

SHARP

FLATBED MICROWAVE WITH GRILL

MODEL R-67B1(S/W)

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Thank you for buying a Sharp Microwave Oven.
Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook many varieties of foods.

The manual is divided into two sections:

1. OPERATION (P2-P12)

This section describes your oven and teaches you how to use all the features.

2. MANUAL CHART GUIDES

This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.

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

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

SHARP

WARRANTY

Consumer Electronic Products

Congratulations on Your Purchase!

This Sharp product is warranted against faults in material and manufacture for the period as stated in the table below.

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

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

Please retain your sales documentation, as this should be produced to validate a warranty claim. This warranty is in addition to and in no way limits, varies or excludes any implied rights and remedies under any relevant legislation in the country of sale.

This warranty does not cover transportation to and from the Sharp Approved Service Centre. Goods presented for repair may be replaced by refurbished goods of the same type rather than being repaired. Refurbished parts may be used to repair the goods. The repair of your goods may result in the loss of user generated data, please ensure that you have saved this data elsewhere prior to repair.

Australian customers: Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. The criteria of a major failure is defined in the Australian Consumer Law. Should you require any assistance with a major failure please contact Sharp Customer Care.

WARRANTY PERIODS

Home Theatre Projector	12 months	(excluding lamps and air filters)
Audio/Home Theatre	12 months	
Microwave / Steam Oven	12 months	
Slow Juicer	12 months	
Refrigerator	24 months	
DVD/Blu-ray	12 months	
Washing Machine	24 months	
Portable Air Conditioner	12 months	
LCD Television	12 months	
Air Purifier	12 months	
Vacuum Cleaner	24 months	

SHARP
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AUSTRALIA PTY LIMITED
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SHARP CORPORATION OF
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59 Hugo Johnson Drive
Penrose, Auckland

SPform 040 (SEPT 2013)

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

SHARP

FOR LOCATION ENQUIRIES WITHIN

AUSTRALIA

REGARDING YOUR LOCAL

SHARP APPROVED SERVICE CENTRE

VISIT OUR WEBSITE AT

www.sharp.net.au

OR CALL SHARP CUSTOMER CARE

1300 135 022

(LOCAL CALL COST APPLY WITHIN AUSTRALIA)

SHARP CORPORATION OF AUSTRALIA PTY LTD

SHARP

FOR LOCATION ENQUIRIES WITHIN

NEW ZEALAND

REGARDING YOUR LOCAL

SHARP APPROVED SERVICE CENTRE

VISIT OUR WEBSITE AT

www.sharp.net.nz

CONTACT YOUR SELLING DEALER/RETAILER

OR CALL

SHARP CUSTOMER SERVICES

TELEPHONE: 09 573 0111

FACSIMILE: 09 573 0113

SHARP CORPORATION OF NEW ZEALAND LIMITED

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

To reduce the risk of fire in the oven cavity:

- a. Do not overcook food.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
- c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
- d. Look at the oven from time to time when food is heated in disposable containers made of plastic, paper or other combustible materials for signs of smoke or burning.
- e. If materials inside the oven should ignite, or smoke is observed, keep oven door closed, turn oven off, and disconnect the power plug, or shut off power at the fuse or circuit breaker panel.

To reduce the risk of an explosion or delayed eruptive boiling when handling the container.

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

Additionally:

- a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
- b. Do not use excessive amount of time.
- c. When boiling liquids in the oven, use a wide-mouthed container.
- d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
- e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.

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

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

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

Do not try to adjust or repair the oven yourself.

It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. Especially those which involve the removal of a cover which gives protection against exposure to microwave energy are very hazardous.

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

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

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

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

Never tamper with or deactivate the door safety latches.

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

Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP and it must be replaced by a qualified service technician trained by SHARP in order to avoid a hazard.

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

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

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

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

Do not place anything on the outer cabinet.

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

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

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

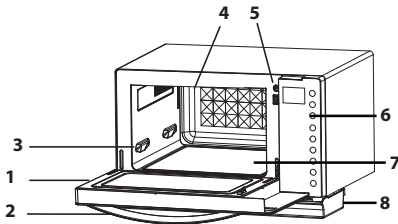
This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

SPECIAL NOTES & WARNING

	DO	DON'T
Eggs, fruits, vegetables, nuts, seeds, sausages and oysters	<ul style="list-style-type: none"> * Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Cook hard/soft boiled eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Food with filling should be cut after heating, to release steam and avoid burns. * Use a deep bowl when cooking liquids or cereals to prevent boiling over. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or airtight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (load is an absorbing material such as food or water) in the oven cavity.
Liquids (Beverages)	<ul style="list-style-type: none"> * For boiling or cooking liquids see WARNING on page 1 to prevent explosion and delayed eruptive boiling. 	<ul style="list-style-type: none"> * Heat for longer than recommended time. See REHEATING-FOOD CHART on page A-4.
Canned foods	<ul style="list-style-type: none"> * Remove food from can. 	<ul style="list-style-type: none"> * Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> * Cook for the recommended time. (These foods have high sugar and/or fat contents.) 	<ul style="list-style-type: none"> * Overcook as they may catch fire.
Meats	<ul style="list-style-type: none"> * Use a microwave proof roasting rack to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the turntable for cooking.
Utensils	<ul style="list-style-type: none"> * Check the utensils are suitable for MICROWAVE cooking before you use them. 	<ul style="list-style-type: none"> * Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	<ul style="list-style-type: none"> * Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls. Sparking can damage the cavity.
Browning dish	<ul style="list-style-type: none"> * Place a suitable insulator such as a microwave heat proof dinner plate between the turntable and the browning dish. 	<ul style="list-style-type: none"> * Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.

OVEN AND ACCESSORIES



OVEN

1. Oven door
2. Door handle
3. Grill bracket
4. Grill
5. Safety Interlock system
6. Control Panel
7. Oven cavity
8. Decorative plate

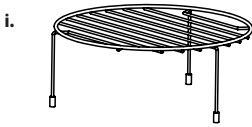
ACCESSORIES:

i. Rack

Check to make sure the rack has been provided.
For use of the rack, refer to the Grill Operation section on page 8.

NOTE: When you order accessories, please mention two items: part name and model name to your dealer or SHARP authorised service agent.

WARNING: The rack will become very hot when in use.
Use thick oven gloves when inserting/removing the food or rack from the oven to PREVENT BURNS.

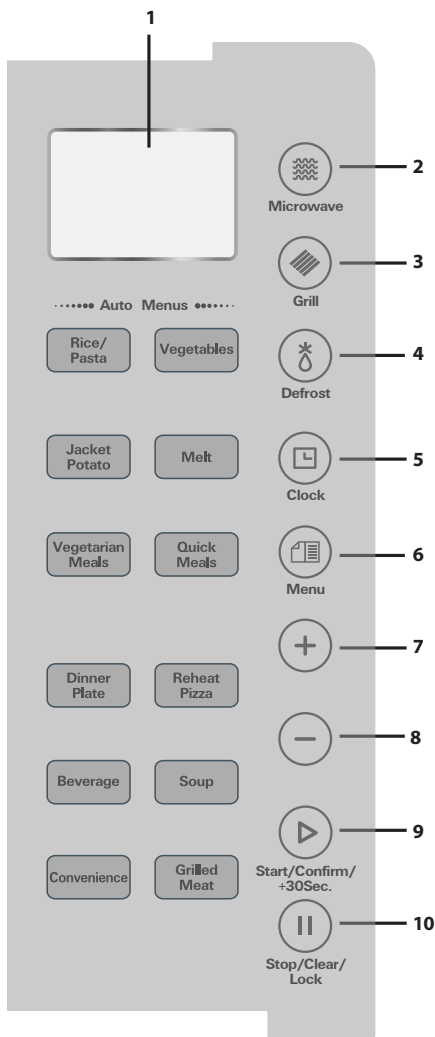


INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity, (**do not remove the waveguide cover**), and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
 - 1) Rack
 - 2) Operation Manual
3. This oven is designed for countertop or cabinet use as well. It should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings. Allow a space of at least 15cm on the top and 5cm on the back and both sides of the oven for adequate air circulation. When installing in a cabinet, the minimum inside dimension of the cabinet should be 613mm (W) x 483mm (H) x 497mm (D). This oven is not designed for built-in installation.

