



Food Trips at Home

The world's flavours and well-loved favourites -
all cooked in a microwave oven.





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at Home*



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INTRODUCTION

Simple, easy, and delicious

Electrolux is proud to bring back the joy of preparing and eating home-cooked food—from familiar favourites to foreign cuisine. Understanding work and family demands, we hope to make it quick, easy, and delicious—with the help of the versatile microwave oven.

Through the recipes on these pages, you and your family can explore culinary wonders from breakfast and beyond right in the comforts of home. With more meal options for less effort, you and your family are sure to have an enjoyable experience partaking of the tastiest in the world.





Asian Breakfast

Getting out of bed to prepare breakfast need not be a chore. These classic morning meal staples—given an Asian twist—won't hold you up in the kitchen for long, but get the job done of giving your family a major kick-start.





Pulled Pork Adobo Sandwich with Kesong Puti

Cook Time: 75 mins

Servings: 6

Oven Function:
MICROWAVE

Tired of your usual breakfast sandwich? Serve up an all-time favourite Filipino dish for a sandwich you can grab and go. Top with carabao cheese to make it even more appetizing.

Ingredients

PORK ADOBO

1/2 kg pork shoulder,
cut in big chunks
1/3 cup soy sauce
1 cup cane vinegar
1/4 cup minced garlic
1 tsp whole peppercorns
2 bay leaves
1 Tbsp brown sugar

SANDWICH

6 pcs large buns or pan de sal,
cut in half
6 slices kesong puti or cream cheese

Procedure

- 1 Mix the Pork Adobo ingredients together in a microwave-safe dish. Cover the dish with parchment paper. Put in the refrigerator and let stand for 1 hour.
- 2 Place the dish in the microwave oven and cook on high for 60 minutes or until the pork becomes tender.
- 3 Flake the pork pieces.
- 4 Assemble the buns or pan de sal. Put a slice of cheese on the bun and a spread of the pulled pork. Top with the other half of the bread.



Baked Samosa

Cook Time: 15 mins

Servings: 8

Oven Function:
CONVECTION

Want a super-fast and super-easy breakfast? Then bite into these little shells of comfort: warm and crispy pie pockets filled with potatoes, peas, onion, and a handful of spices.

Ingredients

2	potatoes, boiled in salted water and coarsely mashed	1 tsp	ground cumin
¼ cup	oil	¼	allspice
2	small-sized onions, peeled and finely chopped	½ tsp	cayenne pepper
3 tsp	coriander seed	1/8 tsp	ground cinnamon
1 tsp	curry powder	2	tomatoes, finely chopped
1 (1-inch)	fresh ginger, peeled and grated	½ cup	frozen peas
1 tsp	salt	4	prepared pie crusts
1 tsp	ground turmeric	1	egg, beaten

Procedure

- 1 Preheat the oven to 200C.
- 2 Heat the oil in a skillet over medium-high. Stir and cook the onion, coriander seed, curry powder, ginger, salt, turmeric, cumin, allspice, cayenne pepper, and cinnamon for 5 minutes or until the onion turns golden brown.
- 3 Remove the skillet from the heat and stir the chopped tomato and peas into the onion mixture. Pour the mixture into the mashed potato and mix well. Cool completely.
- 4 Cut each pie crust into 8 even triangles. Spoon the filling onto the wide end of each triangle crust. Fold the corners over the filling to create a triangular "hat" shape.
- 5 Pinch the dough together to seal. Brush each samosa with the beaten egg and arrange them on a baking sheet.
- 6 Bake in the preheated oven for 15 minutes or until the samosas are golden brown.



Japanese Curry Bun

Cook Time: 20 mins

Servings: 4

Oven Function:
MICROWAVE

Serve a Japanese-style breakfast with this deconstructed version of the chicken pot pie: curried chicken and potatoes served with warm croissant or flaky bread.

Ingredients

2 Tbsp	extra virgin olive oil	1/8 cup	cup honey
1	onion, peeled and finely chopped	1/2 tsp	salt
		1/8 tsp	pepper
1/2 cup	water	1/2 cup	boiled and diced carrot
1 1/2 Tbsp	Japanese curry mix	1 cup	boiled and diced potato
500 g	diced chicken breast	4 pcs	croissant or any flaky bread
2 Tbsp	soy sauce		

Procedure

- 1 Mix the oil and onion in a microwave-safe dish. Place the dish in the microwave oven and cook on high for 5 minutes or until the onion turns soft.
- 2 Add the water, curry, chicken, soy sauce, honey, salt, and pepper. Set the microwave oven on high and cook for 10 minutes.
- 3 Combine the cooked potato and carrot in the chicken and cook for 20 minutes.
- 4 Serve warm as a filling for croissant or any flaky bread.



Tom Kha Gai with Noodles

Cook Time: 20 mins

Servings: 6

Oven Function:
MICROWAVE

Load up in the morning with this hearty Thai dish. Savoury chicken broth steeped in coconut milk, lemongrass, and a ginger flavour is a wonderful way to perk you up.

Ingredients

1 cup	fresh coconut milk or 1 can coconut milk	2 Tbsp	fresh lime juice
1 cup	low-sodium chicken broth	2 Tbsp	fish sauce
5	thin slices ginger	1 tsp	sugar (optional)
1 stalk	fresh lemongrass, cut in 1-inch pieces	1 tsp	Thai chili paste (adjust according to taste)
500 g	skinned chicken thigh, cut in 1-inch chunks	1 pack	rice noodles or vermicelli, cooked according to package directions
1 cup	sliced mushroom	$\frac{1}{4}$ cup	fresh basil leaves
		$\frac{1}{4}$ cup	fresh cilantro, chopped

Procedure

- 1 Combine the coconut milk, broth, ginger, and lemongrass in a microwave-proof bowl. Set the microwave oven on high and cook until the mixture boils.
- 2 Add the chicken, mushroom, lime juice, fish sauce, sugar, and chili paste. Set the microwave oven on medium. Cook the chicken mixture for 10 minutes or until the chicken turns firm and opaque. Remove the lemongrass.
- 3 Put single servings of cooked noodles in 6 bowls.
- 4 Ladle the soup on the noodles. Garnish with fresh basil and cilantro before serving.

Quick Cook Tip



Autocook Programs JUST PRESS AUTOCOOK

Make the most of your microwave oven by creating easy-breezy meals using the multifunction Electrolux **IMPRESSO** Microwave Oven. By simply choosing from a range of settings - defrosting, heating, cooking, grilling, and much more - you not only get to expand your repertoire of dishes, you also can proudly say you don't just use the microwave oven for reheating them.



Baked Nasi Lemak

Cook Time: 55 mins

Servings: 4

Oven Function:
MICROWAVE and
CONVECTION

A traditional Malaysian breakfast, nasi lemak - coconut rice topped with a fried egg, tomato, cucumber, dried anchovies, and spicy sambal - is a hearty meal that will greet you a good morning.

Ingredients

RICE

1 cup raw sticky rice or Jasmine rice
1 cup water
1/3 cup coconut milk
2 slices ginger
pinch of garam masala
1 pc pandan leaf, knotted
pinch of salt

CHICKEN

800 g chicken legs and thighs
1/2 tsp cumin
1 tsp ground coriander seeds
1 tsp turmeric
1 tsp garam masala
1/2 tsp ground cayenne pepper
2 tsp salt
1/4 tsp pepper

Procedure

- 1 Place the chicken pieces in a zipper or plastic bag together with the spices; mix well. Place in the chiller and marinate overnight.
- 2 Preheat the oven to 190C.
- 3 Place the chicken in a baking dish. Bake for 40 minutes or until the chicken turns golden.
- 4 Rinse the rice. Pour the water in the pot of rice and add the coconut milk, ginger, garam masala, pandan, and salt. Soak the rice in the mixture for 5 to 10 minutes. Using the Electrolux steam pot accessory, cook the rice until fluffy. Set the microwave oven on medium for 15 minutes.
- 5 Serve with the traditional side dishes of sambal tumis, dried anchovies, fried egg, tomato, and cucumber slices, if desired.

