
2 cloves garlic, crushed (see tip, page 48)
100g leeks, sliced
125g black eyed beans, cooked
125g chick peas, chopped
125g kidney beans, cooked
100g sweetcorn, canned
400g chopped tomatoes, canned
1 pint hot vegetable stock
salt and pepper to taste

VEGETABLE & BEAN SOUP

- 1 Place the celery, carrots, garlic and leeks in a 2.5 litre bowl and cook on 100% for 3 minutes.
- 2 Place the remaining ingredients into the bowl and mix well.
- 3 Cook on 50% for 35 minutes, stirring 2 - 3 times during cooking.

Serves 4

15ml (1 tbsp) sunflower oil
225g onion, finely chopped
400g broccoli, broken into small florets
25g plain flour
1 litre (1³/₄ pints) hot vegetable stock
300ml (1/2 pint) milk
225g Double Gloucester cheese, grated
salt and pepper to taste

BROCCOLI & CHEESE SOUP

- 1 Place oil, onion and broccoli in a large bowl, mix well. Cover and cook on 100% for 5 minutes.
- 2 Stir in the flour to form a paste, add the stock, milk and cheese, mix well. Cover and cook on 100% for 10 minutes.
- 3 Blend in a food processor. Return to bowl and season. Heat on 70% for 18 minutes, stir 3 - 4 times.

Serves 2 - 4

50g butter
50g fresh brown breadcrumbs
75g cooked ham, finely chopped
90ml (6 tbsp) double cream
salt and pepper to taste
5ml (1 tsp) fresh parsley, chopped
2 large ripe avocados
15ml (1 tbsp) lemon juice
75g Double Gloucester cheese, grated
fresh parsley sprigs to garnish

AVOCADO AU GRATIN

- 1 Place the butter in a bowl and heat on 100% for 30 seconds. Stir in the breadcrumbs and ham, add enough cream to bind the mixture. Season with salt and pepper to taste and stir in the parsley.
- 2 Cut the avocados in half, remove the stone and brush the flesh with lemon juice. Fill each avocado half with the breadcrumb mixture.
- 3 Place the avocados in a large flan dish and sprinkle with the grated cheese.
- 4 Place the dish on the rack, use sequence programming to cook on 100% for 2 minute, then on GRILL - 1 for 8 minutes until brown and crispy.

Serves 2 - 3

6 medium open cap mushrooms
75g butter
2 cloves garlic, crushed (see tip, page 48)
75g fresh breadcrumbs
50g cheese, grated

CRISPY STUFFED MUSHROOMS

- 1 Remove and chop mushroom stalks. Place mushroom caps on the turntable, open side up.
- 2 Heat butter with garlic on 100% for 1 minute, stir in chopped mushroom stalks and breadcrumbs. Fill mushrooms with mixture, sprinkle with cheese.
- 3 Cook on the turntable on GRILL - 3 for 10 - 11 minutes.

Stilton stuffed mushrooms: Omit garlic and grated cheese. Add 100g Stilton crumbled at Stage 2.

RECIPES

Serves 2 - 4

225g courgettes, sliced
 1/2 red pepper, seeded and sliced
 1/2 yellow pepper, seeded and sliced
 225g aubergine, cubed
 60ml (4 tbsp) olive oil
 12 cherry tomatoes
 2 cloves garlic, crushed (see tip, page 48)
 15ml (1 tbsp) fresh parsley, chopped
 50g whole black olives
 15ml (1 tbsp) lemon juice (see tip below)
 salt and pepper to taste

SALAD PROVENCALE

- 1 Place the courgettes, red and yellow peppers, aubergine and olive oil in a large bowl, cook on 70% for 6 minutes or until the vegetables have softened. Stir after half the cooking time.
- 2 Stir in the remaining ingredients and cook on 70% for a further 5 minutes. Toss gently and transfer to a serving dish.

Chill before serving with French bread.

Serves 4

200g white long grain rice
 600ml (1 pint) hot chicken stock
 2.5ml (1/2 tsp) turmeric
 salt and pepper to taste
 1 red pepper, seeded and sliced
 100g prawns, peeled and cooked
 100g peas
 100g cockles, cooked
 100g mussels, cooked
 100g whole baby corn
 225g chicken, cooked and chopped

PAELLA

- 1 Place the rice in a large bowl and add the stock, turmeric and seasoning. Cook on 70% for 14 - 15 minutes, until the rice is tender, stir 2 - 3 times during cooking. Drain.
- 2 Stir in the red pepper, prawns, peas, cockles, mussels, baby corn and chicken. Cook on 100% for 8 minutes, stirring after 4 minutes.

Serves 6

50g butter
 3 cloves garlic, crushed (see tip, page 48)
 250g tiger prawns, cooked and peeled
 5ml (1 tsp) fresh parsley, chopped

GARLIC PRAWNS

- 1 Heat the butter on 100% for 30 seconds. Stir in the garlic and cook on 100% for a further minute.
- 2 Stir in the prawns and cook on 50% for 7 minutes, stirring every minute. Sprinkle with parsley to serve.

Serve in ramekin dishes with French bread.

Garlic mushrooms: Substitute prawns with 175g mushrooms, cut into quarters.

Microwave Tip: More juice from Oranges and Lemons

Cut fruit in half and pierce with a fork. Place in a shallow flan dish, cut side down. Heat on 100% for 2 minutes

Microwave Tip: Softening crystallised honey

Place 100g honey in a bowl. Heat on 100% for 1 minute until runny.

RECIPES

Serves 4

450g white fish fillets (Cod or Haddock)
 50g butter
 275g courgettes, sliced
 100g mushrooms, sliced
 450ml (¾ pint) white sauce (see tip, page 59)
 2.5ml (½ tsp) dried tarragon (see tip, page 50)
 2.5ml (½ tsp) dried basil (see tip, page 50)
 10ml (2 tsp) English mustard powder
TOPPING:
 900g potato, peeled and quartered
 300ml (½ pint) water
 100g margarine
 60ml (4 tbsp) milk
 salt and pepper to taste
 100g cheddar cheese, grated

FISH PIE

- 1 Arrange fish in a single layer in a flan dish. Cover and cook on 100% for 7 minutes.
- 2 Place butter, courgettes and mushrooms in a 2.5 litre (approx. 4 pint) casserole dish. Cover and cook on 100% for 3 minutes.
- 3 Break the fish into flakes and add to the vegetables.
- 4 Stir herbs and mustard powder into the sauce.
- 5 Add to fish mixture.
- 6 Place the potatoes into a bowl with 300ml (½ pint) water and cook on 100% for 20 minutes, stirring twice.
- 7 Drain the potatoes and mash with butter, milk and seasoning.
- 8 Spread over the fish mixture and sprinkle with the cheese.
- 9 Place on the rack and cook at 130°C for 45 minutes.

Serves 4

200g canned asparagus, chopped
 225g salmon fillet, cooked, flaked
 200g cream cheese and chives
 salt and pepper to taste
 15ml (1 tbsp) fresh dill, chopped
 450g puff pastry
 1 egg, to glaze

SALMON PARCELS

- 1 Drain asparagus, place in a bowl with the salmon, cream cheese, seasoning and dill, mix well.
- 2 Preheat the oven to 160°C.
- 3 Divide pastry into four and roll out into 18cm squares.
- 4 Place equal amounts of mixture into the centre of each square. Brush edges with egg. Form parcels by folding the corners over the filling. Pinch edges to form a raised edge. Brush with egg. Place in two large, greased flan dishes.
- 5 Place one dish on the rack. Cook at 160°C for 45 minutes until golden. Repeat for the other flan dish.

