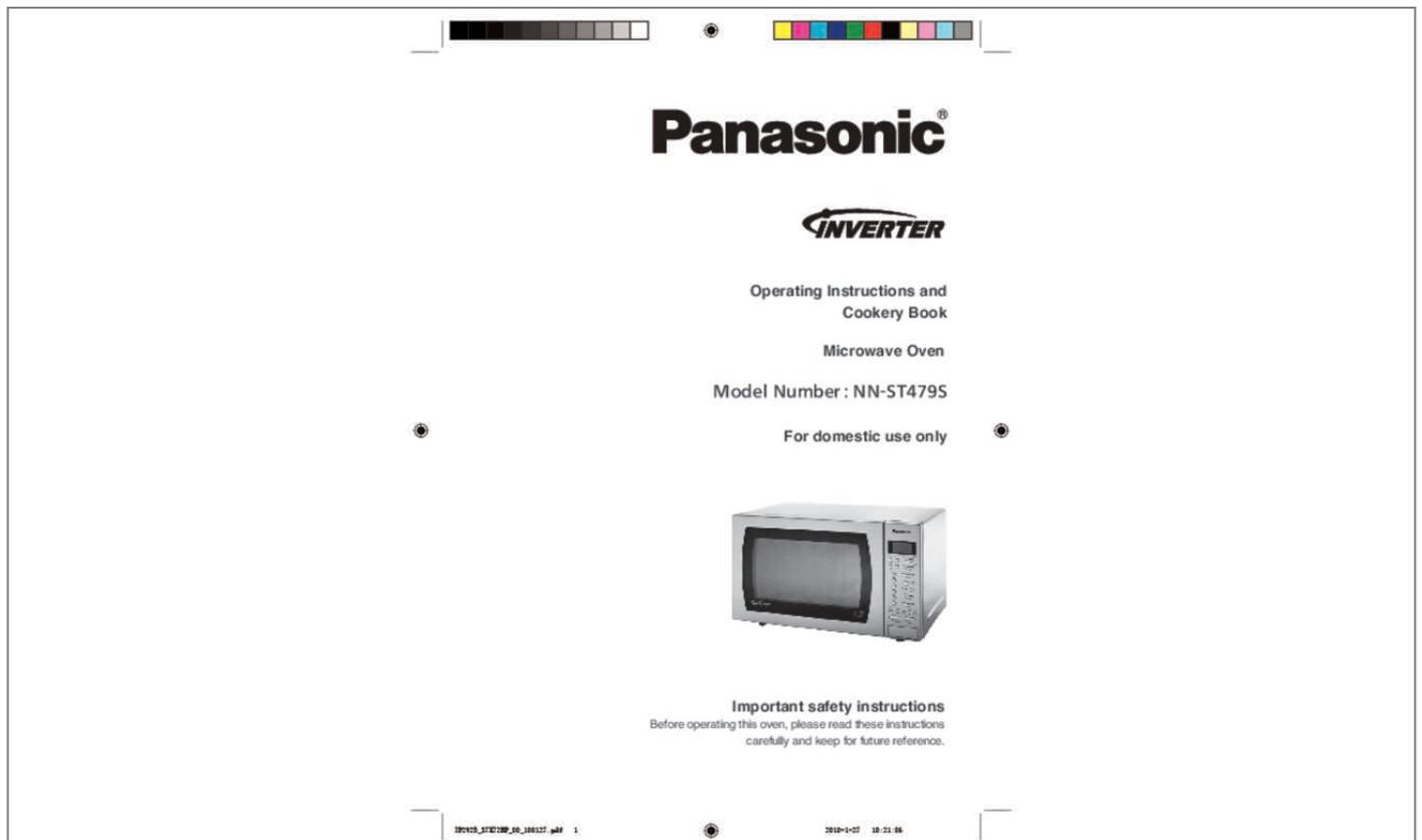




Your PDF Guides

You can read the recommendations in the user guide, the technical guide or the installation guide for PANASONIC NN-ST479S. You'll find the answers to all your questions on the PANASONIC NN-ST479S 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-ST479S
User guide PANASONIC NN-ST479S
Operating instructions PANASONIC NN-ST479S
Instructions for use PANASONIC NN-ST479S
Instruction manual PANASONIC NN-ST479S



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Manual abstract:

@@@Your oven is rated 'E', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods. Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 31-35 of this book. ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time. @@@@It also means that you benefit from having more space inside your oven, without taking up more room on your work surface. Microwaves leave most foods tastier and leave you with less washing up, but don't expect to become a perfect microwave cook overnight – some of the methods are very different to those used in conventional cooking. Home Economists program the ovens especially for the UK market. The recipes are tested many times to ensure you achieve successful results at home. We hope you enjoy using your new oven but should you require any further help or explanation, phone our or write to the address below, or contact us on-line at test.

kitchen@panasonic.co.uk Alternatively visit our website at www.theideaskitchen.co.

uk Safety Information Unpacking your oven Care and Cleaning Parts of your oven Important Information Microwaving Principles General Guidelines Containers to use Control Panels Operating Instructions Auto Sensor Cooking Reheating Guidelines Reheating Charts Cooking Charts Increasing/Decreasing Recipes Soups and Starters Fish Meat and Poultry Pasta and Rice Cheese and Egg Dishes Vegetables/Vegetarian Puddings and Desserts Sauces Baking Preserves Building-in Your Oven Technical Specification WEEE Directive Index Contents 3 4 5 6 7-8 9 10-12 13-15 16 17-24 25-30 31 32-35 36-41 42 43-44 45-47 48-51 52-53 54-55 56-59 60-63 64 65-66 67-68 69 70 71-72 Recipes Cookery advice line 01344 862108 Home Appliance Innovation Centre Panasonic Consumer Electronics U.K. Willoughby Road Bracknell Berks RG12 8FP When writing, be sure to state your model number and daytime telephone number. 2 IP3421_37X73BP_00_110121.pdf 3 2010-1-27 10:21:06 Important 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 BSI362. Check for the ASTA mark on the body of the fuse. or the BSI mark Warning: this appliance must be earthed. 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 GREENAND-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. 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. How to replace the fuse Open the fuse compartment with a screwdriver and replace the fuse. 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. 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). Voltage & Power 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.

