



Combi Chef 7

Cooking Guide



Reheating by Microwave

The microwave mode of your Combi Chef 7 will be most frequently used to reheat food. Although the oven is provided with a rotating wave guide, all reheating times, and uniformity of heating, will vary according to several factors as below.

1.Choosing the correct reheat time

When heating foods for the first time it is necessary to experiment to obtain the correct timings. Standardising portion size and ensuring refrigeration runs without variation will enable a routine to be developed for a particular food product. Always remember that the times given by both microwave and food manufacturers are approximate and should be used as a guideline.

2.Stirring

Wherever possible stir food halfway through the heating time and again at the end. This ensures the heat spreads evenly throughout the food.

3.Is the food safely reheated ?

A high level of hygiene is necessary to prevent food poisoning by such bacteria as Lysteria and Salmonella. Your Combi Chef 7 will heat food to the temperatures required and will do so much faster than other methods of heating. The Department of Health has stated that a temperature of **70°C** maintained for 2 minutes will ensure the complete destruction of Lysteria and Salmonella bacteria and the right heating time, coupled with the standing time, makes certain the food has been heated correctly.

What you can do - Ensure food has reached a temperature of at least **72°C**. Check the centre and the thickest part of the food with a food thermometer as these are the last areas to heat. When the catering operation has been standardised as much as possible, it will not be necessary to check every dish that passes through the microwave oven, but an occasional spot check ensures the food is being served to the highest standards.

4.Standing food before serving

Allow food to stand at the end of the heating time. For small items, eg. sausage rolls, by the time the dish has been collected and served it will have had sufficient standing time. Foods such as meat pies and plated meals, however, will need 1-2 minutes for the heat to completely penetrate the centre. Do not be tempted to put the food back for additional heating time until after the standing time has been completed; putting the food back too soon will only result in overcooked and wasted food. The standing time can be used effectively to add additional foods to the plate, or to garnish attractively before serving.

Affects of the dish

1.Shapes

A round dish heats food more evenly than a square dish. The corners of a square dish receive double microwave energy and result in bubbling overcooked corners whilst the centre of the food is cold. Oval dishes give a better result but there may still be areas of hot bubbling food at the the two "ends".

2.Depth

A shallow dish heats more quickly than a deep dish. Microwave energy only penetrates the outside of the food. Food in a shallow dish heats evenly from all directions. In a deep dish the food in the centre relies on conduction and takes longer to heat.

3.Material

Heavy earthenware and china dishes will slow the heating process by absorbing some of the heat from the food itself. A thinner, lighter china is a better choice as this will not impede the cooking time.

4.Glazed finish

Always choose a glazed dish. An unglazed or chipped container can absorb water when it is washed. As microwave energy is attracted to moisture the water molecules contained in the china heat up, not only causing the dish to get hot but also slowing down the reheating time.

5.Shape of base

If possible, always choose a dish that has rounded rather than sharp corners at the base to prevent over cooking.

Affects of the foods

1.Starting Temperature

The colder the food the longer it will take to heat to 72°C. Extra time must be allowed if food has been defrosted as the centre may still be icy.

2.Headspace

When heating liquids, ensure they do not completely fill their containers; a headspace allows the liquids to be stirred during and at the end of the heating time without spillage.

3.Covering foods

A container covered with either cling film, a plastic plate cover or even the lid to the dish, will heat fractionally faster than an uncovered dish. Do not cover foods which require a drier texture, such as pastries, as the steam that becomes trapped under the cover will cause the food to go soggy.

4.Crisp Foods

Reheat pastry and bread items, such as sausage rolls, pies and croissants, on a plastic rack to reduce the chance of "sogginess". The rack allows the air to circulate beneath the food and remove steam which causes moist, limp pastry. Your Combi Chef 7 offers a COMBINATION facility which will help crisp pastry items as they reheat.

5.Uneven shapes

When heating uneven shaped pieces of food, place the thick part of one piece against the thin part of the second. This helps the food to heat more evenly.

6.Porous Foods/Dense foods

Porous foods reheat more quickly than dense heavy foods.

7.Food with "Skins"

When reheating foods with a skin such as fish, chicken or baked beans, reduce the power to a lower setting to prevent the food from heating too quickly and "exploding".

8.Heating two dishes together

It is possible to reheat two products with the same heating time together. For example, two Chicken Curries with a reheating time of 4 minutes each or one Tagliatelle Carbonara and one moussaka, both of which have a heating time of 4 minutes each.

9.Doubling Quantities

A reheating time is based on weight and usually a time is given for a particular quantity of food, i.e. 11oz Lasagne takes 2 minutes. When the number of portions to be heated together doubles, then the reheating time will need to be increased by 75-100%. Two portions will take 4 minutes 30 seconds to 5 minutes. Generally two lighter textured products such as pastries will take the shorter time, whilst two denser products such as Lasagne will take the longer time.

10.Frozen Foods

For speed, some foods can be reheated from frozen but they must be foods that can be STIRRED eg meat sauce, Chilli con Carne. Set the total reheat time but open the door to stir regularly.

DO NOT COVER.

AVOID REHEATING solid foods that cannot be stirred, eg Lasagnes/Shepherds Pies from frozen. Avoid reheating **PLATED MEALS** from frozen.

Reheating by Microwave

Tips for Reheating your own Homemade Foods

Serving foods prepared in-house gives a homemade quality to the menu and allows for seasonality. However, for best results, follow the tips below if they are to be regenerated in your Combi Chef 7.

1. Overcooking

Do not overcook vegetables - slightly undercook them, and they will finish cooking during the reheating time.

2. Sauces

Make any foods in sauces with lighter gravies rather than heavy, thick ones, as this helps the food heat evenly.

3. Plated Meals

To ensure even heating arrange the single component foods of a plated meal carefully. Place denser foods, such as whole vegetables and portions of meat or fish, to the outside of the plate, and smaller items, towards the centre. Do not pile foods up but keep them in a single layer; mashed potato should be spread out rather than mounded up. The food can look attractive but always give the Microwave a chance to heat evenly and thoroughly.

4. Vegetables

Dot vegetables with butter and pour gravy over the meat to prevent drying out and to help with even heating.

5. Rice

Arrange meat sauces served with rice, side by side rather than in the traditional circle of rice with the sauce in the centre. The sauce should be flattened slightly, whilst the rice is piled up.

6. Potato Topped Pies

Potato-topped pies and au gratin dishes, eg Cottage Pie, are difficult to reheat as the consistency of the potato will heat faster. Always ensure the filling is deeper than the potato.

7. Stirring

Stir any sauce-based foods before heating, particularly if they have been defrosted. This ensures any icy particles or cold areas are fully broken up and the food is of an even temperature.

8. Browning/Finishing Dishes

If you are preparing dishes in bulk for freezing or refrigeration, don't forget that because your Combi Chef 7 is a microwave and conventional oven, you can choose to brown foods at the end of preparation but before storing, or store unbrowned and reheat on CONVECTION.

9. Heating two dishes together

If you wish to reheat more than one dish, place them side by side on the base of the cavity and NEVER use the Wire Rack Shelf for reheating on 2 levels.

10. Heating Times

It is impossible to give the heating time of an individual plated meal as each will contain a different variety of foods in differing quantities. Follow the arranging tips already mentioned and ensure the thickest piece of food has reached 72°C.

Reheating by Microwave

Tips for Reheating Commercially Prepared Foods

Always choose a supplier who offers an extensive and well made range of meals, which because prior research has gone into their products, heats efficiently in the microwave oven. The majority of distributors of prepared foods supply their dishes frozen. They recommend the dishes are defrosted prior to reheating. Always follow their instructions carefully.

1.Heating Times

On the following charts, we have listed for your convenience, many commercially prepared foods. Use the times suggested for particular foods as a guide only.

2.Containers

A time band is suggested to accommodate the use of different containers, for example, an earthenware pot will need the longer time to reheat because of its thickness, whilst a plastic or heat resistant glass will take slightly less time.

3.Power level

On some more solid dishes, such as Lasagne and Cottage Pie, it may be advisable to select a lower microwave power setting, rather than the maximum power setting, to obtain an acceptable meal. This will take longer to heat but produces an improved result to the waiting customer.

4.Defrosted Foods

It is always more beneficial to reheat a defrosted product rather than a frozen one. A defrosted dish will heat evenly, faster and without the fuss and bother that a frozen dish will cause. It is important to ensure that solid, ready-made meals are always defrosted prior to reheating. These meals cannot be stirred during the heating time and if heated from frozen they would begin to overcook around the edges whilst the centre area is still cold and may be even still slightly frozen.

5.Arranging Food

Remember to arrange food correctly, with the thicker parts to the outside and thinner parts to the centre.

6.Sealed Containers

If the food is contained in its own sealed container, pierce the top film with a fork to let out the excess steam. During heating, instead of stirring the food, lightly shake the container.

7.Pies - Pastry topped

Ensure the pastry is loosened from the sides of the container with pastry topped meals. If the pastry has formed a seal with the container and is then heated quickly, the air trapped under the pastry expands very quickly causing the top to fly off.