HOW TO MAKE YOUR OWN SAMBAL TUMIS

Ingredients:

1 Tbsp shrimp paste
1 cup chopped shallot
6 cloves garlic, peeled
6 pcs fresh chili, chopped
1/2 cup dried chili
3 stalks lemongrass (white part),
thinly sliced
1/2 cup cooking oil
2 Tbsp tamarind paste
3 Tbsp water
1/2 cup brown sugar

Procedure:

1. Put in the food processor the shrimp paste, shallot, garlic, chilis, and lemongrass and process to make a paste.
2. Heat the oil in a pan and add the paste. Cook over medium heat for 5 minutes, stirring once in a while.
3. Add the tamarind paste and water; cook for 5 more minutes.
4. Add the brown sugar and cook until completely dissolved. Simmer for 5 minutes.



Baked Mu Ping (Pork Skewers)

Cook Time: 30 mins

Servings: 8

Oven Function:
CONVECTION

This Thai-style barbecue needs no grilling. Baked skewered pork shoulder marinated with tangy cilantro and coconut milk tastes great with a bowl of steaming fluffy white rice.

Ingredients

800 g	pork shoulder, sliced thinly against the grain and cut in bite-sized pieces	1/3 cup	grated palm sugar
1 tsp	baking soda	2 Tbsp	fish sauce
3 Tbsp	finely-chopped cilantro roots and stems	1 Tbsp	light soy sauce
3 Tbsp	minced garlic	2 tsp	oyster sauce
1 tsp	white peppercorns	1/3 cup	coconut milk
			bamboo skewers, soaked in water for 2 to 3 hours

Procedure

- 1 Rub the pork with the baking soda; set aside.
- 2 In a mortar and pestle, pound the cilantro, garlic, peppercorns, and palm sugar until the mixture turns into a paste. Transfer the mixture to a shallow dish and blend in the sauces. Marinate the pork for 4 hours.
- 3 Preheat the oven (convection setting) to 200C.
- 4 Skew the pork pieces onto the bamboo skewers. Place in a baking dish. Brush the pork pieces with the coconut milk.
- 5 Bake for 20 to 30 minutes or until all the sides of the pork pieces start to caramelize.
- 6 Serve immediately with steamed rice. Best eaten with dipping sauce (recipe below) and Thai papaya salad.

ENJOY MU PING WITH THIS DIPPING SAUCE

Ingredients:

1/2 cup thinly sliced shallots	juice of 1 lime
1/2 cup finely chopped cilantro	2 tsp brown sugar
1/2 cup fish sauce	1 Tbsp dried red pepper flakes

Procedure:

Mix all of the ingredients together in a bowl. Serve alongside the Baked Mu Ping.

Quick Cook Tip



Defrost Function LET IT THAW

If you don't want to go through the trouble of placing a frozen meat under running water before cooking, worry not. The Electrolux **IMPRESSO** Microwave Oven's Defrost Function will do the job for you as it properly defrosts frozen raw food without you sweating it out.



Chicken Barbecue Bánh Mì

Cook Time: 25 mins

Servings: 6

Oven Function:
CONVECTION

This is a perfect Vietnamese grab-and-go breakfast. Don't think twice about slivers of microwave-baked chicken with liver pate chucked with pickles and bright green herbs and sandwiched in between crispy baguette slices.

Ingredients

400 g	deboned chicken breast	6 pcs	Vietnamese baguette or mini French baguette
2 Tbsp	hoisin sauce		butter, softened
1 Tbsp	oyster sauce		chicken liver pate or liver spread
3 Tbsp	brown sugar		pickled vegetables (green papaya, sayote, carrot)
1 Tbsp	minced garlic		sprigs of fresh coriander
1 Tbsp	lemon juice		
1 tsp	minced ginger		
	salt and pepper		

Procedure

- 1 Marinate the chicken in hoisin sauce, oyster sauce, sugar, garlic, lemon juice, and ginger for 1 hour.
- 2 Preheat the oven to 180C.
- 3 Put the chicken in the oven and bake for 25 minutes. Cool a bit before slicing the chicken thinly.
- 4 To assemble, slice the baguette. Spread a generous amount of the butter on one side and the pate on the other. Put a few slices of the chicken over the spread. Top with pickled vegetables and fresh coriander leaves.



Chicken Ball Porridge

Cook Time: 40 mins

Servings: 6

Oven Function:
MICROWAVE

Perk up your morning with this traditional Chinese dish of steaming hot, hearty bowl of soup packed with rice and minced meat.

Ingredients

½ cup rice (glutinous, sushi,
or any sticky variety)

5 cups water

1 chicken cube

200 g ground chicken

1 carrot, peeled and grated

1 onion, peeled and chopped

1 stalk celery, chopped

1 tsp grated ginger

1 tsp chopped garlic

1 Tbsp soy sauce

½ tsp sugar

½ tsp ground pepper

2 Tbsp flour

SUGGESTED TOPPINGS

chopped spring onion

salted or century egg slices

dried pork floss

fried garlic

fried shallot

Procedure

- 1 Wash the rice until the water runs clear. Place the rice in a microwave-safe bowl. Pour the water on the rice and add half of the chicken cube.
- 2 Set the microwave oven on medium and cook the rice for 15 minutes.
- 3 In another bowl, combine the ground chicken, vegetables, seasoning, and flour until well-mixed. Form the mixture into balls.
- 4 Take out the bowl of rice from the microwave oven. Put meatballs on the rice porridge. Put the rice bowl back in the microwave oven and cook for 15 minutes.
- 5 Stir the porridge every 5 minutes or until done. Sprinkle the chopped spring onion or fried onion on top. Serve steaming hot.



Smart Cook Tip

A WORD ON OVEN-SAFE CONTAINERS

Not all containers are microwave-friendly. To be sure, here's a guide on which are safe to use and which are not in your next microwave-cooking:

- Glasses, ceramic dishes, paper plates, and wax or parchment papers as covers are safe to use in the microwave oven.
- Plastics or Styrofoam containers are fine, but not as versatile and safe as with those labeled "microwave-safe."
- Do not use aluminum foils or containers, metal containers like cans, brown paper bags, cold-storage plastic containers (such as tubs of butter or yogurt containers), one-time use plastic containers, dishes with metallic paint or trim, and foam-insulated cups, bowls, plates, and trays.
- Invest in containers ideal for storing food and which can be microwaved, refrigerated, reheated in the oven, or cleaned without much worry. Make sure they come with airtight seals or covers to lock in freshness.



Mediterranean Lunch

Bring a taste of the Mediterranean region in your home with this mouthwatering fare.

From a famous rice dish to a vegetable favourite come summertime, this section indulges your taste buds. Quite a feat from something made from scratch.





Eggplant Cannelloni

Cook Time: 45 mins

Servings: 4

Oven Function:
CONVECTION

Do you want to include veggies into your family's carnivorous appetite? Try this vegan version of the Italian cannelloni made with a simple mixture of Parmesan, basil, and marinara sauce that will make anyone a convert.

Ingredients

- | | | | |
|---------|---|-----------|---|
| 4 | medium-sized eggplants,
cut in 1/4-inch planks and
soaked in 1 cup milk for
20 minutes | 2 cups | vegetable oil |
| | | | fresh basil leaves |
| 1 cup | milk | 1/2 block | cream cheese,
divided into 16 strips |
| 1 | egg, beaten | 2 cups | store-bought Marinara sauce |
| 1/4 tsp | salt | 1/2 cup | shredded Parmesan cheese |
| 1/8 tsp | black pepper | | |
| 1 cup | all-purpose flour | | |

Procedure

- 1 Preheat the oven to 190C.
- 2 Make an egg wash by mixing the milk and beaten egg with salt and pepper.
- 3 Drain the eggplant planks. Dredge in flour then dip in egg wash.
- 4 Panfry the eggplant in hot oil until done. Or bake in the oven for 30 minutes. Let cool.
- 5 Lay the eggplant flat. Place a basil leaf and a strip of cream cheese on one end of the plank. Roll the eggplant, making sure the cheese and basil stay in the middle of the roll. Repeat the procedure until all the eggplant planks are rolled. Arrange the rolls on a baking casserole or tray.
- 6 Pour the Marinara sauce over the rolls and sprinkle the grated Parmesan cheese. Bake the eggplant for 15 minutes or until the sauce starts to boil.
- 7 Top with chopped fresh basil before serving.