Serves 2 - 4

4 wooden skewers (see tip, page 50)
 2 courgettes, cut into 8 chunks
 4 medium mushrooms, stalks removed
 450g firm fleshed fish skinned and cut into 16 cubes
 4 slices of orange
 2 firm medium tomatoes, halved
 5ml (1 tsp) fresh dill, chopped
 50g butter

FISH KEBABS

- 1 Thread pieces of courgette, mushroom, fish, orange and tomato onto each skewer in a regular sequence. Leave no wood exposed.
- 2 Heat the dill and butter in a small bowl on 100% for 30 seconds. Brush kebabs with the dill butter, place in a flan dish on the rack.
- 3 Cook on DUAL COOK - 1, 50% for 18 minutes. Turn over and rearrange the kebabs every 6 minutes.

RECIPES

Serves 6

30ml (2 tbsp) cornflour
150ml (1/4 pint) soured cream
45ml (3 tbsp) clear honey
45ml (3 tbsp) wholegrain mustard
150ml (1/4 pint) white wine
900g (2lb) pork, cubed
250g (9oz) fresh apples, chopped
125g (5oz) onion, chopped

PORK MUSTARD SURPRISE

- 1 Mix the cornflour and cream together in a 2.5 litre (approx. 4 pint) casserole dish.
- 2 Stir in the honey, mustard, wine and stock thoroughly.
- 3 Add the pork, apples and onion, mixing well.
- 4 Place the dish on the rack and cook on 50% for 45 minutes, stirring twice during cooking.

Serves 4

45ml (3 tbsp) vegetable oil
150g (5 1/2oz) onion, finely chopped
100g (4oz) celery, finely chopped
2 cloves garlic, crushed (see tip, page 52)
75g (3oz) bacon, finely chopped
1 bay leaf
400g (14oz) canned, chopped tomatoes
30ml (2 tbsp) tomato purée
450g (1lb) lean minced beef
15ml (1 tbsp) dried mixed herbs (see tip, page 54)
450g (1lb) canned red kidney beans
5 - 15ml (1 - 3 tsp) chilli powder, to taste
300ml (1/2 pint) red wine
300ml (1/2 pint) hot beef stock
salt and pepper to taste

CHILLI CON CARNE

- 1 Place oil, onion, celery, garlic and bacon into a large bowl, mix well. Cover and cook on 100% for 7 - 8 minutes.
- 2 Add the bay leaf, tomatoes, purée and minced beef to the vegetable mixture. Cook on 100% for 9 - 10 minutes, stir 2 - 3 times during cooking.
- 3 Add herbs, kidney beans, chilli powder, wine and stock. Season, mix well. Cover and cook on 100% for 5 minutes, then on 50% for 21 - 22 minutes until sauce is thick. Stir 2 - 3 times during cooking.

Sheperds Pie: Make as above, omit the wine. Place in a dish and top with 700g (1 1/2lb) mashed potato. Place on turntable and cook on DUAL COOK - 1, 70% for 9 - 10 minutes until evenly brown.

Serves 4

225g (8oz) lean minced beef, pork or lamb
2 cloves garlic, crushed (see tip, page 52)
75g (3oz) onion, chopped
2 fresh, green chillis, chopped
225g (8oz) canned, chopped tomatoes
100g (4oz) canned, red kidney beans
8 taco shells, pre-cooked
175g (6oz) Cheddar cheese, grated

MEXICAN TACOS

- 1 Place the mince, garlic and onion in a bowl, mix well. Cook on 100% for 7 - 8 minutes, stir twice.
- 2 Stir in chillis, tomatoes and beans. Cook on 100% for 18 minutes. Place taco shells on kitchen paper on turntable. Heat on 100% for 2 minutes. Fill with chilli bean mixture, sprinkle with cheese.
- 3 Pack tacos together, open end up in a large casserole or flan dish. Place on turntable, cook on DUAL COOK - 1, 30% for 7 - 8 minutes.

Serve with Guacamole, soured cream and crisp salad.

RECIPES

Serves 4

450g (1lb) stewing steak, chopped
 100g (4oz) kidney, chopped
 125g (5oz) onion, chopped
 2.5ml (1/2 tsp) dried mixed herbs (see tip, page 54)
 450ml (3/4 pint) beef stock
 15ml (1 tbsp) cornflour mixed with a little water
PASTRY:
 225g (8oz) self-raising flour
 2.5ml (1/2 tsp) salt
 5ml (1 tsp) baking powder
 100g (4oz) suet
 150ml (1/4 pint) cold water
 15ml (1 tbsp) milk to glaze

STEAK & KIDNEY PUDDING

- 1 Place steak, kidney, onion, mixed herbs and stock in a casserole dish. Cover and cook on 70% for 40 minutes. Stir after half the cooking time and add the cornflour to thicken.
- 2 To make the pastry, place the flour, salt, baking powder and suet in a bowl, mix well.
- 3 Add enough cold water to form a soft dough. Roll out 2/3 of the pastry and use it to line the base and sides of a greased 1.2 litre (2 pint) pudding basin.
- 4 Fill pastry lined basin with meat leaving room for the pastry lid. Roll out remaining pastry, cut out a circle to cover pudding. Brush with milk. Make a slit in the centre. Cover with cling film, pierce and cook on 100% for 14 minutes.

Serves 4 - 6

225g (8oz) carrots, diced
 150g (5oz) celery, sliced
 175g (6oz) onion, finely chopped
 600g (1lb 5oz) pork, cubed
 400g (14oz) chopped tomatoes, canned
 400g (14oz) canned apricot halves, drained
 2 cloves garlic, crushed (see tip, page 52)
 juice and rind of half a lemon
 150ml (1/4 pint) hot stock
 salt and pepper to taste

CITRUS PORK CASSEROLE

- 1 Place the carrots, celery and onion into a 2.5 litre casserole dish and cook on 100% for 4 minutes.
- 2 Add the remaining ingredients and stir thoroughly.
- 3 Place the dish on the rack and cook on 50% for 45 minutes.

Serves 4

800g (1 3/4 lb) rump steak, cut into strips
 50g (2oz) plain flour
 salt and pepper to taste
 125g (5oz) onion, finely chopped
 30ml (2 tbsp) tomato purée
 450ml (3/4 pint) hot beef stock
 150ml (1/4 pint) white wine
 100g (4oz) mushrooms, thinly sliced
 150ml (1/4 pint) soured cream

BEEF STROGANOFF

- 1 Place the steak, flour, salt and pepper in a 2.5 litre (approx. 4 pint) casserole dish, mix well.
- 2 Stir in the onion, purée, stock and wine. Cover and cook on 50% for 50 - 55 minutes, stir 2 - 3 times during cooking.
- 3 Stir in mushrooms, cook on 50% for 6 - 7 minutes.
- 4 Stir in the cream before serving.

Serve on a bed of tagliatelle or rice.

