

# Standard Conversion Chart

## Weight

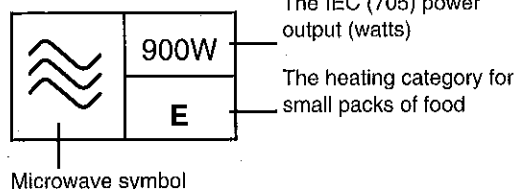
1/2oz	–	15g
1oz	–	25g
2oz	–	50g
3oz	–	75g
4oz	–	100g
5oz	–	150g
6oz	–	175g
7oz	–	200g
8oz	–	225g
9oz	–	250g
10oz	–	275g
11oz	–	300g
12oz	–	350g
13oz	–	375g
14oz	–	400g
15oz	–	425g
1lb/16oz	–	450g

## Capacity

1/2tsp	–	3ml
1tsp	–	5ml
1tbsp	–	15ml
1/4pt	–	150ml
1/2pt	–	300ml
3/4pt	–	450ml
1pt	–	600ml
1 3/4pt	–	1 litre

When using recipes in this book always follow metric or imperial measurements. Do not combine the two. In some recipes the conversions are not a direct equivalent due to recipe result.

## Important Notice



Your oven is rated 900 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods.

Your oven is rated 'E', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods. Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 27-30 of this book. ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time.

**Failure to follow the instructions given in this Cookbook and Operating Instructions, may affect the recipe result and in some instances may be dangerous.**

**☎ COOKERY ADVICE LINE 01344 862108**

Customer Care Centre **08705 357357**

### **Selected Spares and Accessories:**

Order direct on line at [www.panasonic.co.uk](http://www.panasonic.co.uk) or by telephoning the Customer Care Centre number above.

# Important Information – Read Carefully

## Safety

If smoke or a fire occurs in the oven, press Stop/Cancel button and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or the circuit breaker panel.

## Short Cooking Times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

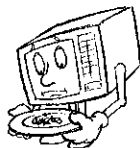
It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

## Important.

If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

### 1. Small quantities of food.

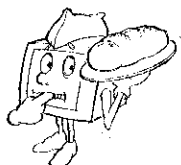
Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.



## NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE OR COMBINATION.

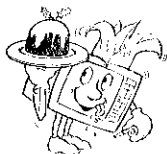
### 2. Foods low in moisture.

Take care when heating foods low in moisture, eg bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long.



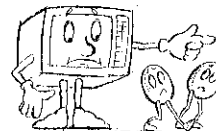
### 3. Christmas Pudding.

Christmas puddings and other foods high in fats or sugar, eg. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite.



### 4. Boiled Eggs.

Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury.



### 5. Foods with Skins.

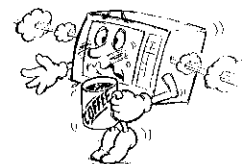
Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.



### 6. Liquids.

When heating liquids, eg soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling.

This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:



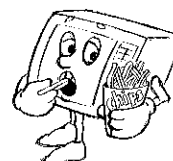
- Avoid using straight-sided containers with narrow necks.
- Do not overheat.
- Stir the liquid before placing the container in the oven and again halfway through the heating time.
- After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

### 7. Lids.

Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

### 8. Deep Fat Frying.

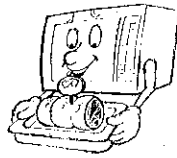
Do not attempt to deep fat fry in your oven.



# Important Information – Read Carefully

## 9. Meat Thermometer.

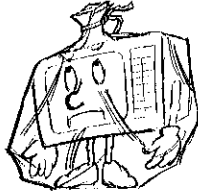
Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.



## 10. Paper, Plastic.

Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering. Do not use wire twist-ties with roasting bags as arcing will occur.

Do not use re-cycled paper products, eg Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

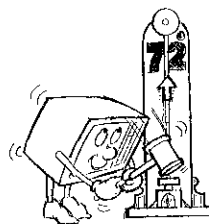


## 11. Reheating.

It is essential that reheated food is served "piping hot".

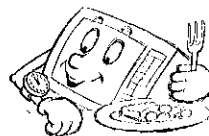
Remove the food from the oven and check that it is "piping hot", ie steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72°C with a food thermometer – but remember do not use this thermometer inside the microwave.)

For foods that cannot be stirred, eg lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.



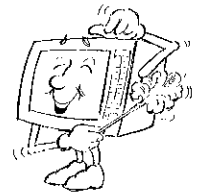
## 12. Standing Time.

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, ie. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots.



## 13. Keeping Your Oven Clean.

It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning.



## 14. Grilling (NN-V359 only).

The oven will only operate on the GRILL function with the door closed.

## 15. Fan Motor Operation.

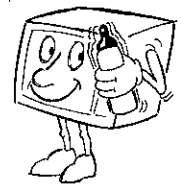
After using the microwave or the COMBINATION or GRILL the fan motor may continue to rotate for a short while to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

## 16. Containers.

Before use check that utensils/containers are suitable for use in microwave ovens.

## 17. Babies Bottles and Food Jars.

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked.



## 18. Arcing

Arcing may occur if a metal container has been used accidentally, if the incorrect weight of food is used, or in the NN-V359 the grill accessory has been damaged. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

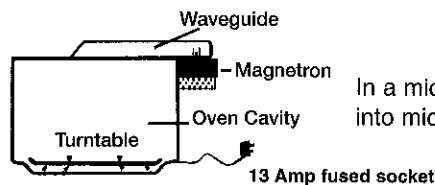
In the NN-V359 you can continue to cook by GRILL ONLY.

# Microwaving Principles

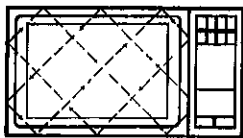
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

Manmade sources include radar, radio, television, telecommunication links and car phones.

## HOW MICROWAVES COOK FOOD

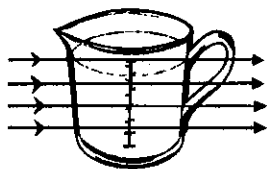


In a microwave oven, electricity is converted into microwaves by the MAGNETRON



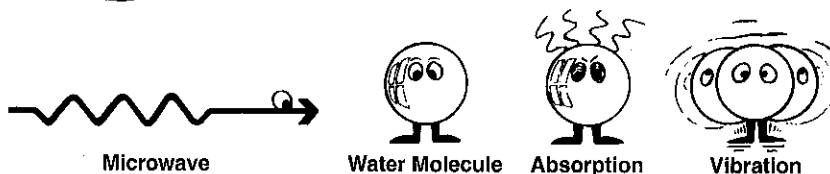
### REFLECTION

The microwaves bounce off the metal walls and the metal door screen.