8.Multiple vegetable portions

It is possible to heat vegetables with the same time per portion together.

9.Solid meals

With individual portions of solid meals, such as Lasagne and Macaroni Cheese, slightly indent the centre of the food with the back of a spoon. This will make the centre thinner and easier for the heat to penetrate.

10.Pre-browned Foods

Many commercially prepared cooked foods eg sausages may be prebrowned. They only require heating by MICROWAVE and do not require heating by COMBINATION.

Check manufacturers instructions for best result.

Suggested Reheating Times

Multi Portion Entrées

FOOD	WEIGHT	START TEMP	APPROX. TIME HIGH POWER
Hungarian Goulash	1.36kg	2°C	9 - 10 mins
	3lb	-18°C	18 - 19 mins
Hickory Chicken	1.36kg	2°C	9 ¹ / ₂ - 10 ¹ / ₂ mins
	3lb	-18°C	19 - 20 mins
Chicken Tikka Masala	1.36kg	2°C	9 ¹ / ₂ - 10 ¹ / ₂ mins
	3lb	-18°C	19 - 20 mins
Lamb Rogan Josh	1.36kg	2°C	8 - 9 mins
	3lb	-18°C	17 - 18 mins
Chilli Con Carne	1.47kg	2°C	8 ¹ / ₂ - 9 ¹ / ₂ mins
	3lb 4oz	-18°C	17 - 18 mins
Pork or Chicken Sweet and Sour	1.36kg	2°C	8 ¹ / ₂ - 9 ¹ / ₂ mins
	3lb	-18°C	17 - 18 mins
Spicy Sausage Casserole	1.76kg	2°C	11 - 12 mins
	3lb 14oz	-18°C	23 - 25 mins
Chicken Casserole	1.36kg	2°C	8 - 9 mins
	3lb	-18°C	16 - 17 mins
Irish Stew	1.36kg	2°C	9 - 10 mins
	3lb	-18°C	17 - 18 mins
Stew with Dumplings	1.81kg	2°C	10 ¹ / ₂ - 11 ¹ / ₂ mins
	4lb	-18°C	19 - 20 mins
Vienna Steaks with Gravy	1.42kg	2°C	11 - 12 mins
	3lb 2oz	-18°C	20 - 21 mins
Liver and Bacon	1.36kg	2°C	8 - 9 mins
	3lb	-18°C	17 - 18 mins
Chicken or Beef Curry	1.36kg	2°C	8 ¹ / ₂ - 9 ¹ / ₂ mins
	3lb	-18°C	16 - 17 mins
Mushroom Stroganoff	1.36kg	2°C	7 - 8 mins
	3lb	-18°C	15 - 16 mins
Vegetable/Quorn® Tikka masala/Curry	1.36kg	2°C	8 - 9 mins
	3lb	-18°C	16 - 17 mins
Vegetable Chilli	1.42kg	2°C	8 - 9 mins
	3lb 2oz	-18°C	16 ¹ / ₂ - 17 ¹ / ₂ mins

NOTES:

Heating times will vary with the quantity of food: more food requires a longer heating time.

Adjust the heating time as follows:

±100g (4oz) will usually be covered by the suggested time band

±225g (8oz) add or deduct 30secs

±450g (1lb) add or deduct 1 min.

Suggested Reheating Times

Multi Portion Entrées

FOOD	WEIGHT	START TEMP	APPROX. TIME HIGH POWER
Vegetarian Risotto	1.59kg	2°C	8 - 9 mins
	3lb 8oz	-18°C	17 - 18 mins
Sliced meats in Gravy	1.19kg	2°C	8 - 9 mins
	2lb 10oz	-18°C	17 - 18 mins
Cooked Pie Fillings	3.04kg 7lb 8oz	-18°C	35 - 40 mins
Cod in Butter Sauce	1.5kg	2°C	14 - 15 mins
	3lb 5oz	-18°C	23 - 24 mins
Faggots in Gravy	1.70kg	2°C	13 - 14 mins
	3lb 12oz	-18°C	22 - 23 mins
Chicken Spanish Style	1.19kg	2°C	8 - 9 mins
	2lb 10oz	-18°C	16 - 17 mins

Microwave

Individual Entrées

FOOD	WEIGHT	START TEMP	QUANTITY	APPROX. TIME HIGH POWER
Ham and Basil Cappelletti	350g 12oz	2°C	1	2½ - 3 mins
			2	5 - 5½ mins
		-18°C	1	5 - 5½ mins
Chicken Tikka Masala	250g 9oz	2°C	1	2½ - 3 mins
			2	4½ - 5 mins
		-18°C	1	5½ - 6 mins
Green Thai Curry	300g 11oz	2°C	1	2½ - 3 mins
			2	4½ - 5 mins
		-18°C	1	5½ - 6 mins
Vegetable Tikka Masala	300g 11oz	2°C	1	2 - 2½ mins
			2	4 - 4½ mins
		-18°C	1	4½ - 5 mins
Tomato and Vegetable Tagliatelle	300g 11oz	2°C	1	2 - 2½ mins
			2	4 - 4½ mins
		-18°C	1	5 - 5½ mins

NOTES:

REMEMBER: Wherever possible

1. Stir foods before, halfway through and at the end of a heating time.
2. Cover food.
3. Ensure the thickest piece of food or centre reaches 72°C.

Suggested Reheating Times

Individual Entrées

FOOD	WEIGHT	START TEMP	QUANTITY	APPROX. TIME HIGH POWER
Chilli con Carne	300g 11oz	2°C	1	3½ - 4 mins
			2	6 - 6½ mins
		-18°C	1	6 - 6½ mins
Chicken Curry with Rice	300g 11oz	2°C	1	3½ - 4 mins
			2	5½ - 6 mins
		-18°C	1	5½ - 6 mins
Irish Stew	300g 11oz	2°C	1	3½ - 4 mins
			2	5½ - 6 mins
		-18°C	1	6 - 6½ mins
Vegetable Curry	300g 11oz	2°C	1	2 - 2½ mins
			2	4 - 4½ mins
		-18°C	1	4½ - 5 mins
Vegetable Mexicana	290g 10½oz	2°C	1	4 - 4½ mins
			2	6 - 6½ mins
		-18°C	—	DEFROST FIRST
Spaghetti Bolognese	300g 11oz	2°C	1	3½ - 4 mins
			2	5½ - 6 mins
		-18°C	1	6 - 6½ mins
Lasagne	300g 11oz	2°C	1	3½- 4 mins
			2	5½ - 6 mins
		-18°C	—	DEFROST FIRST
Smoked Haddock Pasta with Prawns & Mushrooms	290g 10½oz	2°C	1	4 - 4½ mins
			2	6 - 6½ mins
		-18°C	1	6 - 6½ mins
Tuna Pasta Bake	300g 11oz	2°C	1	3 - 3½ mins
			2	4½ - 5 mins
		-18°C	—	DEFROST FIRST
Tagliatelle Carbonara	300g 11oz	2°C	1	4 - 4½ mins
			2	6 - 6½ mins
		-18°C	1	5½ - 6 mins
Cottage Pie	340g 11¾oz	2°C	1	3½ - 4 mins
			2	5½ - 6 mins
		-18°C	—	DEFROST FIRST
Moussaka	295g 10¾oz	2°C	1	4 - 4½ mins
			2	6 - 6½ mins
		-18°C	—	DEFROST FIRST

NOTES:

REMEMBER: Wherever possible

1. Stir foods before, halfway through and at the end of a heating time.
2. Cover food.
3. Ensure the thickest piece of food or centre reaches 72°C.

Suggested Reheating Times

Individual Entrées

FOOD	WEIGHT	START TEMP	QUANTITY	APPROX. TIME HIGH POWER
Mushroom & Nut Fettucine	280g 10 ¹ / ₄ oz	2°C	1	3 ¹ / ₂ - 4 mins
			2	5 ¹ / ₂ - 6 mins
	-18°C	1	5 ¹ / ₂ - 6 mins	
Macaroni Cheese	300g 11oz	2°C	1	3 ¹ / ₂ - 4 mins
			2	5 ¹ / ₂ - 6 mins
	-18°C	—	DEFROST FIRST	
Cauliflower Cheese	300g 11oz	2°C	1	4 - 4 ¹ / ₂ mins
			2	6 - 6 ¹ / ₂ mins
	-18°C	—	DEFROST FIRST	
Vegetable Chilli	290g 10 ¹ / ₂ oz	2°C	1	2 ³ / ₄ - 3 mins
			2	4 - 4 ¹ / ₂ mins
	-18°C	1	6 - 6 ¹ / ₂ mins	
Vegetable Strogonoff	290g 10 ¹ / ₂ oz	2°C	1	3 ¹ / ₂ - 4 mins
			2	5 - 5 ¹ / ₂ mins
	-18°C	1	6 - 6 ¹ / ₂ mins	
Lentil Crumble	300g 11oz	2°C	1	3 - 3 ¹ / ₂ mins
			2	4 ¹ / ₂ - 5 mins
	-18°C	—	DEFROST FIRST	
Pie Fillings	250g 9oz	2°C	1	3 ¹ / ₂ - 4 mins
			2	5 - 5 ¹ / ₂ mins
	-18°C	1	5 ¹ / ₂ - 6 mins	

NOTES:

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2. Cover food.
3. Ensure the thickest piece of food or centre reaches 72°C.