WARNING: The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
4. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
The A.C. voltage must be single phase 230 – 240V, 50Hz.
5. This appliance must be earthed.
6. Operate the oven from a general purpose domestic outlet.
If a generator is used, do not operate the oven with non-sinusoidal outputs.

CONTROL PANEL



1. DIGITAL DISPLAY and INDICATORS

- Microwave indicator**
- Grill indicator**
- Defrost Indicator**
- Auto Menu Indicator**
- Child Lock Indicator**
- Clock/Timer Indicator**

2. MICROWAVE POWER button

Press to select microwave power level

3. GRILL button

4. WEIGHT DEFROST button

5. CLOCK button

6. AUTO MENU button

- A-01:** Rice/Pasta
- A-02:** Vegetables
- A-03:** Jacket Potato
- A-04:** Melt
- A-05:** Vegetarian Meals
- A-06:** Quick Meals
- A-07:** Dinner Plate
- A-08:** Reheat Pizza
- A-09:** Beverage
- A-10:** Soup
- A-11:** Convenience
- A-12:** Grilled Meat

7. INCREASE TIME button

8. DECREASE TIME button

9. START/CONFIRM/+30 SEC button

10. STOP/CLEAR/LOCK button

BEFORE OPERATION

Plug in the oven. The LCD screen will display "0:00", an audible signal will sound once and right indication lights are highlighted.

To set the clock, see below.

SETTING THE CLOCK

When the microwave oven is electrified, the oven will display "0:00".

1. Press the **CLOCK** button once. The hour figure on the LCD display "0:00" will flash.
2. Press the **+** or **-** button to adjust the hour figure until the correct hour is displayed. The input time should be within 0-23 (24 hour clock).
3. Press the **CLOCK** button, to confirm the hour figure. The minute figure will now flash.
4. Press the **+** or **-** buttons to adjust the minute figure until the correct minute is displayed. The input time should be within 0-59.
5. Press the **"CLOCK"** button to confirm the minute figure and finish the clock setting. The ":" will flash.

NOTES:

- In the process of clock setting, if the **STOP/CLEAR/LOCK** button is pressed, or if there is no operation in 1 minute, the oven go back to the former setting.
- If the electrical power supply to your microwave oven is interrupted, the display will show "0:00" after the power is reinstated. The time of day will also be erased.

MICROWAVE POWER LEVEL

Power Level	Press the MICROWAVE button	Display (Percentage)
HIGH	x1	P100
	x2	P90
MEDIUM HIGH	x3	P80
	x4	P70
MEDIUM	x5	P60
	x6	P50
MEDIUM LOW (DEFROST)	x7	P40
	x8	P30
LOW	x9	P20
	x10	P10
	x11	P0

- The oven has 11 power levels, as shown.
- To change the power level for cooking, press the **MICROWAVE** button until the display indicates the desired level. Enter the time required and then press the **START/CONFIRM/+30 SEC** button to start the oven.
- To check the power level during cooking, press the **MICROWAVE** button, the current power level will be displayed for 3 seconds. The oven will continue to count down although the display will show the power level.
- If "P0" is selected, the oven will work with the fan but no power. You can use this level to remove the odour.

Generally the following recommendations apply:

P100/ P90 - (HIGH) used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

P80/ P70 - (MEDIUM HIGH) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as sponge cakes. At this reduced setting, the food will cook evenly without over cooking at the sides.

P60/ P50 - (MEDIUM) for dense foods which require a long cooking time when cooked conventionally, e.g. beef casserole, it is advisable to use this power setting to ensure the meat will be tender.

P40/ P30 - (MEDIUM LOW) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

P20/ P10 - (LOW) For gentle defrosting, e.g. cream gateaux or pastry.

MANUAL OPERATION

Opening the door:

To open the oven door, pull the door handle. The door will open downwards.

Starting the oven:

Prepare and place food in a suitable container onto the base or place directly onto the base. Close the door and press the **START/CONFIRM/+30 SEC** button after selecting the desired cooking mode.

Once the cooking programme has been set and the **START/CONFIRM/+30 SEC** button is not pressed in 1 minute, the setting will be cancelled.

The **START/CONFIRM/+30 SEC** button must be pressed to continue cooking if the door is opened during cooking. The audible signal sounds once by efficient press, inefficient press will be no response.

Use the **STOP/CLEAR /LOCK** button to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, press the **STOP/CLEAR/LOCK** button twice.
4. To set and to cancel the child lock (refer to page 10).
5. To enter energy saving mode.

MICROWAVE COOKING

Your oven can be programmed for up 99 minutes 50 seconds (99:50).

Cooking Time	Increasing Unit
0 – 1 minute	10 seconds
1 – 5 minutes	30 seconds
5 – 10 minutes	1 minutes
10 – 30 minutes	5 minutes
30 – 99 minutes 50 seconds	10 minutes

MANUAL COOKING / DEFROSTING

1. To select the power level, press the **MICROWAVE** button until the required power level is displayed. Power levels range from 100% to 0%
2. Select the cooking time by pressing the \oplus or \ominus buttons until the required time is displayed. If required, you may also wish to use the **START/CONFIRM/+30 SEC** button to increase the time in 30 second increments after the microwave has started cooking. Simply press the button continuously until the required time is achieved.
3. Press the **START/CONFIRM/+30 SEC** button to start cooking.
 - During cooking, stir or turn the food at least once.
 - After defrosting, cover the food in foil and leave to stand until thoroughly defrosted.
 - After cooking, cover the food and leave to stand, where recommended.

For example:

To cook 2 minutes and 30 seconds on 80% microwave power.

1. Press the **MICROWAVE** button 3 times until "P80" is displayed
2. Press the \oplus button 9 times until "2:30" is displayed.
3. Press the **START/CONFIRM/+30 SEC** button once to start cooking.

NOTES:

- If the door is opened during cooking/defrosting to stir or to 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/CONFIRM/+30 SEC** button is pressed.
- When cooking/defrosting is complete, open the door or press **STOP/CLEAR/LOCK** button and the time of day will reappear on the display, if the clock has been set.
- If you wish to know the power level during cooking, press the **MICROWAVE** button and the power level will be displayed for 3 seconds.

IMPORTANT:

- Close the door after cooking/defrosting. Please note that the light will remain on for 3 minutes when the door is open, this is for safety reasons to remind you to close the door. After this time, the light will switch off and the microwave will enter energy saving mode.

AUTO MENU GUIDE

Quick Access Menu	Auto Menu				Procedure	
A-01	Rice / Pasta	(AA01) Rice	1 cup		Pre-wash the rice until the water runs clear. Place in an appropriately sized microwave safe bowl and add the hot tap water. Do not cover. Place the bowl on the centre of the base. Stir halfway through cooking. After cooking, stand for 2 minutes before serving. *	
			2 cups water			
		(AB01) Pasta	2 cups			Place the pasta in an appropriate sized microwave safe bowl and add the hot tap water. Do not cover. Place the bowl on the centre of the base. Stir halfway through cooking. After cooking, stand for 2 minutes before serving. *
			4 cups water			
A-02	Vegetables	Fresh	(AA02) Hard (eg. Carrot, cauliflower, beans)	0.1kg	Cut, chop or slice vegetables into evenly sized pieces. Place the vegetables into a microwave safe dish and cover with a lid or plastic wrap. Place in the centre of the base. Stir halfway through cooking. Stand for 2 minutes before serving.	
				0.5kg		
			(AB02) Soft (broccoli, squash, zucchini)	0.1kg		
				0.5kg		
		Frozen		1kg	Place vegetables into an appropriate sized microwave safe dish and cover with a lid or plastic wrap. Place in the centre of the base. Stir halfway through cooking. Stand for 2 minutes before serving	
			(AC02) Chunky Mix (large sized)	0.1kg		
				0.5kg		
				1kg		
			(AD02) Small Mix (finely chopped veg)	0.1kg		
				0.5kg		
A-03	Jacket Potato	1 Potato		Use potatoes that are similar in size of approx. 180-220g. Pierce the potato several times and place directly onto the centre of the base. Turnover halfway through cooking. Stand for 3 minutes before cooking and at the completion of cooking.		
		2 Potatoes				
		4 Potatoes				
A-04	Melt	(AA04) Butter	50g		Break up chocolate into small pieces and place in a small microwave safe bowl. Place in the centre of the base. Stir halfway through cooking and at the completion of cooking.	
			100g			
			200g			
		(AB04) Chocolate	50g			
			100g			
			200g			
A-05	Vegetarian Meals	(AA05) Spinach and Ricotta Cannelloni			Follow recipe in operation manual located on pages B-1 and B-2	
A-06	Quick Meals	(AB05) Pumpkin Risotto				
		(AA06) Garlic Prawns				
A-07	Dinner Plate	(AB06) San Choy Bau			Place the pre-cooked food on a plate and cover with a lid or ventilated plastic wrap. Place the plate onto the base.	
A-08	Reheat Pizza	400g				
		1 Slice				Place the pizza slice/s onto a plate. Do not cover. Place onto the base. Stand for 2 minutes after cooking.
		2 Slices				
A-09	Beverage	4 Slices			Place the cup/s onto the centre of the base. Stir after cooking.	
		1 Cup				
		2 Cups				
A-10	Soup	1 Cup			Place the soup into a microwave safe mug or bowl and place onto the turntable. Stir after cooking.	
		2 Cups				
		4 Cups				
A-11	Convenience	(AA11) Frozen Chips	0.5kg		Place the food in a single layer onto a pizza tray and place the tray on top of the rack. Turn the food over and rearrange on the tray halfway through cooking.	
		(AB11) Frozen Mini Pies / Sausage Rolls	0.5kg			
		(AC11) Chicken Nuggets	0.5kg			
A-12	Meats	(AA12) Chicken Drumsticks	0.5kg		Place the meat directly onto the rack and turnover halfway through cooking.	
		(AB12) Fish	0.5kg			