RECIPES

Serves 4

MARINADE:

15ml (1 tbsp) groundnut oil
15ml (1 tbsp) lemon juice
60ml (4 tbsp) satay sauce
1 clove garlic, crushed (see tip, page 48)
Tabasco sauce to taste
450g chicken fillets, cubed
4 wooden skewers (see tip, page 50)

CHICKEN SATAY

- 1 Place all the marinade ingredients in a large bowl, mix well. Stir in the chicken, refrigerate for 2 hours to marinate.
- 2 Thread the chicken onto skewers leaving no wood exposed. Place in a large flan dish on the rack. Cook on DUAL COOK - 1, 70% for 12 - 14 minutes. Turn over and rearrange skewers every 3 - 4 minutes.

Serves 4

4 large chicken breast fillets, skinned (approx. 200g each)
100g Camembert, finely chopped
3 spring onions, finely chopped
2.5ml (1/2 tsp) dried parsley
salt and pepper to taste
cocktail sticks to secure
75g Cheddar cheese, grated

CHICKEN & CAMEMBERT ROLLS

- 1 Open out chicken breasts, flatten with a rolling pin.
- 2 Place Camembert, onions, parsley and seasoning in a bowl, mix well. Place a quarter of the mixture at one end of each breast. Roll up tight and secure with cocktail sticks. Ensure no filling is visible.
- 3 Place the breasts seam side upwards in a flan dish.
- 4 Place on the rack and cook on DUAL COOK - 1, 70% for 18 minutes, turn over and add cheese after 8 minutes.

Sprinkle with toasted almonds to serve.

Microwave Tip: Toasting Almonds

Place 25g almonds in a shallow flan dish with a knob of butter, heat on 100% for 3 minutes, stir every minute until golden.

Serves 6 - 8

900g chicken, cut into large pieces
175g natural yoghurt
2 cloves garlic, crushed (see tip, page 48)
50g creamed coconut
10ml (2 tsp) turmeric
25g butter
125g onion, sliced
5cm piece fresh ginger, grated
5ml (1 tsp) chilli powder
5ml (1 tsp) coriander seeds
5ml (1 tsp) cumin
5ml (1 tsp) cinnamon
salt and pepper to taste
10ml (2 tsp) cornflour
150ml (1/4 pint) single cream
25g roasted cashew nuts

CHICKEN KORMA

- 1 Place chicken in a bowl, stir in yoghurt, garlic, creamed coconut and turmeric. Cover and marinate for at least 1 hour in the refrigerator.
- 2 Place butter in a large bowl, heat on 100% for 30 seconds, until melted. Add the onion and cook on 100% for 2 minutes. Stir in the ginger, chilli powder and coriander, cook on 100% for 1 minute.
- 3 Add the chicken and marinade, mix well. Stir in the cumin and cinnamon. Season. Cover and cook on 100% for 8 minutes, stirring after 4 minutes.
- 4 Rearrange the chicken pieces and cook on 50% for 10 minutes. Stir halfway through cooking time.
- 5 Combine the cornflour with the cream and stir into the chicken. Cook on 100% for 6 minutes, stir after 3 minutes. Sprinkle with cashew nuts.

Serve with rice and poppadums.

RECIPES

Serves 4 - 6

125g green peppers, chunks
125g red peppers, chunks
125g yellow peppers, chunks
head of garlic, separate cloves and peel
150g onion, sliced
900g chicken fillets, cubed
400g chopped tomatoes, canned
5ml (1 tsp) caster sugar
10ml (2 tsp) fresh basil, chopped
salt and pepper to taste

GARLIC CHICKEN

- 1 Place the peppers, garlic, onion and chicken into a 2.5 litre (approx. 4 pints) bowl and cook on 100% for 3 minutes.
- 2 Add the remaining ingredients and mix well.
- 3 Place on the turntable and cook on 50% for 35 minutes, stirring 3 - 4 times during cooking.

Garnish with black olives and fresh basil.

Serves 4

4 chicken fillets (200g each)
45ml (3 tbsp) clear honey
5ml (1 tsp) whole grain mustard
2.5ml (1/2 tsp) dried tarragon (see tip, page 50)
15ml (1 tbsp) tomato purée
150ml (1/4 pint) chicken stock
15ml (1 tbsp) cornflour
salt and pepper to taste

HONEYED CHICKEN

- 1 Place the chicken breasts in a casserole dish.
- 2 Mix all remaining ingredients together and pour over the chicken.
- 3 Place on the turntable and cook on 70% for 22 minutes. Turnover and coat the chicken with the sauce several times during cooking.

Microwave Tip: Peeling garlic easily

Place 3 - 4 cloves of garlic on the turntable. Heat on 100% for 30 seconds, squeeze at one end until the clove pops out.

Serves 4 - 6

1 red chilli, chopped
2 green chillies, chopped
125g onion, chopped
2.5cm root ginger, chopped
1 piece lemon grass, chopped
10ml (2 tsp) paprika
2.5ml (1/2 tsp) ground turmeric
2.5ml (1/2 tsp) cumin seeds
2.5ml (1/2 tsp) coriander seeds
30ml (2 tbsp) thai fish sauce
900g chicken fillets
400ml (14 fl.oz) coconut milk
150ml (1/4 pint) hot chicken stock
Fresh coriander, chopped, to garnish

THAI CHICKEN

- 1 Place the chillies, onion, ginger, lemon grass, spices and seeds into a 2.5 litre (approx. 4 pints) casserole dish, mix well and cook on 100% for 3 minutes.
- 2 Add the remaining ingredients, stirring thoroughly.
- 3 Place the dish on the turntable and cook on 50% for 30 minutes, stirring 3 - 4 times during cooking.

Sprinkle with coriander and serve with rice.

RECIPES

Serves 4 - 6

30ml (2 tbsp) olive oil
 175g onion, chopped
 2 cloves garlic, crushed (see tip, page 48)
 75g tomato purée
 225g carrots, chopped
 1 red pepper, seeded and sliced
 1 green pepper, seeded and sliced
 150g fresh baby sweetcorn, chopped
 4 sticks celery, sliced
 225g courgettes, sliced
 5ml (1 tsp) ground cumin
 10ml (2 tsp) mild chilli powder
 2.5ml (1/2 tsp) cayenne pepper
 400g canned, chopped tomatoes
 225g canned haricot beans, drained
 400g canned red kidney beans in chilli sauce
 300ml (1/2 pint) hot vegetable stock
 15ml (1 tbsp) cornflour blended with water

VEGETABLE CHILLI

- 1 Place the oil, onion, garlic and tomato purée in a large bowl. Heat on 100% for 2 minutes.
- 2 Add the carrots, red and green pepper and sweetcorn, mix well. Cover and cook on 100% for 3 minutes.
- 3 Stir in the remaining ingredients (apart from the cornflour). Mix well and cook on 70% for 20 minutes, stir 3 - 4 times during cooking.
- 4 Add the blended cornflour, mix well and cook on 100% for 5 - 6 minutes.

Serve hot with rice or as a filling for tacos.

Microwave Tip: Heating taco shells

Place 8 - 10 pre-cooked crisp taco shells on kitchen paper on the turntable.
 Heat on 100% for 1 1/2 - 2 minutes until warm. Spoon in filling as preferred.