Smart Cook Tip



PREP YOUR LUNCH BOX

Make your family's lunchtime more interesting and pack half of this dish into food containers for a scrumptious to-go lunch the next day.

- Divide into portions in heat-safe containers, topping each portion with diced olives and parsley garnish. Squeeze a slice of lemon wedge onto the dish.
- Drizzle with a bit of olive oil before packing away in the lunch box.
- Add a simple mixed green salad with feta cheese as a side or extra olives as appetizer.
- Toss slices of mixed fruit drizzled with lemon juice onto the lunch box as a dessert. Or just throw in a little dark chocolate if you're feeling extra generous.

Baked Paella

Cook Time: 70 mins

Servings: 4

Oven Function:
MICROWAVE

Containing rice, meat, seafood, vegetables, and spices, the most classic of all Spanish dishes can now turn into a homemade masterpiece that can brighten up the family meal.

Ingredients

1 Tbsp	olive oil	½ tsp	cumin
1	onion, peeled and chopped	pinch of	dried chili
1	red bell pepper, sliced	2 cups	uncooked rice
1	chorizo, sliced	3 ½ cups	chicken stock
200 g	chicken thigh fillet, cubed	¼ cup	sliced black olives
2	tomatoes, chopped		lemon wedges
1 Tbsp	chopped garlic		chopped parsley
2 tsp	Spanish paprika	2 Tbsp	olive oil
1 tsp	turmeric		

Procedure

- 1 Put the oil and onion in a microwave-safe dish. Cook on high for 3 minutes or until the onion becomes soft.
- 2 Add the bell pepper and chorizo slices; cook for another 3 minutes.
- 3 Add the chicken cubes and cook for 4 minutes.
- 4 Add the chopped tomato, garlic, and spices. Mix well and cook for 1 minute.
- 5 Add in the rice and pour the stock. Stir and cover the dish with wax paper. Cook on high for 45 minutes. Check the dish and stir every 8 minutes or until the rice is cooked. Add about ¼ cup broth if necessary.
- 6 Serve warm topped with olives and lemon wedges. Sprinkle with the chopped parsley on top. Drizzle with the olive oil all over.



Greek Style Stuffed Peppers

Cook Time: 30 mins

Servings: 3

Oven Function:
MICROWAVE

A staple on every Greek dining table, this tasty meat and herbs combo makes for a great summer dish the family will love partaking of during outings and picnics.

Ingredients

- | | |
|-------------------------------------|--|
| 1 Tbsp olive oil | ½ tsp dried oregano |
| 2 Tbsp chopped garlic | 1 ½ tsp dried basil |
| ½ kg lean ground beef | salt and pepper |
| ½ cup spinach, blanched and chopped | 3 large red bell pepper, top removed and cleaned, or cut in halves |
| ½ cup grated zucchini | 1 can chopped tomato |
| ½ cup chopped onion | 1/3 cup crumbled feta cheese |
| ½ cup chopped tomato | |
| 1 cup cooked rice | |
| 1 egg, lightly beaten | |

Procedure

- 1 In a pan with olive oil, sauté the garlic and ground beef over medium-high heat. Drain the excess oil; set aside.
- 2 Mix the spinach, zucchini, onion, tomato, rice, and beaten egg. Season with oregano, basil, salt, and ground pepper.
- 3 Stuff each pepper with the mixture. Arrange the peppers in a microwave-safe dish.
- 4 Cover the dish and cook on high for 10 minutes.
- 5 Pour the canned tomato over the peppers and spread the crumbled feta cheese on top. Cook on medium high for another 5 minutes before serving.



Cheesy Chicken Tray Bake

Cook Time: 60 mins

Servings: 4

Oven Function:
CONVECTION

Create the ultimate standby meal to feed your family. Take chicken to a whole new level by blending it with the goodness of melt-in-the-mouth cheese, velvety potatoes, fresh tomatoes, and tangy olives.

Ingredients

2 Tbsp	olive oil	juice of ½ lemon
1	red onion, peeled and cut in wedges	salt and pepper to taste
2	red bell peppers, seeded and cut in chunks	150 g cream cheese, softened
2	potatoes, peeled and cut in chunks	1 tsp dried basil
4	chicken breasts, skin on	1 Tbsp chopped garlic
		2 large tomatoes, cut in wedges or 1 cup cherry tomatoes
		½ cup pitted black olives in brine, drained

Procedure

- 1 Heat the oven to 200C.
- 2 In a bowl with olive oil, mix the onion, pepper, and potato. Transfer to a baking pan and cook for 20 minutes.
- 3 Season the chicken breasts with the lemon juice and salt and pepper.
- 4 Combine the cheese, basil, and garlic to blend well.
- 5 Make a pocket between the flesh and skin of each chicken breast. Push an equal amount of the cheese mixture under the skin. Smooth the skin back down and brush with remaining oil.
- 6 Add the tomato and olives in the baking pan with the potato. Place the chicken pieces on the vegetables and bake for 25 to 30 minutes.



Smart Cook Tip



MAKE A LARGE BATCH OF THESE MEATBALLS AND STORE SOME IN THE FREEZER FOR FUTURE MEALS. JUST TAKE NOTE OF THESE HELPFUL TIPS:

- Put a single layer of the meatballs on a tray lined with parchment paper.
- Make sure to not place the meatballs close to each other.
- Place the meatballs in the freezer for 2 hours. Remove the cookie sheet from the freezer once the meatballs are frozen.
- Place the meatballs in sealable storage containers or airtight freezer bags. Label each bag and put the date so you know when the food is cooked.
- Put the meatballs back in the freezer. The meatballs can be kept in the freezer for up to 2 to 3 months.

Italian Meatballs

Cook Time: 30 mins

Servings: 6

Oven Function:
MICROWAVE

No meatballs are quite like the authentic, Italian ones. Thanks to the microwave oven, making them is now a breeze – and so is passing those delizioso comments on your pasta.

Ingredients

¼ kg	ground beef	½ Tbsp	dried oregano
¼ kg	ground pork	½ tsp	dried thyme
1	egg	½ tsp	salt
½ cup	breadcrumbs	¼ tsp	ground pepper
3 Tbsp	milk	1 can	chopped tomato
1 ½ cups	grated Parmesan cheese		chopped basil
1 Tbsp	finely chopped garlic		
1 Tbsp	dried basil		

Procedure

- 1 Combine beef, pork, egg, breadcrumbs, milk, 1/2 cup of Parmesan cheese, garlic, basil, oregano, thyme, salt, and pepper together in a bowl until well-mixed.
- 2 Shape the mixture into meatballs (around 24 pieces).
- 3 Arrange the meatballs on a round microwave-safe baking dish. Microwave covered on medium for 9 to 10 minutes.
- 4 Spread the chopped tomato pieces over the meatballs. Sprinkle the remaining 1 cup grated Parmesan cheese on top. Continue to cook for another 6 minutes or until heated through.
- 5 Sprinkle the chopped basil on top before serving.



Vegetable Risotto

Cook Time: 30 mins

Servings: 4

Oven Function:
MICROWAVE

Who says comfort food needs to be unhealthy? Here, wine, butter, cheese, and fresh vegetables come together to create the versatile and satisfying comfort food in a bowl.