3 IP2925_37X72BP_00_100127.pdf 4 2010-1-27 10:21:06 1. Examine Your Oven Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. Do NOT install if unit is damaged. 3. Cord If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or it's service agent or a similarly qualified person in order to avoid a hazard. N.B. The appliance should be inspected for damage to the door seals and door seal areas.

If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer. 2. Guarantee Your receipt is your guarantee, please keep it in a safe place. This oven is intended for household countertop or built-in use only. It is not intended for use inside a cabinet or a cupboard. Refer to building-in your oven on page 69. 1. For counter top use the oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow, i.e.

5cm/2" at one side, the other being open; 15cm/6" clear over the top; 10cm/4" at the rear. 2. Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged. 3.

Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven over the vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.

15cm 5cm 10 cm open 4. Do not use outdoors. 5. Only allow children to use oven with out supervision when adequate instructions have been given so that the child is able to use the oven in a safe manner and understands the hazards of improper use. 6. This appliance is not intended to be operated by means of an external timer or separate remote-control system.



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Using your oven 1. The appliance must not be operated by Microwave **WITHOUT FOOD IN THE OVEN**. Operation when empty will damage the appliance. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance. 3. Storage of Accessories Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on. In case of electronic failure, oven can only be turned off at wall socket. 2. 4 IP2925_37X72BP_00_100127.pdf 5 2010-1-27 10:21:06 Care & Cleaning of your Microwave Oven It is essential for the safe operation of the oven that it is kept clean, and wiped out after each use. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation. 1. Switch the oven off before cleaning and unplug at socket if possible. 2. Keep the inside of the oven, door seals and door seal areas clean. When food splatters or spilled liquids adhere to 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 detergents or abrasives is not recommended. Take care when cleaning around the microwave feed guide. 3. The outside oven surface should be cleaned with a damp cloth. Do not allow water to seep into the ventilation openings. 4.

If the Control Panel becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on 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. 5. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage. 6. It is occasionally necessary to remove the glass turntable for cleaning. Wash the turntable in warm soapy water.

Do not place in the dishwasher. 7. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven, particularly the turntable spindle and the area surrounding this, with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. After removing the roller ring from the cavity floor for cleaning, be sure to replace it in the proper position. 8. A steam cleaner is not to be used for cleaning. 9. Keep air vents clear at all times.

Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven, and could lead to a hazardous situation. Maintenance of your oven 1. Service **WHEN YOUR OVEN REQUIRES A SERVICE** call your local Panasonic engineer. You can look on the web site (www.

panasonic.co.uk) under the "support" option, where a service dealer locator can be found or alternatively call our Customer Care Centre on 0844 844 3899 who can recommend an engineer. It is hazardous for anyone other than a competent person to carry out any service or repair operation wh before cooking to prevent bursting. 6.

Liquids. When heating liquids, eg soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken: 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. 7. Lids. Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped. 8. Deep Fat Frying. Do not attempt to deep fat fry in your oven. 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 trays 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. See page 32. 17. Arcing.

Arcing may occur if a metal container has been used accidentally or if the incorrect weight of food is used. 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. 18.

Maximum Weight on Turntable. The maximum weight that can be placed on the turntable is 4kg (8lb 4oz) (this includes total weight of food and dish). 8 IP2925_37X72BP_00_100127.pdf 9 2010-1-27 10:21:07 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. Important notes The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even when 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 In a microwave oven, electricity is converted into microwaves by the MAGNETRON 13 Amp fused socket Foods not suitable for cooking by microwave only Yorkshire Puddings, Souffles, Double Crust Pastry Pies. 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.

Reflection The microwaves bounce off the metal walls and the metal door screen. Transmission Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent. Boiled eggs Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury Standing time The microwaves cause the water molecules to vibrate which causes FRICTION, ie. HEAT. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly.



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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. When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY.

Hence **STANDING TIME** is very important in microwaving, particularly for dense foods i.

e. meat, cakes and reheated meals. (Refer to page 10). 9 IP2925_37X72BP_00_100127.pdf 10 2010-1-27 10:21:07 Standing time Piercing The skin or membrane on some foods will cause steam to build up during cooking.

These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.** Dense foods e.g.

meat, jacket potatoes and cakes, require a **STANDING TIME** (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely. s s s s s s s s **MEAT JOINTS** – Stand 15 mins. wrapped in aluminium foil. **JACKET POTATOES** – Stand 5 mins. wrapped in aluminium foil.

LIGHT CAKES – Stand 5 mins. before removing from dish. **RICH DENSE CAKES** – Stand 15-20 mins. **FISH** – Stand 2-3 mins. **EGG DISHES** – Stand 1-2 mins.

PRECOOKED CONVENIENCE FOODS – Stand for 1-2 mins. **PLATED MEALS** – Stand for 1-2 mins. **VEGETABLES** – 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. s **DEFROSTING** – It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

Moisture content Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year.

Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased. Cling film Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be pierced before cooking, to allow excess steam to escape.

Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet “suitable for microwave cooking” and use as a covering only. Do not line dishes with cling film. 10 IP2925_37X72BP_00_100127.pdf 11 2010-1-27 10:21:07 Dish size

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly. Quantity Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions. Spacing Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other. Shape Even shapes cook evenly.

Food cooks better by microwave when in a round container rather than square. Density Porous airy foods heat more quickly than dense heavy foods.

Covering Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items. 11 IP2925_37X72BP_00_100127.pdf 12 2010-1-27 10:21:07 Arranging Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside. Starting temperature The colder the food, the longer it takes to heat up.

Food from a fridge takes longer to reheat than food at room temperature. Food temperature should be between 3-8°C Turning and stirring Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time. Liquids All liquids must be stirred before, 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.** Checking food It is essential that food is checked during and after a recommended cooking time, even if an **AUTO PROGRAM** has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary. Cleaning As microwaves work on food particles, keep your oven clean at all times.

Stubborn spots of food can be removed by using a branded microwave spray cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts and door area. 12 IP2925_37X72BP_00_100127.pdf 13 2010-1-27 10:21:07 Containers to use Choosing the correct container is a very important factor in deciding the success or failure of your cooking. Testing Dishes for Suitability When unsure that a cooking container is suitable for use in your microwave, check by the following test: 1. Fill a microwave safe measuring jug with 300ml (½ pt) cold water. 2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish. 3.