Suggested Reheating Times

Snack/Bar Foods

FOOD	WEIGHT	START TEMP	QUANTITY	APPROX. TIME HIGH POWER
Cooked Bacon Slices	8g / 1/4oz	-18°C	20	2 1/2 mins
Barbecue Half Rack Ribs	200-250g / 7-9oz	-18°C	1	3 1/2 - 4 1/2 mins
Chicken Tikka	175g / 6oz	-18°C	—	2 - 2 1/2 mins
Wings of Fire	100g / 4oz	-18°C	—	1 1/2 mins
Cooked Chicken Drumsticks	50-75g / 2-3oz	-18°C	1	1 min 45 secs - 2 mins
Cooked Half Chicken	275g / 10oz	-18°C	1	6 1/2 - 7 mins
Cooked Quarter Chicken	150-200g / 5-7oz	-18°C	1	3 1/2 - 4 mins
Cooked Suprême of Chicken	160g / 5 1/4oz	-18°C	1	3 1/2 mins
Cooked Breast of Chicken	250-300g / 9-11oz	-18°C	1	7 - 7 1/2 mins
Cooked Diced Chicken Meat	450g / 1lb	-18°C	—	4 1/2 mins
Cooked Chicken/Pork Sate	35g / 1 1/2oz	-18°C	3	1 min
Omelettes	100g / 4oz	-18°C	1	2 mins 20 secs
Baked Yorkshire Pudding	80g / 3 1/2oz	-18°C	1	50 secs
Peanut Sauce	10oz / 275g	-18°C	1	5 mins
Pizza	180mm / 7inch	-18°C	1	2 mins
Quiche Slices	100g / 4oz	-18°C	1	45 secs
Baked Sausage Rolls	150g / 5oz	-18°C	1	1 min 50 secs
Baked Pies/Pasties	175g / 6oz	-18°C	1	3 mins
Naan Bread	150g / 5oz	-18°C	1	1 min
Burger buns & rolls	50g / 2oz	-18°C	1	20 secs
Rice Portions	175g / 6oz	-18°C	1bag	1 min 50 secs
Salad Mixes	100g / 4oz	-18°C	—	1 min 50 secs
Rice Salad Mixes	100g / 4oz	-18°C	—	1 min 40 secs
Baked Beans	175g / 6oz	Ambient	—	1 min 20 secs

À La Carte

FOOD	WEIGHT	START TEMP	QUANTITY	APPROX. TIME HIGH POWER
Filled Pasta in Sauce	280g / 10 1/4oz	-18°C	1	6 mins
Duckling à la Orange	275g / 10oz	-18°C	1	*6 - 6 1/2 mins
Chicken Breast with Leek and Stilton	250g / 9oz	-18°C	1	*7 - 7 1/2 mins
Venison in Red Wine	290g / 10 1/2oz	-18°C	1	5 mins
Salmon in Asparagus Sauce	200g / 7oz	-18°C	1	*5 - 6 mins

*USE MEDIUM POWER

NOTES:

REMEMBER: Wherever possible

1. Stir foods before, halfway through and at the end of a heating time.
2. Cover food.
3. Ensure the thickest piece of food or centre reaches 72°C.

Suggested Reheating Times

Cooked Vegetables

FOOD	WEIGHT	START TEMP	QUANTITY	APPROX. TIME HIGH POWER
Baked Jacket Potatoes	250g / 9oz	2°C	1	2 mins
		-18°C	1	4 mins
Baked Potato Shells	75g / 3oz	-18°C	2	1 min 30secs
Beans	100g / 4oz	2°C	—	1 min
Brussel Sprouts	100g / 4oz	2°C	—	1 min
Cauliflower Florets	100g / 4oz	2°C	—	1 min
Broccoli	100g / 4oz	2°C	—	50 secs
Baby Carrots	100g / 4oz	2°C	—	1 min
Courgettes	100g / 4oz	2°C	—	1 min
New Potatoes	175g / 6oz	2°C	—	1 min 50 secs
Vegetable Selections	100g / 4oz	2°C	—	50 secs
Potato Mash	175g / 6oz	-18°C	—	3 mins

Sweets/Puddings

FOOD	WEIGHT	START TEMP	QUANTITY	APPROX. TIME HIGH POWER
Crepes	20g / ³ / ₄ oz	2°C	2	30 secs
Scones	55g / 2 ¹ / ₄ oz	2°C	1	15 secs
		-18°C	1	20 secs
Teacakes	75g / 3oz	-18°C	1	20 secs
Doughnuts	50g / 2oz	2°C	1	10 secs
Mini Patisserie	12g / ¹ / ₂ oz	-18°C	1	15 secs
Danish Pastries	75g / 3oz	-18°C	1	25 secs
Pre-cut Fruit Flans	100g / 4oz	2°C	1 slice	40 secs
		-18°C	1 slice	1 min
Microwave Puddings	175g / 6oz	-18°C	1	1 min 30 secs
Traditional Pudding	100g / 4oz	-18°C	1 slice	45 secs
Custard Sticks	50g / 2oz	-18°C	3	1 min

NOTES:

REMEMBER: Wherever possible

1. Stir foods before, halfway through and at the end of a heating time.
2. Cover food.
3. Ensure the thickest piece of food or centre reaches 72°C.

Defrosting by Microwave

The ability to defrost foods quickly is another excellent benefit of your Combi Chef 7. The quality of the defrosted food will depend a great deal on the care the food receives in freezing and defrosting, so always ensure that the best food is frozen and that it is packaged correctly.

Ensure the freezer is running at the correct temperature (-18°C or below) and that it is not overloaded with food or ice. Always label and date foods so that they can be used in strict rotation.

Always defrost using the Defrost power setting. NEVER try to hurry the defrosting by selecting a higher power level as this will only over-defrost the food, causing it to become tough and inedible leading to waste.

Follow these tips for best results:

1. Meat

Place meats on a rack, trivet or upturned saucer in a shallow dish. This enables the water to drain from the food and defrost correctly; if the food sits in the liquid it is likely to begin to cook and a poached effect is created.

2. Foods in Foil

Transfer foods packaged in aluminium foil containers into suitable microwaveable dishes before defrosting.

3. Arranging

Arrange the food evenly and in a shallow layer on the rack or plate. Do not pile foods up as this will prevent the food at the bottom from defrosting in the same time as the food on the top.

4. Uneven Shapes

Always arrange thick areas of the food to the outside of the dish, and thinner areas to the centre. This is particularly important for chops and chicken portions. Where possible, arrange two uneven shaped pieces of food in a dish with the thick area of one piece to the thin area of the other, to ensure even defrosting.

5. Shielding

Check food to ensure it does not over-defrost. Remove any defrosted food, if possible, and turn and shield thinner areas of food. It will be necessary to shield the breast, ends of the legs and wings on a chicken, and the head and tail of a whole fish. Separate items such as chops, sausages and steaks and rearrange in a single layer as soon as possible. To shield, cover defrosted, and thinner, or fatty areas of food, with small pieces of aluminium foil. This will reflect the microwave energy away from that area to prevent it from over defrosting and beginning to cook.

Check foods at least twice during the defrosting time and shield, as necessary, ensuring the foil is still securely in place.

N.B. Ensure the foil does not touch the side or roof of the cavity or "arcing" may occur. If this does happen, stop the microwave and rearrange the foods.

6. Cooling

For best results DEFROST foods in a cool oven. (See page ????)

7. Standing Time

Food should still feel icy at the end of the defrosting time; this will disappear during the standing time. Do NOT be tempted to put food back to continue to defrost in the microwave as this will lead to over defrosting. Allow small items of food to stand for 15 minutes before cooking; larger pieces of food will need longer. Cover foods during the standing time, to prevent contamination by airborne bacteria.

8. Container Shape

Foods in square shaped containers need careful attention during defrosting to prevent corners from beginning to cook. It may be necessary to stop larger portions of food during the defrosting time to shield the corners with aluminium foil. After defrosting, always remember to transfer the food into more suitable, round containers before reheating in the microwave.

9. Stirring

Foods that can be stirred, such as curries, casseroles and meat sauces, should, as the defrosting time progresses, be broken up and stirred. Stir the food before, and after, the standing time as this helps to break up the ice particles and speed up defrosting.

10. Solid foods

Foods that can not be stirred, eg lasagne, Cottage Pie and pastry-topped dishes, benefit from standing for a period of time in the middle of defrosting. This enables the product to defrost through to the centre without the edges becoming excessively hot, use the Multi-stage programme facility.

See page ???.

11. Foods not listed in Defrost Charts

To defrost food not mentioned in the charts, select the Defrost power setting and as a rough GUIDE, allow 20-30 seconds per 1oz/25g of food. When using this method do not leave the food unattended as it defrosts, but check frequently.