Ingredients

1 Tbsp	olive oil	1 cup	Arborio rice or any short grain rice
2 Tbsp	butter	2 ½ cups	vegetable or chicken stock
1	onion, peeled and finely chopped	½ cup	white wine
2 cloves	garlic, peeled and finely chopped	½ cup	frozen peas
1	medium carrot, peeled and finely diced	¼ cup	grated Parmesan cheese
1 stalk	celery, finely diced		ground black pepper and salt to taste
		1 Tbsp	chopped fresh basil leaves
		1/8 cup	toasted pine nuts, optional

Procedure

- 1 In a 3-quart, microwave-safe casserole dish, combine the oil, butter, onion, garlic, carrot, and celery. Place the dish in the microwave oven and cook on high for 4 minutes.
- 2 Stir-mix the rice and broth in the vegetable mixture. Cover the dish tightly and cook on high for 6 minutes.
- 3 Stir the wine in the rice. Cook on high for 15 minutes. Most of the liquid should boil off. Add the peas and cheese in the rice; stir. If a creamier risotto is preferred, add another ¼ cup of the stock and grated cheese.
- 4 Season with salt and pepper to taste.
- 5 Toss in the chopped basil leaves and toasted pine nuts before serving.



Spanish Chicken

Cook Time: 65 mins

Servings: 8

Oven Function:
MICROWAVE

Chicken + Paprika = Finger-licking goodness! Yum!

Ingredients

8 pcs chicken thigh, skin on and bone in
1 Tbsp salt
1/8 tsp ground pepper
3 onions, peeled and thinly sliced
2 Tbsp olive oil
1 Tbsp paprika
juice and zest of 1 lemon
chopped parsley
½ cup chicken stock
¼ cup dry white wine

Procedure

- 1 Wash the chicken thigh in running water; pat to dry. Season with salt and pepper.
- 2 In a deep microwave-safe dish, toss the onion slices in olive oil. Cook on high for 6 minutes.
- 3 In a small bowl, combine paprika, lemon zest and juice, and chopped parsley. Rub the chicken thigh with the mixture. Place the chicken in the dish and toss with the cooked onion. Pour the stock and wine all over the chicken.
- 4 Set the microwave oven on medium high. Cook the chicken for 45 to 60 minutes or until done.



Baked Greek Lamb Chops

Cook Time: 40 mins

Servings: 4

Oven Function:
CONVECTION

Succulent bone-in lamb marinated for hours in lemon and herbs. Best paired with couscous or a Greek salad!

Ingredients

700 g	lamb chops	1/8 tsp	pepper
2 Tbsp	lemon juice	3 Tbsp	olive oil
2 Tbsp	minced garlic	4 pcs	red onions, cut in wedges
1/2 tsp	dried oregano	1 pc	red capsicum, cut in chunks
1/4 tsp	dried rosemary	1/4 cup	red wine
1/8 tsp	cumin	1 cup	fresh arugula or baby rockets
2 tsp	salt	1/3 cup	crumbled feta cheese

Procedure

- 1 Combine lamb, lemon juice, garlic, herbs, cumin, salt, and pepper. Chill for at least 4 hours.
- 2 Preheat the oven to 180C.
- 3 Heat the oil in a pan and sauté the onion and capsicum. Remove the mixture from the oil and place in a baking pan.
- 4 Sear the marinated lamb chops on both sides and place on top of the sautéed vegetables.
- 5 Bring the pan back to heat and pour the wine to deglaze. Pour over the chops; cover with parchment paper.
- 6 Bake the lamb for 30 minutes. Remove the parchment paper and turn the lamb over. Bake for another 10 minutes.
- 7 Remove the lamb from the oven. Top with arugula and feta cheese before serving.



Smart Cook Tip



A FEW REMINDERS FOR STORING LEFTOVERS:

- Keep leftovers in tightly sealed, leak-proof containers or wraps to prevent bacteria and odor, and retain moisture. Choose plastic containers so you can easily see the dish.
- Label each container properly, including the date when the food is cooked.
- Separate leftovers into short, thin containers for faster cooling. When kept in the freezer, the portion that will be consumed will be the only one thawed. Re-freezing thawed food compromises its safety.
- Although leftovers can be kept in the refrigerator for up to 3 to 4 days or frozen for up to 3 to 4 months, their taste and nutritional value could be affected and wane.
- Avoid stuffing the refrigerator too full. Cool air needs to circulate to maintain food safety.
- If the leftovers develop molds, throw them away immediately.



European Dinner

Cap your day off with loved ones by preparing a succulent feast of European dishes. Whether you are into beef, vegetable, soup, or pie, there's something for everybody come dinnertime. The best part is these dishes won't make you slave away in the kitchen.





Swiss Potato Casserole

Cook Time: 60 mins

Servings: 4

Oven Function:
MICROWAVE and
GRILL

There's nothing cheesy about this decadent mixture of mashed potato, Swiss cheese, butter, and cream. A perfect accompaniment for any dish, it's sure to please your household.

Ingredients

- 1 kg potato, skin on and cut in small chunks
- ¼ cup water
- ¼ cup butter
- 1 medium-sized onion, peeled and chopped
- ½ tsp smoked paprika
- ½ cup white wine
- 200 g smoked bacon (pork or turkey), fried and chopped
- 2/3 cup cream
- 2 cups grated Gruyere or any quick-melting cheese

Procedure

- 1 Put the potato chunks in a microwave-safe dish with water. Set the microwave oven on medium and heat the potato for 20 minutes. Remove the excess water.
- 2 In another dish, combine the butter, onion, and paprika. Set the microwave oven on high and cook the mixture for 10 minutes or until the onion becomes soft.
- 3 Pour the wine and cook on high for 2 minutes.
- 4 Add in the bacon; stir and cook again for 5 minutes.
- 5 Mix in the cooked potato, cream, and a cup of grated cheese. Microwave on medium for 10 minutes.
- 6 Sprinkle the remaining cheese on top. Set the oven on Grill and cook for 8 to 10 minutes or until the cheese melts and turns golden brown. Serve hot.



German Beef Roast

Add this German specialty into your repertoire of dishes ideal for any dinner-set festivity. Don't forget the gravy!

Cook Time: 75 mins

Servings: 6-9

Oven Function:
MICROWAVE and
CONVECTION

Ingredients

1.5 kg	boneless beef rump roast or beef belly
3 tsp	salt
1 tsp	dried rosemary
2 tsp	dry mustard
2 Tbsp	garlic powder
½ tsp	ground pepper
2 Tbsp	catsup
3 Tbsp	Worcestershire sauce
½ cup	beer
2 Tbsp	butter

Procedure

- 1 In a bowl, combine the salt, rosemary, dry mustard, garlic powder, and pepper to make a dry rub. Massage the dry rub all over the beef; refrigerate for 1 hour.
- 2 In another bowl, mix the catsup, Worcestershire sauce, and beer. Pour the mixture onto the beef. Marinate for 2 hours.
- 3 Place the beef, fat side down, on a baking or roasting rack. Place the rack on the baking tray. Bake covered in foil for 40 minutes at 200C.
- 4 Remove the foil and turn the meat fat side up. Pour the marinade over roast and continue baking for 20 minutes.
- 5 Cover the baking dish with foil and let stand for 10 minutes.
- 6 In another bowl, add the butter in the dripping and cook on medium for 4 minutes.
- 7 Slice the beef and pour the dripping over each slice. Serve.



French Onion Soup

Cook Time: 35 mins

Servings: 6

Oven Function:
MICROWAVE and
CONVECTION

Is there anything more comforting than a steaming bowl of soup? This French broth takes it up a notch with onions and cheese on top.

Ingredients

- 4 Tbsp butter
- 2 large onions, peeled and thinly sliced
- ¼ cup red wine
- ½ beef cube
- 3 cups hot water
- 1 Tbsp Worcestershire sauce
- 1/8 tsp ground pepper
- 6 slices baguette, toasted
- ½ cup grated Swiss cheese or mozzarella cheese
- 2 Tbsp grated Parmesan cheese or Edam cheese

Procedure

- 1 Place the butter and onion in a microwave-safe casserole. Cover and cook on high for 5 minutes; stir. Cook for another 10 minutes or until the onion becomes tender.
- 2 Pour the red wine in the mixture and cook for 1 minute.
- 3 In another container, combine the beef cube, hot water, Worcestershire sauce, and pepper. Pour the mixture in the cooked onion. Cover and cook on high for 8 minutes.
- 4 Ladle the soup into 8 small bowls. Top with baguette and sprinkle the cheese on top.
- 5 Arrange soup bowls in the oven and bake for 15 minutes at 200°C until the cheese melts.