• The results when using auto cook depend on variances such as the shape and size of the food and your personal preference in regards to cooking results. If you are not satisfied with the preprogrammed result, please adjust the cooking time to match your requirement.

* When cooking rice/pasta a lot of condensation will form. This is of no safety concern, however, you may need to wipe this condensation away.

AUTO MENU OPERATION

AUTO MENU programmes are pre-set cooking times and power levels for specific foods designed to create the best result for your dish.

To select an **AUTO MENU**

1. Press the **MENU** button once and "A-01" will be displayed. Continue to press it until the correct menu is displayed, from "A-01" to "A-12" (refer to the table on the previous page for a list of the auto menus). Press **START/CONFIRM/+30 SEC** button to confirm the menu. On some auto menus, you may then need to select a submenu by again pressing the **MENU** button.
2. Press the **+** or **-** button to choose the portion/weight.
3. Press the **START/CONFIRM/+30 SEC** button to confirm the setting and start cooking.

OR

Simply pull open the microwave door and press on the menu you wish to cook, then use the **MENU** button and the **+** and **-** buttons to select the submenu and portion/weight. Close the door and press the **START/CONFIRM/+30 SEC** button to start cooking.

For example:

To melt 100g of chocolate

1. Press the **MENU** button 4 times until "A-04" is displayed.
2. Press the **START/CONFIRM/+30 SEC** button to confirm the auto menu.
3. Press the **MENU** button once and "Ab04" will be displayed.
4. Press the **+** button twice until "100g" is displayed.
5. Press the **START/CONFIRM/+30 SEC** button to confirm the setting and start cooking.

NOTES:

- When using some auto menus, the microwave will stop halfway during cooking and an audible signal will sound twice. This is to remind you to stir or turnover the food. If no action is taken in 1 minute, the microwave will continue cooking.
- When using the VEGETARIAN and QUICK MEALS auto menus, an audible sound will signal at various stages throughout cooking. These sounds are to advise you that the food needs stirring and/or additional ingredients need to be added.

GRILL OPERATION

Please use the grill rack provided when grilling. Place the rack in the centre of the base. Food should not exceed the length of the rack to ensure best results.

1. Press the **GRILL** button once.
2. Use the **+** or **-** buttons to select the required time. You may also wish to use the **START/CONFIRM/+30 SEC** button to increase the time in 30 second increments after the microwave has started cooking. Simply press the button continuously until the required time is displayed. Grilling time can be set from 0:10 to 99:50.
3. Press the **START/CONFIRM/+30 SEC** button to start cooking.

For example:

To grill for 5 minutes

1. Press the **GRILL** button once.
2. Press the **+** button 14 times until "5:00" is displayed.
3. Press the **START/CONFIRM/+30 SEC** button once to start cooking.

NOTES:

- Halfway through grilling time, the audible signal will sound twice. This will remind you to turn the food over to ensure even cooking (at this point, the microwave will not automatically stop cooking). After the food has been turned over, close the door and press the **START/CONFIRM/+30 SEC** button to continue grilling.
- After grilling and once the grill is cold, check there is no food material stuck to the grill coils. If there is, carefully remove the material to avoid smoke when the grill is next in use.

EASY DEFROST OPERATION

EASY DEFROST

This function allows you to select a range of weights, ranging from 100g to 2000g, which have been pre-programmed with a time and power level so that the following food can be defrosted easily: beef, chicken, pork and lamb.

1. Press the **DEFROST** button once. The screen will display "500g".
2. Press the **(+)** or **(-)** buttons to select the food weight. The weight ranges from 100g to 2000g.
3. Press the **START/CONFIRM/+30 SEC** button to begin defrosting.

For example:

To defrost 1000g of beef mince

1. Press the **DEFROST** button once.
2. Press the **(+)** button until "1000g" is displayed.
3. Press the **START/CONFIRM/+30 SEC** button once

NOTES:

- Frozen foods are defrosted from -18°C
- If necessary, shield small areas of meat with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the microwave walls.
- After defrosting, cover the food in foil and leave to stand until thoroughly defrosted
- The pre-set microwave power level is 30% and cannot be changed.

DEFROSTING ADVICE

Defrosting food using your microwave oven is the quickest method of all.

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

Rearrange	Foods that are placed towards the centre of the dish will defrost quicker than foods in the edge. It is therefore essential that the food is rearranged up to 4 times during defrosting. Rearrange over-lapping areas and closely packed pieces. 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 at least once during defrosting. This is important to ensure thorough defrosting.

NOTES:

- Remove all packaging and wrapping before defrosting.
- To defrost food, use microwave power levels 10% to 30%.

MULTI-STAGE COOKING

This function allows you to cook using up to 3 different stages of microwave or grill cooking. The audible signal will sound once after each stage is completed and the next stage is beginning.

NOTE: The defrost and auto menu functions cannot be set as one of the stages in multi-stage cooking.

If using the grill function, best results will be achieved by placing the food on the grilling rack for this stage of cooking. This rack can only be used for grilling; use of the rack during microwave cooking can result in arching. An audible signal will sound twice halfway through the grill stage of cooking to remind you to turn over the food.

For example:

To cook for 4 minutes on 80% microwave power and then 2 minutes on grill

1. Press the **MICROWAVE** button 3 times until "P80" is displayed.
2. Press the **+** button 12 times until "4:00" is displayed.
3. Press the **GRILL** button once.
4. Press the **+** button 8 times until "2:00" is displayed.
5. Press the **START/CONFIRM/+30 SEC** button to begin cooking.

OTHER CONVENIENT FUNCTIONS

KITCHEN TIMER

The kitchen timer can be used for timing when a microwave is not involved.

To set the kitchen timer


1. Hold down the **CLOCK** button for 3 seconds until the LCD displays "0:00"
2. Press the **+** or **-** buttons to enter the correct time (the maximum cooking time is 99 minutes 50 seconds).
3. Press the **START/CONFIRM/+30 SEC** button to start the timer.
4. When the timer has finished counting down, an audible signal will sound 5 times and the clock indicator will go out. If the clock has been set, the current time will be displayed.

NOTE: to cancel the timer whilst counting down, press the **STOP/CLEAR/LOCK** button.

CHILD LOCK

Use to prevent unsupervised use of the microwave.

To set the lock

- i. Hold down the **STOP/CLEAR/LOCK** button for 3 seconds until the lock symbol  is displayed.

To cancel the lock

- ii. Hold down the **STOP/CLEAR/LOCK** button for 3 seconds until the lock symbol  disappears.

INQUIRY FUNCTION

During cooking, you can check the mode and power being used.

- i. During microwave cooking, press the **MICROWAVE** button and the current power will be displayed for 3 seconds.
- ii. During grilling, press the **GRILL** button and "G" will be displayed for 3 seconds.