Heat on **HIGH** power for 1 minute. Result If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy. N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel. Quick Check Guide to Cooking Utensils Oven glass Everyday glass that is heat resistant e.g.

Pyrex®, is ideal. Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc. China and ceramic Everyday glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal.

Fine bone china should only be used for reheating for short periods, otherwise the change in temperature may crack the dish or craze the finish. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt in a microwave. 13 IP2925_37X72BP_00_100127.pdf 14 2010-1-27 10:21:08 Foil/metal containers **NEVER ATTEMPT TO COOK IN FOIL OR METAL** containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven.

Use wooden kebab sticks instead of metal skewers. Pottery, earthenware, stoneware If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food. \$ Plastic Many plastic containers are designed for microwave use. Only use Tupperware® containers if they are designed for microwave use.



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Do not use Melamine – although it is heat resistant it absorbs microwave energy and scorches. Even if a container is microwave safe, do not use for cooking foods high in sugar or fat. Foods that require long cooking times e.g. brown rice, should not be cooked in plastic.

Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. Many plastics that are not heatproof for cooking are suitable for defrosting. 14 IP2925_37X72BP_00_100127.pdf 15 2010-1-27 10:21:08 Paper Plain white absorbent kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering BUT FOR SHORT COOKING TIMES ONLY. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH. Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt in the oven. Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.

g. bacon rashers to stop them splattering. White paper plates can be used for SHORT REHEATING TIMES. \$ Wicker, wood, straw baskets Do not use these items in your microwave. With continued use and with prolonged exposure they will crack and could ignite.

Do not use wooden dishes in your microwave. Cling film Microwave cling film can be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food. Roasting bags Roasting bags are useful when slit up one side to tent a joint for roasting by power and time. Do not use the metal twists supplied.

Aluminium foil Small amounts of smooth aluminium foil can be used to SHIELD joints of meat during defrosting and cooking, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or overdefrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven. 15 IP2925_37X72BP_00_100127.pdf 16 2010-1-27 10:21:08 Control Panel (1) (2) (3) (4) (5) (1) 10 min 1 min Bread/ Meat Chaos Defrost (6) (9) (2) 10 sec 1 sec Reheat Auto Sensor (10) (7) Turbo Reheat (3) High Veg/Fish Potatoes Defrost Meat/ Chicken Medium (11) (4) Low Rice/ Pasta Simmer Puddings (5) more less (12) (13) (14) (8) (9) (10) (11) (12) (13) (14) (6) (7) (8) NN-ST479S The design of your control panel may vary from the panel displayed (depending on model number), but the words on the pads should be the same. If an operation is set and Start Pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. This display will revert back to clock or colon mode. This oven is equipped with an energy saving function. Display Window Time Pads Turbo reheat Microwave Power Settings Delay/Stand Pad: This can be used to delay a cooking program for up to 9 hrs and 59 mins., or used to time or for standing (non-cooking) time. Clock Pad: Press the clock pad.

Using the minute and second pads set the clock (24 hr clock). Press clock pad again to stop colons flashing. Stop/Cancel Pad: Before Cooking: one press clears your instructions. During Cooking: one press temporarily stops the cooking program. Another press cancels your instructions and the time of day will appear in the display. Door Release Button Auto Weight Defrost Programs Sensor Reheat Pad Sensor Cook Programs More/Less Pads lb/oz Conversion Pad Start Pad: Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking. Beep Sound: A beep sounds when a pad is pressed. If this beep does not sound, the setting is incorrect. When the oven changes from one function to another, two beeps sound.

After completion of cooking, five beeps sound. 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.

16 IP2925_37X72BP_00_100127.pdf 17 2010-1-27 10:21:08 1 Plug in Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions. 2 Press Clock Pad Set clock as a 24hr clock. Set time using time pads.

Press clock pad again. (See page 18 for details). 3 Demonstration Mode This is to enable you to experiment setting various programs. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To select this mode press the HIGH Microwave power pad once and Stop/Cancel Pad 4 times within 10 seconds. "Demo Mode Press Any Key" will appear in the display window. 10 min 1 min Bread/ Meat Chaos Defrost 10 sec 1 sec Reheat Auto Sensor Turbo Reheat Veg/Fish 4 5 Select Power High Potatoes Defrost For example press HIGH once. Meat/ Chicken Press Time Pad Medium To set a cooking time eg. 1 minute, press 1 minute pad once.

Low Rice/ Pasta Simmer Puddings 6 Press Start Pad more less The time will be displayed in the window and count down. The oven will beep at the end of the cooking program. Check that the letter D appears in the display window, to confirm no microwave power is being produced, and it is safe to use the oven without any food. To cancel the demonstration mode press the HIGH Microwave power pad once and Stop/Cancel Pad 4 times within 10 seconds. 7 NN-ST479S Child Lock To operate the child lock facility press the start pad three times, this will deactivate the microwave. "Lock" will appear in the display and none of the controls will operate. To clear child lock facility press Stop/Cancel three times. 17 IP2925_37X72BP_00_100127.pdf 18 2010-1-27 10:21:08 10 min Press once 10 sec Press twice 1 min Press once 1 sec Press 5 times q Press Clock Pad q Press Time Pads q Press Clock Pad "SET TIME" will appear in the display window, and the colon starts to blink. Enter time of day by pressing Time Pads.

e.g. 11.25am (24hr clock). Colon stops blinking.

Time of day is now locked into the display. N.B. 1. To reset time of day, repeat step 1 through to step 3.

2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied. 3. This is a 24 hour clock. There are 5 different microwave power levels available. Selecting Microwave Power Level High 900 Watts Defrost 10 min 1 min 270 Watts Medium 600 Watts Low 10 sec 1 sec 440 Watts Simmer 250 Watts q Press the pad with the power you require. q Select Cooking Time. q Press Start. Note The maximum time that can be set on HIGH power is 30 minutes. The maximum time that can be set on the other power levels is 99 mins 59 secs.