Smart Cook Tip



Auto-off Timer CHECK YOUR SOUP!

In this recipe, the onion calls for slow cooking for some time for it to caramelize to soft, translucent perfection. To make sure you don't overcook the dish, set your cooking time with The Electrolux **IMPRESSO** Microwave Oven Auto-off Timer.



Cottage Pie

Cook Time: 70 mins

Servings: 4

Oven Function:
MICROWAVE and
CONVECTION

A crowd-pleaser among the Brits, this wonderful combination of minced beef and mashed potatoes offers different ways of cooking. You can add your own spin to it using the Electrolux microwave oven.

Ingredients

4 pcs	large potatoes, peeled	2 Tbsp	gravy powder
¼ cup	butter	2/3 cup	tomato sauce
2 tsp	milk	1 Tbsp	Worcestershire sauce
1 tsp	salt	½ cup	corn kernels
1/8 tsp	ground pepper	½ cup	diced carrot
½ kg	ground beef	1/3 cup	peas
1	onion, peeled and chopped	1	tomato, chopped
1 tsp	salt	2 Tbsp	chopped parsley
1/8 tsp	ground pepper	1	egg, beaten

Procedure

- 1 Cut the potatoes in cubes and place in a microwave-safe dish with 2 tablespoons of water. Cover the dish and cook on high for 15 to 18 minutes or until the potato pieces become tender.
- 2 Mash the cooked potato; add the butter, milk, salt, and pepper.
- 3 In another microwave-safe dish, combine the beef, onion, salt, and pepper. Cook on medium high for 8 minutes, stirring every 3 minutes.
- 4 Drain the juices from the meat. Add the gravy powder, tomato sauce, Worcestershire sauce, corn kernels, carrot, peas, and tomato. Combine the mixture well and pour in a shallow dish.
- 5 Spread the mashed potato evenly on top. Brush with the beaten egg and cook for 30 to 40 minutes at 190C.
- 6 Let stand for 10 minutes before serving.



Quick Cook Tip



PREP YOUR VEGGIES IN NO TIME!

- Invest in a good chef's knife, learn how to use it, and keep it sharp for efficient cutting and slicing.
- Choose vegetables that don't take much time to prepare, such as cabbage, zucchini, asparagus, cucumbers. These vegetables don't tend to be dirty and are easy to chop.
- Try roasting or grilling vegetables--works best in whole or large pieces. No more chopping! And healthier too!
- Buy prewashed and cut vegetables. Make sure they are fresh.
- To make raw tomatoes ripen faster, wrap them individually in newspaper to trap the ethylene they emit. Leave them out at room temperature.
- Put the vegetables in a crisper drawer in the refrigerator where they stay fresher because of the slightly higher humidity level than the rest of the fridge's compartments. Remember, though, that vegetables tend to lose their freshness after 3 days.

Microwave Ratatouille

Cook Time: 30 mins

Servings: 4

Oven Function:
MICROWAVE

Get your dose of fibre with this traditional French vegetable dish. If an animated Disney character can make it, so can you!

Ingredients

- | | |
|---|--------------------------|
| 1 medium-sized onion,
peeled and cut into
¼-inch thick slices | ¼ cup virgin olive oil |
| 1 Tbsp chopped garlic | 1 small eggplant |
| ½ Tbsp dried basil | 1 small zucchini |
| 3 sun-dried tomatoes,
chopped | 1 small squash, peeled |
| | 2 plum tomatoes |
| | salt and pepper to taste |

Procedure

- 1 In a 9-inch microwave-safe pie dish, toss the onion, garlic, basil, and sun-dried tomato. Mix in the 2 tablespoons olive oil. Cover the dish with wax paper. Set the microwave oven on high and cook for 7 minutes or until the onion becomes translucent.
- 2 Slice the eggplant, zucchini, squash, and tomatoes into ¼-inch thick rounds. Tip: Squash may be cut using a round cookie cutter for uniform sizes, approximately the same size as the eggplant and zucchini.
- 3 In a bowl, toss in the remaining olive oil; season with salt and pepper to taste.
- 4 In the pie dish, arrange the vegetables alternately on top of the cooked onion. Drizzle olive oil and seasoning mixture on top; Cover with parchment paper. Microwave on high for 14 minutes.
- 5 Remove the cover and cook on high for another 5 to 6 minutes.
- 6 Drizzle a little olive oil on top before serving.



Baked Chicken Cordon Bleu

Cook Time: 60 mins

Servings: 8

Oven Function:
MICROWAVE

This quick and easy take on the beloved French-inspired classic makes for a hearty and healthy version. Wrap, roll, and bake layers of ham and cheese, then serve with mushroom gravy sauce.

Ingredients

4	skinless, boneless chicken breasts	250 g	cheddar cheese, sliced in strips
1 ½ tsp	fine salt	2 cups	flour
1 tsp	ground pepper	2	eggs, beaten
1 tsp	dried basil	2 cups	Japanese breadcrumbs
250 g	sliced ham, cut in half		cooking oil

Procedure

- 1 Preheat the oven to 190C.
- 2 Pound the chicken fillets until flattened. Season both sides with salt, pepper, and dried basil.
- 3 Arrange the ham and cheese slices on top of each fillet; roll tightly. Dredge the rolls in flour. Dip the floured chicken rolls in a bowl of beaten egg then roll in Japanese breadcrumbs.
- 4 Lightly oil a baking sheet. Arrange the breaded rolls on the baking sheet. Bake for 60 minutes or until the breadcrumbs turn golden brown.
- 5 Cool the chicken rolls for 10 minutes before slicing on a diagonal manner.
- 6 Serve with mushroom gravy (recipe below).



Fish and Potato Gratin

Cook Time: 40 mins

Servings: 4

Oven Function:
MICROWAVE and
CONVECTION

Who can resist fish with a generous spread of sliced potatoes and creamy cheese? Throw in some herbed cream sauce and your day is complete.

Ingredients

700 g	fish fillet	¼ tsp	ground oregano
¼ cup	milk	¼ cup	milk
½ tsp	salt	3	eggs, hardboiled and crumbled
¼ tsp	pepper	1 cup	sour cream
2 Tbsp	butter	700 g	peeled and thinly-sliced potatoes
2 Tbsp	flour	1 tsp	chopped parsley
½ tsp	dried thyme	1 cup	grated cheese

Procedure

- 1 Marinate the fillets in milk, salt, and pepper for 1 hour.
- 2 Using the Electrolux steam pot accessory, steam the fish fillets for 10 minutes or until the fish turns white and flaky. Flake the fillet; set aside.
- 3 In a microwave-safe bowl, combine the butter, flour, and herbs. Put in the microwave oven and cook on medium for 2 minutes. Stir in the milk and cook the mixture for 1 minute.
- 4 Mix the flaked fish, crumbled egg, and sour cream.
- 5 Lay the potato slices at the bottom of a microwave-safe dish or pie plate. Spoon the creamed fish mixture on the potato slices. Arrange another layer of the sliced potatoes on top of the fish. Sprinkle with the grated cheese.
- 6 Set the microwave oven on high for 15 minutes.
- 7 Use the convection setting and bake for 20 minutes or until the cheese turns golden brown. Sprinkle with the chopped parsley before serving.



Rosemary and Mustard Lamb

Cook Time: 60 mins

Servings: 6

Oven Function:
MICROWAVE and
CONVECTION

This dinner dish is designed to be simple. Cooking lamb maybe complex, but it's rewarding. The fresh rosemary gives this dish its oh-so-fragrant aroma and the mustard gives it a flavourful kick.

