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You can read the recommendations in the user guide, the technical guide or the installation guide for PANASONIC NN-GD371S. You'll find the answers to all your questions on the PANASONIC NN-GD371S in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual PANASONIC NN-GD371S
User guide PANASONIC NN-GD371S
Operating instructions PANASONIC NN-GD371S
Instructions for use PANASONIC NN-GD371S
Instruction manual PANASONIC NN-GD371S

Panasonic[®]

Operating Instructions and Cookbook
Microwave and Grill Oven

Model Number: **NN-GD371S**
For domestic use only



INVERTER

Important safety instructions
Please read carefully and keep for future reference



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Manual abstract:

@@@Your oven is rated 'E', which is very efficient. @@Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating and cooking on pages 32-38 of this book. ALWAYS check the progress of the food as it cooks or reheats by simply opening the door. After checking the progress of the foods, press START to continue the cooking time. Failure to follow the instructions given in this Operating Instructions and Cookbook, may affect the recipe result and in some instances may be dangerous. (Customer Communications Centre 0844 844 3899 Selected Spares and Accessories: Order direct on line at www.panasonic.co.uk or by telephoning the Customer Communications Centre number above.

@@@@@Children shall not play with the appliance. @@Keep the appliance and its cord out of reach of children less than 8 years. When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker. □□ □□ 1 □□ If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard. Warning! The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

Warning! Do not attempt to tamper with or make any adjustments or repairs to the door, control panel housing, safety interlock switches or any other part of the oven. Do not remove the outer panel from the oven which gives protection against exposure to microwave energy. Repairs should only be by a qualified service person. □□ □□ □□ Liquids and other foods must not be heated in sealed containers since they are liable to explode. Warning! Do not place this oven near an electric or gas cooker range.

2 □□ □□ Warning! 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. For Countertop use: Allow 15 cm of space on the top of the oven, 10 cm at the back, 5 cm on one side, and the other side open. When heating food in plastic or paper containers, check the oven frequently as these types of containers ignite if overheated. If smoke is emitted or a fire occurs in the oven, press Stop/Cancel button and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel. When heating liquids, e.g. soup, sauces and beverages in your oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. 3 □□ □□ □□ □□ □□ The contents of feeding bottles and baby food jars are to be stirred or shaken.

The temperature has to be checked before consumption to avoid burns. Do not cook eggs in their shells and whole hard-boiled eggs by MICROWAVE. Pressure may build up and the eggs may explode, even after the microwave heating has ended. Clean the inside of the oven, door seals and door seal areas regularly. When food splatters or spilled liquids adhere to the oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasive is not recommended. DO NOT USE COMMERCIAL OVEN CLEANERS. When using the GRILL or COMBINATION mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned occasionally, it may start to "smoke" during use.

4 □□ □□ □□ □□ □□ Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could affect the life of the appliance and possibly result in a hazardous situation. Warning! The accessible parts may become hot in combination use. Young children should be kept away. Children should only use the oven under adult supervision due to the temperatures generated. This oven is intended for counter-top use only.

It is not intended for Built-in use or for use inside a cupboard. A steam cleaner is not to be used for cleaning. Do not use harsh, abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass. □□ □□ □□ □□ 5 □□ Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during COMBINATION and GRILLING, take care when opening or closing the door and when inserting or removing food and accessories. This appliance is not intended to be operated by means of an external timer or separate remote-control system.

Only use utensils that are suitable for use in microwave ovens. □□ □□ 6 Contents Important safety instructions

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..... 54 7 Important safety instructions This appliance is supplied with a moulded three pin mains plug for your safety and convenience, which may be marked, and rated, either 10 amps or 13 amps. A 10 amp or 13 amp fuse is fitted according to the type of mains plug fitted. Should the fuse need to be replaced, please ensure that the replacement fuse has the correct rating for the type of mains plug fitted and that it is approved by ASTA or BSI to BS1362.

Check for the ASTA mark or the BSI mark on the body of the fuse.



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If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug. A replacement fuse cover can be purchased from your local Panasonic Dealer. Please read carefully and keep for future reference

□□Important The wires in this mains lead are coloured in accordance with the following code: Green-and-yellow: Earth. Blue: Neutral. Brown: Live. As the colours of the wire in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows: The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the Earth symbol or coloured GREEN or GREEN-AND-YELLOW. The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter N or coloured BLACK. The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter L or coloured RED.

When this oven is installed it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker. □□How to replace the fuse Open the fuse compartment with a screwdriver and replace the fuse. □□Voltage & Power If the fitted moulded plug is unsuitable for the socket outlet in your home then the fuse should be removed and the plug cut off and disposed of safely and an appropriate one fitted. there is a danger of severe electrical shock if the cut off plug is inserted into any 13 amp socket. The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage. Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous.

It is important to plug the oven directly into a wall socket. The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface. If a new plug is to be fitted, please observe the wiring code as shown opposite. If in any doubt, please consult a qualified electrician (For U.K. Models only). Warning: this appliance must be earthed. 8 Important safety instructions □□Caution! hot surfaces 1. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during combination and grilling, take care when opening or closing the door and when inserting or removing food and accessories.

2. The oven has a heater situated in the top of the oven. After using either the grill or combination functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching any of the inside surfaces near the heating element inside the oven. N.B. After cooking by these modes, the oven accessories will be very hot. In the case of electronic failure, the oven can only be turned off at wall socket. 4. @@Children shall not play with the appliance. @@Keep the appliance and its cord out of reach of children less than 8 years. Storage of Accessories 5. Do not store any objects inside the oven in case it is accidentally turned on. 3. Before Use 6.

□□WARN the lining may begin to corrode. Providing the above precautions are taken regarding the cleaning and care of your oven the life of the cavity and door may be extended. 4. The outside oven surface should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.