Serves 4 - 6

10ml (2 tsp) olive oil
 175g onion, chopped
 2 cloves garlic, crushed (see tip, page 48)
 175g leeks, sliced
 100g mushrooms, thickly sliced
 10ml (2 tsp) chopped fresh basil
 10ml (2 tsp) chopped fresh oregano
 225g red split lentils
 45ml (3 tbsp) tomato purée
 800g canned chopped tomatoes
 300ml (1/2 pint) hot vegetable stock
 1 bay leaf
 salt and pepper to taste
 12 sheets lasagne (spinach)
 600ml (1 pint) cheese sauce (see page 59)
 50g cheddar cheese, grated

RED LENTIL LASAGNE

- 1 Place the oil, onion and garlic in a bowl, cook on 100% for 2 minutes.
- 2 Add the leeks, mushrooms, basil, oregano and lentils and then cook on 100% for a further 5 minutes.
- 3 Stir in the purée, tomatoes, vegetable stock and the bay leaf.
- 4 Cover and cook on 70% for 20 minutes.
- 5 Season with salt and pepper then remove the bay leaf.
- 6 Make the cheese sauce.
- 7 Put a layer of the lentil mixture into the base of a deep, 25cm square dish. Cover with some lasagne and then some of the cheese sauce.
 Repeat, making the last layer cheese sauce, add the grated cheese.
- 8 Place on the turntable and cook at 130°C for 45 minutes.

Serves 4

500g tofu, drained
 100g Mozzarella, thinly sliced
 75g Danish Blue, thinly sliced
 1 quantity Spicy Tomato Sauce (see page 59)

STUFFED TOFU WITH SPICY TOMATO SAUCE

- 1 Cut tofu in half to make 4 pieces.
- 2 Slice each piece horizontally along one side to make a pocket. Fill each pocket with sliced cheese, place in a large flan dish. Pour in sauce.
- 3 Place on turntable, cook on 50% for 12 - 14 minutes.

RECIPES

Serves 2

2 baking potatoes (approx. 250g each)
50g butter
100g Double Gloucester cheese, finely chopped
15ml (1 tbsp) chives, chopped
50g mushrooms, finely chopped
salt and pepper to taste

CHEESY JACKETS

- 1 Prick each potato in several places. Place in a flan dish on the rack. Cook on DUAL COOK - I, 70% for 16 minutes until brown and crispy. Turnover after 7 minutes.
- 2 Halve each potato and scoop the flesh into a bowl, add the butter, cheese, chives and mushrooms, mix well. Season. Pile the mixture back into the potato skins.
- 3 Place the filled potatoes in a flan dish on the rack. Cook on DUAL COOK - I, 30% for 10 minutes until brown and crispy.

Cheese & sweetcorn jackets: Omit the Double Gloucester cheese, chives and mushrooms. Add 100g of grated Cheddar cheese and 50g sweet corn kernels at Stage 2.

Cook's Tip: Wooden Skewers

To remove food easily from wooden skewers, soak the skewers in water for 30 minutes prior to using them.

Microwave Tip: Drying herbs

Place a handful of fresh herbs between two sheets of kitchen paper on the turntable. Heat on 70% for 3 minutes until dry. Ensure the herbs do not become too dry. Woody herbs will take a little longer.

Serves 4 - 6

600g shortcrust pastry
225g Cheddar cheese, thinly sliced
125g onion, sliced
300g leeks, sliced
100g cooked ham, chopped
450ml (¾ pint) white sauce
50g cheese, grated

CHEESE & POTATO LAYER

- 1 Place alternate layers of potato, cheese, onion, leek, ham and white sauce in a casserole dish until all ingredients are used. Top with grated cheese.
- 2 Cook on 70% for 25 - 30 minutes.

Serves 4 - 6

300g short crust pastry
6 rashers of bacon, chopped
125g onion, finely chopped
4 eggs (medium)
300ml (½ pint) milk
salt and pepper to taste
5ml (1 tsp) dried mixed herbs (see tip, above)
225g Cheddar cheese, grated

QUICHE LORRAINE

- 1 Preheat the oven to 160°C.
- 2 Line a 25cm flan dish with pastry. Place on the rack and cook at 160°C for 10 minutes.
- 3 Place bacon and onion in a bowl, cook on 100% for 3 minutes. Drain.
- 4 Place eggs, milk, seasoning in a bowl, mix well.
- 5 Spread bacon and onion evenly over the pastry. Pour egg mixture over, top with grated cheese.
- 6 Place on the turntable, and cook at 160°C for 45 minutes, until set, brown and crispy.

Stilton & mushrooms: Replace bacon with 125g (5oz) sliced mushrooms and Cheddar with Stilton.

RECIPES

Serves 4

30ml (2 tbsp) groundnut oil
1 clove garlic, crushed (see tip, page 48)
4 spring onions, sliced
100g button mushrooms, halved
50g peas
175g long grain white rice, cooked
15ml (1 tbsp) dark soy sauce
2 eggs (medium), beaten
salt and pepper to taste

EGG FRIED RICE

- 1 Place the oil, garlic, spring onions, mushrooms and peas in a large bowl, mix well. Heat on 100% for 2 minutes.
- 2 Stir in the rice and soy sauce. Heat on 100% for 6 - 7 minutes, stir every 2 - 3 minutes until the rice is evenly hot.
- 3 Pour egg over the rice, do not stir into the rice. Cook on 100% for 2 minutes and then break up the egg and stir evenly into the rice. Season.

Serves 4

30ml (2 tbsp) olive oil
125g onion, finely chopped
1 stick celery, finely sliced
1 green pepper, seeded and sliced
1 red pepper, seeded and sliced
225g beef fillet, thinly sliced into 5cm strips
2.5ml (1/2 tsp) cayenne pepper
5ml (1 tsp) ground cumin
grated rind of 1 lemon
75g canned sweetcorn, drained
225g white long grain rice
600ml (1 pint) hot beef stock
salt and pepper to taste

BEEF RISOTTO

- 1 Place the oil, onion, celery, green and red pepper in a large bowl, mix well. Heat on 100% for 2 minutes. Stir in the beef and cook on 100% for 5 - 6 minutes, stir halfway through cooking.
- 2 Stir in the remaining ingredients and cook on 70% for 14 - 15 minutes until the rice is tender and all the beef stock has been absorbed, stir 2 - 3 times during cooking.

Chicken Risotto:

Substitute beef fillet for 225g chicken breast fillet and beef stock for chicken stock.

Microwave Tip: Softening cream cheese

Place 225g cream cheese on a plate. Heat on 30% for 1 minute until soft.

Serves 4

1 aubergine, thickly sliced
cooking salt
3 x 30ml (2 tbsp) vegetable oil
1 red pepper, large chunks
1 yellow pepper, large chunks
3 courgettes, thickly sliced
125g onion, sliced
100g mushrooms, thickly sliced
225g leeks, sliced
2 cloves garlic, crushed (see tip, page 48)
350g pasta (bows, shells, or tubes), cooked
100g feta cheese, crumbled

MEDITERRANEAN PASTA

- 1 Place the aubergines in a colander, sprinkle with salt and leave to drain for 30 minutes, pat dry with kitchen paper.
- 2 Grease the turntable with 30ml (2 tbsp) oil and spread the peppers evenly on the turntable.
- 3 Cook using GRILL - 3 for 10 minutes, turnover halfway through cooking, leave on one side until needed. Repeat this process for the courgette and aubergine slices.
- 4 Place the onion, mushrooms, leeks and garlic into a 2.5 litre (approx. 4 pint) casserole dish, mix well and cook on 100% for 5 minutes, stirring once.
- 5 Add the peppers, courgettes, aubergine, pasta and cheese to the bowl and cook on 100% for 8 minutes, stirring twice.