### TRANSMISSION

Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.



The microwaves cause the water molecules to vibrate which causes FRICTION, ie. HEAT. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1½-2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

## IMPORTANT NOTES

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required!

MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED IN A MICROWAVE, FOR COOKING ON MICROWAVE ONLY

### Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

Because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either.

### Boiled Eggs

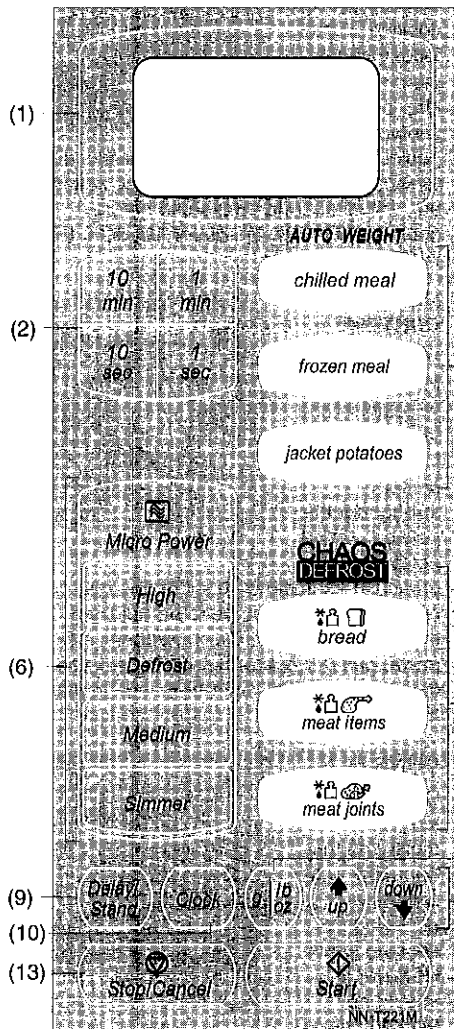
Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury.

### STANDING TIME

When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals. (Refer to page 10.)

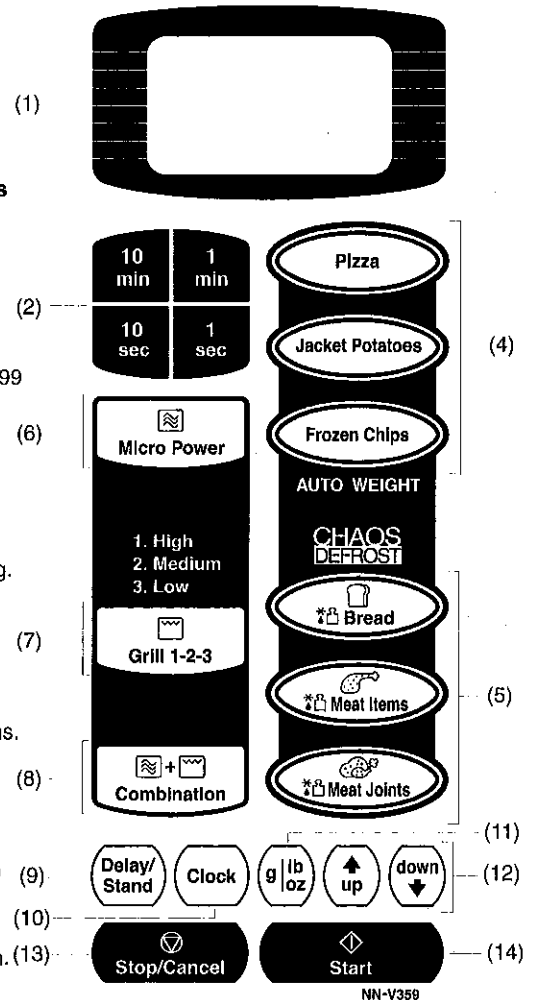
# Control Panels

## NN-T221



- (1) Display Window
- (2) Time Pads
- (3) Auto Weight Microwave Programs
- (4) Auto Weight Combination Programs
- (5) Auto Weight Defrost Programs
- (6) Microwave Power Settings
- (7) Grill Settings
- (8) Combination Pad
- (9) Delay/Stand Pad: This can be used to delay a cooking program for up to 9 hrs 99 mins., or used to time or for standing (non-cooking) time.
- (10) Clock Pad: Press the clock pad. Using the minute and second pads set the clock (12 hr clock). Press clock pad again to stop colons flashing.
- (11) lb/oz Conversion Pad
- (12) Weight Selection Pads
- (5) (13) Stop/Cancel Button:
  - Before Cooking:** one press clears your instructions.
  - During Cooking:** one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.
- (14) Start Button: Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Button is pressed once, Start Button has to be pressed again to continue cooking.

## NN-V359

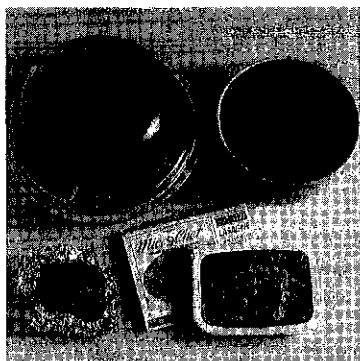


### Beep Sound:

A beep sounds when a button is pressed. If this beep does not sound, the setting is incorrect. When the oven changes from one function to another, two beeps sound. After completion of cooking, five beeps sound.

# General Guidelines

## STANDING TIME



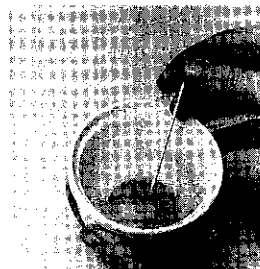
Dense foods e.g. meat, jacket potatoes and cakes, require a **STANDING TIME** (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

- **MEAT JOINTS** – Stand 15 mins. wrapped in aluminium foil.
- **JACKET POTATOES** – Stand 5 mins. wrapped in aluminium foil.
- **LIGHT CAKES** – Stand 5 mins. before removing from dish.
- **RICH DENSE CAKES** – Stand 15-20 mins.
- **FISH** – Stand 2-5 mins.
- **EGG DISHES** – Stand 2-3 mins.
- **PRECOOKED CONVENIENCE FOODS** – Stand for 5 mins.
- **PLATED MEALS** – Stand for 2-5 mins.
- **VEGETABLES** – Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately.
- **DEFROSTING** – It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

If food is not cooked after **STANDING TIME**, return to oven and cook for additional time.