Ingredients

olive oil, for greasing	¼ cup garlic clove, crushed
1.5 kg lamb shoulder, trimmed and deboned	juice and zest of 1 lemon
2 sprigs fresh rosemary, quartered	1 tsp salt
¼ cup lightly-packed brown sugar	
2 Tbsp Dijon mustard	

Procedure

- 1 Brush a microwave-safe roasting rack with the olive oil to grease. Place the rack flat on a microwave-safe dinner plate.
- 2 Use a sharp knife to cut 8 shallow slits on the surface of the lamb. Insert a piece of the rosemary into each slit.
- 3 In a small bowl, combine the brown sugar, Dijon mustard, garlic, lemon rind, and 3 teaspoons of the lemon juice. Mix well. Brush both sides of the lamb generously with the mustard mixture.
- 4 Place the lamb, rosemary-studded side down, in the centre of the roasting rack. Cook uncovered on high for 15 minutes, basting with the mustard mixture twice during the cooking process. Turn the lamb over and cook on high for another 15 minutes, again basting with the mustard mixture twice during the cooking process.
- 5 Preheat the convection oven to 200C for 5 minutes. Transfer the lamb to a greased ovenproof dish or roasting pan. Put the lamb in the oven and cook for 30 minutes or until the surface of the lamb is golden and crisp.
- 6 Remove the lamb from the oven. Cover loosely with foil and let stand in a warm place for 10 to 15 minutes.



Smart Cook Tip



Fan Assist CONSISTENT COOKING IN EVERY ANGLE



Cooking more than one dish at the same time on your Electrolux **IMPRESSO** Microwave Oven? No worries! The Fan Assist technology makes sure the air circulates to distribute heat evenly on all sides of the oven for uniform, optimum cooking.



Desserts & More

Nothing quite beats the feeling of finishing a meal and finding out there's a sweet confection waiting to be scarfed down. And with easy-to-cook sweet treats such as these, skipping dessert would never be an option.





Chocolate Lemon Drizzle Cake

Cook Time: 10 mins

Servings: 4

Oven Function:
MICROWAVE

Indulge in the sugary sweetness of this zest cake of British origin, now with added lemon flavour. Best served with tea.

Ingredients

½ cup	softened unsalted butter	zest of 1 lemon
½ cup	self-rising flour	½ cup chocolate chips
½ cup	caster or refined sugar	1/3 cup icing or powdered sugar
2	eggs, lightly beaten	juice of half a lemon
1 Tbsp	milk	¼ cup chocolate syrup

Procedure

- 1 In a medium bowl, combine the butter, flour, and sugar until the mixture resembles coarse crumbs.
- 2 Add the beaten egg, milk, and lemon zest. Mix well until the batter becomes smooth. Fold in the chocolate chips.
- 3 Grease microwave-safe containers with butter. Pour the mixture in the containers and cover with cling wrap.
- 4 Set the microwave oven on high and cook for 8 to 10 minutes. To make sure the cake is cooked, insert a toothpick in the middle of the cake. If the toothpick comes out clean, the cake is done.
- 5 Let the cake cool.
- 6 In another bowl, mix the icing sugar and lemon juice until smooth. Drizzle on the cooled cake alternately with the chocolate syrup before serving.



Red Velvet Macaron de Paris

Cook Time: 20 mins

Servings: 8

Oven Function:
CONVECTION

Macarons are anything but simple, but microwaved French macarons? This recipe will astonish you. Red velvet pastry filled with cream cheese is a must-try for dessert-loving souls.

Ingredients

4	egg whites	1 Tbsp	cocoa powder
1/3 cup	fine white sugar		pinch of salt
1 1/2 tsp	red food colour	1/2 cup	cream cheese, softened
1 1/2 cups	powdered sugar	1 Tbsp	milk
1 cup	ground peeled almond	1/3 cup	powdered sugar

Procedure

- 1 Preheat the oven to 150C.
- 2 In a clean bowl, beat the egg whites and fine sugar until stiff. Add the food colour and beat just until colour is even.
- 3 In another bowl, sift together the powdered sugar, ground almond, cocoa powder, and salt thrice until well mixed. Fold in the egg white mixture until well blended. Put the mixture in a piping bag with a plain tip.
- 4 Line a cookie sheet with baking paper and pipe about 3/4-inch discs, leaving a 1-inch space in between discs. Let stand for 20 to 60 minutes before baking.
- 5 Put in the oven and bake for 20 minutes. Loosen on the pan and let cool before filling.
- 6 Make the filling. Using an electric mixer, beat the cheese, milk, and powdered sugar until smooth. Chill until ready to use.
- 7 To assemble, pipe or spread about a teaspoonful of the cream cheese mixture on the flat side of the macaron and top with another disc. Repeat the process until all the discs are made into sandwiches.
- 8 Chill until ready to serve.



Mocha Mug Cake

Cook Time: 2-3 mins

Servings: 8

Oven Function:
MICROWAVE

Get your chocolate fix without baking for an hour. Flavoured with coffee for an added goodness, this one is guaranteed to become a household hit.

Ingredients

corn or vegetable oil
2 Tbsp self-rising flour
½ Tbsp brown sugar
1½ Tbsp cocoa powder
1 tsp instant coffee
3 Tbsp milk
1½ Tbsp melted butter
¼ tsp vanilla extract
1 Tbsp chocolate chips
vanilla ice cream (optional)

Procedure

- 1 Lightly oil a large mug.
- 2 Mix the dry ingredients in the mug. Add the liquid ingredients and the chocolate chips. Mix well.
- 3 Set the microwave oven on high and cook for 1 minute and 30 seconds.
- 4 Serve warm topped with vanilla ice cream, if desired.



Chunky Mexican Bean Soup

Cook Time: 20 mins

Servings: 4

Oven Function:
MICROWAVE

Part chili, part soup, all awesome. This low-calorie Mexican bean soup bursting with pepper, chili, and cumin is a top-rated, no-fuss warm meal.

Ingredients

1 Tbsp	olive oil	1 tsp	ground cumin
1	onion, peeled and chopped	1 tsp	dried oregano
2-3	garlic cloves, peeled and finely chopped	1 ½ cups	vegetable or chicken stock
2	medium-sized carrots, peeled and cubed	1x 400g/14oz can red kidney beans	
1	red pepper, chopped	1x 400g/14oz can chopped tomatoes	
2 Tbsp	chili powder		ground black pepper
½ tsp	cayenne pepper	½ cup	sour cream
		½ cup	grated cheese
		¼ cup	chopped cilantro

Procedure

- 1 In a microwave-safe bowl, combine the oil, onion, garlic, and carrot; mix well. Put in the microwave oven and cook on high for 3 minutes.
- 2 Add the red pepper, chili powder, cayenne pepper, cumin, and oregano in the bowl. Stir and microwave on high for 1 minute.
- 3 Stir in the stock and the beans. Microwave on high for 20 minutes. Add the chopped tomato and black pepper. Continue cooking on high for 10 minutes.
- 4 If smooth soup is preferred, ladle the chunky vegetable soup in a blender or food processor. Pulse for a few seconds or until the desired consistency is achieved.
- 5 Top with the grated cheese and a tablespoon of sour cream. Sprinkle with the chopped cilantro before serving.

Quick Cook Tip

PANTRY EVALUATION

A well-stocked pantry not only saves you time, money, and effort, it also helps you prepare to cook a wide range of dishes. Here are some items to include in your grocery list:

- | | |
|---|---|
| 1. dried pasta | 7. frozen vegetables |
| 2. marinara sauce and other bottled and prepared cooking sauces and marinades | 8. frozen berries |
| 3. canned tomato | 9. herbs and spices |
| 4. pizza crust, pita bread | 10. rice |
| 5. canned fish | 11. breadcrumbs |
| 6. prewashed and cut vegetables | 12. baking supplies such as sugar, flour, vanilla |
| | 13. oils and vinegars |
| | 14. milk |





Oven-Roasted Cherry Tomato & Basil Bruschetta

Cook Time: 25 mins

Servings: 6

Oven Function:
CONVECTION

Win over family and guests with your gourmet skills. Serve up a rustic yet sophisticated hors d'oeuvre of microwaved roasted cherry tomatoes, garlic, and basil over slices of toasted crusty bread.