6. If the control panel becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the control panel. When cleaning the control panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/ CANCEL Pad to clear display window. Do not use harshble is 3 Kg (6lb 10oz) (this includes total weight of food and dish). 7. While cooking by MICROWAVE or COMBINATION the turntable may vibrate. This will not affect cooking performance. 8.

The metal Grill Rack must ONLY be used as directed for GRILLING and COMBINATION cooking. Never use this on MICROWAVE only. Do not use if operating the oven with less than 200 g (7oz) of food on a manual Combination program. FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN. Arcing may occur if the incorrect weight of food is used, a metal container has been used accidentally, or the grill rack has been damaged. If this occurs, stop the machine immediately. 2. 3. 4. 9.

5. 6. 10. Always refer to instructions for correct accessories to use on all programs. The glass turntable and roller ring are the only accessories used for MICROWAVE cooking.

13 Outline diagram 1. Door release Press to open the door. When you open the oven door during cooking, the cooking is stopped temporarily without clearing earlier made settings. The cooking is resumed as soon as the door is closed and Start button pressed. 2.

See-through oven window 3. Door safety lock system 4. Oven air vent 5. Microwave feed guide (do not remove) 6. External oven air vents 7. Control panel 8. Power supply cord 9. Plug 10. Identification Plate 11. Glass turntable The glass turntable and roller ring are the only accessories used for Microwave cooking.

12. Roller ring (i). The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise. (ii). The Roller Ring must always be used together with the Glass turntable for cooking. 13. Grill elements 14. Caution label (Hot surfaces) 15. Grill rack 16. Menu label 14 16 11 13 4 5 6 6 7 2 9 1 12 3 10 15 □□Note This illustration is for reference only.

14 Important information – read carefully Safety If smoke is emitted or a fire occurs in the oven, press Stop/Cancel button and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at fuse or circuit breaker panel. NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE. Foods low in moisture Short Cooking Times As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food. Cooking times given in the cookbook are approximate.

Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors. It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done.

Always start with minimum cooking times. Take care when heating foods low in moisture, eg bread items, chocolate, popcorn, biscuits and pastries.



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These can easily burn, dry out or catch on fire if cooked too long. We do not recommend heating foods low in moisture such as popcorn or poppadoms. This oven has been developed for food use. We do not recommend that it is used for heating non food items such as wheat bags or hot water bottles. Christmas Pudding Christmas puddings and other foods high in fats or sugar, eg. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite. Boiled Eggs Eggs in their shell and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.

□□Important Foods with Skins If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven. Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting. Small quantities of food Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently. 15 Important information – read carefully □□Warning!

Liquids and other foods must not be heated in sealed containers since they are liable to explode. Paper, Plastic Liquids When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.

To prevent this possibility the following steps should be taken: a. Avoid using straight-sided containers with narrow necks. b. Do not overheat. c. Stir the liquid before placing the container in the oven and again halfway through the heating time. d. After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container. e. Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container.

When heating food in plastic or paper containers keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags as arcing will occur. Do not use recycled paper products, e.g. Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used. Reheating It is essential that reheated food is served "piping hot". Remove the food from the oven and check that it is "piping hot", i.e. steam is being emitted from all parts and any sauce is bubbling.

(If you wish you may choose to check the food has reached 75 °C with a food thermometer – but remember do not use this thermometer inside the microwave).

For foods that cannot be stirred, eg lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating. Lids Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped. Standing Time Deep Fat Frying Do not attempt to deep fat fry in your oven. Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, i.e. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots. Meat Thermometer Use a meat thermometer to check the degree of cooking of joints and poultry only when meat has been removed from the microwave.

If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving. 16 Important information – read carefully Fan Motor operation After using the oven the fan motor may rotate for a few minutes to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

Arcing Grilling The oven will only operate on the GRILL function with the door closed. Arcing may occur if a metal container has been used accidentally or if the incorrect weight of food is used or the grill rack has been damaged. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

Maximum a weight on Turntable Utensils/Containers Before use check that utensils / containers are suitable for use in microwave ovens. See pages 22-23. The maximum weight that can be placed on the turntable is 3 Kg (6lb 10oz) (this includes total weight of food and dish). Babies Bottles and Food Jars When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption to avoid burns. See page 37. 17 Microwaving principles Microwave energy has been used in this country to cook and reheat food since early experiments with radar in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

Manmade sources include radar, radio, television, telecommunication links and mobile phones. In a microwave oven, electricity is converted into microwaves by the MAGNETRON. □□Important notes The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required! MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED IN A MICROWAVE, FOR COOKING ON MICROWAVE ONLY. How Microwaves cook food Reflection The microwaves cause the water molecules to vibrate which causes FRICTION, i.e. HEAT. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1½-2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

Turntable Oven Cavity The microwaves bounce off the metal walls and the metal door screen. Transmission Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent. Foods Not Suitable for Cooking by Microwave Only Magnetron Yorkshire Puddings and Souffles.



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This is because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave. Foods that require deep fat frying cannot be cooked either.

Waveguide Standing Time When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence **STANDING TIME** is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (refer to page 20). **Boiled Eggs** Do not boil eggs in your microwave.

Raw eggs boiled in their shells can explode and cause serious injury. **18 Control panel – NN-GD371S** 1 2 3 4 5 1 6 7 8 2 4 3 5 7 6 9 10 11 12 **Display Window** **Microwave Power Button** **Grill Button** **Combination Button** **Auto Weight** **Chaos Defrost Button** **Auto Weight** **Microwave Cook Programs Button** **Auto Weight** **Combination Programs Button** **Time/Weight Selection Dial** **Memory Button** **Timer Button** **Clock Button** **Stop /Cancel button:** Before Cooking: One press clears your instructions During Cooking: One press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display. **Start Button** **Microwave Heating Category** **Door Release** 8 9 11 10 13 14 15 12 13 14 This oven is equipped with an energy saving function. **15** **Please note** 1. When in stand-by mode the brightness of the display will be reduced. 2. The oven will enter stand-by mode, when first plugged in and immediately after the last operation has completed. If an operation is set and start button is not pressed, after 6 minutes the oven will automatically cancel the operation. The display will revert back to clock mode.