RECIPES

Serves 4 - 6

450g carrots, sliced
450g swede, diced
350g celery, sliced
225g onion, sliced
1.2 litres (2 pints) hot vegetable stock
250g cous cous

VEGETABLE COUS COUS

- 1 Place the carrots, swede, celery, onion and stock into a 3 litre (5 pint) casserole dish, mix well and cook on 70% for 20 minutes, stirring twice.
- 2 Add the cous cous, mix well and cook on 70% for 10 minutes.

Serve hot as an accompaniment or cold as a salad.

Serves 4

30ml (2 tbsp) vegetable oil
10ml (2 tsp) ground cinnamon
10ml (2 tsp) ground coriander
5ml (1 tsp) cayenne pepper
10ml (2 tsp) sesame seeds
5ml (1 tsp) caraway seeds
50g butter
1.3cm fresh root ginger, peeled & grated
2 cloves garlic, crushed (see tip, page 48)
675g cooked potatoes, cut into 2.5cm pieces
pinch of salt

SPICY POTATOES

- 1 Place the oil, cinnamon, coriander, cayenne pepper, sesame and caraway seeds in a 2.5 litre (approx. 4 pint) casserole dish, mix well. Heat on 100% for 1 minute.
- 2 Add the butter, ginger and garlic. Cook on 70% for 3 minutes. Stir in the potatoes and salt.
- 3 Place the casserole dish on the turntable, cook on 50% for 8 - 10 minutes, stir every 2 - 3 minutes.

Garnish with fresh chopped coriander, serve with grilled or roasted meats.

Serves 4

15ml (1 tbsp) sunflower oil
1 clove garlic, crushed (see tip, page 48)
2 medium carrots, cut into strips
150g fresh baby sweetcorn
100g button mushrooms, halved
50g beansprouts
100g mange-tout
1 red pepper, seeded and thinly sliced
1 yellow pepper, seeded and thinly sliced
6 spring onions, chopped
100g canned water chestnuts, sliced
2 sticks celery, sliced
225g canned pineapple chunks
300g cabbage, shredded
1 quantity of sweet and sour sauce (see page 59)

SWEET & SOUR VEGETABLES

- 1 Place the oil, garlic, carrots and sweetcorn in a large bowl and mix well. Cover and cook on 100% for 4 - 5 minutes.
- 2 Stir in the mushrooms, beansprouts, mange-tout, red and yellow pepper, spring onion, chestnuts, celery, pineapple and cabbage.
- 3 Cover and cook on 100% for 6 - 8 minutes until the vegetables are tender, stir thoroughly halfway through cooking and add the sweet and sour sauce.

RECIPES

Serves 4 - 6

SYRUP:

300ml (1/2 pint) water
200g brown sugar
60ml (4 tbsp) golden syrup
50g butter
grated rind of 1 large orange (optional)

DUMPLINGS:

125g self raising flour
50g butter
15ml (1 tbsp) caster sugar
1 egg (medium), beaten

GOLDEN SYRUP DUMPLINGS

- 1 Place syrup ingredients in a 2.5 litre (approx. 4 pint) casserole dish, mix well. Cook on 100% for 8 - 10 minutes until sugar dissolves and sauce is thick, stir every 2 minutes.
- 2 Place flour in a bowl, rub in butter until mixture resembles fine breadcrumbs, stir in sugar. Bind with egg. If mixture is too dry, add a little water.
- 3 Roll into 6 equal sized balls (if sticky, add a little flour), place into hot syrup, allow space to spread. Cover dish. Cook on 100% for 8 - 9 minutes, turn over after 4 minutes.

Serve hot with vanilla ice-cream.

Serves 6

175g butter
175g caster sugar
3 eggs (medium)
175g self raising flour
grated rind of 1 orange
50g plain or milk chocolate, broken into pieces

CHOCOLATE ORANGE CAKE

- 1 Grease and line the base of a 20cm cake dish with greaseproof paper.
- 2 Cream butter and sugar, beat in eggs. Fold in flour. Place half the mixture in a separate bowl, stir in orange rind. Heat chocolate on 100% for 2 minutes, stir every 30 seconds until melted. Stir chocolate into remaining mixture. Place alternate spoonfuls of the two mixtures into prepared dish.
- 3 Use a skewer to swirl mixture creating a marbled effect, smooth the surface.
- 4 Cook on 100% for 6 minutes until a skewer comes out clean. Allow to cool before turning out.

Microwave Tip: Melting chocolate

Break 50g chocolate into small pieces and place in a bowl.
Heat on 100% for 2 minutes, stir every 30 seconds until evenly melted.

Serves 4 - 6

PASTRY:

125g plain flour
100g plain wholemeal flour
125g butter
cold water to mix

FILLING:

225g pecan nuts
225g brown sugar
90ml (6 tbsp) golden syrup
75g butter, melted
3 eggs (medium), beaten
5ml (1 tsp) vanilla essence

PECAN PIE

- 1 To prepare pastry combine the flours and rub in the butter until mixture resembles fine breadcrumbs. Add enough cold water to make a soft but not sticky dough.
- 2 Line a greased 25cm flan dish with pastry. Spread pecan nuts evenly over base, prepare filling.
- 3 Beat the sugar, syrup, butter, eggs and vanilla essence together until smooth. Pour over nuts.
- 4 Place on the turntable, use sequence programming to cook on 30% for 15 minutes, then at 130°C for 25 minutes until set.

Pecan nuts can be substituted with walnuts.

RECIPES

Serves 6

125g dried figs, roughly chopped
 125g dried apricots, roughly chopped
 100g raisins
 100g currants
 60ml (4 tbsp) brandy
 75g plain flour
 2.5ml (1/2 tsp) allspice
 2.5ml (1/2 tsp) grated nutmeg
 2.5ml (1/2 tsp) ground cinnamon
 50g fresh breadcrumbs
 75g shredded suet
 100g soft brown sugar
 50g blanched almonds, roughly chopped
 grated rind of 1 medium orange
 grated rind of 1 medium lemon
 1 eating apple, grated
 15ml (1 tbsp) black treacle
 1 egg (medium), beaten

FIGGY PUDDING

- 1 Place figs, apricots, raisins, currants, and brandy in a large bowl, mix well. Leave for 2 hours.
- 2 Place the flour, spices, breadcrumbs, suet, sugar, almonds, orange and lemon rind and apple in a bowl, mix well. Stir into the dried fruit mixture along with the treacle and beaten egg.
- 3 Grease 1.2 litre (2 pints) pudding basin and line the base with a circle of kitchen paper. Spoon in the pudding mixture, smooth the surface and cover with cling film.
- 4 Cook on 50% for 16 - 17 minutes until firm to the touch.

Serve with brandy sauce, see page 60.

Microwave Tip: Reheating Christmas pudding

Place a 500g (1lb 2oz) pudding in a shallow flan dish. Cover and heat on 70% for 3 - 4 minutes.