Ingredients

150 g	cherry tomatoes, stemmed and quartered	1/8 tsp	pepper
2 Tbsp	grated garlic	1/4 cup	basil leaves, cut in thin strips
1/4 cup	chopped onion	2 Tbsp	grated Parmesan cheese
3 Tbsp	extra virgin olive oil	6 slices	bread (baguette, sourdough, ciabatta)
pinch of	cumin		extra virgin olive oil
1/4 tsp	paprika		
1 tsp	salt		

Procedure

- 1 Preheat the oven to 200C.
- 2 In a lined baking pan, combine the tomatoes, garlic, onion, olive oil, cumin, paprika, salt, and pepper; toss well. Put in the oven and bake for 15 minutes. Remove from the oven and toss in the basil leaves and cheese. Set aside.
- 3 Toast the bread slices in the oven for 5 minutes or until lightly toasted. Remove the bread from the oven and drizzle the top with olive oil.
- 4 Top each bread slice with the prepared tomato mixture just before serving.

Tip: The tomato spread is also a good pasta sauce for cooked angel hair or spaghetti.



Pancetta & Balsamic Roasted Brussels Sprout

Cook Time: 40 mins

Servings: 4

Oven Function:
CONVECTION

What's the best way to perk up Brussels sprout? Pancetta, of course! Toss in a generous amount of the unsmoked bacon into the sprouts, sprinkle some tangy balsamic vinegar, and voila -- a salad concoction you will come back for again and again

Ingredients

500 g Brussels sprout, cut into halves (or marble potatoes, boiled)
100 g coarsely chopped pancetta or turkey bacon
2 Tbsp extra virgin olive oil
1 tsp dried rosemary leaves
1 tsp salt
1/8 tsp pepper
2 Tbsp balsamic vinegar

Procedure

- 1 Preheat the oven to 200C.
- 2 Place the Brussels sprout in a lined baking pan. Except for the vinegar, toss in all of the ingredients in the pan.
- 3 Roast the Brussels sprout for 20 minutes or until the sprout is tender and nicely browned and the pancetta is cooked. Toss once during the roasting period. Add the balsamic vinegar.
- 4 Bake for another 10 to 15 minutes. Serve hot.



Cheesy Baked Broccoli Frittata

Cook Time: 5-7 mins

Servings: 4

Oven Function:
MICROWAVE

*Make it a protein fest in your home with this nutritious treat.
May be served any time of day.*

Ingredients

- 6 eggs
- 1 cup broccoli florets, cut in bite-sized pieces
- ½ cup grated cheddar cheese or any sharp cheese
- 4 Tbsp grated Parmesan cheese
- ½ cup cubed cream cheese or any white cheese
- ½ tsp salt
- ¼ tsp ground cumin
- ¼ tsp Spanish paprika
- ¼ tsp ground nutmeg
- ¼ tsp ground black pepper
- butter for greasing

Procedure

- 1 Beat the eggs in a bowl. Mix the broccoli floret pieces into the beaten egg. Add in the cheddar, Parmesan, and cream cheeses together with the seasonings; gently mix well.
- 2 Scoop the egg and broccoli mixture into the 4 buttered or oiled ramekins.
- 3 Set the microwave oven on medium. Cook uncovered for 5 to 7 minutes. Serve warm.

Roasted Vegetable Side Dish

Cook Time: 30 mins

Servings: 4

Oven Function:
CONVECTION

Cooking vegetables in a microwave is healthier than you might think. The short cooking time retains their vitamins and nutrients. So, pack them all in on a tray, drizzle some olive oil, and sprinkle some herbs.

Ingredients

- 2 medium-sized eggplants, sliced lengthwise
- 1 zucchini, cut in ½-inch thick slices
- 2 potatoes, cut in wedges
- 2 red bell peppers, seeded and quartered
- 1 onion, peeled and cut in wedges
- 6 cloves garlic, peeled
- ½ cup olive oil
- ¼ tsp salt
- 1/8 tsp black pepper
- 2 Tbsp balsamic vinegar
- fresh basil leaves
- finely-chopped fresh rosemary

Procedure

- 1 Preheat the oven to 200C.
- 2 In a baking dish, combine the vegetables, oil, salt, and pepper. Mix well until all the vegetables are coated with oil.
- 3 Roast the vegetables in the oven for 30 minutes.
- 4 Using the oil in the roasting pan, add the balsamic vinegar and fresh herbs; mix to blend well. Pour the oil-vinegar mixture on the roasted vegetables. Serve.

Quick Clean Tip



CLEAN YOUR OVEN NATURALLY

- Squeeze a slice of lemon juice in a bowl with a half cup of water. Put the lemon halves in the bowl.
- Microwave on high for 3 minutes. Do not open the microwave oven door, letting the bowl stand for 5 minutes. This will allow the steam to circulate and get rid of odours and loosen gunk.
- Open the microwave and carefully remove the bowl.
- Wipe the inside of the microwave clean with a dish towel. For stubborn spots and splatters, dip the dish towel in the lemon-water mix and carefully scrub the dirt until all the traces are removed.
- Wipe the oven dry.



Smart Cook Tip



Dual Cooking GRILLING AND MICROWAVING IN ONE!



Put a stop to the hassle of cleaning up grills when you barbecue outside. The Electrolux **IMPRESSO** Microwave Oven has a 2-in-1 kitchen feature that offers the convenience of both the microwave and grill right in the comforts of your kitchen. Enjoy the ease of cooking a variety of grilled chicken with just your microwave oven!



Asian Favourites

While exploring new cuisine is good, sometimes we all just crave for the familiar. Find comfort in this collection of Asian favourites—and the fact that you only need minimum effort to pull them off.





Roasted Tom Yam Chicken

Cook Time: 90 mins

Servings: 8

Oven Function:
CONVECTION

Imagine sipping a spoonful of this steaming hot broth steeped in the wonderful flavours of cilantro, lemongrass, and lime. Now imagine that same feeling with a whole roasted chicken. It's a revelation.

SPICINESS LEVEL: MILD

Ingredients

1 (about 1.2 to 1.3 kg) whole chicken	1 tsp	shrimp paste
2 pcs shallots, minced	½ cup	chopped coriander leaves and stems
1/3 cup minced lemongrass	3 Tbsp	brown sugar
¼ cup minced garlic	¼ tsp	pepper
2 Tbsp minced galangal or ginger	3 Tbsp	coconut milk or powder
2 pcs fresh red chilis, chopped	2-3 pcs	kaffir lime leaves
1 cup fresh lime or lemon juice		
1 Tbsp vegetable oil		
1 Tbsp fish sauce		

Procedure

- 1 Except for the chicken and kaffir lime leaves, combine all of the ingredients in the food processor and process until the mixture resembles a coarse paste.
- 2 Rub the paste all over the chicken, including the inside part. Stuff the kaffir lime leaves in the cavity of the chicken. Refrigerate and marinate for 4 hours or overnight.
- 3 Preheat the oven to 190C. Place the chicken in an ovenproof dish and bake for 1 hour and 30 minutes or until the chicken is golden in colour.



EASY SWEET AND SOUR DIPPING SAUCE

Ingredients:

½ cup white vinegar
½ cup water
½ cup white sugar
½ tsp salt

¼ cup tomato or
banana catsup
2 Tbsp cornstarch,
dissolved in ¼ cup water

Procedure:

In a saucepan, boil the vinegar, water, sugar, salt, and catsup for 5 minutes. Thicken with the cornstarch slurry.

Shrimp and Vegetable Rolls

Cook Time: 30 mins

Servings: 6

Oven Function:
CONVECTION

Take pleasure in this light and refreshing dish perfect for a summer lunch or a warm evening. The convection function in the Electrolux oven lets you serve a healthy refreshing meal of light spring rolls of shrimps and heaps of mixed veggies served with spicy-tangy dipping sauce.