Note **Beep sound** When a button is pressed correctly a beep will be heard. If a button is pressed and no beep is heard, the unit has not or cannot accept the instruction. At the end of any complete program, the oven will beep 5 times. **19 General guidelines** Standing time Dense foods e.g. meat, jacket potatoes and cakes, require a **STANDING TIME** (inside or outside of the oven) after cooking, to allow it heat to finish cooking to cook the centre completely.

Egg Dishes Stand 1-2 mins. **Precooked Convenience Food** Stand for 1-2 mins. Stand for 2-3 mins. **Meat Joints** **Plated Meals** **Vegetables** Stand 15 mins.

wrapped in aluminium foil. **Jacket Potato** **Light Cakes** Stand 5 mins. wrapped in aluminium foil after cooking by microwave only. Stand 5 mins. before removing from dish.

Stand 15-20 mins. Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately. If food is not cooked after **STANDING TIME**, return to oven and cook for additional time. **Rich Dense Cakes** **Fish** **Defrosting** Stand 2-3 mins.

It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat. See pages 26-27. can dry out further during storage and cooking times may differ from freshly purchased ingredients. Piercing The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc.

, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.** Cling film Moisture content Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times.

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

20 General guidelines Dish size Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly. Starting temperature The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature. Food temperature should be between 5-8°C before cooking.

Quantity Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions. Turning and stirring Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time. Spacing Foods cook more quickly and evenly if spaced apart.

NEVER pile foods on top of each other. Liquids Shape Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square. All liquids must be stirred before, during and after heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled.

DO NOT OVERHEAT. Density Checking food Porous airy foods heat more quickly than dense heavy foods. Covering Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items. It is essential that food is checked during and after a recommended cooking time, even if an **AUTO PROGRAM** has been used (just as you would check food cooked in a conventional oven).

Return the food to the oven for further cooking if necessary. Cleaning Arranging Individual foods e.g. chicken portions or chops, should be placed on a dish with the thicker parts to the outside.

As microwaves work on food particles, keep your oven clean at all times. Wipe with a soft damp cloth, always wipe the oven dry after cleaning. Avoid any plastic parts, the roof of the oven and door area. **21 Containers to use** Choosing the correct container is a very important factor in deciding the success or failure of your cooking. **Result Testing Dishes for Suitability** When unsure that a cooking container is suitable for use in your microwave, check by the following test: 1.

Fill a microwave safe measuring jug with 300 ml (½ pt) cold water. Place it on the turntable along side the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish. 3. Heat on **HIGH** power for 1 minute.

2. If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is absorbing microwave energy. **Note** This test does not apply to plastic or metal based containers e.g.



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Le Creuset® style cast iron dishes, which should not be used as they are cast iron covered with enamel. Quick check guide to cooking utensils Oven glass Everyday glass that is heat resistant e.g. Pyrex®, is ideal for Microwave or Combination cooking. Do not use for Grilling on the Grill rack.

Do not use delicate glass or lead crystal which may crack or arc. Pottery, earthenware, stoneware China and ceramic Everyday glazed china, porcelain or ceramic plates, bowls, mugs and cups can be used if they are heat resistant. Fine bone china should only be used for reheating for short periods. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt. If dishes are heat resistant they may be used on Combination but not directly under the Grill. If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food. Foil/metal containers NEVER ATTEMPT TO COOK IN FOIL OR METAL containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven. Foil and metal containers can be used on GRILL and may be used with care during certain COMBINATION cooking as long as they are not damaged or dented.

22 Containers to use Plastic Many plastic containers are designed for microwave use, but do not use for cooking foods high in sugar or fat or for foods that require long cooking times e.g. brown rice. Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine.

Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. If heatproof they can be used for Combination cooking. Do not use under the Grill. Wicker, wood, straw baskets Dishes will crack and could ignite. Do not use wooden dishes in your microwave.

DO NOT USE ON ANY COOKING MODE. Cling film Paper Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. covering blind pastry cases and for covering bacon to prevent splattering. i ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH. Avoid kitchen paper containing manmade fibres. If you are using branded recycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt.

Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers, to stop splattering. White paper plates can be used for SHORT REHEATING TIMES, on Microwave only. Microwave cling film can only be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food eg. Do not line dishes with cling film. Do not use on any other cooking mode. Roasting bags Roasting bags are useful when slit up one side to tent a joint, for roasting by power and time. Do not use the metal twists supplied, when using Microwave or Combination.

Aluminium foil Small amounts of smooth aluminium foil can be used to SHIELD joints of meat during defrosting and cooking by Microwave, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or overdefrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven. 23 Setting the clock When the oven is first plugged in "88:88" appears in display window. Press Clock once A colon starts to blink. Turn Time/Weight Dial Enter the time by turning the Time/Weight Dial.

The time appears in the display. Press Clock. The colon stops blinking. Time of day is now locked into the display. □□Notes 1.

To reset time of day, repeat step 1 through to step 3, as above. 2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied. 3. This is a 24 hour clock, ie 2pm = 14:00 not 2:00. Child safety lock Using this system will make the oven controls inoperable; however, the door can be opened. Child Lock can be set when the display shows a colon or the time. To Set: To Cancel: Press Start three times The time of day will disappear. Actual time will not be lost. 'Child' is indicated in the display.