Serves 4 - 6

175g stoned dates, chopped
 200ml (7fl.oz) boiling water
 3.75ml (3/4 tsp) bicarbonate of soda
 2.5ml (1/2 tsp) vanilla essence
 10ml (2 tsp) instant coffee dissolved in a little water
 75g butter
 125g caster sugar
 2 eggs (medium), beaten
 175g plain flour
 1 quantity of Toffee & Walnut Sauce (page 59)

STICKY TOFFEE PUDDING

- 1 Place the dates in a large bowl, add the boiling water, bicarbonate of soda, vanilla essence and dissolved coffee, mix well.
- 2 Cream butter and sugar together in a separate bowl until light and fluffy, beat in the eggs. Fold in the flour and dates, mix well. The resulting mixture will be sloppy. Grease and line the base of a 1.2 litre (2 pint) pudding basin with greaseproof paper, pour in the pudding mixture.
- 3 Place on the turntable, cook on 50% for 20 minutes until a skewer comes out clean. Allow to cool slightly before turning out on a warmed serving plate.
- 4 Pour the hot sauce over the pudding to serve.

Serves 4

1500ml (2 1/2 pints) milk
 200g pudding rice
 75g caster sugar
 50g butter
 5ml (1 tsp) ground nutmeg (optional)

RICE PUDDING

- 1 Place the milk in a 1.5 litre (2 1/2 pint) casserole dish. Heat on 100% for 8 minutes. Stir in the rice, sugar and butter, heat on 100% for 5 minutes.
- 2 Place on the turntable, cook on 30% for 60 minutes. Stir 2 - 3 times during cooking. Stir at the end of cooking.
- 3 Sprinkle with ground nutmeg to serve.

RECIPES

Serves 6 - 8

150ml (1/4 pint) sunflower oil
 225g soft brown sugar
 3 eggs (medium), beaten
 175g self raising flour
 5ml (1 tsp) bicarbonate of soda
 1.25 ml (1/4 tsp) salt
 10ml (2 tsp) cinnamon
 300g carrots, grated
 100g walnut halves, roughly chopped
ICING:
 225g cream cheese (see tip, page 51)
 grated rind of 1 lemon
 5ml (1 tsp) lemon juice
 30ml (2 tbsp) icing sugar
 25g walnuts, finely chopped to sprinkle

MOIST CARROT CAKE

- 1 Combine the oil, sugar and eggs. Fold in the flour, bicarbonate of soda, salt and cinnamon. Add the carrots and walnuts, mix well.
- 2 Grease and line a 20cm soufflé dish with greaseproof paper, pour in the cake mixture.
- 3 Place on turntable, cook on 50% for 20 - 22 minutes until a skewer comes out clean. Allow to cool before decorating.
- 4 To prepare icing, combine cream cheese, lemon rind, lemon juice and icing sugar until smooth. Spread on top of the cake, sprinkle with walnuts.

If iced with cream cheese, keep cake refrigerated.
 Eat within 2 days.

Carrot & Courgette:

Substitute 150g (5 1/2oz) of the carrots with 150g (5 1/2oz) grated courgettes. Add with the carrots and walnuts in stage 1.

Serves 6 - 8

225g margarine
 225g caster sugar
 7.5ml (1 1/2 tsp) vanilla essence
 4 eggs (medium), beaten
 100g self raising flour
 50g cocoa powder
 225g cooking chocolate
 30ml (2 tbsp) milk

CHOCOLATE BROWNIES

- 1 Combine the margarine, sugar, vanilla essence and eggs together until smooth.
- 2 Stir in the remaining ingredients.
- 3 Grease and line the base of a deep, square 20cm dish with greaseproof paper, spoon in the brownie mixture and smooth the surface.
- 4 Place on the turntable, cook on 50% for 20 minutes. Cut into squares to serve.

Serves 6 - 8

4 wooden skewers
 1 pear, cut into 8 pieces
 2 pineapple rings, quartered
 2 bananas, cut into 8 pieces
 8 large, firm strawberries
MARINADE:
 1 lime
 30ml (2 tbsp) clear honey
 30ml (2 tbsp) groundnut oil

"SIDDY'S" FRUIT KEBABS

- 1 Thread pieces of pear, pineapple, banana and strawberry onto each skewer in a regular sequence.
- 2 To prepare marinade, finely grate the lime rind into a bowl. Squeeze and add lime juice to the rind. Finally, add the honey and oil, mix well.
- 3 Place kebabs onto the turntable and brush generously with marinade.
- 4 Cook on GRILL - 3 for 6 - 8 minutes, turning 2 - 3 times during cooking, until kebabs are golden brown.

Serve with double cream and chopped nuts.

RECIPES

Serves 4 - 6

100g margarine
100g caster sugar
2 eggs (medium), beaten
100g self raising flour
30 - 45ml (2 - 3 tbsp) water

PLAIN MICROWAVE CAKE

- 1 Cream margarine and sugar, beat in the eggs. Fold in the flour and water. Grease and line the base of a 18cm cake dish with kitchen paper. Spoon mixture into dish and smooth.
- 2 Cook on 100% for 4 - 5 minutes until firm. Allow to cool slightly before turning out.

Serves 6 - 8

Shortbread:
100g butter
50g caster sugar
125g plain flour
25g ground rice
Caramel:
50g butter
50g caster sugar
200g condensed milk
15ml (1 tbsp) golden syrup
Topping:
100g milk chocolate, in small pieces

CARAMEL SHORTBREAD

- 1 To prepare the shortbread, cream the butter and sugar until light and fluffy, gradually add the flour and ground rice to make a firm dough.
- 2 Press the dough evenly into a greased 18cm flan dish, cook on 50% for 5 minutes.
- 3 Press the hot shortbread firmly down with the back of a spoon, allow to cool.
- 4 To prepare the caramel, place all ingredients in a bowl, mix well. Cook on 100% for 5 minutes, stir every minute until toffee coloured.
- 5 Pour caramel onto the shortbread, chill to set.
- 6 When caramel is cold, place the chocolate in a small bowl and heat on 100% for 2 minutes, stir every minute until evenly melted. Spread on to the caramel, chill to set the chocolate before cutting into slices.

Shortbread: Omit caramel and chocolate. Make as to Stage 3. Before cooling, dredge with sugar, prick all over with a skewer and cut into wedges.

Microwave Tip: Ripening cheese

Place 100g cheese (e.g. Camembert or Brie) on a plate and heat on 50% for 20 - 30 seconds.

Serves 6 - 8

175g margarine
100g caster sugar
225g self raising flour
50g milk chocolate, finely chopped
25g walnuts, finely chopped

The biscuits will be soft when hot but will harden as they cool.

CHOCOLATE CHIP COOKIES

- 1 Cream margarine and sugar until light and fluffy. Stir in the flour, chocolate and walnuts to make a soft but firm dough.
- 2 Divide mixture into 8 even sized balls, place apart in two large flan dishes and flatten slightly.
- 3 Place one flan dish on the rack, cook at 130°C for 40 minutes until evenly brown. Repeat for remaining biscuits.
- 4 Allow to cool before removing from the dish.

RECIPES

Serves 4

325g potato, cooked and mashed
 325g parsnips, cooked and mashed
 2 cloves garlic, crushed (see tip, page 48)
 10ml (2 tsp) whole grain mustard
 2 eggs (medium), beaten
 75ml (5 tbsp) milk
 5ml (1 tsp) fresh parsley, chopped to sprinkle

POTATO BREAD

- 1 Place the potato, parsnips, garlic and mustard in a large bowl, mix well.
- 2 Add the egg and milk, mix to form a soft dough. Knead the dough into a round shape approx. 23cm in diameter. Place in a 25cm flan dish and sprinkle with parsley.
- 3 Place on the rack and cook at 130°C for 35 - 40 minutes.