+30 SEC / QUICK START FUNCTION

This function allows you to operate in 2 ways:

1. You can directly start cooking on 100% microwave power for 30 seconds by pressing the **START/CONFIRM/+30 SEC** button. To cook for longer than this time, press the **START/CONFIRM/+30 SEC** button until the required time is displayed.
2. You can extend the cooking time during cooking by pressing the **START/CONFIRM/+30 SEC** button whilst the microwave is in operation. The cooking time can be extended to a maximum of 99 minutes 50 seconds.

ENERGY SAVE MODE

- i. When the microwave is not in use, press the **STOP/CANCEL/LOCK** button once to enter the energy saving mode. The display on the LCD screen will disappear and the illuminated buttons will become unilluminated.
- ii. If the microwave is not in operation for 3 minutes in waiting state, the microwave will enter the energy saving mode automatically.

REHEATING ADVICE

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

Plated meals	Place smaller items of food to the edge of the plate and larger and thicker foods to the centre. Cover with vented microwave cling film and reheat on 80%. Stir/rearrange halfway through reheating. NOTE: Ensure the food is thoroughly reheated before serving.
Sliced meat	Cover with ventilated cling film and reheat on 80%. Reheat at least once to ensure even reheating. NOTE: Ensure the meat is thoroughly reheated before serving.
Poultry portions	Place thickest parts of the portions to the inside of the dish. Cover with vented microwave cling film and reheat on 80%. Turnover halfway through reheating. NOTE: Ensure the poultry is thoroughly reheated before serving.
Casseroles	Cover with ventilated cling film or a suitable lid and reheat on 100%. Stir frequently to ensure even reheating. NOTE: Ensure the food is thoroughly reheated before serving.

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.



WARNING:

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.



WARNING:

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.

CARE AND CLEANING

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

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

Exterior:

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

Door:

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

Touch Control Panel:

Wipe the panel with a cloth dampened slightly with water only.

Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:

To clean the interior surfaces, wipe with a soft cloth and warm water. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover.

DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.

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

SERVICE CALL CHECK

Please check the following before calling for service:

- At the power point, switch off the power for 10 seconds and switch back on.
Does "0:00" appear in the display? YES _____ NO _____
- Place one cup of water (approx. 250 ml) in a glass measuring jug in the oven and close the door securely. Press the MICROWAVE button once, then the (+) button eight times, then press the START/CONFIRM/+30 SEC button once.
A. Does the oven lamp come on? YES _____ NO _____
B. Does the cooling fan work? YES _____ NO _____
(Put your hand over the rear ventilation openings.)
- After two minutes, did an audible signal sound and COOK indicator go off?
YES _____ NO _____
- Is the water inside the oven hot?
YES _____ NO _____

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

NOTE: If you cook the food over 20 minutes on 100 % power, the microwave power will be automatically reduced to avoid overcooking.

SPECIFICATIONS

Model	R-67B1(S/W)
Ac Line Voltage	230-240V,50Hz single phase
Microwave Input Power	1500W
Grill Input Power	1100W
Microwave Output Power	850W*
Microwave Frequency	2450MHz(Class B/Group 2)**
External Dimensions (W) x (H) x (D) mm	513 x 328 x 443
Weight	Approx. 17 kg

* When tested in accordance with AS/NZS 2895.1:2007

** This is the classification of ISM (Industrial Scientific and Medical) equipment described in the International Standard CISPR11.

DEFROST TIMES FOR MEAT, POULTRY AND BREAD

1. Remove wrapping and place frozen item on a shallow, Microwave safe plastic defrost rack. If necessary, shield thin areas with aluminum foil to prevent the item from cooking while defrosting
2. Defrost by following the steps in the "Microwave Time" column.
3. Set the microwave to 30% power.
4. When turning over, re-shield any warm areas so it continues to defrost without cooking
5. Stand in foil.

NOTE: Depending on the size and shape of the meat, you may need to extend cooking time for better results.

CUT	MICROWAVE TIME	STANDING TIME
BEEF (Roast)	6-7 minutes / 500g	15-30 minutes
Steaks	7-9 minutes / 500g	5-10 minutes
Minced Beef	6-8 minutes / 500g	5-10 minutes
PORK (Roast)	5mins 30secs – 6mins 30secs / 500g	15-30 minutes
Chops		5-10 minutes
Ribs	7-8 minutes / 500g	5-10 minutes
Minced Pork	5-7 minutes / 500g	5-10 minutes
	7-9 minutes / 500g	
LAMB (Roast)	6-7 minutes / 500g	15-30 minutes
Shoulder	6-7 minutes / 500g	5-10 minutes
Chops	7-9 minutes / 500g	5-10 minutes
POULTRY		
Chicken (Whole)	13mins 30 sec – 15mins 30 sec / 500g	15-30 minutes
Pieces	7-9 minutes / 500g	5-10 minutes

BREAD / PIES	MICROWAVE TIME	PROCEDURE
2 Slices of Bread	40 seconds	Place between paper towel and place directly on the base.
4 Slices of Bread	1 minute 30 seconds	
1 Bread Roll	1 minute 15 seconds	
2 Bread Rolls	2 minutes	

MANUAL CHART GUIDES

FRESH VEGETABLE CHART

1. Cover required dishes with plastic wrap or a lid.
2. Halfway through cooking, stir the vegetables to ensure even cooking.
3. Drain any remaining water after standing before serving.

Vegetable	Amount	Microwave Time at 100%	Cooking Procedure
Asparagus (halved)	500g	5-7 minutes	Place in a microwave safe dish. Cover. Stand for 3 minutes
Beans (top and tailed)	500g	5-7 minutes	Place in a microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Broccoli (uniform florets)	500g	5-7 minutes	Place in a microwave safe dish. Cover. Stand for 3 minutes
Brussels Sprouts	500g	4-6 minutes	Place in a microwave safe dish. Cover. Stand for 3 minutes
Cabbage (shredded)	500g	5-7 minutes	Place in a microwave safe dish with 2 tablespoons of water. Cover. Stand for 3 minutes
Carrots (sliced)	500g	6-8 minutes	Place in a microwave safe dish. Cover. Stand for 3 minutes.
Cauliflower (uniform florets)	500g	6-8 minutes	Place in a microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Corn on the Cob	2 pieces (cut into quarters)	6-8 minutes	Place in a shallow microwave safe dish. Cover. Stand for 3 minutes.
Mushrooms (quartered)	500g	3-5 minutes	Place in a microwave safe dish with 2 tablespoons of butter. Cover. Stand for 3 minutes
Potatoes – Jacket	4 Medium	12-14 minutes	Pierce with a fork and place on base. Turn over halfway during cooking. Stand for 3 minutes
Potatoes – Boiled	4 small	6-8 minutes	Peel and quarter potatoes. Cook in a microwave safe dish with ½ cup water. Cover. Stand for 3 minutes.
Pumpkin (2cm cubes)	500g	6-8 minutes	Place in a microwave safe dish. Cover. Stand for 3 minutes
Spinach (shredded)	500g	5-7 minutes	Place in a microwave safe dish with 2 tablespoons of water. Cover. Stand for 3 minutes
Snow Peas (top and tailed)	500g	5-6 minutes	Place in a microwave safe dish with 1 tablespoon of water. Cover. Stand for 3 minutes.
Squash (quartered)	500g	4-6 minutes	Pierce with a fork. Place in a microwave safe dish. Cover. Stand for 3 minutes
Sweet Potato (2cm cubes)	500g	7-9 minutes	Place in a microwave safe dish. Cover. Stand for 5 minutes
Zucchini (sliced or quartered)	500g	4-6 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 3 minutes

MANUAL CHART GUIDES

FROZEN VEGETABLE CHART

1. Place vegetables in a medium/large microwave safe bowl and cover with plastic wrap.
2. Halfway through cooking, stir the vegetables to ensure even cooking.
3. Allow to stand for 2 minutes before draining any water and serving.

Vegetable	Weight	Microwave Time (100%)	Special Procedures
Beans (green, cut)	500g	8-10 minutes	
Broccoli	500g	8-10 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Carrots (whole)	500g	8-10 minutes	
Cauliflower	500g	8 minutes 30 seconds – 10 minutes 30 seconds	Break apart as soon as possible. Arrange with flower towards the centre.
Corn on the Cob	4 pieces	7-8 minutes	
Peas (green)	500g	8-10 minutes	
Spinach	250g	5-7 minutes	Break apart as soon as possible.
Mixed Vegetables (i.e. carrots, beans and corn kernels)	500g	8-10 minutes	Break apart as soon as possible.