Press Stop / Cancel three times The time of day will reappear in the display. □□Note 1. To activate child lock, Start must be pressed 3 times within a 10

second period. 24 Microwave cooking and defrosting The glass turntable must always be in position when using the oven. 1 Press 2 Presses 3 Presses 4 Presses 5 Presses 6 Presses High Defrost Medium Low Simmer Warm 950 Watts 270 Watts 600 Watts 440 Watts 300 Watts 100 Watts Set Time Select cooking time by turning the Time/Weight Dial. Your oven can be programmed for up to 90 minutes in Medium, Low, Simmer, Defrost and Warm power. High power can be programmed for 30 minutes. Press Start The cooking program will start and the time in the display will count down. Press microwave power Select desired power level. The microwave indicator lights and the wattage appears in the display.

□□Notes 1. For defrosting times please refer to defrost chart on page 27. 2. For multi-stage cooking refer to page 32. 3.

Stand time can be programmed after microwave power and time setting. Refer to using the timer page 30. 4. You can change the cooking time during cooking if required. Turn Time/Weight Dial to increase or decrease the cooking time.

Time can be increased/decreased in 1 minute increments, up to 10 minutes. Turning the dial to zero will end cooking. 25 Defrosting guidelines For best results: 1. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one. Check food during defrosting, as foods vary in their defrosting speed. It is not necessary to cover the food. @@Shield if necessary (see point 6). @@Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat.

@@Allow standing time so that the centre of the food thaws out. @@@@For larger quantities adjust times accordingly. Food should not be covered during defrosting. @@Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield. Place in a suitable dish. Break up and turn 3-4 times.

Place in a suitable dish in a single layer. Turn twice.

Shield if necessary. Place in a suitable dish in a single layer. Turn twice. Shield if necessary. Place in a suitable dish.

Turn and separate twice. Shield if necessary. Place in a suitable dish. Break up frequently. Place in a suitable dish on an upturned saucer or use a rack.

Turn 3-4 times. Shield. Place in a suitable dish in a single layer. Turn twice. Shield if necessary. Place in a suitable dish. Turn twice. Shield. Place in a suitable dish.



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Turn twice, separate and shield if necessary.

Place in a suitable dish. Stir twice during defrosting. Place on a plate. Separate and rearrange during defrosting. Place on a plate. Place on a plate. Turn over half way. Place in a suitable dish. Stir twice during defrosting. 60 mins.

Defrosting Time per 450 g (1lb) Method Standing Time 8 mins. 8-12 mins. 9-13 mins. 10-12 mins. 10-15 mins.

7-8 mins. 15 mins. 15-20 mins. 15-20 mins. 10 mins.

15 mins. @@8-10 mins. @@15-20 mins. 10-15 mins 10-15 mins 1-2 mins. 10-15 mins. @@20-30 secs. 4-8 mins. 6-8 mins. 27 Grilling Press Grill to select level. @@Select Cooking time by turning the Time/Weight Dial.

@@Turn Time/Weight dial to increase or decrease the cooking time. @@@@2. Never cover foods when grilling. 3. DO NOT attempt to preheat the grill. 4. The grill will only operate with the oven door closed. It is not possible to use the grill function with the door open. 5. There is no microwave power on the GRILL only program.

6. Most foods require turning halfway during cooking. @@7. After turning, return food to the oven and close the door. After closing the oven door, press START.

@@@@8. The grill will glow on and off during cooking - this is normal. @@@@Use oven gloves when removing accessories. @@Press to select level.

@@Select cooking time by turning Time/Weight Dial.

@@@@Turn Time/weight dial to increase or decrease the cooking time. @@@@Place a heatproof dish underneath to catch any fat or drips. 2. Use the grill rack only as described. @@@@3. Never cover foods when cooking on combination. 4. DO NOT preheat the grill on combination. @@Arcing is flashes of blue light seen in the microwave. If this occurs, stop the oven immediately.

@@Roasts, gratins, pies and puddings. @@@@Pyrex® or ceramic are ideal. But do not put dishes on grill rack directly under grill. @@The GRILL rack must always be used with the glass turntable in position. Remove grill rack from oven by holding the rack and heatproof dish firmly. Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved. 29 Using the timer The Timer can be used either before or after a cooking program. This feature can be used to set a standing time after cooking or to delay the start of your cooking. 1.

To Set a Standing Time: Set the desired Cooking Program, by selecting power level and time required. Press Timer. Set desired standing time using the Time/Weight Dial (max 9 hrs). Press Start. Cooking program will commence after which the standing time will count down.

□□Notes 1. 2. 3. 4. Three stage cooking can be programmed including standing time.

If the oven door is opened during the standing time or minute timer, the time in the display window will continue to count down. This feature may also be used as a minute timer. In this case press the Timer, set time and press Start. Standing time cannot be programmed after an auto program. 2. To Set a Delay Start: Press Timer. Set Delay time using the Time/Weight Dial (max 9 hrs). Set the complete cooking program, by entering power level and time required.

Press Start. Delayed time will count down then the cooking program will start.

□□Notes 1. 2. 3. Three stage cooking can be programmed including Delay Start cooking. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds. Delay Start cannot be programmed before an auto program. 30 Using the memory function This function allows you to pre-program your oven for a regular reheating or cooking task. You are able to pre-program your oven for a specific power level and time that is convenient for you. You can only pre-program one memory task with this oven.

To set a Memory Program Program the desired cooking program. Press Memory. The memory indicator flashes in the display. Press Memory to store this task or press Start Button to start cooking in this sequence. To use a Memory Program Press Memory.

The memory indicator lights and stored memory program appears in the display Press Start to begin cooking □□Notes 1. Auto programs cannot be programmed into memory. 2. Memory can only store 1 stage cooking. It is not possible to store 2 or 3 stage cooking.