Serve with soup, cheese or salad.

Serves 4

225g wholemeal self raising flour
 150g medium oatmeal
 2.5ml (1/2 tsp) salt
 2.5ml (1/2 tsp) bicarbonate of soda
 50g butter
 120ml (4fl.oz) natural yoghurt
 90ml (6 tbsp) milk
 1 egg (medium), beaten to glaze
 sesame seeds to sprinkle

SODA BREAD

- 1 Combine flour, oatmeal, salt, bicarbonate of soda in a large bowl. Rub in the butter.
- 2 Add the yoghurt and milk, mix to form a soft but not sticky dough.
- 3 Knead lightly into a round shape approx. 20 cm in diameter. Place in a greased 25cm flan dish.
- 4 Use a knife to mark into 8 wedges, cut only halfway through dough. Glaze surface with egg, sprinkle with sesame seeds.
- 5 Place on the turntable, cook at 130°C for 30 minutes.

Microwave Tip: Toasting coconut

Spread 100g desiccated coconut on a plate. Heat on 100% for 2 - 3 minutes, stir every minute.

Serves 6 - 8

175g figs, chopped
 150ml (1/4 pint) boiling water
 225g plain flour
 125g wholemeal flour
 125g caster sugar
 2.5ml (1/2 tsp) salt
 2.5ml (1/2 tsp) bicarbonate of soda
 100g butter
 125g walnuts, roughly chopped
 150ml (1/4 pint) milk
 1 egg (medium), beaten

FIG & WALNUT BREAD

- 1 Place figs in a large bowl, add the boiling water, leave aside to cool.
- 2 Place flours, sugar, salt and bicarbonate of soda in a bowl, mix well. Rub in butter until mixture resembles fine breadcrumbs, stir in walnuts.
- 3 Add the fig mixture, milk and egg, mix well.
- 4 Grease and line the base of a 1.5 litre (2 1/2 pint), straight-sided loaf dish with greaseproof paper. Spoon in loaf mixture and smooth the surface.
- 5 Place on the turntable, use sequence programming to cook on 70% for 10 minutes, then on DUAL COOK - 1, 70% for 6 minutes.

Serve sliced, spread generously with butter.

RECIPES

Serves 6 - 8

450g self raising flour
100g caster sugar
100g butter
100g sultanas
2 eggs (medium), beaten with milk to make 300ml (1/2 pint)
1 egg (medium), beaten to glaze

FRUIT SCONES

- 1 Grease two large flan dishes.
- 2 Preheat the oven to 130°C.
- 3 Combine the flour and sugar in a bowl, rub in the butter and stir in the fruit. Add enough egg and milk mixture to form a soft dough.
- 4 Roll out until 2cm thick, cut out scones 6.5cm in diameter.
- 5 Place the scones in the prepared dishes and brush with egg to glaze.
- 6 Place one dish on the rack, cook at 130°C for 35 minutes. Repeat for other scones.

- Wholemeal scones:** Substitute white self raising flour with wholemeal self raising flour, omit sultanas.
- Date scones:** Substitute white self raising flour with wholemeal self raising flour and the sultanas with 100g dates, finely chopped.
- Spiced apple scones:** Substitute white self raising flour with wholemeal flour and sultanas with 1 eating apple, grated. Add 10ml (2 tsp) cinnamon at Stage 2.
- Cheese & chive scones:** Omit sugar and sultanas. Add 175g grated Cheddar cheese, 15ml (1 tbsp) dried chives, salt and pepper at Stage 2.
- Fresh herb scones:** Omit sugar and sultanas. Add 10ml (2 tsp) fresh parsley, 10ml (2 tsp) fresh sage and 10ml (2 tsp) fresh thyme at Stage 2.

Serves 4 - 6

100g butter
75g golden syrup
175g black treacle
225g plain flour
10ml (2 tsp) ground ginger
5ml (1 tsp) bicarbonate of soda
25g caster sugar
150ml (1/4 pint) milk
2 eggs (medium), beaten

GINGERBREAD

- 1 Place the butter, syrup and treacle into a bowl, heat on 100% for 2 minutes and stir well.
- 2 In a separate bowl, place the flour, ginger, bicarbonate and sugar.
- 3 Add the milk into the melted syrup mixture then add the eggs and mix well.
- 4 Stir into the dry ingredients and beat thoroughly.
- 5 Pour into a greased and lined 20cm square dish.
- 6 Place on the turntable and cook at 130°C for 55 minutes.

Makes 675g

150g milk chocolate, broken into pieces
100g butter, melted
450g icing sugar, sieved
45ml (3 tbsp) milk

CHOCOLATE FUDGE

- 1 Place the chocolate in a bowl and heat on 100% for 2 minutes, stir every 30 seconds until melted.
- 2 Stir in butter, icing sugar and milk. Heat on 100% for 2 - 3 minutes, stir vigorously every minute until the mixture is thick and glossy.
- 3 Pour into a greased, rectangular 20 x 15cm dish, chill to set before cutting.

RECIPES

Makes 300ml (1/2 pint)

25g butter
25g plain flour
300ml (1/2 pint) milk
salt and pepper to taste

WHITE SAUCE

- 1 Place the butter in a bowl and heat on 100% for 1 minute, until melted.
- 2 Stir in the flour and whisk in the milk. Cook on 100% for 8 minutes, stir every 2 minutes until thick and smooth. Season with salt and pepper to taste.

Cheese sauce: Stir in 75g grated cheese and 5ml (1 tsp) mustard powder at Stage 2. Serve with vegetables, fish or meat.

Parsley sauce: Stir 15 - 30ml (1 - 2 tbsp) chopped parsley into the finished sauce. Serve with fish.

Onion sauce: Stir 225g cooked onion, finely chopped, into the finished sauce. Heat on 100% for 1 minute before serving. Serve with meat or vegetables.

Sweet white sauce: Omit salt and pepper from basic recipe. Add 15 - 30ml (1 - 2 tbsp) caster sugar at Stage 2. Serve with puddings as an alternative to custard.

Makes 600ml (1 pint)

125g onion, finely chopped
1 green pepper, finely chopped
2 cloves garlic, crushed (see tip, page 48)
30g butter
30g plain flour
30ml (2 tbsp) white wine vinegar
30ml (2 tbsp) soy sauce
300ml (1/2 pint) hot chicken stock
50g soft dark brown sugar

SWEET & SOUR SAUCE

- 1 Place the onion, green pepper, garlic and butter in a bowl, mix well. Cook on 100% for 2 minutes.
- 2 Stir in the flour, gradually add the vinegar, soy sauce, stock and sugar. Cook on 100% for 3 - 4 minutes, stir every minute until the mixture has thickened. Blend in a food processor for a smoother sauce.

Makes 600ml (1 pint)

3 rashers bacon, chopped (optional)
150g carrot, chopped
225g onion, chopped
2 cloves garlic, crushed (see tip, page 48)
800g canned, chopped tomatoes
300ml (1/2 pint) red wine
45 - 60ml (3 - 4 tsp) medium chilli sauce
10ml (2 tsp) whole grain mustard
30ml (2 tbsp) tomato purée

SPICY TOMATO SAUCE

- 1 Place bacon, carrot, onion and garlic in a large bowl, cover and heat on 100% for 3 minutes.
 - 2 Add all other ingredients to bacon mixture and mix well. Cook on 70% for 35 minutes.
 - 3 Blend in a food processor until smooth, return to bowl and cook on 70% for 3 minutes.
- Serve with stuffed tofu, see page 49.