NOTE:

Calculate the defrosting time accurately and follow any specific instructions.

Useful Defrosting Times

FOOD	WEIGHT	INSTRUCTIONS	APPROX. TIME PER 450g/1lb 2oz	STAND TIME
Prawns	450g 1lb 2oz	Stir halfway through defrosting time	6 mins	5 mins. Wash under cold water
Fish fillets	450g 1lb 2oz	Rearrange halfway through defrosting time	8 mins	10 mins. Wash under cold water
Whole fish	350g 12oz	Shield head and tail after half time	10 mins	10 mins. Wash under cold water
Lamb Joints	450g 1lb 2oz	Place on rack. After half time stand for 15 mins, shield and continue.	12 mins	45 - 60 mins
Pork Joints	450g 1lb 2oz	As Lamb joints	9 mins	45 - 60 mins
Beef Joints	450g 1lb 2oz	As Lamb joints	9 mins	45 - 60 mins
Steaks	450g 1lb 2oz	Turn and separate	10 mins	10 mins
Minced/Cubed Meats	450g 1lb 2oz	Break up and remove any defrosted meat halfway through time	6 - 8 mins	10 mins
Chicken	450g 1lb 2oz	Place on rack. After half time, shield, turn and remove giblets.	13 mins	30 mins. Wash well
Chicken Portions	450g 1lb 2oz	Place on rack and arrange correctly	9 mins	10 mins
Turkey	450g 1lb 2oz	Place on rack, after half time. Stand for 15 mins, shield and continue.	12 mins	45 -60 mins
Chops	450g 1lb 2oz	As Chicken Portions.	5 mins	10 mins
Gammon	450g 1lb 2oz	Separate rashers during defrosting time	8 mins	10 mins
Bacon	450g 1lb 2oz	As Gammon Remove any defrosted rashers	9 mins	10 mins

NOTES:

Check food regularly during defrosting to ensure over-defrosting does not occur.

Useful Defrosting Time

FOOD	WEIGHT	INSTRUCTIONS	APPROX. TIME PER 450g/1lb 2oz	STAND TIME
Sausages	450g/ 1lb 2oz	Separate and rearrange after half time.	6 mins	10 mins
Multi portion Entrées-Stirrabable	1.36kg/3lb	Place in suitable dish. Stir well halfway through.	20 mins	20-30 mins Stir well
Multi portion Entrées-Non-Stirrabable	1.36kg/3lb	Place in suitable dish, Shield corners as necessary.	30 mins	20-30 mins
Individual Entrées-Stirrabable	300g/11oz	Place in suitable dish, Stir well halfway through.	8 mins	5-10 mins Stir well
Individual Entrées-Non-Stirrabable	300g/11oz	Place in suitable dish, Stand for 5 mins during defrosting.	12 mins	5-10 mins
Chocolate Mousse Gateau	20cm/8"	Remove all packaging and place on plate.	3 mins	10 mins
Fruit	450g/1lb 2oz	Place in shallow dish. Stir carefully after half time.	6 mins	10 mins
Baked Fruit	1.22kg/ 2lb 11oz	Leave in foil container	9 mins	15 mins
Passion Cake (Pre-Cut)	24cm/9"	Remove all packaging and place on plate.	5 mins	10 mins
Black Forest Gateau	24cm/9"	Remove all packaging and place on plate.	4 mins	10 mins
Banoffee Pie (Pre-Cut)	26cm/10"	Remove all packaging and place on plate.	6 mins	10 mins
Toffee Apple & Pecan Pie	26cm/10"	Remove all packaging and place on plate.	11 mins	10-20 mins

NOTES:

Check food regularly during defrosting to ensure over defrosting does not occur.

Commercial ovens are primarily used for reheating and defrosting. It is possible however to cook certain foods eg. fish and vegetables very successfully by microwave. These foods should be limited to small quantities as larger amounts will not offer any time saving.

Fish

1. Arranging

When cooking fillets or whole fish, always arrange the thicker part to the outside of the container and, wherever possible, make even-shaped parcels of fish. Cook two whole fish together, placed head to tail with backbone towards the outside of the dish.

2. Shielding

Single whole fish will need to have the head and tail ends shielded with aluminium foil halfway through the cooking time.
(See page ???)

3. Whole fish

Score the sides of whole fish prior to cooking; this prevents the skin from bursting and splattering the oven cavity. A better result is obtained if whole fish are cooked on a LOWER power setting rather than HIGH power.

4. Fish fillets

Fish fillets should be rolled so that the head and tail of the fillet overlap forming a fish parcel. Any number of fillets can be cooked together, on HIGH power, in this way. Arranging food in this manner means that it cooks evenly and without the need to shield with aluminium foil.

Vegetables

1. Adding salt

Vegetables cooked by microwave, retain their colour and texture. The short cooking times and small quantity of cooking liquid required ensures the vegetables do not lose their nutritive value. Do not add salt to the vegetables.

2. Cooking vegetables together

It is possible to cook a selection of vegetables together in the same dish if they have roughly the same cooking time per pound. Do not, for example, cook new potatoes alongside frozen peas, as the peas will be cooked and the potatoes almost raw.

3. Adding water

A small amount of water is required to generate sufficient steam to begin to cook the vegetables; the microwave energy will then complete the cooking within the vegetables themselves. If too much liquid is added this will increase the cooking time considerably.

4. Container size

Choose the size of the dish to match the quantity of vegetables to be cooked. A large, covered bowl with only a handful of food in the base does not cook very well.

5. Arranging

Always arrange the denser parts of the vegetables to the outside of the dish. With vegetables such as broccoli the denser part is the stalk.

6. Part-cooking

If the vegetables are going to be pre-cooked for plating up, refrigerating and regenerating at a later date, reduce the cooking time by about a third; during the reheating time the vegetables will complete their cooking, retaining their "bite".

7. Standing time

It is important to allow vegetables to stand before testing to see if they are correctly cooked. This prevents the vegetables over cooking and becoming tough.

Useful Cooking Times

Fresh Vegetables (Per 450g / 1lb 2oz)

FOOD	INSTRUCTIONS	APPROX. TIME HIGH POWER	STAND TIME
Beans	Trim ends. Slice thinly. Add 4tbsp/60ml water. Cover.	5 - 5 ¹ / ₂ mins	5 mins
Broccoli	Trim stems, cut cross in base. Arrange stem to outside. Add 4tbsp/60ml water. Cover.	5 - 5 ¹ / ₂ mins	5 mins
Cabbage	Shred, remove thick parts of stem. Add 12tbsp/180ml water. Cover.	7 mins	5 mins
Carrots	Slice evenly. Add 4tbsp/60ml water. Cover.	4 - 4 ¹ / ₂ mins	5 mins
Cauliflower	Divide into florets. Add 4tbsp/60ml water. Cover.	7 mins	5 mins
Courgettes	Slice evenly. Add 2tbsp/30ml water. Cover.	4 - 4 ¹ / ₂ mins	5 mins
Potatoes	Cut evenly. Add 4tbsp/60ml water. Cover.	7 - 7 ¹ / ₂ mins	5 mins
Vegetable Selection	Cut evenly. Add 4tbsp/60ml water. Cover.	6 mins	5 mins

Frozen Vegetables (Per 450g / 1lb 2oz)

FOOD	INSTRUCTIONS	APPROX. TIME HIGH POWER	STAND TIME
Beans	Add 2tbsp/30ml water, cover.	7 mins	5 mins
Broccoli	Add 4tbsp/60ml water, cover.	6 mins	5 mins
Brussel Sprouts	Add 4tbsp/60ml water, cover.	7 mins	5 mins
Cauliflower	Add 4tbsp/60ml water, cover.	7 mins	5 mins
Baby Carrots	Add 2tbsp/30ml water, cover.	7 mins	5 mins
Courgettes	No water. Cover.	5 ¹ / ₂ mins	5 mins
Corn	Add 2tbsp/30ml water, cover.	5 ¹ / ₂ mins	5 mins
Vegetable Selection	Add 2tbsp/30ml water, cover.	5 ¹ / ₂ mins	5 mins
Peas	Add 2tbsp/30ml water, cover.	5 ¹ / ₂ mins	5 mins

Useful Cooking Times

Frozen Fish (Per 450g / 1lb 2oz)

FOOD	INSTRUCTIONS	APPROX. TIME HIGH POWER	STAND TIME
Whole fish	Shield as required during cooking time. Cover.	5 mins	5 mins
Fish fillets/steaks	Arrange correctly. Cover.	4 mins	5 mins

Using the Convection Function

Type of Container to use

DO USE: Any container suitable for conventional ovens eg metal, ceramic, earthenware, enamelled cast iron etc.
DO NOT USE: Plastic containers, food films, wood/wicker, glass, paper.

Suitable Foods

Convection is suitable to bake cakes, bread, biscuits or pastries.

Reducing cooking temperature

The fan forces hot air over the food thus heating food very efficiently. To avoid over-cooking and drying of the surface it is recommended that normal cooking temperatures are reduced by 10-20°C. Cooking times by convection are also usually shorter compared to conventional ovens.