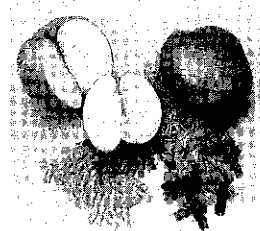
## PIERCING

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.**



## MOISTURE CONTENT

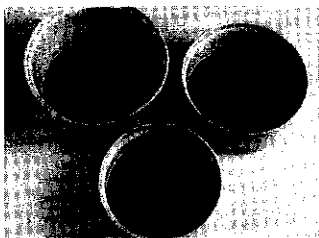
Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.



## CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film. Do not cover foods when cooking by Combination.





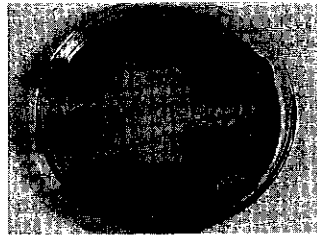
### DISH SIZE

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.



### QUANTITY

Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.



### SPACING

Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.



### SHAPE

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



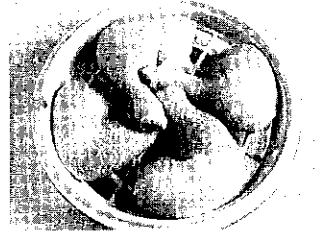
### DENSITY

Porous airy foods heat more quickly than dense heavy foods.



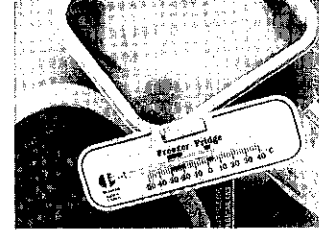
### COVERING

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items.



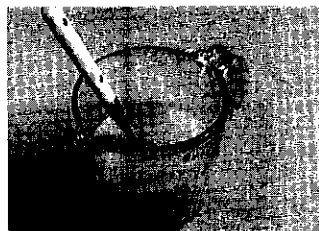
### ARRANGING

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside.



### STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.



### TURNING AND STIRRING

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.



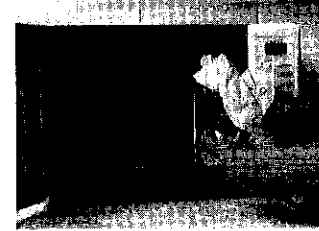
### LIQUIDS

All liquids must be stirred **before** and **during** heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. DO NOT OVERHEAT.



### CHECKING FOOD

It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.



### CLEANING

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts and door area.

# Containers to use

Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

## Testing Dishes for Suitability



When unsure that a cooking container is suitable for use in your microwave, check by the following test:

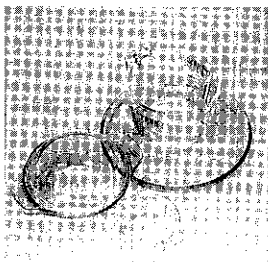
1. Fill a microwave safe measuring jug with 300ml ( $\frac{1}{2}$ pt) cold water.
2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.
3. Heat on HIGH power for 1 minute.

## Result

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

## QUICK CHECK GUIDE TO COOKING UTENSILS

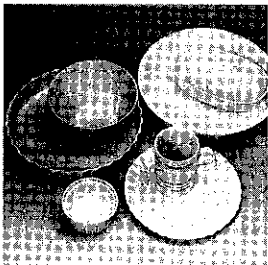
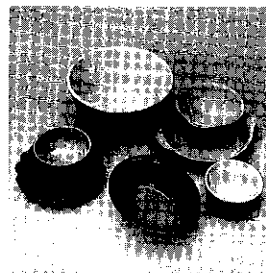


### OVEN GLASS

Everyday glass that is heat resistant e.g. Pyrex®, is ideal. Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.

### POTTERY, EARTHENWARE, STONEWARE

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.



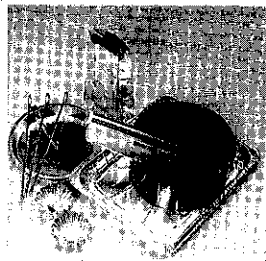
### CHINA AND CERAMIC

Everyday glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal. Fine bone china should only be used for reheating for short periods, otherwise the change in temperature may crack

the dish or craze the finish. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.

### FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven. Small items in shallow foil containers can be REHEATED in the microwave, but take care that containers do not touch the oven walls or door. Use wooden kebab sticks instead of metal skewers. DO NOT RE-USE FOIL CONTAINERS AS THEY MAY BECOME DENTED OR DAMAGED AND ARCING MAY OCCUR.



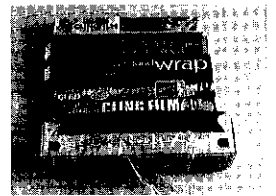
## PLASTIC

Many plastic containers are designed for microwave use. Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine – although it is heat resistant it absorbs microwave energy and scorches. Even if a container is microwave safe, do not use for cooking foods high in sugar or fat. Foods that require long cooking times e.g. brown rice, should not be cooked in plastic. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. Many plastics that are not heatproof for cooking are suitable for defrosting.



## CLING FILM

Microwave cling film can be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food.



## ROASTING BAGS

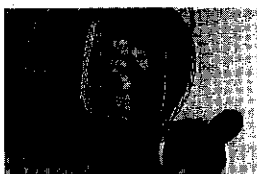
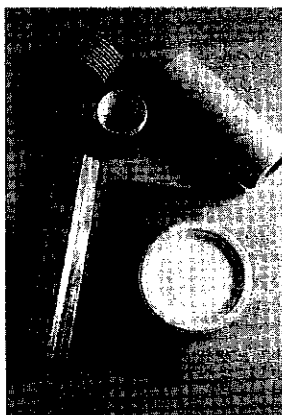
Roasting bags are useful when slit up one side to tent a joint for roasting by power and time. Do not use the metal twists supplied.



## PAPER

Plain white absorbent kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering BUT FOR SHORT COOKING TIMES ONLY. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.

Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt in the oven. Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers to stop them splattering. White paper plates can be used for SHORT REHEATING TIMES.