18 IP2925_37X72BP_00_100127.pdf 19 2010-1-27 10:21:08 Turbo Reheat This will provide an added boost of microwave power up to 1000 watts, for the initial part of the cooking time, when reheating foods e.



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g. soup, baked beans. 10 min 1 min Turbo Reheat 10 sec 1 sec q Press the Pad. q Select Cooking Time. q Press Start. The Delay/Stand Pad is used as a timing pad either before, during or after a cooking program. When the Delay/Stand Pad is selected with a time, there is no microwave power in the oven during this time. 1.

To Set a Standing Time: Power level & Time q inoperable 10 min 1 min hours 10 sec 1 sec 10min 1min q q Then Press the q Set desired standing time (max Set the desired Delay/Stand Cooking Program, 9hrs 59 mins) (10 min. pad is Pad. by selecting power inoperable) An "H" will appear level and time in the display to denote hours. required. The minute pad enters hours and the sec pads enter the minutes.

Press Start Pad. Cooking program will commence after which the standing time will count down. 2. To Set a Delay Start: inoperable 10 min 1 min hours 10 sec 1 sec 10min q 1min Power level & Time q Press Start Pad. Press the delay q Set Delay time (max 9hrs 59 q Set the complete mins) pad.

Delayed time will count Cooking Program, (10 min. pad is inoperable) An down then the cooking by selecting power "H" will appear in the display program will start. level and time to denote hours. The minute required. pad enters hours and the sec pads enter the minutes. NB 1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down. 2. Delay Start cannot be used before an Auto Program. 3.

If the Delay Stand pad is pressed four times, this will turn off the auto guide system. "Operation guide off" will appear once. The words will not now scroll in the display window. To turn the auto guide back on, press the Delay/Stand pad four times. "Operation guide on" will appear, and then the words will scroll again. 19 IP2925_37X72BP_00_100127.pdf 20 2010-1-27 10:21:08 Accessory to use: When using your oven, the glass turntable provided must always be in position. DO NOT place food directly onto the turntable except in the case of Jacket Potatoes or Auto Program Jacket Potatoes. Foods reheated or cooked by MICROWAVE are normally covered with a lid or cling film, unless otherwise stated. Two Stage Cooking: eg.

High power 10 minutes followed by Simmer power 20 minutes; Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start. Three Stage Cooking: eg. High power 5 minutes, Delay 5 minutes, High power 2 minutes; Select first Power level and cooking time, then press DELAY and time, then select final power level and final cooking time. Then press Start. Auto Weight Defrost With this feature you can defrost frozen foods according to the weight.

Select the category and set the weight of the food. The weight can be programmed in pounds and ounces or grams. The weight starts from the minimum weight for each category. ead/ Meat Chaos Defrost more less • Press "CHAOS DEFROST" pad once, twice or three times to select food. • Press to select g or lb and oz.

• Enter the weight by pressing the Up & Down or More & Less pads. The "up" (more) pad will start with the minimum weight for each food. • Press Start. Program 1 Bread 2 Meat Items Weight Range 100 - 800g (4oz - 1lb 12oz) 200 - 1200g (7oz - 2lb 10oz) Suitable Foods Bread and rolls. Turn at beep. Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at beeps. 3 Meat Joints 400 - 2000g (14oz - 4lb 6oz) Whole chicken, meat joints. Turn at beeps and shield. 20 IP2925_37X72BP_00_100127.

pdf 21 2010-1-27 10:21:08 This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread. The CHAOS defrost pad should be pressed to select the correct category and then enter in the weight of the food in grams or pounds and ounces using the appropriate pads (See page 20). Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a rack. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods. The CHAOS Theory principle is used in Auto Weight defrost programs to give you a quick and more even defrost. The CHAOS system uses a random sequence of pulsing microwave energy which speeds up the defrosting process. During the program the oven will beep to remind you to check the food. IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY. (See page 22).

On hearing the first beep you should TURN and SHIELD (if possible). On the second beep you should turn the food or break it up. 1st Beep 1st Beep 2nd Beep Turn or Shield CATEGORY 1 BREAD Turn or break up read/ Meat Chaos Defrost The Bread Program is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use.

Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS eg.

cheesecake. See page 24 for standing times. CATEGORY 2 MEAT ITEMS (MINCE/CHOPS/CHICKEN PORTIONS) It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops and chicken portions should be arranged in a single layer and turned frequently. See pages 23-24 for standing times. CATEGORY 3 MEAT JOINTS/WHOLE CHICKENS Meat joints and chickens will require shielding during defrosting especially if they are particularly fatty pieces. This is to prevent over defrosting on the outside edges. Smooth foil secured with cocktail sticks should be used. DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Back fat of joints, legs, wings and breast bones need shielding (see photograph above).

Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted. See pages 23-24 for standing times. 21 IP2925_37X72BP_00_100127.pdf 22 2010-1-27 10:21:08 By selecting the DEFROST power level, from the microwave power pad, and setting a time, you can defrost food in your microwave. The biggest problem is getting the inside defrosted before the outside starts to cook. For this reason a defrost program alternates between a defrost power and a standing time. The name for this type of defrost is cyclic and during the standing stages there is not any microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer.

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



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Chickens and joints of meat will require shielding during defrosting. Turn dense foods and meat 2/3 times during defrosting. Break up small items e.g. minced meat, frequently during defrosting. Tips 1 2 3 4 5 Check foods during defrosting. Foods vary in their defrosting speed. It is not necessary to cover the food. Always turn or stir the food especially when the oven "beeps". Shield if necessary (see point 5). Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer. Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks. Allow standing time so that the centre of the food thaws out. (minimum 1 hour for joints of meat and whole chickens). 6 22 IP2925_37X72BP_00_100127.

pdf 23 2010-1-27 10:21:09 The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting. Food Meat Beef/Lamb/Pork Joint Weight Defrost Time 15 mins Method Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Place in a suitable dish. Separate and turn twice.

Place in a suitable dish. Turn. Place in a suitable dish. Separate and turn twice. Place in a suitable dish.

Separate and turn twice. Place in a suitable dish. Break up and turn 3-4 times. Place in a suitable dish in a single layer. Break up and turn twice.

Place in a suitable dish in a single layer. Turn twice. Place in a suitable dish in a single layer. Turn twice. Place in a suitable dish. Separate and turn twice.