Two level cooking

Do not attempt to use the Wire Rack Shelf to cook on two levels.

Positioning food

Convection ovens rely on good circulation of air. For best results ensure food/containers are placed in the centre of the Wire Rack Shelf and avoid the container touching back wall or covering venting holes. To allow good circulation of hot air, the maximum sized dish used should be no greater than

Width: 12ins (30cms)
Depth: 4ins (10cms)
Diameter: 11ins (28cms)

Preheating

For best results, always place food into a preheated oven.
See page ???.

Hot surfaces

Take care when removing dishes from the oven after cooking as the Wire Rack and surfaces will be hot.

All foods should be placed on the Lower Shelf Position

Using the Convection Function

Suggested Cooking times

Below are suggested cooking times for popular foods however the time required will depend on shape/size of dishes as well as method of preparation.

FOOD	QUANTITY WEIGHT	DISH	OVEN TEMP	COOKING TIME
CAKES / BISCUITS				
Rich Fruit	36 slice	28cm square tin	160°C +140°C	1½ - 2 hrs
Genoise	12 portion	28cm round tin	180°C	40 mins
Victoria Sponge	12 portion	28 x 23cm oblong tin	180°C	25 mins
Whisked Sponge	10 portion	20 x 30cm oblong tin	190°C	10 mins
Fruit Scones	12	Baking sheet	200°C	13 mins
Cookies	12	Baking sheet	170°C	13 mins
PASTRY / BREADS				
Choux Buns	12	Baking sheet	200°C	20 - 30 mins
Vol au Vents	12	Baking sheet	220°C	12 mins
Sausage Rolls (frozen)	12	Baking sheet	220°C	30 mins
Puff Pastry ovals	3 x (15 x 10cm)	Baking sheet	220°C	15 mins
Petit Pain	8 x 40g	Baking sheet	200°C	15 mins
PUDDINGS				
Bread Pudding	12 portion	20 x 30cm	180°C	50 mins
Bakewell Tart	12 portion	20 x 30cm	180°C	35 mins
Misc.				
Yorkshire Puddings	12	Bun tin	220°C	20 mins

Using the Grill Convection Function

Type of Container to use

DO USE: Any container suitable for conventional ovens eg metal, ceramic, earthenware, enamelled cast iron etc.
DO NOT USE: Plastic containers, food films, wood/wicker, glass, paper.

Suitable Foods

Grill Convection is particularly suitable for roasting meat, poultry and vegetables.

Reducing cooking temperature

The fan forces hot air over the food thus heating food very efficiently. To avoid over-cooking and drying of the surface it is recommended that normal cooking temperatures are reduced by 10-20°C. Cooking times by Grill Convection are also usually shorter compared to conventional ovens.

Two level cooking

Do not attempt to use the Wire Rack Shelf to cook on Two levels.

Positioning food

Convection ovens rely on good circulation of air. For best results ensure food/containers are placed in the centre of the Wire Rack Shelf and avoid container touching the back wall or covering venting holes.

To allow good circulation of hot air, the maximum sized dish used should be no greater than

Width: 12ins (30cms)

Depth: 4ins (10cms)

Diameter: 11ins (28cms)

Preheating

For best results, always place food into a preheated oven.
(See page ???.)

Hot surfaces

Take care when removing dishes from the oven after cooking as Wire Rack and surfaces will be hot.

All foods should be placed on the Lower Shelf Position

Using the Grill Convection Function

Suggested Cooking times

Below are suggested cooking times for popular foods however the time required will depend on shape/size of dishes as well as method of preparation.

FOOD	QUANTITY WEIGHT	DISH	GRILL* CONVECTION TEMPERATURE	COOKING TIME
Chicken	2.5kg 5 1/4 lb	Ceramic Tray	Grill + 180°C	15 mins per 450g / 1lb + 15 mins
Chicken leg portions	900g 2lb	Ceramic Tray	Grill + 190°C	25 mins
Duck	2.7kg 6lb	Roasting tin	Grill + 190°C	15 mins per 450g / 1lb + 20 mins
Pork	2.2kg 5lb	Ceramic Tray	Grill + 180°C	30mins per 450g / 1lb + 30 mins
Beef	1.6kg 3 1/2 lb	Ceramic Tray	Grill + 190°C	Rare 20 mins Medium 25 mins Well-done 30 mins per 450g / 1lb
Lamb	2 x 1.4kg 3lb	Roasting tin	Grill + 180°C	20 mins per 450g / 1lb + 20 mins
Mixed Mediterranean vegetables	450g 1lb	Oven-proof dish	Grill + 220°C	25 mins

* Grill level will be set automatically when a Convection temperature is selected.

Note: All timings based on a preheat temperature of 220°C.

Using the Grill Function

Type of container to use

DO USE: Any container suitable for fierce grilling eg stainless steel, Le Creuset, Ceramics, Baking Sheets etc.
DO NOT USE: Plastic containers, fine ceramics, cling film etc.

Suitable Foods

Grill is particularly suitable for steaks, burgers, fish & bacon.

Caution: Turning food

Take great care when turning food - Wire Rack Shelf and oven walls will be extremely hot.
Take care as there is NO NON-TIP LOCK mechanism on Wire Rack Shelf.

Door closed

The grill will only operate when the door is closed.

Smoke

It is essential that the walls and particularly the roof of the oven are kept free of grease to avoid excessive smoking when the grill function is operated.

Preheating

For best results, always place food into a preheated oven.
See page 26.

Hot Surfaces

Take care when removing dishes from the oven after cooking as the Wire Rack and surfaces will be hot.

All foods should be placed on the Upper Shelf Position

Turning

Most foods benefit from turning halfway during cooking.

Draining

Don't forget to drain juices from foods halfway during cooking to prevent excessive smoke and splatter.

Using the Grill Function

Suggested Cooking times

Below are suggested cooking times for popular grilled foods. The time required will depend on the start temperature, depth and shape of food. Most foods benefit from turning halfway during cooking.

FOOD	QUANTITY WEIGHT	GRILL SETTING	COOKING TIME
FISH			
Whole Trout	2 / 400g each	Low	12 mins
Salmon Steaks	6 / 175g each	Low	12 mins
MEAT			
Burgers-fresh	4 / 100g 4oz	High	8 mins
Gammon steaks	2 / 250g 8oz	High	10 mins
Rump steak-medium	1.4kg 3lb	High	10 mins
Sirloin steak-medium	900g 2lb	High	6 mins
Bacon	12 rashers	High	6 mins
MISC			
Tomatoes	450g 1lb	High	10 mins
Mushrooms	450g 1lb	High	6 mins
Brulee- finishing	8 ramekins	High	6 mins

Note: All timings based on preheat temperature of 220°C.

Using the Fan Grill Function

Type of container to use

DO USE: Any container suitable for fierce grilling eg stainless steel, Le Creuset, Ceramics, Baking Sheets etc.
DO NOT USE: Plastic containers, fine ceramics, cling film etc.

Suitable Foods

Fan Grill is particularly suitable for cooking pizzas, chops & sausages.

Door closed

The Fan Grill will only operate when the door is closed.

Smoke

It is essential that the walls and particularly the roof of the oven are kept free of grease to avoid excessive smoking when the Fan Grill function is operated.

Preheating

For best results, always place food into a preheated oven.
(See page ???)

Hot Surfaces

Take care when removing dishes from the oven after cooking as the Wire Rack and surfaces will be hot.

Shelf position

All foods should be placed on the lower shelf position.

Turning

Some foods, eg sausages will require turning halfway through cooking.

Draining

Don't forget to drain juices from foods halfway during cooking to prevent excessive smoke and splatter.

Suggested Cooking times

Below are suggested cooking times for popular foods. The time required will depend on the start temperature, depth and shape of food.

FOOD	QUANTITY WEIGHT	FAN GRILL TEMP	COOKING TIME
Oven chips - frozen	900g/2lb	220°C	15mins
Pizza - frozen	400g/20cm	210°C	10mins
Garlic bread slices - frozen	6/160g	220°C	5mins
Lamb chops	8/760g	220°C	15mins
Pork chops	4/760g	220°C	20mins
Sausages - chilled	8/450g	230°C	14mins

Note : All timings based on a preheat temperature of 220°C

Using the Combination Function

Type of container to use

Combination programmes use microwaves and heat (CONVECTION or GRILL CONVECTION or GRILL or FAN GRILL) therefore you must choose the container carefully.

DO USE: Metal containers check they do not have jagged metal seams. Ceramics that do not have a metal pattern. Heat proof glass and china.

DO NOT USE:

Enamelled items (that may be chipped). Dishes with gold/metal pattern. Enamelled cast iron eg. Le Creuset. Any dish that's not heatproof eg plastics, and cling film.

Accessories to use

The Wire Rack Shelf may be placed in either shelf position depending on the type of COMBINATION programme in use. ie UPPER position for a GRILL COMBINATION or FAN GRILL COMBINATION and LOWER position for CONVECTION/GRILL CONVECTION COMBINATION. The Ceramic Insulating Tray must be used when food is placed in a metal container. NEVER place a metal container onto the Wire Rack Shelf if cooking by Combination as arcing may occur and damage the dish/oven.