## WICKER, WOOD, STRAW BASKETS

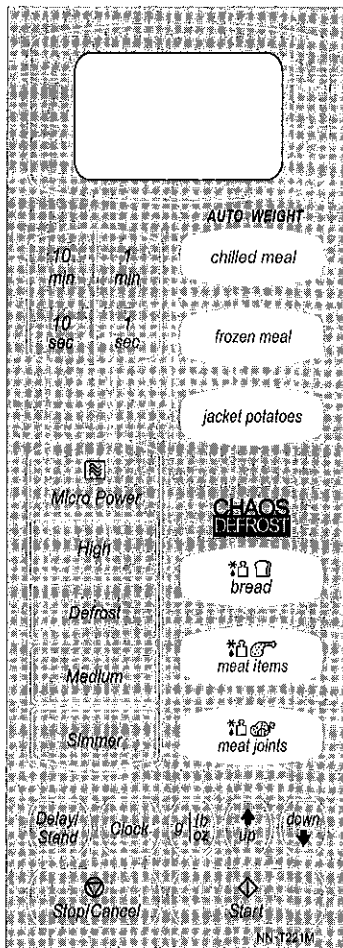
Do not use these items in your microwave. With continued use and with prolonged exposure they will crack and could ignite. Do not use wooden dishes in your microwave.

## ALUMINIUM FOIL

Small amounts of smooth aluminium foil can be used to SHIELD joints of meat during defrosting and cooking, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or overdefrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven.

# Let's Start to Use your Oven

## NN-T221



## 1 Plug in

Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions.

## 2 Press Clock Pad

Set clock as a 12hr clock. Set time using time pads. Press clock pad again. (See page 15 for details).

## 3 For Model NN-V359 only, Press Grill Pad For Model NN-T221 go to point 6

(This procedure is to burn off the oil used for rust protection in the oven.)

## 4 Press Time Pad

Press 1 min pad until 5 minutes is displayed in the window.

## 5 Press Start Pad

The time will be displayed in the window and count down. The oven will beep at the end of the program. The oven is now ready to use.

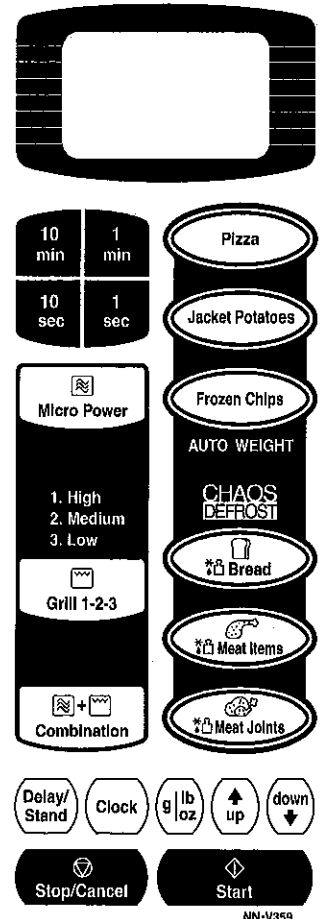
## 6 Demonstration Mode

This is to enable you to experiment setting various programs. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To select this mode press the clock pad three times. A letter D will appear. To cancel press the clock pad a further three times.

## 7 Child Lock

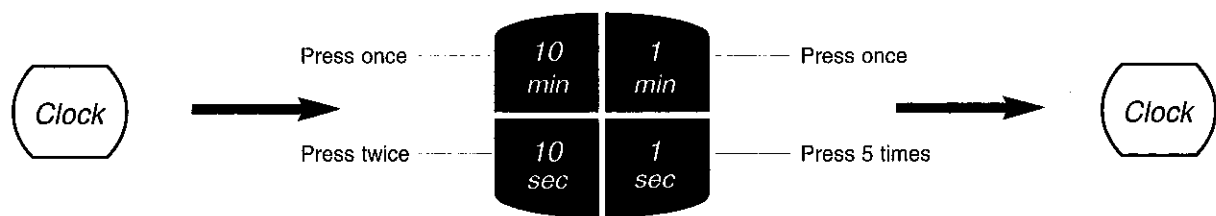
To operate the child lock facility press the start pad three times, this will deactivate the microwave. "Lock" will appear in the display and none of the controls will operate. To clear child lock facility press Stop/Cancel three times.

## NN-V359



NN-V359

# Setting the Clock



- **Press Clock Pad**

“SET TIME” will appear in the display window, and the colon starts to blink.

- **Press Time Pads**

Enter time of day by pressing Time Pads.  
e.g. 11.25pm (12hr clock)

- **Press Clock Pad**

Colon stops blinking. Time of day is now locked into the display.

**N.B.**

- 1. To reset time of day, repeat step 1 through to step 3.
- 2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
- 3. This is a 12 hour clock.

# Microwave Cooking and Defrosting

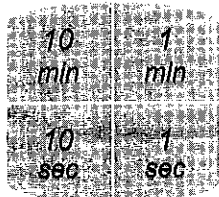
There are 4 different microwave power levels available on the NN-T221 and 6 on the NN-V359.

## Selecting Microwave Power Level



**NN-T221**

- 900 Watts
- 270 Watts
- 600 Watts
- 250 Watts

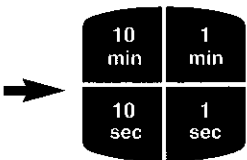


- Press the pad with the power you require.
- Select Cooking Time.
- Press Start.

**NN-V359**



Press	Power Level	Wattage
once	High	900 W
twice	Defrost	270 W
3 times	Medium	600 W
4 times	Low	440 W
5 times	Simmer	250 W
6 times	Warm	100 W

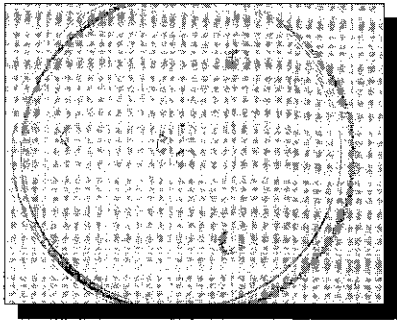


- Press this pad until the power you require appears in the display window.
- Select Cooking Time.
- Press Start.

**CAUTION:** The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.

# Microwave Cooking and Defrosting

## ACCESSORY TO USE:



When using your oven on MICROWAVE only, the glass turntable provided must always be in position. DO NOT attempt to use microwave only with any metal accessory in the oven.