Place in a suitable dish. Separate and turn twice. Place in a suitable dish. Separate and turn 2-3 times.

Place in a suitable dish. Separate and turn 2-3 times. Place in a suitable dish or an upturned saucer or use a rack. Turn 3-4 times. Shield if necessary Standing Time 60 mins 700 g (1 lb 8 oz) Beef/Lamb/Pork Joint 1.0 Kg (2 lb 4 oz) 20 mins Sirloin/Rump Steak 500 g (1 lb 2 oz) 100 g (x1) Beef Burgers 200 g (x2) 400 g (x4) Minced Beef Stewing Steak Lamb Chops Lamb Fillets 500 g (1 lb 2 oz) 500 g (1 lb 2 oz) 500 g (1 lb 2 oz) 300 g (11 oz) 10 mins 3 mins 4-5 mins 7-8 mins 12 mins 15 mins 8 mins 10 mins 60 mins 30 mins 10 mins 5 mins 10 mins 15 mins 20 mins 20 mins 10 mins Pork Ribs Pork Chops 700 g (1 lb 8 oz) 350 g (12 oz) 10 mins 6-7 mins 30 mins 20 mins Bacon Rashers 250 g (9 oz) 100 g (2) 500 g (8) 7 mins 20 mins Sausages 3 mins 8-10 mins 3 mins 10 mins Whole chicken 1.5 Kg (3 lb 5 oz) 30 mins 45 mins Chicken Portions 6 mins x1 150 g (5 oz) Place in a suitable dish. Turn. x2 350 g (12 oz) 8-10 mins Place in a suitable dish. Turn twice.

x3/4 500 g 13-14 mins Place in a suitable dish. Turn. (1lb 2 oz) 30 mins 30 mins 30 mins 23 IP2925_37X72BP_00_100127.pdf 24 2010-1-27 10:21:09 The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting.

For larger quantities adjust times accordingly. Food should not be covered during defrosting. Food Meat Turkey Breast Fillets Duck Breast Fillets Weight Defrost Time 15 mins 9 mins Method Standing Time 26 mins 20 mins 500 g (1lb 2 oz) 450 g (1lb) Place in a suitable dish. Separate and turn twice. Place in a suitable dish.

Turn twice. Fish Whole Fish x 1 Whole Fish x 2 Whole Fish x 2 450 g (1lb) 9-10 mins Place in a suitable dish. Turn twice. 30 mins 30 mins 4-5 mins 10 mins 10 mins 30 mins 750 g (1 lb 11 oz) 14-15 mins Place in a suitable dish. Turn twice separate if necessary. 100-150 g (4-5 oz) 2-3 mins 350 g (12 oz) 100 g (4 oz) 250 g (9 oz) 3-4 mins 7-8 mins Place in a suitable dish in a single 6-7 mins layer. Turn twice. Place in a suitable dish. Turn. Place in a suitable dish.

Separate if necessary and turn twice. 400 g (14 oz) 11-12 mins Place in a suitable dish. Separate if necessary and turn twice. Fish Steaks 30 mins Prawns 450 g (1lb) 10 mins Place in a suitable dish. Stir twice during defrosting. 25 mins General Sliced bread Slice of bread Soft fruit Gateau Cheesecake Meringue dessert 400 g (14 oz) 30 g (1 oz) 500 g (1lb 2 oz) 350 g (12 oz) 500 g (1lb 2 oz) 350 g (12 oz) 5 mins Place on a plate. Separate and arrange during defrosting. 10 mins 1 min 20 mins 20 mins 10 mins 15 mins 30-50 secs Place on a plate. 9-10 mins Place in a suitable dish. Stir twice during defrosting. 4-5 mins 5 mins 3-5 mins Place on a plate. Place on a plate. Place on a plate. Shortcrust/Puff pastry 500 g (1lb 2 oz) 4-5 mins Place on a plate. Turn halfway. 15 mins 24 IP2925_37X72BP_00_100127.pdf 25 2010-1-27 10:21:09 This feature allows you to cook or reheat fifteen foods automatically. There is no need to enter the weight, as these programs use a humidity sensor which will automatically select the correct Microwave power level and calculate the correct cooking time. Once the food has been selected and the start pad pressed the food is heated up. As food begins to get hot, steam is emitted.

When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to cook. The remaining cooking time will appear in the display window after two beeps. Whilst the Sensor program is still in the display window the oven door SHOULD NOT BE OPENED. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food. Meat/ Chicken • Select the desired Auto Sensor program, by pressing the pad. The pad can be pressed once, twice or three times to select the programs available. • Press Start. The food category will be repeated in the display window until the oven calculates the cooking time after detecting a burst of steam.

DO NOT open the oven door until the remaining cooking time appears in the display window. IMPORTANT NOTE: For best results the Sensor programs should only be used when the oven is cold. It is recommended that the oven is allowed to cool between using the sensor programs, if one or more programs are being used (see note below). If in a hurry, cook the food manually i.e. select the correct power level and cooking time. It is not recommended to keep using the Auto Programs consecutively. Adjust to Taste The Sensor programs cook foods for average tastes. You are able to adjust the cooking programs to your own taste by pressing the MORE/LESS pad. more less After selecting the Sensor program, but BEFORE pressing START.

The oven will automatically cook the food 20% More or 20% Less. 25 IP2925_37X72BP_00_100127.pdf 26 2010-1-27 10:21:09 For the auto sensor programs it is not necessary to enter the weight of the food. They must ONLY be used for the foods described.



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1.

Only cook foods within the weight ranges described (see table below). 2. Only use the accessories as indicated on pages 26-30. 3. It is essential when using the Auto Sensor Programs to cover the food with pierced cling film or a lid that is designed to fit the dish.

The exceptions to this rule are Jacket Potatoes (see page 28) and for steamed pudding programs (see page 30). Airtight containers must not be used e.g. sealable plastic containers. 4. Always choose a container size that is suitable for the quantity of food, i.e. do not allow a large headspace or food may not be cooked correctly. 5. For best results ensure that the oven is cold before using any Sensor program. 6.