3. Setting a new cooking program into memory will cancel the cooking program previously stored. 4. Memory program will be cancelled if the power supply is off or the plug is disconnected. 31 Multistage cooking 2 or 3 stage cooking Example: Press Microwave Power. Select desired power level Set the cooking time using the Time/Weight Dial. Press Microwave Power. Select desired power level Press Start. Set the cooking The cooking program time using the Time/Weight Dial. will start and the time in the display will count down.

Example: To DEFROST for 2 minutes and cook food on HIGH power for 3 minutes. Press Microwave Power twice to select defrost power. Set the cooking time to 2 minutes using the Time/Weight Dial Press Microwave Power once to select high power. Set the cooking time to 3 minutes using the Time/Weight Dial Press Start. Example: To GRILL at LOW for 4 minutes and cook food on LOW power for 5 minutes. Press Grill Power 3 times to select Grill level 3 (low). Set the cooking time to 4 minutes using the Time/Weight Dial Press Microwave Power four times to select low power. Set the cooking time to 5 minutes using the Time/Weight Dial Press Start. □□ Notes 1. 2.

3. 4. For 3 stage cooking, enter another cooking program before pressing start. During operation, one press on Stop/Cancel stops the operation. you can re-start it by pressing Start.

A second press of Stop/Cancel will cancel the selected program. Whilst not operating, one press of Stop/Cancel cancels the selected program. Auto programs cannot be used with multi-stage cooking. 32 S Auto weight defrost This feature allows you to defrost bread, meat items and joints of meat automatically once you have entered in the weight of the food. Select desired programme.

Press Chaos Defrost once to select Bread, twice to select Meat Items and three times to select Meat Joints. The auto programme number and indicators for the microwave, auto cook and chaos defrost appear in the display. Program 1. Bread 2. Meat Items 3. @@@@Turn at beep. Small pieces of meat, minced meat, chicken portions, steak chops. Turn at beeps and shield. Whole chicken, meat joints. @@@@Items should be turned halfway during defrosting.

THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS e.g. cheesecake. Standing time 10-15 mins. @@Please refer to Defrosting Charts on page 21. @@@@Standing time 15-30 mins. @@This is to prevent food starting to cook on the outside edges. @@DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Standing time of at least 1 hour should be allowed for joints after defrosting. 3.

33 Auto weight reheat/cook programs 71S This feature allows you to cook foods by setting the weight.

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The oven determines the Microwave power level and/or Combination setting, then gives a cooking time; this cooking time has been developed following extensive testing by our Home Economists in our development kitchen. Select the category of food and enter the weight. example Select Auto Program. Select the desired program by pressing Auto Cook or Auto Combi.

The auto and cooking function indicators light and program number appear in the display. Set Weight. Select Weight of the food by turning the Time/ Weight Dial. Press Start. □□Guidelines for Use The Auto Weight Programs must ONLY be used for foods described.

The five food types cooked with Auto Cook, use microwave power only. The five food types, cooked with Auto Combi, use the microwave and grill together. 1. Only cook foods within the weight ranges described. 2. Always weigh the food rather than relying on the package information. 3. Only use the accessories as indicated on pages 35-36. 4. Do NOT cover food when using the Auto Combi programs as it will prevent the food browning and the heat of the grill will melt any plastic covering.

5. Most foods benefit from a STANDING time, after cooking with an Auto Program, to allow heat to continue conducting to the centre. 6. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving. 34 Auto cook programs To reheat a chilled convenience meal that can be stirred. Foods must be in a suitable shallow microwaveable container and have the film pierced. Select program (1 press of Auto Cook pad), enter weight using the Time/Weight Dial and press start. Stir halfway. After cooking allow to stand for 2 minutes. Ensure that the food is piping hot. Stir before serving. 4. Chilled meal 200 g - 800 g 5. Frozen meal 200 g - 500 g To reheat a frozen convenience meal that can be stirred. Foods must be in a suitable shallow microwaveable container and have the film pierced.

Select program (2 presses of Auto Cook pad), enter weight using the Time/Weight Dial, then press start. Stir halfway. After cooking allow to stand for 2 minutes. Ensure that the food is piping hot. Stir before serving.

6. Fresh Vegetables 200 g - 800 g To cook fresh vegetables. Place prepared vegetables into a shallow container on turntable. Add 90 ml (6 tbs) of water. Cover with pierced cling film or lid. Select program (3 presses of Auto Cook pad), enter weight using the Time/Weight Dial, then press start. 7. Fresh Fish 200 g - 800 g To cook Fresh Fish. Shield the thinner portions. Place in a shallow container on turntable.

Add 15ml (1-3 tbs) of liquid. Cover with pierced cling film or lid. Select program (4 presses of Auto Cook pad), enter weight using the Time/Weight Dial, then press start. 8. Rice 100 g - 300 g For cooking rice for savoury dishes not rice puddings. Rinse the rice thoroughly before cooking. Use a large bowl. Add 1/2 tsp salt and 2 times boiling water to rice. Cover with a lid or pierced cling film. Select program (5 presses of Auto Cook pad).

enter weight and press START. Stir at the beep. Allow to stand for 5 minutes after cooking. 35 Auto combi programs 9. Chilled Pizza 100 g - 400 g For reheating and browning the top of a purchased chilled pizza.

Remove all packaging and place on Grill rack on turntable. Select program (1 press of Auto Combi pad). Enter weight using the Time/Weight Dial, then press start. DO NOT COVER. For best results pizza should be no more than 20cm (10 inches) in diameter.