DO NOT place food directly onto the turntable except in the case of Jacket Potatoes cooked by MICROWAVE only or Auto Program Jacket Potatoes.

Foods reheated or cooked by MICROWAVE only are normally covered with a lid or cling film, unless otherwise stated.

### Two Stage Cooking:

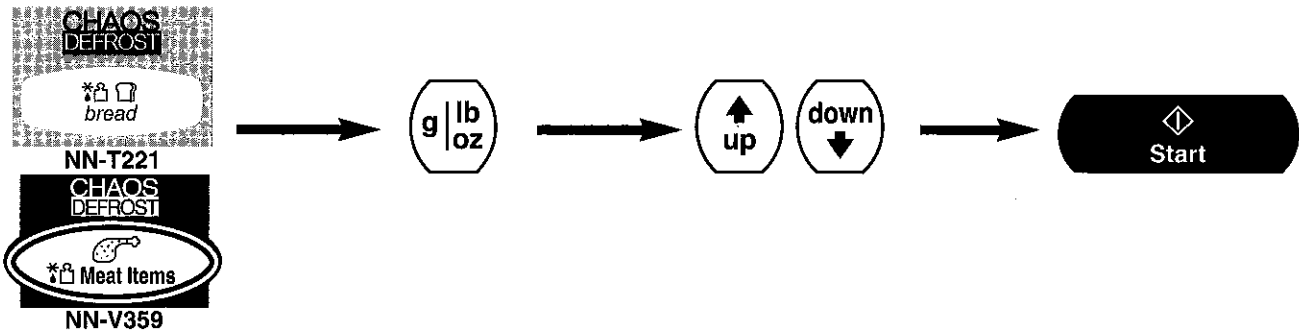
eg. High power 10 minutes followed by Simmer power 20 minutes; Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

### Three Stage Cooking:

eg. High power 5 minutes, Delay 5 minutes, High power 2 minutes; Select first Power level and cooking time, then press DELAY and time, then select final power level and final cooking time. Then press Start.

## Auto Weight Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight can be programmed in pounds and ounces or grams. The weight starts from the minimum weight for each category.



- Select the desired program.
- Press to select g or lb and oz.
- Enter the weight by pressing the Up & Down pads. The weight will start with the minimum category for each food.
- Press Start.

Program	Weight Range	Suitable Foods
1 Bread	100-800 g (4 oz-1 lb 12 oz)	Bread and rolls. Turn at beep.
2 Meat Items	150-1200 g (5 oz-2 lb 10 oz)	Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at beeps.
3 Meat Joints	400-2000 g (14 oz-4 lb 6 oz)	Whole chicken, meat joints. Turn at beeps and shield.

# Auto Weight Defrost Programs

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread.

The Auto Weight defrost pads should be pressed to select the correct category and then enter in the weight of the food in grams or pounds and ounces using the appropriate pads (See page 16).

Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a rack. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

The **CHAOS Theory** principle is used in Auto Weight defrost programs to give you a quick and more even defrost.

The CHAOS system uses a random sequence of pulsing microwave energy which speeds up the defrosting process.

During the program the oven will beep to remind you to check the food.

**IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY. (See page 18).**

On hearing the first beep you should **TURN** and **SHIELD** (if possible). On the second beep you should turn the food or break it up.

## 1st Beep



Turn

## 1st Beep



or

Shield

## 2nd Beep



Turn or break up



### CATEGORY 1 BREAD

The Bread Program is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. **THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS eg. cheesecake.**



*meat items*

### CATEGORY 2 MEAT ITEMS (MINCE/CHOPS/CHICKEN PORTIONS)

It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops and chicken portions should be arranged in a single layer and turned frequently.



*meat joints*

### CATEGORY 3 MEAT JOINTS/WHOLE CHICKENS

Meat joints and chickens will require shielding during defrosting especially if they are particularly fatty pieces. This is to prevent over defrosting on the outside edges. Smooth foil secured with cocktail sticks should be used. **DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN.** Back fat of joints, legs, wings and breast bones need shielding (see photograph above). Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted.

# Defrosting Guidelines

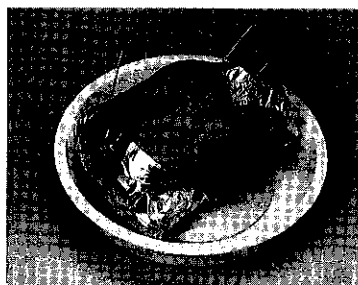
By selecting the DEFROST power level and setting a time, you can defrost food in your microwave. The biggest problem is getting the inside defrosted before the outside starts to cook.

For this reason a defrost program alternates between a defrost power and a standing time. The name for this type of defrost is cyclic and during the standing stages there is not any

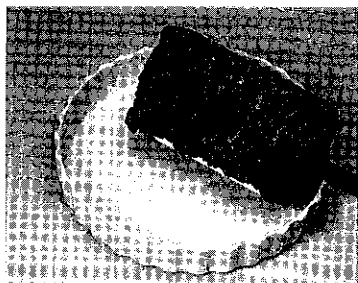
microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.



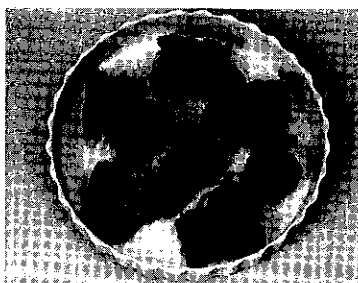
Separate chops and small items e.g. bread slices where possible.



Chickens and joints of meat will require shielding during defrosting.



Turn dense foods and meat 2/3 times during defrosting.



Break up small items e.g. minced meat, frequently during defrosting.