RICE & PASTA COOKING CHART

1. Wash and strain rice before cooking.
2. Place rice/pasta in a medium/large microwave safe bowl with water. Cook uncovered, stirring halfway through cooking. Allow to stand for 2 minutes before straining any remaining water and serving.

Note: When cooking rice/pasta, a lot of condensation will form. This is of no safety concern, however, you may need to wipe this condensation away

Food		Other Ingredients	Cooking Time
Pasta	1 Cup	2 cups Hot Water	14 minutes
	2 Cups	4 cups Hot Water	16 minutes
White Rice	1 Cup	2 cups Hot Water	18 minutes
	2 Cups	4 cups Hot Water	22 minutes
Quick Oats	1 Cup	2 cups Milk	6 minutes

SCRAMBLED EGG GUIDE

Place butter, eggs and milk in a small/medium microwave safe bowl. Beat with a fork until well combined and yolks of eggs are completely stirred in. Cook uncovered, stirring halfway through cooking.

Egg(s)	Butter	Milk	Cooking Medium High (80%)
1	1 tsp	1 tbsp	1 minute 30 seconds
2	2 tsp	1 tbsp	2 minutes
3	1 tbsp	2 tbsp	3 minutes
4	1 tbsp	¼ cup	4 minutes

REHEATING/DEFROSTING CONVENIENCE - FOOD CHART

FOOD	WEIGHT	COOKING TIME AND POWEL LEVEL	SPECIAL INSTRUCTIONS	STANDING TIME
Beverage (room temp.) 250mL per cup	1 cup 2 cups	2 minutes / 100% 4 minutes / 100%	Stir after heating.	N/A
Canned Food (room temp.) (e.g. Spaghetti, Baked Beans)	1 cup 2 cups	3 minutes 30 seconds / 50% 7 minutes / 50%	Place food in bowl. Cover with plastic wrap and pierce 5 times with a skewer. Stir halfway through cooking.	2 minutes
Canned Soup (room temp) 250mL per cup (thin soup)	1 cup 2 cups	2 minutes / 100% 4 minutes / 100%	Place food in bowl. Cover with plastic wrap or lid. Stir halfway through cooking.	N/A
Meat Pie (refrigerated) Individual 180g each	1 pie 4 pies	5 minutes / 50% 14 minutes / 50%	Place pie on a plate face side down and place plate on base. Cover with paper towel. Turn over halfway.	3 minutes
Frozen Rice/Pasta Dinners (e.g. Lasagne, Risotto)	300-500g	7-8 minutes / 100%	Remove from foil container. Cover with plastic wrap or lid. Allow to stand	2 minutes
Dinner Plate (refrigerated) 400g per serve	1 serve	5 minutes / 80%	Cover plate with plastic wrap and pierce 5 times with a skewer. Place directly on base. Allow to stand.	2 minutes
Casserole (refrigerated) 250g per serve	1 serve 2 serves	4 minutes / 100% 7 minutes / 100%	Place in a bowl, cover with plastic wrap. Place directly on base. Stir halfway through cooking. Allow to stand, then stir.	2 minutes
Croissants (frozen)	1 2	1 minute 30 seconds / 30% 3 minutes / 30%	Place on a plate. Place plate directly on base.	N/A
Fruit Pie individual (frozen) 135g each	1 2	4 minutes / 30% 6 minutes / 30%	Remove from foil container. Place on a plate and then onto the base. Allow to stand.	2 minutes
Danish Pastry whole (frozen)	400g	6 minutes / 80% then 3 minutes / Grill	Remove from foil container. Place on dinner plate and then onto base. For grilling, place plate on grilling rack. Allow to stand.	2 minutes

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

GRILL FOOD CHART

1. These menus are for use with the grill only
2. Please follow the instructions carefully and place the grill rack onto the base of the microwave.

NOTE: For best results, turn food over and rearrange on the rack during the cooking process.

FOOD	WEIGHT/NUMBER	COOKING TIME	SPECIAL INSTRUCTIONS
Potato Wedges	500g	30 minutes	Place the wedges in a single layer onto a pizza tray and place the tray on top of the grilling rack. Turnover halfway through cooking.
Haloumi (sliced into 1cm thick pieces)	4 pieces	21 minutes	Place the haloumi onto the centre of the grilling rack. Turnover after 14 minutes of cooking
Grilled Vegetables	Approx. 200g	30 minutes	Spray vegetables with olive oil spray and place onto the grilling rack. Turnover halfway through cooking.
Garlic Bread	1 stick (cut in half lengthways)	8 minutes	Cut garlic bread to fit grilling rack. Place baking paper onto grilling rack and sit the bread face side down. Turn the bread over halfway and remove baking paper.
Hamburger Patties	4	35 minutes	Place the patties onto the grilling rack. Turnover after 20 minutes of cooking.
Sausages	6	30 minutes	Place the sausages onto the grilling rack. Turnover halfway through cooking. NOTE: other flavours may require longer cooking times.
Shish Kebab	6	40 minutes	Place the kebabs onto the grilling rack. Turnover halfway through cooking.
Steak	500g	15 minutes	Place the steak onto the grilling rack. Turnover halfway through cooking.
Bacon	2 rinds (cut in half)	20 minutes	Place the bacon on the grilling rack. Turnover halfway through cooking and rotate rack.
Spring Rolls	Approx. 300g	20 minutes	Place the spring rolls onto a pizza tray and place the tray onto the grilling rack. Turnover halfway through cooking.

COOKING AND UTENSIL GUIDE

To cook/thaw 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	Convection	Mix Cook	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	✓ / ✗	✗	✓	✓ Mix Conv. only	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 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	✓	✗	✗	✗	It 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 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.
Rack	✓	✓	✓	✓	The metal rack 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.

HELPFUL HINTS

1. THE ARRANGEMENT

Arrange foods carefully. Place thickest areas toward inside of the dish.

3. COVERING

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



LID



PLASTIC WRAP



PAPER TOWEL

5. SHIELDING

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



FISH



CHICKEN

7. STIRRING

Stir foods from the outside to the centre of the dish, once or twice during cooking if possible.



Eg. Casseroles and Sauces.

9. DENSITY

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

11. STARTING TEMPERATURE

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



13. CONDENSATION

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

2. TURNING

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

4. PIERCING

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



TOMATO



EGG

6. STANDING TIME

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

8. SIZE

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

10. FAT AND BONE

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

12. QUANTITY

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

14. GENERAL

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

VEGETARIAN MEALS

1. Pumpkin & Broccoli Risotto

60g butter
1 onion, diced
2 cloves garlic, crushed
1 cup alborio rice, washed
350g pumpkin, chopped into uniform pieces
2 cups chicken stock
100g broccoli, chopped into uniform pieces
Parmesan, to serve
Salt & pepper

1. Combine the butter, onion and garlic in a large pyrex bowl. Place in the centre of the microwave and cook on Auto Menu "AA05" Vegetarian Meals, Pumpkin and Broccoli Risotto.
2. When the microwave stops, add in the rice, pumpkin and chicken stock and stir. Place back in the microwave and continue cooking by pressing the Start button.
3. When the microwave stops, stir in the broccoli and place back in the microwave to continue cooking by pressing the Start button.
4. After cooking, stand for 4 minutes. Add in parmesan, salt and pepper and stir before serving.

2. Spinach & Ricotta Cannelloni

250g frozen spinach, thawed and drained
375g reduced fat ricotta cheese
Large pinch of nutmeg
Salt and pepper
12 fresh cannelloni sheets
500g Tomato and Basil Sauce
75g grated cheddar cheese

1. Combine spinach, ricotta, nutmeg, salt and pepper in a bowl and mix until well combined.
2. Place the mixture into a piping bag. Fill the cannelloni sheets by gently squeezing the piping bag until a thick line of mixture is produced along the edge of one side of the sheet. Gently roll the sheet until a tube is formed with the mixture in the middle.
3. Place the filled cannelloni tubes in a single layer into a large and shallow casserole dish and pour over the tomato and basil sauce. Smooth the sauce over the cannelloni tubes using the back of a spoon, ensuring all sections of the tubes are covered by the sauce.
4. Sprinkle the cheese over the sauce. Cover with a lid and place in the microwave. Cook on Auto Menu "Ab05" Vegetarian Meals, Spinach and Ricotta Cannelloni.
5. After cooking, stand covered for 2 minutes before serving.