10. Frozen Pizza 200 g - 440 g For reheating and browning the top of purchased frozen pizza. Remove all packaging and place on the grill rack on turntable. Select program (2 presses of the Auto Combi pad). Enter weight using the Time/Weight Dial, then press start. DO NOT COVER For best results pizza should be no more than 20cm (10 inches) in diameter. To cook jacket potatoes with a crispier, drier skin. Choose medium sized potatoes 200-250g (7-9oz) for best results. Wash and dry potatoes and prick with a fork several times. Place directly onto turntable.

Select program (3 presses of Auto Combi pad). Enter weight using the Time/Weight Dial, then press start. DO NOT COVER. 11. Jacket Potatoes 200 g - 1500 g For reheating and browning the top of a fresh purchased quiche. Remove all packaging and place on Grill Rack on turntable. Select program (4 presses of Auto Combi pad). Enter the weight using the Time/ Weight Dial, then press start. DO NOT COVER. 12.

Chilled Quiche 150 g - 500 g 13. Chilled Crispy Top 300 g - 600 g For reheating and browning chilled purchased savoury dishes eg. Lasagne or Shepherds Pie. Remove any lid or covering. If in a foil container transfer to a similar sized heatproof dish and place on turntable.

If using heatproof plastic based dish that food is purchased in, take care and support underneath when removing. Select program (5 presses of Auto Combi pad). Enter weight using the Time/Weight Dial, then press start. DO NOT COVER. 36 Cooking and reheating guidelines Most foods reheat very quickly in your oven by HIGH power.

Meals can be brought back to serving temperature in just minutes and will taste freshly cooked. Always check food is piping hot and return to oven if necessary. As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals. Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc. The charts on pages 38-44 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food you are cooking or reheating.

Remember to stir or turn food wherever possible during cooking or reheating. This ensures even cooking or reheating on the outside and in the centre. Canned foods Soups Remove foods from can and place in a suitable dish before heating. Place soup in a bowl. Stir before heating and at least once during reheat time and again at the end. Casseroles Stir halfway through and again at the end of heating. □□Mince pies – Caution! REMEMBER even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth. When is food reheated? Food that has been reheated or cooked should be served “piping hot” i.

e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then re cooking or reheating presents no safety risks. Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly.

If in doubt, always return to the oven for further reheating. If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.



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☐☐Christmas puddings and liquids - Caution! Take great care when reheating these items. Do not leave unattended. Do not add extra alcohol.
☐☐Babies bottles - Caution! Milk or formula MUST be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby. For 7-8 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 25-30 secs. CHECK CAREFULLY. For 3 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 10-15 secs.

CHECK CAREFULLY ☐☐Note Plated meals Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. An average plated meal will take 4-7 mins on High power to reheat. Do not stack meals. Liquid at the top of bottle will be much hotter than at the bottom. The bottle must be shaken thoroughly and tested before use.

WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly. 37 Reheating Charts The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, dish size etc. Heating Category Your oven is Heating Category E and this is displayed on the front of your oven door.

The information on this label will assist you in using new instructions on food packs to enable you to program the best heating time in your oven. Food Weight/ Quantity Power Level HIGH or Grill 1 HIGH or Grill 1 HIGH or Grill 1 HIGH or Grill 1 HIGH HIGH HIGH 9 The IEC (60705) power output (watts) The heating category for small packs of food Microwave symbol Time to Select (approx) 10-20 secs. 2-3 mins. 30 or 40 secs. 4 mins. 10-20 secs. 2-3 mins. 30-40 secs. 4-5 mins. 1½ - 2 min. 3 - 3½ mins. 1½ - 2 mins. Instructions/Guidelines BREAD – Precooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.

2 Croissants 4 1 Rolls 4 CANNED BEANS, PASTA Baked Beans, Ravioli in sauce Spaghetti in Tomato Sauce CANNED SOUPS Cream of Tomato Minestrone CANNED PUDDINGS Creamed Rice Sponge Pudding Slice Small Medium 425 g 624 g 300 g 150 g 450 g 900 g HIGH HIGH HIGH HIGH HIGH HIGH 2 mins. 4 mins. 2 mins. 30 secs. 2 mins. 3 mins. Place in a microwave safe bowl on turntable. Cover. 400 g 300 g HIGH HIGH 2 - 2½ mins. 2 mins. Place in a microwave safe bowl on turntable. Cover. 225 g 447 g 200 g Place in a microwave safe bowl on turntable. Cover. Place on microwave safe plate on turntable.

Do not cover. If using grill mode, use heatproof plate. CHRISTMAS PUDDINGS - Overheating may cause pudding to ignite Place in a microwave safe dish on turntable. Cover. ☐☐Points for checking Always check that food is piping hot after reheating in the microwave.

If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time. 38 Reheating Charts Food DRINKS – COFFEE 1 mug 2 mugs DRINKS – MILK 1 mug 1 jug 235ml 600ml HIGH HIGH HIGH or Combi 2 HIGH or Combi 2 HIGH or Combi 2 HIGH or Combi 2 HIGH 1½ - 2 mins. 4½ - 5 mins. 2-3 mins. 4-5 mins. 2 mins. 5 mins. 1½-2 mins.

4-5 mins. 2-3 mins. 4-6 mins. 1-1½ mins. 5½-6 mins. 10 or 20 secs. Place on microwave safe plate on turntable. Do not cover. If using Combi mode place on grill rack on turntable. Place on microwave safe plate on turntable.

Do not cover. If using Combi mode place on grill rack on turntable. Place on a microwave safe plate on turntable. DO NOT COVER. Place on a microwave safe plate on turntable.