## TIPS

- 1 Check foods during defrosting. Foods vary in their defrosting speed.
- 2 It is not necessary to cover the food.
- 3 Always turn or stir the food especially when the oven "beeps". Shield if necessary (see point 5).
- 4 Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.
- 5 Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks.
- 6 Allow standing time so that the centre of the food thaws out.  
(minimum 1 hour for joints of meat and whole chickens)

# Defrosting Foods Using Defrost Power & Time

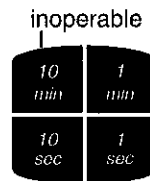
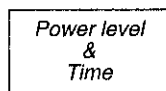
The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Meat	Defrosting Time	Method	Standing Time
Beef/Lamb/ Pork Joint	14-16 mins 450g.(1lb)	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins
Minced Beef	12 mins 450g.(1lb)	Place in a suitable dish. Break up and turn 3-4 times.	15 mins
Chops	10 mins 450g.(1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Sausages	12 mins. 450g.(1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins
Bacon	6-7 mins 450g. (1lb)	Place in a suitable dish in a single layer. Turn twice shield if necessary.	10 mins
Stewing Steak	12 mins. 450g. (1lb)	Place in a suitable dish. Break up frequently.	15 mins
Chicken	13 mins. 450g. (1lb)	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Chicken Portions	10-12 mins. 450g. (1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	30 mins.
<b>Fish</b>			
Whole	9-10 mins 450g. (1lb)	Place in a suitable dish. Turn Twice. Shield.	15 mins.
Fillet/Steak	7-8 mins 450g. (1lb)	Place in a suitable dish. Turn twice, separate if necessary.	15 mins
Prawns	6-7 mins. 450g. (1lb)	Place in a suitable dish. Stir twice during defrosting.	10 mins
<b>General</b>			
Bread Sliced	5 mins. 400g (14oz)	Place on the turntable. Separate and rearrange during defrosting.	10 mins.
Slice of bread.	30 sec. 30g. (1oz)	Place on the turntable on a piece of kitchen paper.	1-2 mins.
Pastry	5½ mins. 450g. (1lb)	Place on a plate. Turn over half way.	10-15 mins.
Soft Fruit	6-7 mins. 450g (1lb)	Place in a suitable dish. Stir twice during defrosting.	10 mins.

# Using the the Delay/Stand Feature

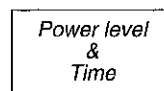
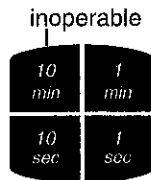
The Delay/Stand Pad is used as a timing pad either before, during or after a cooking program. When the Delay/Stand Pad is selected with a time, there is no microwave power in the oven during this time.

## 1. To Set a Standing Time:



- Set the desired Cooking Program, by selecting power level and time required.
- Then Press the Stand Pad
- Set desired standing time (max 9hrs 99mins) (10 min pad is inoperable). An "H" will appear in the display to denote hours.
- Press Start Pad. Cooking program will commence after which the standing time will count down.

## 2. To Set a Delay Start:



- Press the Delay Pad
- Set Delay time (max 9hrs 99mins) (10 min pad is inoperable). An "H" will appear in the display to denote hours. The minute pad enters hours and the second pad enters the minutes.
- Set the complete cooking program, by entering power level and time required.
- Press Start Pad. Delayed time will count down then the cooking program will start.

### NB

1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start cannot be used before an Auto Program.
3. If the Delay Stand pad is pressed three times, this will turn off the Auto Guide system. "Operation guide off" will appear once. The words will not now scroll round in the display window. To turn the Auto Guide back on, press the Delay Stand pad three times. "Operation guide on" will appear, and then the words will scroll again.

# Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by HIGH power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked and NOT leftover. Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 27-35 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

Remember when cooking or reheating any food that it should be stirred or turned wherever possible. This ensures even cooking or reheating on the outside and in the centre.

## When is food reheated?

Food that has been reheated or cooked should be served "piping hot" i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating.

If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

## PLATED MEALS

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 mins. on HIGH power will reheat an average portion. If stacking two meals, heat on HIGH power for 6-7 mins. and change the meals over halfway.

## CANNED FOODS

Remove foods from can and place in a suitable dish before heating.

## SOUPS

Use a bowl and stir before heating and at least once through reheat time and again at the end.

## CASSEROLES

Stir halfway through and again at the end of heating.

## MINCE PIES - CAUTION

REMEMBER even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

## CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

Take great care when reheating these items. See Page 6.

**Do not leave unattended.**

**Do not add extra alcohol.**

## BABIES' BOTTLES - CAUTION

Milk or formula **MUST** be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby.

See page 27 for details.

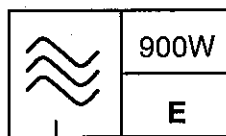
**WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES.** If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

# Reheating Charts

The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, dish size etc. The grill and combination guidelines are for the NN-V359 model only.

## HEATING CATEGORY

Your oven is Heating Category E and this is displayed on the front of your oven door. The information on this label will assist you in using new instructions on food packs to enable you to program the best heating time in your oven.



The IEC (705) power output (watts)

The heating category for small packs of food

Microwave symbol

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>BABIES BOTTLES – CAUTION</b>				
For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on <b>HIGH Power</b> for 25-30 secs. <b>CHECK CAREFULLY</b> For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on <b>HIGH Power</b> for 10-15 secs. <b>CHECK CAREFULLY</b> N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. Milk or formula must always be tested carefully before feeding a baby.				
<b>BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.</b>				
Croissants	2	HIGH	15-20 secs.	Place on heatproof plate on turntable. Do not cover.
		or GRILL 1	2-3 mins.	
	4	HIGH	30-40 secs.	
		or GRILL 1	4 mins.	
Rolls	1	HIGH	15 secs.	
		or GRILL 1	2-3 mins.	
	4	HIGH	30-40 secs.	
		or GRILL 1	4-5 mins.	
<b>CANNED BEANS, PASTA</b>				
Baked Beans	225 g	HIGH	2 mins.	Place in a microwave safe bowl on turntable. Cover.
	447 g	HIGH	4 mins.	
Ravioli in sauce	215 g	HIGH	2 mins. 30 secs.	
	400 g	HIGH	4 mins.	
Macaroni Cheese	225 g	HIGH	3 mins.	
Spaghetti Bolognese	210 g	HIGH	2 mins.	
	430 g	HIGH	4 mins.	
Spaghetti in Tomato Sauce	213 g	HIGH	2 mins.	
<b>CANNED MEAT</b>				
Chilli Con Carne	410 g	HIGH	3 mins. 30 secs.	Place in a microwave safe bowl on turntable. Cover.
Hot Dogs (drained)	415 g	HIGH	2 mins. 30 secs.	
Chicken Supreme	392 g	HIGH	4 mins..	
Minced Beef & Onion	392 g	HIGH	4 mins.	
<b>CANNED SOUPS</b>				
Cream of Tomato	425 g	HIGH	4 mins.	Place in a microwave safe bowl on turntable. Cover.
Minestrone	300 g	HIGH	2 mins. 30 secs.	