Most foods benefit from a *STANDING* time after cooking on an Auto Program, to allow heat to continue conducting to the centre. 7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving. 8. Due to the variation in the physical characteristics and water content of chicken available in the market, it is possible that use of the Auto Sensor Program may result in varying degrees of cooking. Please ensure that the chicken is thoroughly cooked prior to consumption. Program Minimum Weight Maximum Weight Minimum Weight Maximum Weight Soup Chilled Meal Fresh Vegetables Frozen Vegetables Fresh Fish Frozen Fish Jacket Potatoes 200 g (7oz) 1200 g (2lb 10oz) Boiled Potatoes Meat Sauce Meat Casserole Chicken Breasts Rice Pasta Steamed Pudding Stewed Fruit 200 g (7oz) 450 g (1lb) 1000 g (2lb 2oz) 2000 g (4lb 6oz) 300 g (11oz) 600 g (1lb 5oz) 100 g (4oz) 100 g (4oz) 100 g (4oz) 100 g (4oz) 200 g (7oz) 800 g (1lb 12oz) 800 g (1lb 12oz) 800 g (1lb 12oz) 800 g (1lb 12oz) 1500 g (3lb 5oz) 800 g (1lb 12oz) 2000 g (4lb 6oz) 300 g (11oz) 150 g (5oz) 100 g (4oz) 100 g (4oz) 100 g (4oz) 800 g (1lb 12oz) 450 g (1lb) 450 g (1lb) 500 g (1lb 2oz) 800 g (1lb 12oz) Chilled meal Soup-Chilled and Tinned Auto Sensor Reheat programs must **ONLY** be used for the foods described below. For perfect results ensure that the oven is cold before using any sensor program. This program is for reheating a chilled convenience meal that can be stirred. * Foods must be in a suitable shallow microwaveable container and have the film pierced.

Place on turntable, press the sensor reheat pad twice. Press **START**. Stir after time appears in display window. Allow to stand for 2 minutes. Ensure that the food is piping hot, stir before serving.

Note: Large pieces of fish/meat in a thin sauce, may require longer cooking. *Important note: This program is not suitable for foods that cannot be stirred e.g. Lasagne/Shepherds Pie. These foods can be cooked manually, by entering the microwave power and time.

Refer to packet instructions or reheating charts on pages 32-35. Meals in bowl shaped containers may need extra cooking time. This program is for reheating chilled and tinned soup. Place soup into a microwaveable bowl or container. Cover with lid or pierced cling film. Place on turntable, press the sensor reheat pad once. Press **START**. Allow to stand for 2 minutes. Ensure that the soup is piping hot. Stir the soup before serving.

26 IP2925_37X72BP_00_100127.pdf 27 2010-1-27 10:21:09 Auto Programs must **ONLY** be used for the foods described below. For best results ensure that the oven is cold before using any sensor program. It is not recommended to keep using the Auto Programs consecutively. Fresh Vegetables To cook **FRESH** vegetables eg. carrots, cauliflower, not suitable for potatoes. Place prepared vegetables into a shallow container on turntable. Add 1 tbsp (15ml) of water per 100g vegetables. Cover with pierced cling film or lid. Press the sensor cook veg/fish pad once.

Press **START**. Veg/Fish Frozen Vegetables To cook **FROZEN** vegetables. Place in a shallow container on turntable, sprinkle with 15ml (1tbsp) of water per 100g vegetables. Cover with pierced cling film or lid. Press the sensor cook veg/fish pad twice.

Press **START**. Fresh Fish To cook **FRESH** fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15ml (1tbsp) liquid.

Cover with pierced cling film or lid. Press the sensor cook veg/fish pad three times. Press **START**. Veg/Fish Frozen Fish To cook **FROZEN** fish. Place in a shallow container on turntable, sprinkle with 15ml (1tbsp) of water. Cover with pierced cling film or lid. Press the sensor cook veg/fish pad four times. Press **START**. Thicker pieces of frozen fish may require longer cooking 27 IP2925_37X72BP_00_100127.pdf 28 2010-1-27 10:21:09 Auto Programs must **ONLY** be used for the foods described below.

For best results ensure that the oven is cold before using any sensor program. It is not recommended to keep using the Auto Programs consecutively. Jacket Potatoes To cook jacket potatoes choose medium sized potatoes 200-250 g (7-9 oz) for best results. Wash and dry, prick with a fork several times. Arrange around edge of turntable. Press the sensor cook pad potatoes once. Press **START**. **DO NOT COVER**. After cooking, wrap in foil and stand for 5 mins.

Potatoes Boiled Potatoes Cut into even size pieces.

Add 15ml (1tbsp) water per 100g potatoes. Cover with pierced cling film or a lid. Press the sensor cook pad potatoes twice. Press **START**. Meat Sauce To cook raw mince beef based sauce, i.

e. Bolognese sauce, and also very finely diced chicken or pork fillet to be cooked in a sauce. Ensure a minimum quantity of 300ml (½ pt) liquid or sauce is used. If using cook-in sauce add equal quantities of water to cook-in sauce. Cover with pierced cling film or a lid.

Press the sensor cook pad meat/chicken once. Press **START**. Stir after time appears in display window. Meat/ Chicken Casserole To cook braising steak or neck of lamb etc. Not suitable for chicken casserole - use power and time or meat sauce program. Use a minimum of 450ml (¾ pt) of liquid per 450g (1lb) of meat. If using cook-in sauce add equal quantities of water to cook-in sauce. Add vegetables as desired e.g carrots, onions or mushrooms. Place a small plate over the meat to keep it submerged in the liquid.

This program will operate for over 60 minutes. Cover with pierced cling film or a lid. Press the sensor cook pad meat/chicken twice. Press **START**. Stir after time appears in the display window. 28 IP2925_37X72BP_00_100127.pdf 29 2010-1-27 10:21:09 Auto Programs must **ONLY** be used for the foods described below. For best results ensure that the oven is cold before using any sensor program. It is not recommended to keep using the Auto Programs consecutively.

Meat/ Chicken Chicken Breasts For cooking fresh skinless chicken breasts without bone.

DO NOT use for drumsticks, leg quarters or thighs. Place chicken in a dish, on a rack, if possible. Cover with a lid or pierced cling film. Press the sensor cook meat/chicken pad three times. Press **START**.