Cover. Place on microwave safe plate on turntable. Do not cover. If using Combi mode, use heatproof plate. Place in a microwave safe mug on turntable. Stir, before, during and after reheating. 235ml 470ml HIGH HIGH 1½ mins. 2½ mins. Place in a microwave safe mug on turntable. Stir, before, during and after reheating. Weight/ Quantity Power Level Time to Select (approx) Instructions/Guidelines PASTRY PRODUCTS - PRECOOKED - N.B. Pastries reheated by microwave will have a soft base. Cornish Pasty Steak & Kidney Pie Sausage Rolls 225 g (1) 230 g (1) 260 g (4) Quiche 400 g (1) Samosas / Spring Rolls Christmas Mince Pies 270 g (4) 90 g (2) PLATED MEALS - HOMEMADE - CHILLED Child Size Adult Size Bread & Butter Pudding Fruit Crumble 1 1 HIGH HIGH 2½ mins. 4-6 mins.

PUDDINGS & DESSERTS N.B. Transfer food from foil containers to a similar sized microwave safe dish 400 g 400 g 1 Fruit Pie, Individual 4 HIGH HIGH or Combi 2 HIGH or Combi 2 HIGH or Combi 2 3 mins. 3-4 mins. 8-10 mins. 20 secs. 30-50 secs. 30 or 40 secs. 2-3mins Place in a microwave safe dish on turntable. Do not cover.

If using Combi mode, use heatproof dish. Place on a microwave safe plate on turntable. Cover. ☐☐Points for checking Always check that food is piping hot after reheating in the microwave. If unsure return to oven.

Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time. 39 Reheating charts Food Weight/ Quantity Power Level Time to Select (approx) Instructions/Guidelines PURCHASED CONVENIENCE FOODS - CHILLED ☐N.B. Transfer food from foil container to a similar sized microwave safe dish.

Plastic dishes designed for microwave and conventional ovens may be used with care. Cottage Pie 450 g HIGH or Combi 2 HIGH or Combi 2 HIGH or Combi 2 5-6 mins. 12-15 mins. 7-8 mins. 10-12 mins. 6 mins. 10-11 mins. Place in microwave safe dish on turntable. Do not cover. If using Combi mode, use heatproof dish.

Lasagne 400 g Vegetable Bake 400 g PURCHASED CONVENIENCE FOODS - FROZEN ☐N.B. Transfer food from foil container to a similar sized microwave safe dish. Plastic dishes designed for microwave and conventional ovens may be used with care. HIGH + HIGH or HIGH + Combi 2 HIGH + HIGH or HIGH Combi 2 5 mins. + rest for 1 min. 5-6 mins. 2 mins. 20 - 22 mins. 5 mins. + rest for 1 min. 5-6 mins. 3-4 mins. 22-25 mins. Place in a microwave safe dish on turntable.

Do not cover. If using combi mode use heat proof dish. Lasagne 400 g Shepherd's Pie 450 g ☐☐Points for checking Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred.

The denser the food the longer the stand time. 40 Cooking charts Food BACON -from raw Rashers 130 g (4) HIGH 3½-4 mins. or 50- 60 secs per rasher. Place on microwave safe rack or plate on turntable and cover with kitchen towel to minimise splatter. Weight/ Quantity Power Level Time to Select (approx) Instructions/Guidelines BEANS & PULSES – should be pre-soaked (except lentils) Chick Peas Lentils 225 g 225 g 225 g HIGH + LOW LOW HIGH + LOW 8 mins. 35 or 40 mins.



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15-20 mins. 15 mins. 35-40 mins. Use 600 ml (1 pt) boiling water in a large bowl.

Cover. Must boil for at least 12 minutes to destroy toxic enzymes. Top water up if needed. Use 600 ml (1 pt) boiling water in a large bowl. Cover. Red Kidney Beans BEEF – Joints from raw – Caution: Hot fat! Remove dish with care. 5-8 mins. +Combi 1 5-10 mins. per 450 g Place on upturned saucer in flan dish or rack on turntable. Cover and turn halfway.

Drain off fat during cooking. Uncover when cooking in combi mode Place on microwave safe rack or plate on turntable. Cover. Place on grill rack with heatproof plate underneath. Turn halfway.

Place on microwave safe rack or plate on turntable. Cover. Place on grill rack with heatproof plate underneath. Turn halfway. Place on microwave safe rack or plate on turntable.

Cover. Place on grill rack with heatproof plate underneath. Turn Halfway. Place on upturned saucer breast side down in microwave safe dish on turntable.

Cover, turn over halfway. Medium MEDIUM CHICKEN from raw – Caution: Hot fat! Remove dish with care. 500 g (4) LOW or Combi 2 LOW Drumsticks 450 g (4) or Combi 2 + Grill 1 Quarters 700 g (2) LOW or Combi 2 MEDIUM + Combi 1 13-15 mins. 18-19 mins. 12-14 mins. 13 mins.

3 mins. 18-20 mins. 16-20 mins. 7-8 mins. per 450 g (1 lb) 5-10 mins. per 450 g (1 lb) Breasts, boneless Whole □□□Points for checking Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time. 41 Cooking charts Food EGGS – Poached Water Egg Water Eggs EGGS – Scrambled.

1 Egg HIGH + HIGH HIGH +HIGH 40 secs. 20 secs. 50 secs - 1 min. 40 secs. Add 1 tbsp of milk for each egg used.

□ Beat eggs, milk and knob of butter together. □ Cook for 1st cooking time then stir. □ Cook for 2nd cooking time then stand for 1 min. □ Place in microwave safe dish. Add 30 ml of liquid.

Cover. 45ml 1 90ml 2 HIGH +HIGH HIGH +HIGH 50 secs. 40-50 secs. 1 min. 1½ min. □ □ □ □ Place water in a small bowl and heat for 1st cooking time. Add egg (medium sized). Pierce yolk and white. Cover. Cook for 2nd cooking time.