QUICK MEALS

1. Garlic Prawns

60g butter
3 garlic cloves
500g green king prawns, peeled, tails intact, deveined
1 tablespoon parsley, finely chopped

1. Combine the butter and garlic in a large microwave safe bowl. Cook on Auto Menu "AA06" Quick Meals, Garlic Prawns.
2. When the microwave stops/beeps, add prawns and stir through the garlic and butter mix. Place it back into the microwave and continue cooking by pressing the Start button.
3. When the microwave stops, stir the prawns and continue cooking by pressing the Start button.
4. When the microwave stops, stir the prawns and continue cooking by pressing the Start button.
5. Sprinkle with parsley and service in individual dishes or on a platter.

Serves 4

2. San Choy Bau

1 tablespoon sesame oil
2 cloves garlic
5cm fresh ginger, finely chopped
500g pork or chicken mince
100g button mushrooms, finely diced
4 tablespoons oyster sauce
3 teaspoons fish sauce
1 tablespoon red capsicum, finely chopped
1 tablespoon green capsicum, finely chopped
240g can water chestnuts, drained and finely diced
2 green onions, sliced
1 teaspoon fresh coriander, finely chopped
12 evenly sized iceberg lettuce leaves, washed

1. Place oil, garlic and ginger in a large microwave safe bowl. Cook on Auto Menu "AB06" Quick Meals, San Choy Bau.
2. When the microwave stops, add mince and separate with a fork and continue cooking by pressing Start.
3. When the microwave stops, stir the mince and continue cooking by pressing Start.
4. When the microwave stops, add in the mushrooms, stir and continue cooking by pressing Start.
5. When the microwave stops, add the remaining ingredients except the lettuce and combine well. Continue cooking by pressing Start.
6. After cooking, stand for 2 minutes
7. Place a few spoonfuls of the mixture in the centre of each lettuce leaf and roll up to eat.

Serves 4-6

MEAT

GLAZED PORK WITH APRICOT & SAGE

Serves 2

- 1 small onion, finely diced
- 1 cup fresh breadcrumbs
- 70g dried apricots, chopped
- 2 teaspoons fresh sage
- 1 teaspoon fresh parsley, chopped
- 1 teaspoon lemon juice
- 1 egg white
- 3 x 100g pork schnitzel or steak
- 2 tablespoons apricot jam
- 1 tablespoon hot water

1. In a small bowl, combine the onion, breadcrumbs, apricot, sage, parsley, lemon juice and egg white.
2. Place pork onto a chopping board and bash with a mallet to ensure it is a thin and even consistency. Spoon the breadcrumb mixture along the length of each piece of pork and roll the meat. Secure with toothpicks or string.
3. In a small microwave safe glass bowl, combine the jam and water. Mix well. Cook for 40 seconds on MEDIUM HIGH (80%) until the jam is melted.
4. Glaze the pork rolls with half of the mixture.
5. Place the glazed pork into a shallow microwave safe dish and cook for 12 minutes on MEDIUM HIGH (80%), turning the rolls halfway through cooking and brush on the remainder of the glaze.
6. Carve the pork rolls and serve on a bed of salad greens or with steamed vegetables.

SHEPHERDS PIE

Serves 6-8

- 1kg potatoes
- 2 tablespoons water
- Butter (to taste)
- Milk (to taste)
- 2 tablespoons fresh chives chopped
- Salt and pepper
- 1kg minced beef
- 1 onion diced
- 3 garlic cloves, crushed
- 2 tablespoons gravy powder
- 250g frozen mixed vegetables
- 1 tablespoon Worcestershire sauce
- 1 can chopped tomatoes
- 2 tablespoons chopped parsley
- Salt and pepper to taste

1. Peel and cut potatoes into 2.5 cm cubes. Place in a large microwave safe glass bowl. Add 2 tablespoons water, cover and cook for 15 minutes on HIGH (100%) or until tender. Stir halfway through cooking. Drain.
2. Mash potatoes, add butter, milk, chives, salt and pepper until it forms a smooth consistency.
3. In a large bowl, combine mince, onion and garlic and cook for 10 minutes on MEDIUM HIGH (80%) stirring halfway through cooking. Drain juice from meat.
4. Add gravy powder, mixed vegetables, Worcestershire sauce, tomatoes, parsley and seasoning. Mix well.
5. Spoon mixture into a deep 25 x 25cm microwave safe dish.
6. Spread mashed potato evenly over top of mixture.
7. Cook for 10 minutes on HIGH (100%).
8. Allow to stand for 5 minutes before serving.

CHILLI CON CARNE

Serves 4-6

- 1kg mince
- 1 large onion, finely chopped
- 3 garlic cloves, crushed
- 825g can peeled tomatoes
- Salt and pepper
- 1-2 teaspoons chilli powder
- 1 tablespoon vinegar
- 1 teaspoon sugar
- ½ red capsicum, cubed
- 375g jar tomato paste
- 425 can red kidney beans drained

1. Mix mince, onion and garlic together in a large microwave safe glass bowl. Cook for 10 minutes on MEDIUM HIGH (80%), stirring halfway through cooking. Drain excess liquid.
2. Stir in tomatoes, salt and pepper, chilli powder, vinegar, sugar, capsicum, tomato paste and kidney beans.
3. Cook for 18-20 minutes on MEDIUM HIGH (80%), stirring twice during cooking.
4. Stand for 5 minutes before serving with boiled rice.

POTATO BAKE

Serves 4-6

- 1kg potatoes, peeled, sliced 5mm
- ¼ cup hot water
- 1 onion, diced
- 2 teaspoons finely chopped garlic
- 2 rashers bacon, cut into 1cm squares
- ½ cup grated tasty cheese
- 1 tablespoon parsley, chopped
- Salt and pepper (to taste)
- ½ cup thickened cream

1. In a large microwave safe casserole dish, combine the potatoes and hot water. Cover and cook for 12 minutes on MEDIUM HIGH (80%). Drain.
2. Arrange the potatoes to cover the base of the dish. Place a layer of onion, one third of the garlic and bacon, and a quarter of the cheese on top of the potato layer. Sprinkle with one third of the parsley and season to taste.
3. Repeat this layering twice, beginning with potato.
4. Pour the cream over the top. Sprinkle with the remaining cheese and parsley. Add the salt and pepper. Cook uncovered for 15 minutes on HIGH (100%), until the cheese has melted.
5. Allow to stand for 5 minutes and serve as a side dish with a main meal.

CHICKEN

CHICKEN PENNE SALAD

Serves 4-6

- 1kg whole chicken (approximately)
- 200g butter
- 200g creamy feta cheese, chopped
- 1 cup chicken stock
- ½ red capsicum, chopped
- ½ yellow capsicum, chopped
- 1 stick celery, chopped
- 2 cups penne pasta
- 4 cups hot tap water
- 1 tablespoon fresh chives

1. Brush chicken with butter melted for 20 seconds on HIGH (100%).
2. Cook chicken in a microwave safe dish for 30 minutes on MEDIUM HIGH (80%), turning over halfway through cooking.
3. Cool and then remove chicken flesh from the bone.
4. Cook pasta in a large bowl with the water for 15 minutes on MEDIUM HIGH (80%). Stand for 5 minutes, then stir and strain. Set aside.
5. To melt the feta, place feta and chicken stock in a medium microwave safe bowl and cook on MEDIUM HIGH (80%) for 5 minutes. Mix well.
6. Combine all other ingredients and mix well with chicken pasta and sauce.

CHICKEN CACCIATORE

Serves 4-6

- 6 chicken thigh fillets
- ¼ cup plain flour
- Pinch salt and pepper
- 1 onion, sliced
- 30g butter
- 1 clove garlic, crushed
- 2 tablespoons tomato paste
- 400g can chopped tomatoes
- 2 chicken stock cubes
- ½ cup white wine
- Spring fresh rosemary
- 1 green capsicum, thinly sliced
- 8 black olives, pitted and sliced

1. In a plastic bag, combine the chicken, flour, salt and pepper and seal the bag closed. Shake until the chicken is coated.
2. In a 3 litre microwave safe casserole dish, combine the chicken, any flour remaining in the bag, the onion, butter, garlic, tomato paste, tomatoes, the stock cubes and the wine. Cover and cook for 22 minutes on MEDIUM HIGH (80%), stirring 2-3 times during cooking.
3. Add the capsicum and rosemary to the chicken dish. Cover and cook for 12 minutes on MEDIUM HIGH (80%).
4. Garnish with the olives and serve with fresh bread or rice.