Due to the variation in the physical characteristics and water content of chicken available in the market, it is possible that use of the Auto Sensor Program may result in varying degrees of cooking. Please ensure that the chicken is thoroughly cooked prior to consumption.



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Rice For cooking rice for savoury dishes not puddings. Rinse the rice thoroughly before cooking. Use a very large bowl i. e. 3 litres (6pts). Add ½ tsp salt and boiling water, according to the chart below. Cover with pierced cling film or a lid. Press the sensor cook pad rice/pasta once. Press START. Rice/ Pasta Quantity of Rice Easy Cook Long Grain White/Brown White Basmati Volume of boiling water in mls. 150g 200g 300g 400g 450g 300ml 300ml 500ml 700ml 800ml 250ml 300ml 500ml 600ml 800ml 300ml 350ml 600ml 650ml 700ml Pasta For cooking dried pasta. Use a very large bowl i.e.

3 litres (6pts). Add 1tsp salt, 1tbsp oil and boiling water. Cover with pierced cling film or a lid. It is important to add the correct amount of water as listed below. 100g-290g (4oz-10oz) pasta 1 litre water 300g-450g (11oz-1lb) pasta 1½ litres water Press the sensor cook pad rice/pasta twice. Press START. 29 IP2925_37X72BP_00_100127.pdf 30 2010-1-27 10:21:09 Auto Programs must ONLY be used for the foods described below. For best results ensure that the oven is cold before using any sensor program. It is not recommended to keep using the Auto Programs consecutively.

Steamed Pudding For a standard sponge mixture (see recipe page 65). Put mixture in a 1.2 Ltr (2pt) basin or divide between individual ramekins. The mixture must completely cover any topping (see note on page 65). DO NOT COVER.

Press the sensor cook pad puddings once. Press START. Allow to stand for 5 mins before turning out. Puddings Stewed fruit Peel, core and slice fruit. Add 15ml (1tbsp) water and cover with pierced cling film or use a dish with a lid.

Omit water for soft fruit and rhubarb. Press the sensor cook pad puddings twice. Press START. After cooking, sweeten to taste whilst hot. Note: When cooking soft fruit, use large bowl. Stewed fruit - use ripe fruit. 30 IP2925_37X72BP_00_100127.pdf 31 2010-1-27 10:21:09 Most foods reheat very quickly in your oven by HIGH power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked and NOT leftover. Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals. Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc. The charts on pages 32-41 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food. Remember when cooking or reheating any food that it should be stirred or turned wherever possible. This ensures even cooking or reheating on the outside and in the centre.

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.

Take great care when reheating these items. See Page 7.

Do not leave unattended. Do not add extra alcohol. Milk or formula MUST be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby. See page 32 for details. WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES.

If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly. When is food reheated? Food that has been reheated or cooked should be served "piping hot" i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks. Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer's instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating. If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

Canned foods Remove foods from can and place in a suitable dish before heating. Soups Use a bowl and stir before heating and at least once through reheat time and again at the end. Casseroles Stir halfway through and again at the end of heating. Plated meals Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 mins.

on HIGH power will reheat an average portion. 31 IP2925_37X72BP_00_100127.pdf 32 2010-1-27 10:21:09 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/ Power Quantity Level 900W E Microwave symbol The IEC (60705) power output (watts) The heating category for small packs of food Time to Select (approx) Instructions/Guidelines Babies bottles – caution 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 N.B. @@@@Breads reheated by Microwave will have a soft base. @@Place on glass turntable and stir halfway. Place in a heatproof bowl and cover. Place on glass turntable and stir halfway. @@Do not cover Place on a micro-safe plate on a glass turntable. @@Place on glass turntable and stir halfway. Place in a heatproof bowl and cover.

Place on glass turntable and stir halfway. Place in a heatproof bowl and cover. Place on glass turntable and stir halfway. Place in a heatproof bowl and cover. @@If unsure return to oven. @@@@Place on glass turntable and stir halfway. Place in a heatproof bowl and cover. @@Cover and place on glass turntable and stir halfway. Place in a heatproof bowl and cover. Place on glass turntable and stir halfway.

Place in a heatproof bowl and cover. @@Place on glass turntable and stir halfway. Place in a heatproof bowl and cover. Place on glass turntable and stir halfway. Place in a heatproof bowl and cover.

Place on glass turntable and stir halfway. Place in a heatproof bowl and cover. glass turntable. Place in a heatproof bowl and cover. glass turntable. Place in a heatproof bowl and cover. glass turntable and stir halfway. Place in a heatproof bowl and cover. glass turntable. Place in a heatproof bowl and cover. glass turntable and stir halfway. Place in a heatproof bowl and cover. glass turntable and stir halfway.

Place in a heatproof bowl and cover. glass turntable.



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Place in a heatproof bowl and cover. glass turntable. Place in a heatproof bowl and cover. glass turntable and stir halfway. Place in a heatproof bowl and cover. glass turntable. Place in a heatproof bowl and cover. glass turntable.

Place in a heatproof bowl and cover. glass turntable and stir halfway. @@Place on glass turntable and stir halfway. Place in a heatproof bowl and cover. @@Place on glass turntable and stir halfway.

Place on a heatproof plate and cover. @@Stir halfway and after reheating. Place in a heatproof jug on glass turntable. Stir halfway and after reheating. Place in a heatproof mug on glass turntable.

Stir halfway and after reheating. Place in a heatproof mug on glass turntable. @@Cover and stir halfway. Place on glass turntable stir halfway. Place on micro-safe plate on glass turntable. Place on micro-safe plate on glass turntable. Place on micro-safe plate on glass turntable. @@@@Pierce film lid and place on glass turntable. @@@@Place on glass turntable. Pierce lid.

Place on glass turntable. Pierce lid and place on glass turntable. @@Remove any covering / film lid. @@Place on glass turntable. Pierce lid. Place on glass turntable. Pierce lid. Place on glass turntable. Pierce lid. Place on glass turntable.

Pastry products - precooked - N.B. @@Place on heatproof plate on glass turntable. @@@@Cover and place on glass turntable. Stir after 1st stage. Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage. Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable.