Then leave to stand for 1 min. Weight/ Quantity Power Level Time to Select (approx) Instructions/Guidelines 2 Eggs FISH – FRESH from raw Fillets, Steak, Whole FISH – FRESH from raw Haddock Fillets Whole 380 g (4) 450 g (2) 450 g HIGH 5 mins. HIGH HIGH 8-10 mins. 8-10 mins. Place in microwave safe dish. Add 30 ml of liquid. Cover. FRUIT – Peel, slice, chop into even sized pieces. Place in shallow microwave safe dish. Apples, Rhubarb, stewed Plums – stewed 450 g 450 g HIGH HIGH 5 mins.

8-10 mins. Only half fill dish. Cover. Add 30 ml (2 tbsp) of water. Only half fill dish.

Cover. Place on grill rack with heatproof plate underneath. Turn halfway. Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn joint over halfway.

Drain off fat during cooking. Uncover when using Combi mode LAMB –from raw – CAUTION: Hot Fat! Remove dish with care. Chops, loin 600 g Combi 2 Medium Joints + Combi 1 10 mins per 450 g (1lb) 10-13 mins per 450 g (1lb) 5-10 mins per 450 g (1lb) □□□Points for checking Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time. 42 Cooking charts Food Weight/ Quantity 225 g 225 g Power Level HIGH HIGH Time to Select (approx) 13-15 mins. 11-12 mins. Instructions/Guidelines PASTA – Place in a large 3 litre (6 pint) microwave safe bowl. Macaroni Spaghetti, tagliatellie Use 1 litre (1¾ pint) boiling water in a large 2 litres (4 pints) bowl.

Cover. PIZZA – FRESH chilled – N.B. Remove all packaging. Pizzas will have a soft base. Thin & Crispy Deep Pan 300 g 450 g HIGH or Combi 2 HIGH or Combi 2 2-3 mins. 10-12 mins. 3-6 mins. 10-12 mins. Place on heatproof plate on turntable.

Do not cover. Place on heatproof plate on turntable. Do not cover. PORK –from raw – CAUTION: Hot Fat! Remove dish with care HIGH Chops 360 g (2) + LOW or Combi 2 HIGH Joints + LOW 2-3 mins. 3-5 mins.

15-18 mins. 5-6 mins. per 450 g (1lb) 8-9 mins. per 450 g (1lb) Place in microwave safe dish or rack on turntable. Cover.

Place on grill rack with heatproof plate underneath. Turn halfway. Place on upturned saucer in microwave safe dish or rack on turntable. Cover and turn joint over halfway. Drain off fat during cooking. PORRIDGE – N.B. Use a large bowl. 1 serving 2 servings ½ cup oats 1 cup oats 300 g 120 g (2) 250 g 250 g HIGH HIGH 2-2½ mins. 4-5 mins.

Add 1 cup of water or milk. Stir halfway. Add 2 cups of water or milk. Stir halfway. POTATO PRODUCTS Part Cooked - FROZEN. Croquettes Waffles Combi 2 Grill 1 12-13 mins. 10-14 mins. Place on grill rack on turntable. Turn Halfway. RICE – Place in a large microwave safe bowl.

3 Litre (6 pint) Basmati Easycook White LOW HIGH 10-14 mins. 15-16 mins. Use 600ml (1 pt) boiling water. Cover. □□□Points for checking Always check that food is piping hot after reheating in the microwave.

If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time. 43 Cooking charts Food Weight/ Quantity Power Level Time to Select (approx) Instructions/Guidelines SAUSAGES from raw - CAUTION: HOT FAT! Remove dish with care. HIGH or Combi 2 HIGH or Grill 1 2-3 mins.

8-10 mins. 1½-2½ mins. 14-15 mins. Place on microwave safe plate or microwave rack on turntable. Cover. Place on grill rack with heatproof plate underneath. Turn halfway. Place on microwave safe plate or microwave rack on turntable. Cover. Place on grill rack with heatproof plate underneath.

Turn Halfway. Thick 240 g (4) Thin 110 g (4) FRESH VEGETABLES – Place in shallow microwave safe dish. Green Beans Beetroot Broccoli + Cauliflower - florets Brussel Sprouts Cabbage – sliced Carrots, Leeks Corn on the Cob Courgettes Mange Tout Peas Potatoes – boiled Potatoes – jacket (250 g / 9oz each) 200 g 450 g 450 g 300 g 200 g 450 g 450 g 450 g 450 g 450 g 1 2 HIGH HIGH HIGH HIGH HIGH HIGH HIGH HIGH HIGH HIGH HIGH HIGH HIGH HIGH 4-6 mins.

10-12 mins. 8 mins. 8-9 mins. 5-6 mins. 8-10 mins. 6-7 mins. 4-6 mins.

5-6 mins. 8-9 mins. 5-6 mins. 9-10 mins. Wash and prick skins.

Place directly on turntable. After cooking stand for 5 mins. wrapped in foil. Add 15ml (1tbsp) water per 100 g of vegetables. Cover.

FROZEN VEGETABLES – Place in shallow microwave safe dish. Beans – green, Carrots Cauliflower Peas 450 g 450 g 450 g HIGH HIGH HIGH 10-11 mins. 11-12 mins. 8-9 mins. Add 30 ml (2 tbsp) water. Cover. □□□Points for checking Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

44 ingredients SERVES 4 2 5 g (1 o z) b utter 1 s mall o n i o n , chop p ed 6 0 0 ml (1 pt) h o t chicken stock 2 2 5 g (8 o z) b utton mu s h r o o ms, sliced bo u quet gar ni 1 5 ml (1 t bs p) cor n flour 3 0 0 ml (½ p t) m ilk s alt a n d p ep p er 6 0 ml (4 t bs p) s in g l e cream D ish : large bowl Soups & snacks Cream

of Mushroom Soup Place the butter and chopped onion in a large bowl.



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