## POINTS FOR CHECKING

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>CANNED PUDDINGS</b>				
Creamed Rice	425 g	HIGH	3 mins.	Place in a microwave safe bowl on turntable. Cover.
Sponge Pudding	300 g	HIGH	2 mins.	
<b>CANNED VEGETABLES – Drain where appropriate</b>				
Carrots, whole	410 g	HIGH	3 mins.	Place in a microwave safe bowl on turntable. Cover.
Mushrooms, whole	300 g	HIGH	2 mins.	
Peas, Mushy	440 g	HIGH	2 mins.	
Peas, Garden	550 g	HIGH	3 mins. 30 secs.	
Potatoes, new	820 g	HIGH	5 mins.	
Sweetcorn	198 g	HIGH	1 min. 30 secs.	
	340 g	HIGH	2 mins.	
Tomatoes, whole	400 g	HIGH	3 mins.	
<b>CHRISTMAS PUDDINGS – Overheating may cause pudding to ignite</b>				
Slice	150 g	HIGH	30 secs.	Place in a microwave safe dish on turntable. Cover.
Small	450 g	HIGH	2 mins.	
Medium	900 g	HIGH	3 mins.	
Large	1.1 kg	HIGH	3 mins. 30 secs.	
<b>DRINKS – COFFEE</b>				
1 mug	235 ml	HIGH	2 mins.	Place in a microwave safe mug on turntable. Stir, before, during and after reheating.
2 mugs	470 ml	HIGH	3 mins. 30 secs.	
3 mugs	705 ml	HIGH	4 mins. 30 secs.	
4 mugs	940 ml	HIGH	6 mins.	
<b>DRINKS – MILK</b>				
1 mug	235 ml	MEDIUM	2 mins.	Place in a microwave safe mug on turntable.
1 jug	600 ml	MEDIUM	4 mins. 30 secs.	
<b>HOMEMADE MEAT DISHES</b>				
Casserole for 2	500 g	HIGH	3 mins.	Place in a microwave safe dish on turntable. Cover.
Casserole for 4	1 kg	HIGH	10 mins.	
Bolognese Sauce	250 g	HIGH	3 mins.	
	1 kg	HIGH	8 mins.	

## POINTS FOR CHECKING

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines	
<b>PASTRY PRODUCTS - PRECOOKED - N.B. Pastries reheated by microwave will have a soft base.</b>					
Beef & Onion Pie	480 g	HIGH Or Comb: GRILL 1 + LOW	4 mins. 6 mins.	Place on heatproof plate on turntable. Do not cover.	
Chicken Pie	210 g	HIGH Or Comb: GRILL 1 + LOW	2 mins. 3½ mins.		
Cornish Pastie	255 g (1)	HIGH Or Comb: GRILL 1 + LOW	2-2½ mins. 3-4 mins.		
Quiche	360 g	HIGH Or Comb: GRILL 1 + SIMMER	3 mins. 7-8 mins.		
Samosas	140 g (4)	HIGH Or Comb: GRILL 1 + SIMMER	1-2 mins. 6-7 mins.		
Steak & Kidney Pie	325 g (1)	HIGH Or Comb: GRILL 1 + LOW	2-3 mins. 6-7 mins.		
Sausage Rolls	260 g (4)	HIGH Or Comb: GRILL 1 + SIMMER	2-3 mins. 4-5 mins.		
Spring Roll	230 g (6)	HIGH Or Comb: GRILL 1 + SIMMER	1-2 mins. 4-5 mins.		
Christmas Mince Pies	120 g	HIGH	10-20 secs.		Place on grill accessory on turntable. Do not cover, turn halfway.
Christmas Mince Pies	120 g	HIGH	10-20 secs.		Place on microwave safe dish on turntable. Do not cover.
<b>PLATED MEALS - HOMEMADE - CHILLED</b>					
Child Size	1	HIGH	3 mins.	Place on a microwave safe plate on turntable. Cover.	
Adult Size	1	HIGH	4-5 mins.		
<b>PORRIDGE</b>					
1 portion		HIGH	1 min.	Use a large bowl on turntable. Stir during cooking.	
4 portions		HIGH	5 mins.		
<b>PUDDINGS &amp; DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish</b>					
Apple Pie	500 g	HIGH Or Comb: GRILL 2 + SIMMER	4 mins. 6-7 mins.	Place on a heatproof plate on turntable. Do not cover.	
Baked Apple - 1	175 g	HIGH	30 secs.-1 min.		
Bread & Butter Pudding	425 g	HIGH	4 mins.		
Fruit Crumble	420 g	HIGH Or Comb: GRILL 1 + LOW	3 mins. 4-5 mins.		
Fruit Pie, individual	1	HIGH Or Comb: GRILL 1 + SIMMER	10-15 secs. 1 min.		
	4	HIGH Or Comb: GRILL 1 + SIMMER	30-35 secs. 2 mins.		
Sponge Puddings	170 g (1)	HIGH	1½ mins.		

## POINTS FOR CHECKING

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
<b>PURCHASED CONVENIENCE FOODS - CHILLED</b> N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Cauliflower Cheese	450 g	HIGH	6 mins.	Place on turntable. Do not cover, when using combination.
		Or Combi: GRILL 1 + LOW	8-9 mins.	
Cottage Pie	350 g	HIGH	5 mins.	
		Or Combi: GRILL 1 + LOW	7 mins.	
Lasagne	300 g	HIGH	4-5 mins.	
		Or Combi: GRILL 1 + LOW	7 mins.	
Onion Bhajis	200 g (6)	HIGH	1-2 mins.	Place on turntable. Do not cover.
Pakora & Felfafel		Or Combi: GRILL 1 + LOW	4-5 mins.	Place on grill accessory on turntable. Turn halfway.
Vegetable Rosti	400 g	HIGH	6 mins.	Place on turntable. Do not cover.
		Or Combi: GRILL 1 + LOW	7-8 mins.	
<b>PURCHASED CONVENIENCE FOODS - FROZEN</b> N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Lasagne	400 g	HIGH	5 mins., rest for 1 min.	Place on turntable. Do not cover, when using combination. Rest for 1 min.
		then HIGH	4 mins.	
		Or Combi: GRILL 1 + LOW	10-12 mins.	
Shepherd's Pie	460 g	HIGH	6 mins., rest for 1 min.	
		then HIGH	5 mins.	
		Or Combi: GRILL 1 + LOW	12-14 mins.	
<b>SAUCES</b>				
Custard	425 ml	HIGH	2½-3 mins.	Place in a large jug. Stir during cooking.
Savoury Sauce	300 ml	HIGH	2 mins.	
<b>VEGETABLES</b>				
Jacket Potato	250 g	HIGH	1 min.	Place in a microwave safe dish. Cover.
Green Vegetables	100 g	HIGH	1 min. 30 secs.	
	225 g	HIGH	2 mins.	
Mashed Potato	350 g	MEDIUM	7-8 mins.	
Root Vegetables	100 g	HIGH	1 min.	
	225 g	HIGH	1 min. 30 secs.	