Metal Containers

Avoid using large or deep sided metal containers. This will restrict the effectiveness of Microwaves and lengthen the heating time. Use heat-proof ceramic containers for best results on Combination.

Draining Fat

When cooking meat joints and other fatty items, drain fat to avoid excessive splatter and smoke.

Preheating

For best results, place food in a preheated oven.

(See page ???)

Two level Cooking

DO NOT attempt to use the Wire Rack Shelf to cook on two levels.

Standing Time

As a COMBINATION setting uses Microwave energy to cook the food, it is important to allow a standing time for the food to finish cooking.

(See page ???)

As a rough guide recipes cooking fish, vegetables, and small parts will require 5-10 minutes standing time and joints and whole poultry will require 15-20 minutes standing time.

NOTES:

1. If arcing occurs !

Stop oven immediately and continue to cook by Convection / Grill Convection / Fan Grill only and transfer food to a suitable container.

2. Check the food is cooked thoroughly at the end of the standing time.

Guidelines for using the 5 Preset Combination Settings

PRESS	DISPLAY	SUITABLE FOODS
Once	1	Reheating chilled pastry, chilled entrees, baking pies & en croute dishes, jacket potatoes.
Twice	2	Reheating frozen pastry, oven chips & snacks. Cooking fish.
3 Times	3	Reheating frozen pizzas, breads & patisserie. Cooking steaks & chops.
4 Times	4	Cooking frozen en croute dishes, roasting vegetables, cooking sausages.
5 Times	5	Cooking bacon, burgers, frozen fish, & reheating pre-cooked meats.

Reheating by Combination

Tips for Reheating your own Homemade Foods

1.Containers

If you are preparing recipes for freezing to regenerate on Combination, choose containers that are microwave safe as well as heat-proof and suitable for freezing.

To make good use of the microwave energy the containers should not be too deep.

When preparing multi-portion recipes, select a container that is not too large for cavity of the oven as this may restrict circulation of the hot air.

2. Reheating two dishes together

Ensure that you serve your recipes in identical dishes if reheating more than one dish at a time, so they reheat at the same speed.

NEVER use the Wire Rack Shelf for reheating on two levels.

3.Memory Programmes

Consistency in preparation and careful choice of serving dish will mean you can use the Memory Programmes to reheat a regularly requested item. Some experimentation may be needed at first to select the correct setting however as long as you do not vary from the standard set, you can be confident of the Memory Programme chosen. Don't forget to probe dishes to check that they are 72°C in the centre, or thickest part, before serving.

4.Increasing Quantities

When increasing quantities, choose an adequately larger container. If reheating on GRILL COMBINATION, a larger quantity may need to be reheated using a Multi-stage (sequential) programme ie MICROWAVE only then GRILL COMBINATION as the food does not overbrown before it is thoroughly heated through.

Reheating by Combination

Tips for Reheating Commercially Prepared Foods

Many Commercially prepared foods are ideal for reheating on COMBINATION - offering the advantage of large time saving as only a fraction of the conventional heating time is required. It also means that many foods will have a "freshly cooked" appearance due to the crisping and browning that takes place – more appetising for many recipes than MICROWAVE only.

1. Using Supplier's Instructions

Check the pack instructions carefully as these will be a good indication of how to choose your combination programme.

2. Choosing the Programme

Refer to the following charts and find a similar food to select an appropriate programme. Many commercially frozen foods that are partially cooked eg quiche, may have a part-cooked pastry base with an uncooked filling, or an en croute may be fully cooked in the centre even if the pastry is raw. CHECK CAREFULLY whether the food is already cooked and requires reheating only or whether it contains uncooked components and must be thoroughly cooked before serving. Generally, a food that requires cooking will be more successful on a lower Temperature/Microwave power and longer heating time. Foods that require reheating only are heated for a shorter time and may benefit from higher temperatures.

3. Checking Temperature

Always ensure that the food has reached a temperature of at least 72°C if it is being reheated. If the food requires cooking, then check it has reached the appropriate temperature.

4. Variations in weight

If the foods to be reheated vary in weight from those shown in the charts over, reduce/increase the times appropriately.

If the products are reheated by a Multi-stage (sequential) programme, reduce/increase the MICROWAVE only times first but leave the browning GRILL times the same.

If cooking/reheating products from frozen by a Multi-stage (sequential) programme double the microwave time given for reheating from "fridge" temperature and add a further 50-75% extra to the browning GRILL time.

If cooking/reheating products from frozen by a straight COMBINATION CONVECTION setting, add approximately 50% extra time to the time required from "fridge" temperature.

5. Containers

If a particularly solid food or dish that cannot be stirred eg Lasagne, is contained in foil, transfer to a suitable non-metallic dish whilst frozen.

6. Pre-browned foods

Many commercially prepared cooked foods eg. sausages may be pre-browned. These are often better reheated by MICROWAVE only rather than COMBINATION. Foods that are pre-browned, but require further crisping, should be reheated on COMBINATION CONVECTION / GRILL CONVECTION / FAN GRILL.

7. Arranging

It is essential that individual items are arranged evenly for thorough reheating by MICROWAVE and browning by GRILL/CONVECTION/FAN GRILL /GRILL CONVECTION.

NOTES:

DO NOT attempt to reheat any food that is suitable only for DEEP FAT FRYING.
DO NOT ATTEMPT TO FRY IN OVEN.

Always reheat foods in a preheated oven.

Cooking Fish on Combination

1. Arranging

When cooking fillets or whole fish, always arrange the thicker part to the outside of the container. Two fish cooked together should be placed head to tail, with the backbone towards the outside to the dish. Fish steaks should be arranged with the thinner tall end towards the centre. DO NOT PILE fish up - for best results cook in a single layer.

2. Adding fat / oil / seasoning

To help keep the fish moist, brush with oil or dot with butter before cooking. DO NOT season with salt.

3. Covering

DO NOT COVER fish when cooking by COMBINATION.

4. Shelf position

For GRILL COMBINATION which is suitable for small whole fish, steaks, fillets, use UPPER shelf position. For CONVECTION COMBINATION which is suitable for larger whole fish, use LOWER shelf position.

5. Accessories / Containers

DO NOT use metal containers for cooking by COMBINATION - microwave-safe glass or ceramics are ideal. If the fish is placed on the Ceramic Insulating Tray, ensure it is thoroughly cleaned beforehand.

Cooking Meat on Combination

Tips for cooking joints of meat on Combination

1. Turning / Basting / Draining

For best results, joints of meat should be turned halfway through cooking and basted. Drain away any excess meat juices and fat.

2. Shielding

Unevenly shaped joints will benefit from shielding with smooth pieces of aluminium foil. However, ensure the foil is not in contact with Wire Rack Shelf, walls, roof or door of the oven. Shield thin ends of legs of lamb and corners of rolled joints.

3. Covering

DO NOT cover meat joints when cooking by Combination.

4. Accessories / Containers

If the joints are placed on the Ceramic Insulating Tray, ensure it is thoroughly cleaned before use.

5. Shelf position

Use the LOWER shelf position.

6. Calculating the Cooking Time

As a rough guide, cook the joints for $\frac{1}{2}$ to $\frac{2}{3}$ of the total conventional cooking time.

When cooking by combination, drop the convection temperature by 10°C compared to the normal convection temperature.

Always under-estimate the cooking time and return the joint for further cooking if necessary. Check internal temperature before STANDING.

7. Standing

Allow joints to STAND for 20 minutes before carving.

8. Maximum Weight

DO NOT attempt to cook joints over 6lb (2.7kg) in weight. Avoid excessively fatty joints.

9. Maximum Microwave Power

For best results ONLY use SIMMER or DEFROST power to avoid over-cooking and drying out the joints.

Cooking Meat on Combination

Tips for cooking Poultry on Combination

1. Turning / Basting / Draining

For best results, whole chickens should be turned halfway through cooking and basted. Drain any excess meat juices and fat.

2. Shielding

To prevent over-cooking, shield the breast, wings and legs of chicken, duck and turkey with smooth pieces of aluminium foil. Ensure foil does not touch Wire Rack Shelf, walls, roof or door of oven.

3. Covering

DO NOT cover poultry when cooking by Combination.

4. Stuffing

DO NOT stuff the complete cavity of poultry if cooking by Combination. Neck end of bird only may be stuffed. Cook stuffing separately on Microwave SIMMER power.

5. Calculating the Cooking Time

As a rough guide, cook poultry $\frac{2}{3}$ of the usual total conventional cooking time. For poultry, best results are obtained by using the same temperature as for conventional cooking. Check the internal temperature before STANDING.

6. Standing

Allow poultry to STAND for 15-20 minutes before carving.

7. Maximum Weight

DO NOT attempt to cook joints over 6lb (2.7kg) in weight. Avoid excessively fatty joints.