Stir after 1st stage. Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage. Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage. Use 600 ml (1 pt) boiling water in a large bowl. Cover and place on glass turntable. Stir after 1st stage.

Use 600 ml (1 pt) boiling water in a large bowl. Cover, and place on glass turntable. @@@@Cover, place on glass turntable and stir halfway. Place in micro-safe dish with 380ml stock and seasonings. @@@@Cover, and place on glass turntable. Place in shallow dish. @@Remove with care MEDIUM Micro MEDIUM Micro MEDIUM Micro 10-12 mins 8-10 mins 12 mins per 450g Place in shallow dish. Cover and place on glass turntable. Place in shallow dish. Cover and place on glass turntable.

Place in shallow dish. Cover and place on glass turntable. Whole Eggs - Poached. 100ml water HIGH Micro then MEDIUM Micro HIGH Micro then MEDIUM Micro HIGH Micro then MEDIUM Micro 1 min 35 secs - soft 40 secs firmer 3 min 1 min - soft 1 min 15 sec firmer 5 min 1 min 30 sec soft 1 min 50 sec firmer 1 egg q q q q q 2 eggs 200ml water Place water in a shallow dish. Place on glass turntable and heat for 1st cooking time. Add egg (size 3). Pierce yolk and white. Cover. Cook for 2nd cooking time. Then leave to stand for 1 min.

4 eggs 400ml water Fish - Fresh from raw Fillets 300 g 350 g Steaks 700 g Whole x1 Whole x2 250 g MEDIUM Micro MEDIUM Micro MEDIUM Micro 4-4½ mins 5½ mins 8-9 mins 3-4 mins 6-7 mins Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable. Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable. Place in shallow dish.

Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable. Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable. MEDIUM Micro MEDIUM Micro 500-600g Micro MEDIUM Micro MEDIUM Micro Fish - Frozen from raw Fillets Boil in the Bag 200 g 150 g 6½-7 mins 5½-6 mins Place in shallow dish. Add 30ml (2 tbsp) of liquid. Cover and place on glass turntable. Snip corner of the bag and place bag sauce side down in micro-safe dish on glass turntable. Shake bag halfway.

37 IP2925_37X72BP_00_100127.pdf 38 2010-1-27 10:21:10 Food Weight/ Quantity Power Level Time to Select (approx) Instructions/Guidelines Fruit - Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on glass turntable. Baked Apple cored Apples - stewed 200 g 500 g MEDIUM Micro HIGH Micro MEDIUM Micro HIGH Micro HIGH Micro HIGH Micro 3-3½ mins 5-6 mins 6 mins 4-6 mins 6-7 mins 5-6 mins Place in shallow heatproof dish on glass turntable. Add 15ml (1tbsp) water.

Cover and place on glass turntable. Add 15ml (1tbsp) water. Cover and place on glass turntable. Add 15ml (1tbsp) water. Cover and place on glass turntable. Add 300ml (½pt) water. Cover and place on glass turntable. Add 15ml (1tbsp) water. Cover and place on glass turntable. Add 15ml (1tbsp) water. Cover and place on glass turntable. Apricots - stewed 300 g Pears - stewed Plums - Poached Plums - stewed 500 g 400 g 500 g Rhubarb - stewed 500 g HIGH Micro 5 mins Pasta - NB: use a 3 litre (6pt) bowl. Use 700ml (1¼pt) boiling water. Add 15ml (1tbsp) oil. Cover, place on glass turntable and stir halfway.

Use 550ml (1 pt) boiling water. Add 15ml (1tbsp) oil . Cover, place on glass turntable and gently turn and separate sheets. Use 700ml (1¼ pt) boiling water. Add 15ml (1tbsp) oil. Cover, place on glass turntable and stir halfway. Use 700ml (1¼ pt) boiling water. Add 15ml (1tbsp) oil. Cover, place on glass turntable and stir halfway. Fusilli/Macaroni/ Penne Lasagne 250 g HIGH Micro 12 mins 250 g HIGH Micro 8 mins Linguine/ Tagliatelle 250 g HIGH Micro 13 mins Spaghetti 250 g HIGH Micro 11 mins Porridge - NB: use a large bowl.

25g (1oz) Oats 140 ml (1/4)pt milk 50g (2oz) Oats 275 ml (½pt) milk Place bowl on glass turntable and stir halfway. 1 serving HIGH Micro 1½-1¾ mins 2 servings HIGH Micro 3-3¾ mins Place bowl on glass turntable and stir halfway. 4 servings 100g (4oz) Oats HIGH Micro 500ml (1pt) milk 6½-7 mins Place bowl on glass turntable and stir halfway. 38 IP2925_37X72BP_00_100127.pdf 39 2010-1-27 10:21:10 Food Quorn® Burgers Weight/ Power Quantity Level Time to Select (approx) Instructions/Guidelines 227g (2) HIGH Micro 2-3 mins Place on micro-safe dish on glass turntable.

Rice N.B - Use a 3 litre (6pt) bowl. Basmati 250g HIGH Micro 10 mins Use 550 ml (1pt) boiling water. Cover, place on glass turntable and stir halfway. Use 700 ml (1¼pt) boiling water. Cover, place on glass turntable and stir halfway. Use 550 ml (1pt) boiling water. Cover, place on glass turntable and stir halfway. Use 550 ml (1pt) boiling water. Cover, place on glass turntable and stir halfway. Basmati - Brown 250g HIGH Micro 17-19 mins Easy Cook long Grain Long Grain White 250g HIGH Micro 15 mins 250g HIGH Micro 9-9½ mins Turkey caution: Hot Fat! Remove with care. Breasts, boneless and skinless 500 g MEDIUM Micro 9-10 mins Place in shallow dish. Cover and place on glass turntable. Fresh vegetables - Place in shallow dish (except jacket potatoes). Asparagus Baby Corn Broad Beans Runner Beans Beetroot Broccoli Brussel Sprouts Butternut Squash 200 g 200 g 200 g 200 g 450 g 250 g 200 g 400 g HIGH Micro HIGH Micro HIGH Micro HIGH Micro HIGH Micro HIGH Micro 2½ - 3 mins 6-7 mins 3-4 mins 5-6 mins 12 mins 5-5½ mins 5 mins Add 3tbsp (45ml) water.

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