## POINTS FOR CHECKING

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time Approx. (mins.)	Instructions/Guidelines
<b>BREAD – Frozen</b>				
Part-baked rolls	340 g (6)	Combi: Grill 1 + SIMMER	5-6	Place on heatproof plate on turntable.
Part-baked Garlic Baguette	325 g (2)	Combi: Grill 1 + SIMMER	5-6	
<b>BACON – from raw</b>				
Rashers	120 g (6)	HIGH	4-5 or 45 secs per rasher.	Place on heatproof rack or plate on turntable and cover with kitchen towel to minimise splatter.
		Grill 1	8 mins.	Place on grill accessory on turntable. Turn halfway.
<b>BEANS &amp; PULSES – should be pre-soaked (except lentils)</b>				
Black Eyed Beans	225 g	HIGH then SIMMER	10 25-30	Use 600 ml (1 pt) boiling water in a large bowl. Cover.
Chick Peas	225 g	HIGH then SIMMER	10 40	
Lentils	225 g	MEDIUM power	10-15	
Red Kidney Beans	225 g	HIGH then SIMMER	15 40	Use 600 ml (1 pt) boiling water in a large bowl. Cover. <b>Must boil for at least 12 minutes to destroy toxic enzymes.</b>
<b>BEEF – Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat Chapter page 42.</b>				
Medium Rare		MEDIUM	11-14 per 450 g (1 lb)	Place on upturned saucer in flan dish. Cover. Place on turntable. Turn joint over halfway during cooking. Drain off fat during cooking.
<b>CHICKEN from raw – Caution: Hot fat! Remove dish with care.</b>				
Breasts, boneless	595 g	MEDIUM	12-14	Place on microwave safe rack or plate on turntable. Cover.
		or Grill 1	20	Place on grill accessory on turntable. Turn halfway.
		or Combi: Grill 1 + LOW	9-11	
Drumsticks	900 g (8)	MEDIUM	12-14	Place on microwave safe rack or plate on turntable. Cover.
		or Grill 1	20-25	Place on grill accessory on turntable. Turn halfway.
		or Combi: Grill 1 + LOW	10-12	
Quarters	1.2 kg (4)	MEDIUM	20-25	Place on microwave safe rack or plate on turntable. Cover.
		or Grill 1	30	Place on heatproof dish on turntable.
		or Combi: Grill 1 + LOW	15-20	
Whole		MEDIUM	9-10 per 450 g (1 lb)	Place on upturned saucer breast side down in flan dish. Cover. Place on turntable. Turn chicken over halfway. Drain off fat during cooking.

## POINTS FOR CHECKING

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time Approx. (mins.)	Instructions/Guidelines
<b>EGGS – Poached.</b>				
Water	45 ml	HIGH	50 secs.	<ul style="list-style-type: none"><li>Place in a small bowl and heat for 1st cooking time.</li><li>Add egg (medium sized).</li><li>Pierce yolk and white.</li><li>Cover.</li><li>Cook for 2nd cooking time.</li><li>Then leave to stand for 1 min.</li></ul>
Egg	1	MEDIUM	30 secs.	
Water	90 ml	HIGH	1	
Eggs	2	MEDIUM	1	
Water	135 ml	HIGH	1 min. 30 secs.	
Eggs	3	MEDIUM	1 min. 30 secs.	
<b>EGGS – Scrambled.</b>				
1 Egg		HIGH	30 secs.	<ul style="list-style-type: none"><li>Add 1 tbsp of milk for each egg used.</li><li>Beat eggs, milk and knob of butter together.</li><li>Cook for 1st cooking time then stir.</li><li>Cook for 2nd cooking time then stand for 1 min.</li></ul>
		HIGH	20 secs.	
2 Eggs		HIGH	50 secs.	
		HIGH	30 secs.	
3 Eggs		HIGH	1 min. 20 secs.	
		HIGH	30 secs.	
<b>FISH – FRESH from raw – For Guidelines see Fish Chapter page 39.</b>				
Fillets	450 g (3)	HIGH	3-4	Place in microwave safe dish. Add 30 ml liquid. Cover.
Steaks	350 g (2)	HIGH	3-4	
Whole	280 g (1)	HIGH	3-4	
Breaded Fillets	300 g (2)	GRILL 1 or Combi: Grill 1 + SIMMER	12-14 8-10	Place on grill accessory on turntable. Turn halfway.
<b>FISH – FROZEN from raw – For Guidelines see Fish Chapter page 39.</b>				
Breaded Fillets	300 g (2)	GRILL 1 or Combi: Grill 3 + SIMMER	16-18 13-14	Place on grill accessory on turntable. Turn halfway.
Fish Fingers	210 g (8)	HIGH or GRILL 1 or Combi: Grill 1 + SIMMER	4-5 12-14 8-10	Place on microwave safe dish. Do not cover. Place on grill accessory on turntable. Turn halfway.
Haddock Fillets	380 g (4)	HIGH	7	Place in microwave safe dish. Add 30 ml of liquid. Cover.
Whole	450 g (2)	HIGH	10-12	
Boil in the Bag	170 g (1)	DEFROST then stand then MEDIUM	4 2 6	Place bag sauce side down on a microwave safe plate. Slash top of bag with a knife.
<b>FRUIT – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish.</b>				
Apples – poached	450 g	HIGH	6	Add 300 ml (½ pt) water. Only half fill dish. Cover.
Apples – stewed	450 g	HIGH	5	Only half fill dish. Cover.
Peaches – poached	450 g	HIGH	4-5	Add 300 ml (½ pt) water. Only half fill dish. Cover.
Pears – poached	450 g	HIGH	5-6	
Plums – poached	450 g	HIGH	8	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover.
Plums – stewed	450 g	HIGH	8-10	
Rhubarb – stewed	450 g	HIGH	5	Only half fill dish. Cover.

## POINTS FOR CHECKING

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