Tips for cooking Small Cuts on Combination

1. Turning

Most thicker cuts benefit from turning during cooking. When turning, remove Wire Rack Shelf completely. If cooking small items directly on Ceramic Insulating Tray, remove tray to turn food - DO NOT leave shelf extended from oven as there is NO NON-TIP SAFETY LOCK.

2. Arranging

Arrange small cuts evenly and for best results use full width of oven. DO NOT pile foods on top of each other, arrange in a single layer only.

3. Draining Juices

For best results, place food directly on Wire Rack Shelf using Ceramic Insulating Tray on base of oven to catch drips. This tray must be removed for cleaning to avoid excessive smoke/splatter and to cook efficiently.

Small items can be placed directly on Ceramic Insulating Tray on top of Wire Rack Shelf.

4. Standing Time

Small cuts require 5-10 minutes STANDING time before serving.

5. Calculating the Cooking Time

Cooking small cuts on Combination grill allows most cuts to brown and crisp more quickly than when conventionally grilled. Allow roughly $\frac{2}{3}$ of the conventional time as a guide.

6. Container

DO NOT place food on a metal tray/container as this will slow down cooking time by reducing effect of Microwave Power.

7. Cleaning the Oven

It is essential that the oven is kept very clean for Combination Grill, to avoid excess smoke and splatter.

Suggested Reheating Times

Multi-Portion Entrées

All on lower Shelf Position

FOOD	WEIGHT	START TEMP	SETTING	APPROX. TIME
Macaroni Cheese	1.36kg	2°C	1. HIGH power	9 mins
	3lb		2. Combi 5	8 mins
Cottage Pie	1.81kg	2°C	1. HIGH power	8 mins
	4lb		2. Combi 4	15 mins
Vegetable Crumble	1.58kg 3lb 6oz	2°C	Combi 4	15 mins
Bean Hotpot	1.58kg	2°C	1. HIGH power	11 mins
	3lb 6oz		2. Combi 5	8 mins
Vegetable Chilli	1.58kg	2°C	1. HIGH power	9 mins
	3lb 6oz		2. Combi 5	8 mins
Broccoli and Cream Cheese Italienne	1.36kg	2°C	1. HIGH power	7 mins
	3lb		2. Combi 5	8 mins
Cauliflower Cheese	1.67kg	2°C	1. HIGH power	13 mins
	3lb 10oz		2. Combi 5	9 mins
Cottage Garden Pie	1.58kg	2°C	1. HIGH power	7 mins
	3lb 6oz		2. Combi 5	8 mins
Steak and Kidney Pie	1.36kg	-18°C	1. HIGH power	8 mins
	3lb		2. Combi 4	15 mins
Moussaka	2.04kg	2°C	1. HIGH power	15 mins
	4lb 6oz		2. Combi 5	6 mins
Lasagne Verdi	1.58kg	2°C	1. HIGH power	8 mins
	3lb 6oz		2. Combi 4	10 mins
Cannelloni	1.58kg	2°C	1. HIGH power	8 mins
	3lb 6oz		2. Combi 4	10 mins
Tuna Pasta Bake	1.7kg	2°C	1. HIGH power	8 mins
	3lb 12oz		2. Combi 4	10 mins
Fisherman's Pie	1.98kg	2°C	1. HIGH power	8 mins
	4lb 6oz		2. Combi 4	12 mins
Lancashire Hotpot	1.58kg	2°C	1. HIGH power	5 mins
	3lb 6oz		2. Combi 4	15 mins
Vegetable Lasagne	1.8kg	2°C	1. HIGH power	8 mins
	4lb		2. Combi 4	10 mins

NOTES:

All timings are based on a Preheat temperature of 190°C.
Always check temperature reaches 72°C before serving.

Suggested Reheating Times

Individual Entrées

All on lower Shelf position

FOOD	WEIGHT	START TEMP	QTY	SETTING	APPROX. TIME
Lasagne Verdi	325g 11 ¹ / ₂ oz	2°C	1	Combi 1	3 ¹ / ₂ mins
			2	1. Combi 1 2. HIGH power	5 mins 1 ¹ / ₂ mins
		-18°C	1	1. Combi 1 2. HIGH power	4 mins 4 mins
Macaroni Cheese	325g 11 ¹ / ₂ oz	2°C	1	Combi 1	3 mins
			2	1. Combi 1 2. HIGH power	4 mins 2 mins
Vegetable Lasagne	325g 11 ¹ / ₂ oz	2°C	1	Combi 1	3 ¹ / ₂ mins
			2	1. Combi 1 2. HIGH power	5 mins 2 mins
		-18°C	1	1. Combi 1 2. HIGH power	5 mins 4 mins
Broccoli & Cream Cheese Bake	300g 11oz	2°C	1	Combi 1	4 mins
			2	1. Combi 1 2. HIGH power	5 mins 4 mins
Cottage Pie	325g 11 ¹ / ₂ oz	2°C	1	Combi 1	4 mins
			2	1. Combi 1 2. HIGH power	5 mins 2 mins
		-18°C	1	1. Combi 1 2. HIGH power	4 mins 4 ¹ / ₂ mins
Vegetable Cumberland Pie	300g 11oz	2°C	1	Combi 1	3 mins
			2	1. Combi 1 2. HIGH power	3 mins 2 ¹ / ₂ mins
		-18°C	1	1. Combi 1 2. HIGH power	5 mins 4 mins
Steak and Ale Pie	250g 9oz	2°C	1	Combi 1	4 mins
			2	1. Combi 1 2. HIGH power	5 mins 1 mins

NOTES:

All timings are based on Preheat temperature of 220°C.

Suggested Reheating / Cooking Times

Vegetables - Reheating

FOOD	WEIGHT	SHELF LEVEL	START TEMP	QTY	SETTING	APPROX. TIME
Breaded onion rings	225g 8oz	Upper	-18°C	—	Combi 5	4 ¹ / ₂ mins
Onion Baji	210g / 7 ¹ / ₂ oz 35g each	Upper	-18°C	6	Combi 2	4 mins 45secs
Vegetable Samosa	200g / 7oz 50g each	Upper	-18°C	4	Combi 2	5 mins
Spring Rolls	175g / 6oz 30g each	Upper	-18°C	6	Combi 2	3mins 45secs
Oven Chips	250g 9oz	Upper	-18°C	—	Combi 2	5 - 6 mins
Hash Browns	225g / 8oz 30g each	Upper	-18°C	8	Combi 2	8 mins
Roast Potatoes	350g 12oz	Upper	-18°C	—	Combi 2	8 mins
Breaded Mushrooms	225g 8oz	Upper	-18°C	—	Combi 5	4 ¹ / ₂ mins
Gratin Dauphinoise	225g 8oz	Lower	-18°C	—	1. HIGH power 2. Combi 4	2 ¹ / ₂ mins 3 mins
			2°C	—	1. HIGH power 2. Combi 5	1 min 30secs 2 ¹ / ₂ mins

NOTES:

All timings are based on Preheat temperature of 220°C.

Vegetables - Cooking

FOOD	WEIGHT	SHELF LEVEL	START TEMP	QTY	SETTING	APPROX. TIME
Roast Potatoes	450g 1lb	Lower	Ambient	—	1. HIGH power 2. Combi 4	1 ¹ / ₂ mins 7 ¹ / ₂ mins
Roast Mixed Root Vegetables	450g 1lb	Lower	Ambient	—	1. HIGH power 2. Combi 4	1 ¹ / ₂ mins 7 ¹ / ₂ mins
Roast Mixed Mediterranean Vegetables	450g 1lb	Lower	Ambient	—	Combi 4	7 mins
Gratin Dauphinoise	800g 1lb 12oz	Lower	Ambient	—	Combi 4	12 mins
Jacket potatoes	250-275g 9-10oz	Lower	Ambient	2	1. Combi 1 2. HIGH power	5 mins 2 mins
				4	1. Combi 1 2. HIGH power 3. Combi 5	5 mins 5 mins 2 mins
				6	1. Combi 1 2. HIGH power 3. Combi 5	5 mins 8 mins 2 mins

NOTES:

All timings are based on Preheat temperature of 220°C.

Suggested Reheating / Cooking Times

Fish - Reheating

FOOD	WEIGHT	SHELF LEVEL	START TEMP	QTY	SETTING	APPROX. TIME
Battercrisp Cod/ Haddock	540g 1lb 4oz	Upper	-18°C	4	Combi 5	12 mins
Fish Cakes	260g 9 ¹ / ₂ oz	Upper	2°C	4	Combi 2	5 ¹ / ₂ mins
			-18°C	4	Combi 5	5 mins
Salmon en Croute	190g 6 ¹ / ₂ oz	Lower	2°C	1	Combi 1	3 mins 15secs
			-18°C	1	1. HIGH power 2. Combi 4	1 ¹ / ₂ mins 3 ¹ / ₂ mins
				2	1. HIGH power 2. Combi 4	3 ¹ / ₂ mins 4 mins

NOTES:

All timings are based on Preheat temperature of 220°C.