CHICKEN SKEWERS IN

FAMOUS PEANUT SAUCE

Serves 4

- ½ cup smooth peanut butter
- 2 tablespoons soy sauce
- 1½ teaspoons water
- ½ teaspoon sugar
- 1 clove garlic, crushed
- 2 drops Tabasco sauce
- ¼ cup water extra
- 700g chicken breast fillets (diced 1cm thick)
- Coriander, chopped (to garnish)
- 8 wooden skewers

1. In a small bowl, combine the peanut butter, soy sauce and water. Stir well. Add sugar, garlic and Tabasco then gradually stir in extra water. Add in diced chicken and mix to coat the chicken in the sauce. Refrigerate for at least 30 minutes to allow the flavours to develop.
2. Reserve 2 tablespoons of the sauce in a separate dish and set aside.
3. Thread the chicken onto 8 wooden skewers and arrange them onto a microwave safe plate. Cook for 14 minutes on MEDIUM HIGH (80%), turning over halfway.
4. Garnish with the coriander and serve with the reserved peanut sauce.

HONEY CHICKEN LEGS

Serves 4

- 250ml soy sauce
- 4 tablespoons honey
- 1 tablespoon lemon juice
- 1 clove garlic, crushed
- ½ teaspoon freshly grated ginger
- 2 tablespoons oil
- 8 large chicken drumsticks
- Sesame seeds

1. To make the marinade, combine soy sauce, honey, lemon juice, garlic, ginger and oil in a small bowl.
2. Arrange chicken drumsticks in a microwave safe glass dish and pour over marinade. Leave to stand in the refrigerator for 2-3 hours.
3. Drain most of the liquid out of the dish, leaving a small amount to coat the bottom of the dish.
4. Sprinkle the chicken with sesame seeds and cook for 27 minutes on MEDIUM HIGH (80%) turning halfway through cooking time.
5. Allow to stand for 5 minutes.

SEAFOOD

SEAFOOD LAKSA

Serves 4-6

- 2 tablespoons laksa paste
- 1 tablespoon oil
- 1 Tablespoon sliced lemongrass
- 2 cloves garlic, crushed
- 1 tablespoon fish sauce
- 250ml fish stock
- 2 fish fillets or 300g king prawns or both
- 1 carrot, thinly sliced
- 100g rice vermicelli noodles
- 270ml coconut cream
- 100g bean sprouts
- Coriander
- Fried onion flakes

In a large microwave safe glass cook laksa paste, oil, lemon grass and garlic for 1 minute on MEDIUM HIGH (80%). Stir halfway during cooking.

Add fish sauce and fish stock and cook for 2 minutes on MEDIUM HIGH (80%). Add the carrot, cubed fish and / or peeled and deveined prawns and cook for 6 minutes on MEDIUM HIGH (80%).

Meanwhile, place noodles into a large bowl and pour over enough boiling water to cover the noodles. Let it stand for 5 minutes or until noodles are soft and separate from each other. Drain.

Stir the coconut cream through the seafood mixture and cook for a further 3 minutes on MEDIUM (50%).

Place the noodles and bean sprouts into a large serving bowl and pour over the seafood mixture.

Garnish with freshly torn coriander and fried onion flakes.

CRAB MORNAY

Serves 4-6

- 60 butter
- 1/3 cup plain flour
- ½ teaspoon dry mustard
- 2 cups milk
- 1 tablespoon oil
- 1 onion, finely chopped
- 5 garlic cloves crushed
- 2 x 170g cans crab meat, drained
- Salt and pepper, to taste
- 1 cup parmesan cheese, grated
- 4 tablespoons tomato sauce
- 2 teaspoons Worcestershire sauce
- ½ teaspoon Tabasco sauce
- 3 tablespoons cream
- ½ cup flat leaf parsley, finely chopped

In a large microwave safe glass bowl, melt butter for 30 seconds on HIGH (100%). Stir in flour and mustard. Cook for a further 1 minute on HIGH (100%).

Gradually stir in milk, cook for 4 minutes on MEDIUM HIGH (80%), stirring halfway through cooking.

Place oil, onion and garlic in a small microwave safe glass bowl. Cook for 5 minutes on MEDIUM HIGH (80%), stirring halfway.

Stir in onion and garlic, crab meat, salt and pepper. ¾ cup parmesan, tomato sauce, Worcestershire sauce, Tabasco sauce and cream.

Place into a 3 litre serving dish and cook for 10 minutes on MEDIUM (50%).

Stir through the parsley and serve with pasta. Sprinkle with remaining parmesan cheese.

SMOKED SALMON FETTUCCINI

Serves 4

- 250g fettuccine pasta, broken in half
- 60g butter
- 100g smoked salmon (sliced into strips)
- 100g snow peas, top and tailed
- 100g button mushrooms, finely sliced
- 2 cloves garlic, crushed
- 1 brown onion, finely chopped
- 300g thickened cream
- 1 tablespoon fresh dill
- 1 cup parmesan cheese

1. Place fettuccine in a large microwave safe glass bowl with 6 cups of hot water.

2. Cook for 15 minutes on MEDIUM HIGH (80%), stirring halfway. Stand for 5 minutes then drain.

3. In a large microwave safe glass bowl cook garlic, butter and onions for 2 minutes on MEDIUM (50%).

4. Add trimmed whole snow peas and button mushrooms and cook for a further 2 minutes on MEDIUM (50%).

5. In a large microwave safe bowl, place cream and cook for 4 minutes on MEDIUM (50%), stirring halfway during cooking.

6. In a large shallow dish, combine pasta, snow peas, button mushroom, smoked salmon, dill and cream.

7. Sprinkle with parmesan cheese and cook for 6 minutes on MEDIUM HIGH (80%).

PRAWN CREOLE

Serves 4-6

- 20g butter
- 1 medium onion, chopped
- ½ capsicum, chopped
- 1 stick celery, sliced
- 2 tablespoons flour
- 400g can whole tomatoes
- ½ cup (50g) tomato paste
- 1 cup chicken stock
- 2 teaspoons sugar
- Pinch salt
- ½ teaspoon chilli powder
- 500g green prawns, peeled, deveined
- 1 tablespoon chopped fresh parsley

1. In a large microwave safe glass bowl, combine the butter, onion, capsicum and celery. Cook for 4 minutes on HIGH (100%).

2. Stir in the flour, tomatoes, tomato paste, stock, sugar, salt and chilli powder. Mix well. Cook, uncovered for 5 minutes on MEDIUM HIGH (80%) stirring halfway.

3. Add the prawns and cook for 10 minutes on MEDIUM HIGH (80%), stirring halfway through cooking.

4. Sprinkle with chopped parsley and serve with rice.

VEGETABLES

HONEY GINGERED VEGETABLES

Serves 6

- 2 teaspoons lemon juice
- 2 teaspoons finely grated ginger
- 500g butternut pumpkin, peeled and sliced into 3cm cubes
- 1 tablespoons honey
- 1 tablespoons soy sauce
- 2 carrots, sliced into 5cm long batons
- 1 tablespoon sesame seeds
- 180g asparagus, cut in half

1. In a large microwave safe glass bowl, add pumpkin and lemon juice and cook, covered, for 4 minutes on MEDIUM HIGH (80%).
2. Add carrots to the pumpkin and cook, covered, on MEDIUM HIGH (80%) for 4 minutes.
3. Add asparagus and cook, covered, for 2 minutes on MEDIUM HIGH (80%).
4. Arrange the vegetables onto a serving platter.
5. Combine the honey, soy sauce and ginger and pour over the vegetables. Sprinkle with sesame seeds.