Makes 300ml (1/2 pint)

125g butter
175g dark soft brown sugar
90ml (8 tbsp) double cream
50g walnuts, finely chopped

TOFFEE & WALNUT SAUCE

- 1 Combine all ingredients in a bowl, heat on 70% for 5 - 6 minutes, stir every minute until sugar has dissolved and the mixture is thick and glossy.
- Serve hot with ice-cream or Sticky Toffee Pudding, see page 54.

RECIPES

Makes 450ml (3/4 pint)

75g Blue Stilton cheese, finely chopped
300ml (1/2 pint) soured cream
150ml (1/4 pint) white wine
15ml (1 tbsp) cornflour blended with water
30ml (2 tbsp) fresh parsley, chopped
salt and pepper to taste

BLUE CHEESE SAUCE

- 1 Place the cheese, cream wine, cornflour and parsley in a bowl, mix well. Season.
- 2 Heat on 100% for 8 minutes, stir twice during cooking and again before serving.

Ideal served with pasta.

Makes 600ml (1 pint)

50g butter
50g plain flour
75g brown sugar
15ml (1 tbsp) golden syrup
150ml (1/4 pint) double cream
300ml (1/2 pint) milk
60ml (4 tbsp) brandy to taste

BRANDY SAUCE

- 1 Place butter in a bowl, heat on 100% for 1 minute until melted. Stir in flour, heat on 100% for 1 minute.
- 2 Combine sugar, syrup, cream and milk, heat on 100% for 2 minutes.
- 3 Gradually add cream mixture to the butter and flour mixture. Heat on 100% for 5 - 6 minutes, stir every minute until smooth and thick. Stir in brandy.

Serve hot with Figgy Pudding, see page 54.

Microwave Tip: Softening avocados

Pierce an unpeeled avocado in several places. Place on the turntable and heat on 100% for 1 minute. Allow to cool before peeling.

Makes 675g (1 3/4lb)

675g strawberries, washed and hulled
45ml (3 tbsp) lemon juice
675g preserving sugar

STRAWBERRY JAM

- 1 Place strawberries and lemon juice in a very large bowl.
- 2 Heat on 100% for 5 minutes until strawberries have softened. Add the sugar, mix well.
- 3 Cook on 70% for 25 - 30 minutes until setting point (*) is reached, stir every 4 - 5 minutes.
- 4 Pour into hot, clean jars. Cover, seal and label.

Raspberry jam: Replace 675g strawberries with 675g raspberries.

* Setting point

To determine, place 5ml (1 tsp) jam onto a saucer. Chill. Move surface of jam with finger, if it wrinkles, setting point has been reached.

Makes 675g (1 3/4lb)

100g butter
450g caster sugar
45ml (3 tbsp) cornflour
juice of 4 medium lemons
grated rind of 2 lemons
4 egg yolks (medium), beaten

LEMON CURD

- 1 Place butter and sugar in a bowl. Heat on 100% for 2 minutes until melted.
- 2 Mix cornflour, lemon juice and rind. Stir into the butter and sugar mixture. Heat on 100% for 2 minutes until sugar has dissolved. Cool slightly.
- 3 Beat in the egg yolks, cook on 50% for 10 - 12 minutes, stir every 2 minutes until thickened.
- 4 Pour into hot, clean jars. Cover, seal and label.

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Sharp Electronics (UK) Ltd. ("Sharp") guarantees that for a period of 12 months from the date of purchase the enclosed product will be free from defects in materials and workmanship. Sharp agrees to provide for the repair or, at its option, the replacement of a defective product. Sharp reserves the right to replace defective parts, or the product, with new or refurbished items. Items that are replaced become the property of Sharp.

To benefit from this guarantee, any fault that occurs must be notified to Sharp, or its appointed Service Facility, within one year from the date the product was purchased. Proof of purchase, such as a receipt or invoice, must be provided.

If the product is exchanged, the replacement shall be covered by the unexpired portion of the original guarantee.

In the unlikely event of the product requiring repair, please contact the supplier from whom it was purchased. Where this is not possible, please contact an appointed Service Facility. Details of Service Facilities appointed by Sharp can be obtained from www.sharp.co.uk/customersupport/service or by contacting the **Sharp Customer Information Centre** whose details are given below.

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The product is intended for private domestic use only. The guarantee will not apply if the product is used in the course of a business, trade or profession.

The guarantee does not cover:

- Glass/ceramic turntables, as they can be damaged by handling/cleaning methods.
- Faults resulting from inadequate cleaning. Regular cleaning is required to prevent a build up of food residue that can also affect the performance of the product.
- Carriage costs to or from the repair centre.

No person has any authority to vary the terms or conditions of this guarantee.

This guarantee is offered as an additional benefit to your statutory rights, and does not affect these rights in any way.

You may not transfer your rights or obligations under this warranty to anyone else.

If you have any difficulty operating the product, or would like information on other Sharp products, please telephone the Sharp Customer Information Centre on the number given below.

Sharp Customer Information Centre

Website: www.sharp.co.uk/customersupport

Telephone: 08705 274277 (01 676 0648 in Southern Ireland)

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whose registered office is at

Sharp House, Thorp Road, Newton Heath, Manchester, M40 5BE.

SPECIFICATIONS

AC Line VoltageSingle phase 230-240V, 50Hz

Power Consumption:

Microwave	1.50kW
Top Grill	1.25kW
Bottom Grill	0.70kW
Top and Bottom Grill	1.90kW
Microwave/Top Grill	2.70kW
Microwave/Bottom Grill	2.15kW
Oven	1.90kW

Input Current:

Microwave	6.5A
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Output Power:

Microwave	900W (IEC 60705)
Top Grill	1200W
Bottom Grill	650W
Oven	1850W

MAFF Heating CategoryE

Microwave Frequency2450MHz * (Group 2/Class B)

Outside Dimensions520(W) x 309(H) x 441(D)mm

Cavity Dimensions353(W) x 207(H) x 357(D)mm **

Oven Capacity26 litres **

Cooking uniformityTurntable diameter 325mm

WeightApprox. 17.5kg

* This Product fulfils the requirement of the European standard EN55011.

In conformity with this standard, this product is classified as group 2 class B equipment.

Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for heating treatment of food.

Class B equipment means that the equipment is suitable to be used in domestic establishments.

** Internal capacity is calculated by measuring maximum width, depth and height.

Actual capacity for holding food is less.

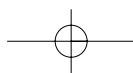
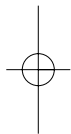
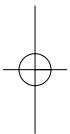
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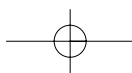
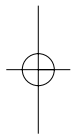
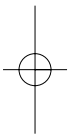
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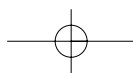
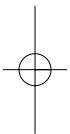
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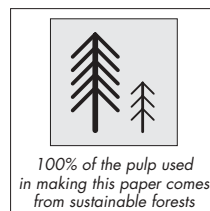
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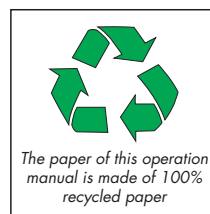
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