Fish - Cooking

FOOD	WEIGHT	SHELF LEVEL	START TEMP	QTY	SETTING	APPROX. TIME
Fish fillets	240g / 8oz 120g each	Upper	2°C	2	Combi 2	4 mins
Fish steaks	700g / 1lb 8oz 175g each	Upper	2°C	4	Combi 2	7 ¹ / ₂ mins
Whole fish	250g 10oz	Lower	-18°C	1	Combi 2	5 ¹ / ₂ mins
				2	Combi 2	8 mins

NOTES:

All timings are based on Preheat temperature of 220°C.

Meat and Poultry - Reheating

FOOD	WEIGHT	SHELF LEVEL	START TEMP	QTY	SETTING	APPROX. TIME
Chicken / Beef Wellington	210g 7 ¹ / ₂ oz	Lower	-18°C	1	1. HIGH power 2. Combi 4	2 ¹ / ₂ mins 2 ¹ / ₂ mins
				2	1. HIGH power 2. Combi 4	3 ¹ / ₂ mins 3 mins
Chicken Kiev	140g 4 ¹ / ₂ oz	Lower	-18°C	1	1. HIGH power 2. Combi 4	1 min 3 mins
				2	1. HIGH power 2. Combi 4	1 ¹ / ₂ mins 5 mins
Chicken Cordon Bleu	160g 5 ¹ / ₂ oz	Lower	-18°C	1	1. HIGH power 2. Combi 4	1 min 4 mins
				2	1. HIGH power 2. Combi 4	2 mins 5 mins

NOTES:

All timings are based on Preheat temperature of 220°C.

Suggested Reheating Times

Meat and Poultry - Reheating

FOOD	WEIGHT	SHELF LEVEL	START TEMP	QTY	SETTING	APPROX. TIME
Half roast Chicken	400g 14oz	Lower	2°C	1	1.HIGH power 2.Combi 5	3 mins 2½ mins
				2	1.HIGH power 2.Combi 5	3 mins 4 mins
Chicken breasts	275g 10oz	Lower	2°C	2	1.HIGH power 2.Combi 5	1 min 3½ mins
				4	1.HIGH power 2.Combi 5	4½ mins 4½ mins
Butterfly chicken fillets	200g 7oz	Upper	2°C	1	Combi 5	3½ mins
				4	Combi 5	5½ mins
Chicken Quarter	275g 10oz	Lower	2°C	2	1.HIGH power 2.Combi 5	1½ mins 4 mins
				4	1.HIGH power 2.Combi 5	4½ mins 5 mins
Chicken Drumstick	80g 3½oz	Upper	2°C	4	Combi 5	3½ mins
Chicken Wings	225g 8oz	Upper	-18°C	—	1.HIGH power 2.Combi 5	2 mins 2½ mins
	450g 1lb	Upper	-18°C	—	1.HIGH power 2.Combi 5	3½ mins 4 mins
Half Roast Duck	300g 11oz	Upper	2°C	1	1.HIGH power 2.Combi 5	3 mins 2 mins
				2	1.HIGH power 2.Combi 5	3½ mins 3½ mins
			-18°C	1	Combi 2	7½ mins
				2	Combi 2	9½ mins

NOTES:

All timings are based on Preheat temperature of 220°C.

Suggested Cooking Times

Meat and Poultry - Cooking

FOOD	WEIGHT	SHELF LEVEL	START TEMP	QTY	SETTING	APPROX. TIME
Rack of Lamb	275g 10oz	Lower	-18°C	1	Combi 4	6½ mins
				2	Combi 4	9 mins
Lamb Loin chops	700g 1lb 9oz	Upper	2°C	6	Combi 3	10 mins
Lamb Cutlets	700g 1lb 9oz	Upper	2°C	6	Combi 3	11½ mins
Leg of Lamb	2.7kg / 6lb max	Lower	2°C	1	Grill Convection 190°C + DEFROST	9 mins per 450g / 1lb
Pork Loin Chops	450g 1lb	Upper	2°C	2	Combi 2	8 mins
Gammon Steaks	450g 1lb	Upper	2°C	2	Combi 3	7½ mins
Sausage	450g 1lb	Lower	2°C	8	1. Combi 4	5 mins
					2. Fan Grill 250 °C	2 mins
Cumberland Sausage Coils	450g 1lb	Lower	2°C	3	1. Combi 4	5½ mins
					2. Fan Grill 250°C	2 mins
Bacon Rashers	250g 9oz	Upper	2°C	9	Combi 5	4 mins
Leg of Pork	2.7kg / 6lb max	Lower	2°C	1	Grill Convection 200°C + SIMMER	13 mins Per 450g / 1lb
Sirloin Steaks	450g 1lb	Upper	2°C	3	Combi 3	6-6½ mins
Beef Burgers	450g 1lb	Upper	2°C	4	Combi 5	8 mins
	450g 1lb	Upper	-18°C	4	Combi 2	10 mins
Beef Topside Joint	2.7kg / 6lb max	Lower	2°C	1	Grill Convection 190°C + DEFROST	11 mins Rare 12 mins Medium 14 mins Well per 450g / 1lb
Whole Duck	2.7kg / 6lb max	Lower	2°C	1	Grill Convection 190°C + SIMMER	6 mins per 450g / 1lb
Whole Turkey	2.7kg / 6lb max	Lower	2°C	1	Grill Convection 180°C + DEFROST	10 mins per 450g / 1lb
Whole Chicken	2.7kg / 6lb max	Lower	2°C	1	Grill Convection 190°C + LOW	8 mins per 450g / 1lb
Chicken Leg Portions	730g 1lb 10oz	Lower	2°C	4	Combi 4	11 mins
Chicken Breast Portions	520g 1lb 3oz	Lower	2°C	4	Combi 4	8 mins

NOTES:

All timings are based on Preheat temperature of 220°C.

Suggested Reheating Times

Bread and Pizzas - Reheating

FOOD	WEIGHT	SHELF LEVEL	START TEMP	QTY	SETTING	APPROX. TIME
Mini Garlic Baguette	75g 3oz	Lower	-18°C	4	Combi 3	5 mins
Garlic Bread Slices	75g 3oz	Lower	-18°C	6	Combi 3	5 mins
Naan Bread	100g 4oz	Upper	-18°C	2	Combi 3	2½ mins
Ciabatta Rolls	85g 3½oz	Lower	-18°C	4	Combi 3	5½ mins
Mini Focaccia	60g 2½oz	Lower	-18°C	4	Combi 3	4 mins
Pitta Bread	60g 2½oz	Upper	-18°C	3	Combi 3	3½ mins
Part-baked Rolls	50g 2oz	Lower	-18°C	4	Combi 3	3 mins
Part-baked Demi-baguette	120g 4½oz	Lower	-18°C	2	Combi 3	5 mins
Deep pan Pizza	400g 14oz	Lower	-18°C	1	1. HIGH power 2. Combi 3	30 secs 9½ mins
Thin and Crispy Pizza	285g 10½oz	Lower	-18°C	1	Combi 3	6 mins
Pannini	110g 4¼oz	Lower	-18°C	1	1. HIGH power 2. Combi 4	15 secs 1½ mins
	200g 7oz	Lower	-18°C	1	1. HIGH power 2. Combi 4	30 secs 2 mins

NOTES:

All timings are based on Preheat temperature of 220°C.

Suggested Reheating Times

Miscellaneous - Reheating

FOOD	WEIGHT	SHELF LEVEL	START TEMP	QTY	SETTING	APPROX. TIME
Cornish Pasty	175g 6oz	Lower	2°C	2	Combi 1	3 mins
			-18°C	2	1. Combi 1 2. HIGH power	3 mins 1 min
Steak Pie	250g 9oz	Lower	2°C	1	Combi 1	2 mins 15 secs
			-18°C	1	1. Combi 1 2. HIGH power	3 mins 2½ mins
Individual Quiche	180g 6½oz	Lower	2°C	1	Combi 2	4 mins 15 secs
Yorkshire Pudding	15g ½oz	Lower	-18°C	6	Combi 3	3 mins
				12	Combi 3	4 mins
Sausage Rolls	65g 2½oz	Lower	-18°C	4	Combi 2	4 mins

NOTES:

All timings are based on Preheat temperature of 220°C.

Sweets and Pastries - Reheating

FOOD	WEIGHT	SHELF LEVEL	START TEMP	QTY	SETTING	APPROX. TIME
Croissants	40g 1½oz	Lower	-18°C	4	Combi 3	2½ mins
Scones	80g 2¾oz	Lower	-18°C	2	Combi 3	2½ mins
Pain au Raisin	50g 2oz	Lower	-18°C	2	Combi 3	2 mins
Fruit Pie	650g 1lb 4oz	Lower	2°C	1	1. High power 2. 190°C + SIMMER	3 mins 10 mins
Deep Apple Pie	1.4kg 2lb 6oz	Lower	2°C	1	1. HIGH power 2. Convection 250°C	4 mins 11 mins
Apple Strudel	700g 1lb 9oz	Lower	-18°C	1	Combi 3	15 mins

NOTES:

All timings are based on Preheat temperature of 220°C.



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