SPECIAL FRIED RICE

Serves 6

- 2 cups jasmine rice (rinsed)
- 1 teaspoon vegetable stock powder
- 4 cups hot water
- 1/2 leek, sliced
- 125g corn kernels
- 2 eggs lightly whisked
- 30g butter
- 1 tablespoon oyster sauce
- 2 tablespoons lite soy sauce
- 1 carrot, cut into 1cm cubes
- 2 tablespoons sweet chilli sauce
- 100g green beans, sliced 2cm pieces

1. In a large microwave safe glass bowl, add the rice, vegetable stock and water. Cook uncovered for 22 minutes on HIGH (100%). Stir halfway through cooking. Stir with a fork once cooked and set aside.
2. In a large microwave safe glass bowl, melt butter on MEDIUM (50%) for 1 1/2 minutes. Add the carrot, beans, corn and leek and mix. Cook for 5 minutes on HIGH (100%), stirring halfway.
3. In a small microwave safe glass bowl, cook eggs on MEDIUM HIGH (80%) for 2 minutes, stirring halfway.
4. In a small bowl, mix together the oyster sauce, soy sauce and sweet chilli sauce.
5. Add all the ingredients together and mix well.

CHILLI AND TOMATO SPAGHETTI

Serves 4-6

- 350g spaghetti, snapped in half
- 2 x 400g can diced tomatoes
- 1 1/2 litres hot water
- 2 tablespoons tomato paste
- 3 tablespoons extra virgin olive oil
- Salt and pepper (to taste)
- 2 red chilli, finely chopped
- 2 handfuls of chopped parsley
- 1 spanish onion, finely chopped
- Grated parmesan cheese, to garnish
- 3 cloves garlic, finely chopped

1. In a large microwave safe glass bowl combine the spaghetti and hot water. Cook for 14 minutes on HIGH (100%), stirring after 7 minutes. Drain and set aside.
2. In a medium microwave safe glass bowl add the oil, chilli and onion. Cook for 3 minutes on MEDIUM (50%).
3. Add garlic, cook for 2 minutes on MEDIUM (50%).
4. Add tomatoes, tomato paste, salt and pepper and cook for 9 minutes on MEDIUM HIGH (80%). Stir halfway through cooking.
5. Place spaghetti in serving dish, add sauce and parsley. Stir until well combined.
6. Serve with freshly grated parmesan cheese.

THAI VEGETABLE NOODLE SOUP

Serves 4

- 100g rice or egg vermicelli noodles
- 1 carrot, thinly sliced
- 1 teaspoon sesame oil
- 50g cabbage, sliced
- 2 cloves garlic, crushed
- 100g cauliflower, cut into florets
- 2 cups vegetable stock
- 200g canned baby corn (drained)
- 2cm piece fresh ginger, grated
- 1 shallot, sliced
- 1 1/2 teaspoons oyster sauce
- 100g snow peas, topped and tailed
- 2 teaspoons hoisin sauce
- 1 teaspoon fresh coriander, chopped

1. In a large bowl, add the noodles and cover with boiling water. Leave to soak until soft, then drain. Set aside.
2. In a large microwave safe glass bowl, combine the oil and garlic. Cook for 1 minute on MEDIUM HIGH (80%).
3. Add the stock, ginger, sauces, carrot, cabbage and cauliflower. Cook for 5 minutes on MEDIUM HIGH (80%).
4. Add the remaining ingredients except for the coriander. Cook for 7 minutes on MEDIUM HIGH (80%).
5. Place the noodles into a serving bowl and pour the soup over the top. Sprinkle coriander over the top of the soup and serve.

DESSERT

MOIST CARROT CAKE

1 cup oil
1 cup brown sugar
3 eggs
3 medium sized carrots, grated
¾ cup chopped walnuts
Cream Cheese Icing
250g cream cheese
2 ½ cups icing sugar
2 tablespoons lemon juice

Salt to taste

1. In a large bowl, beat the oil, brown sugar and eggs until well combined.
 2. Add flour, bicarbonate soda, cinnamon and salt.
 3. Fold in the carrots and walnuts.
 4. Pour into a greased 20cm microwave safe cake dish. Place a microwave safe plate upside down onto the base of the microwave and sit the cake dish on top.
- Cook for 13 minutes on MEDIUM HIGH (80%).
5. Allow to stand for 5 minutes before turning out onto a wire rack to cool.
 6. Ice cake once cake is cold.

Icing: To make icing, beat cream cheese until smooth. Add icing sugar and lemon juice and beat until smooth.

CHOCOLATE SELF SAUCING PUDDING

1 ¼ cups self-raising flour
½ cup castor sugar
3 tablespoons cocoa powder
150g dark cooking chocolate
¾ cup milk

Serves 4-6

1. In a large microwave safe glass bowl, combine the flour, caster sugar and cocoa powder. Set aside.
2. Break up the chocolate and place into a small microwave safe glass bowl. Melt the chocolate by cooking for 2 ½ minutes on HIGH (100%), stirring halfway.
3. Stir the milk, chocolate and butter into the four mixture and mix until smooth.
4. In a separate bowl, combine the brown sugar, cocoa powder and boiling water.
5. Pour the liquid over the chocolate mixture. Cook for 10 minutes on HIGH (100%).
6. Allow to stand for 5 minutes. Serve hot with ice cream.

STRAWBERRY CHEESECAKE

Base

15g butter, melted
25g digestive or Milk Arrowroot biscuits, crushed

Filling

500g ricotta cheese, drained of all excess liquid
250g cream cheese, roughly chopped
½ cup castor sugar
1 teaspoon vanilla essence
10g gelatine
1 teaspoon grated lemon zest
2 tablespoons golden syrup
1 punnet strawberries, halved

1. Grease the base and sides of a 20cm springform cheesecake tin with the melted butter. Add the biscuit crumbs and tilt and turn the tin to coat the base and sides with crumbs.
2. In a food processor, add the ricotta cheese and process for 5 minutes or until smooth and creamy. Add the cream cheese, sugar, vanilla, gelatine and lemon zest and process for 2 minutes or until smooth.
3. Pour the mixture into a 20cm microwave safe glass pie dish. Cook on MEDIUM HIGH (80%) for 11 minutes. Stir mixture a couple of times throughout cooking to ensure even texture. Transfer mixture to the springform tin.
4. Refrigerate for at least 2 hours or until set.
5. Heat the golden syrup for 10-20 seconds on HIGH (100%). Brush on the chilled cheesecake.
6. Serve topped with strawberries.

MACADAMIA FUDGE

Makes approx 45 pieces

125g butter
2 tablespoons golden syrup
400g can sweetened condensed milk
1 cup brown sugar
100g chocolate melts
1 cup (125g) macadamia nuts, roughly chopped
½ teaspoon vanilla essence

1. In a large microwave safe glass bowl, combine the butter, golden syrup, condensed milk and sugar and mix well. Cook for 6 minutes on HIGH (100%), stirring twice during cooking. To avoid a grainy texture, to not scrape the undissolved sugar crystals from the sides down into the bowl during cooking.
2. Stir in the chocolate melts, macadamia nuts and vanilla essence
3. Pour the mixture into a greased and lined 28 x 18cm lamington tin.
4. Refrigerate for 2 hours or until firm. Cut into 2cm x 2cm squares.

NOTE: Macadamia nuts can be substituted for other nut varieties such as pecans, almonds and pistachios.

JAM

STRAWBERRY JAM

Makes approx 2 x 500g jars

2 large punnets strawberries (approx. 450g each)

¼ cup lemon juice

2 cups castor sugar

1. Wash, hull and cut the strawberries in half.
2. In a large microwave safe glass bowl, combine the strawberries and lemon juice. Cook, uncovered for 3 minutes on HIGH (100%).
3. Add the sugar and mix well. Cook uncovered, stirring occasionally, for 20 minutes on MEDIUM HIGH (80%). Caution: watch the jam closely the entire cooking time to ensure it does not boil over.
4. To test that the jam sets, place 1 teaspoon on a small plate and let it cool. If it gels slightly, it is set.
5. Pour the jam into hot sterilised jars, seal and label.

MIXED BERRY AND APPLE JAM

Makes approx 2 x 500g jars

600g frozen mixed berries

2 large Granny Smith apples, peeled and grated

½ cup apple juice

2 cups castor sugar

1. In a large microwave safe glass bowl, combine the frozen mixed berries, apples and juice. Cover with plastic cling-wrap and cook for 13 minutes on MEDIUM HIGH (80%).
2. Add the sugar and stir well. Cook, uncovered for 18 minutes on MEDIUM HIGH (80%), stirring twice during cooking and then once again after cooking is complete.
3. To test that the jam sets, place 1 teaspoon on a small plate and let it cool. If it gels slightly, it is set.
4. Pour the jam into hot sterilised jars, seal and label.

SHARP