Ingredients

4 cups	finely shredded cabbage	2 tsp	reduced-sodium or lite soy sauce
1 cup	cooked and chopped ready-to-eat shrimp	1 tsp	crushed garlic
¼ cup	canned water chestnut, drained and cut in strips	¼ tsp	ground ginger
¼ cup	bean sprouts	1/8 tsp	tsp salt
2	scallions, chopped		dash of black pepper
1 stalk	celery, thinly sliced	12 pcs	spring roll wrappers
			sweet and sour sauce, optional

Procedure

- 1 Put the shredded cabbage in a large microwave-safe bowl with 2 tablespoons of water. Cover and microwave for 2 minutes. Drain the excess water.
- 2 Except for the wrappers and sweet and sour sauce, add all of the other ingredients; mix well and set aside. For a more intense flavour, allow the mixture to marinate in the refrigerator for 20 minutes.
- 3 Prepare a large baking sheet sprayed lightly with nonstick spray.
- 4 Place the wrapper on a clean, dry surface. Evenly distribute about ½ cup of the mixture onto the wrapper, in a row a little below the centre.
- 5 Dip your fingers in a bowl of water and moisten all the four edges of the wrapper. Fold the sides of each wrapper about ¼-inch towards the middle to keep the mixture from falling out of the sides. Roll the bottom of each wrapper up around the mixture. Continue rolling until you reach the top. Seal the outside edge with another dab of water.
- 6 Carefully transfer the roll to the baking sheet. Repeat the process with the remaining wrappers and filling.
- 7 Preheat the oven to 190C. Spray the top of the egg rolls with nonstick spray or brush with a little oil. Bake in the oven for 25 to 30 minutes or until golden brown. Allow to cool a bit.
- 8 Serve rolls with the sweet and sour sauce.



Oven-Baked Chicken Satay

Cook Time: 30 mins

Servings: 4

Oven Function:
GRILL

In less than an hour, enjoy this juicy, seasoned grilled meat – without actually grilling—best served and eaten with spicy peanut sauce.

SPICINESS LEVEL: HOT

Ingredients

2 Tbsp	creamy peanut butter	2 cloves	garlic, peeled and chopped
½ cup	soy sauce	2 tsp	hot pepper sauce
½ cup	lemon or lime juice	6	skinless chicken breast halves, cubed
1 Tbsp	brown sugar		
2 Tbsp	curry powder		

Procedure

- 1 In a mixing bowl, combine the peanut butter, soy sauce, lemon or lime juice, brown sugar, curry powder, garlic, and hot pepper sauce. Blend well.
- 2 Soak the chicken pieces in the marinade and refrigerate. Marinate the chicken for 2 hours or overnight to soak in all the flavours.
- 3 Preheat the grill to high heat.
- 4 Weave the chicken pieces onto the skewers and grill for 15 minutes per side.
- 5 Serve with the peanut sauce (recipe below).

HOW TO MAKE THE PEANUT SAUCE

Ingredients:

½ cup creamy or smooth peanut butter	juice of 2 limes
½ cup soy sauce	2 Tbsp red chili paste or sambal
2 Tbsp brown sugar	1/3 cup boiling water

Procedure:

Combine all of the ingredients in a blender or food processor and process until smooth. Top with the chopped peanuts just before serving.



Saigon Baked Fish

Cook Time: 35 mins

Servings: 4

Oven Function:
CONVECTION

There's something intimidating yet fulfilling about preparing properly steamed fish cooked just right to the bone. It is, after all, the benchmark of a true cook in Vietnamese culture. But this simple interpretation of the ca nuong or Vietnamese roasted fish requires no steaming. Just oven-bake and douse it with fragrant mushroom and ginger sauce. It's that simple!

Ingredients

1 (700 to 800 g) red grouper or sea bass, scaled and gutted	4 pcs	dried Chinese mushrooms, soaked and thinly sliced (discard stems)
1 tsp salt	1 pc	red chili, seeded and cut in strips
1/8 tsp pepper	1/3 cup	rice wine
1 Tbsp rice wine	1 tsp	fish sauce
1 Tbsp lime juice	1 1/2 tsp	soy sauce
1 Tbsp cornstarch or flour	1 cup	chicken stock
1 Tbsp cooking oil	1 tsp	sugar
2 Tbsp chopped garlic	1 Tbsp	cornstarch or potato flour, mixed with 3 Tbsp stock to make a slurry
1/4 cup thinly-sliced lemongrass (white part)	1 tsp	sesame oil
2 Tbsp ginger, cut in thin strips		

Procedure

- 1 Preheat the oven to 170C.
- 2 Make 2 slits on the body of the fish. Season the fish with salt, pepper, wine, and juice. Put the fish in a baking dish. Sprinkle with cornstarch. Bake in the oven for 35 minutes.
- 3 In the pan with oil, sauté the garlic, lemongrass, ginger, mushroom, and chili until fragrant. Pour in the liquid ingredients and sugar. Bring to a boil.
- 4 Thicken with the slurry and cook for another minute. Whisk in the sesame oil and pour over the baked fish.



Chicken Inasal

Cook Time: 60 mins

Servings: 5

Oven Function:
MICROWAVE and
GRILL

What do you get when you combine Filipino-style grilled chicken with a distinct yellowish colour and marinated in garlic, vinegar, and lemongrass? A flavourful, sumptuous dish perfect for all occasions.

Ingredients

6 pcs	chicken thighs	3 Tbsp	annatto oil
2 Tbsp	grated ginger	2 Tbsp	melted butter or margarine
1 Tbsp	minced garlic	1 Tbsp	salt
½ cup	chopped lemongrass	2 Tbsp	brown sugar
½ cup	vinegar	½ tsp	ground black pepper
½ cup	calamansi or lemon juice		

Procedure

- 1 In a large bowl, combine all of the ingredients (except for the chicken) together. Add the chicken pieces and marinate for 3 hours.
- 2 Place the chicken pieces on grill rack; baste with marinade.
- 3 Set the microwave oven on COMBI for 40 minutes. Baste chicken with the marinade.
- 4 Grill one side for 25 to 30 minutes. Turn the chicken and baste with marinade. Grill the other side for another 25 to 30 minutes.
- 5 Serve hot with Spiced Vinegar Mix.

MAKE YOUR OWN SPICED VINEGAR MIX

Ingredients:

1 cup coconut vinegar
2 Tbsp pounded garlic
½ cup chopped red onion
1 finger chill, chopped
1 Tbsp sugar
1 Tbsp sliced ginger
½ tsp whole peppercorns

Procedure:

In a bowl, combine all of the ingredients together and mix well. Let stand overnight.



Sticky Macau Ribs

Cook Time: 60 mins

Servings: 4

Oven Function:
MICROWAVE

Ribs seasoned with aromatic Chinese spices are sure to be something sticky and tasty to keep those fingers busy!

Ingredients

- 3 Tbsp hoisin sauce
- 1 Tbsp tomato catsup
- 2 Tbsp brown sugar
- 1 Tbsp soy sauce
- 1 Tbsp anisado wine
- 1 tsp vinegar
- 1 tsp lemon juice
- ½ tsp grated ginger
- ½ tsp grated garlic
- ¼ tsp Chinese five-spice powder
- 1 kg pork spare ribs or baby back ribs

Procedure

- 1 In a shallow dish, mix all of the ingredients (except for the pork ribs) together until well blended. Coat the ribs well with the mixture and refrigerate for 2 hours or overnight for the meat to soak in all the flavours. Cover the ribs with cling wrap.
- 2 Set the microwave oven on medium high. Remove cover from the ribs and cook for 20 minutes.
- 3 Turn the heat on high and cook for another 15 minutes or until the glaze evaporates and turns thick and sticky.



Vietnamese Meatballs

Cook Time: 35 mins

Servings: 6

Oven Function:
CONVECTION

Whether it's a lunch box meal or to nosh on its own, this beefy dish with a hint of mint and chili makes for a lighter and healthier fare than its fried counterpart.

Ingredients

1 cup	red onion, finely chopped	½ tsp	salt
½ cup	cilantro, roughly chopped	1/8 tsp	pepper
2 Tbsp	chopped mint leaves	1	egg yolk
2 Tbsp	minced garlic	1 pc	Thai chili, finely chopped, optional
1 Tbsp	minced ginger		
1 Tbsp	fish sauce	200 g	lean ground beef
1 Tbsp	sugar	400 g	ground pork or ground chicken
1 Tbsp	flour		

Procedure

- 1 Preheat the oven to 180C.
- 2 Except for the ground meats, put all of the ingredients in the food processor and process until smooth.
- 3 In a bowl, combine the ground meats and the mixture. Blend well and form into 1 ½-inch balls.
- 4 Bake the meatballs in the oven for 25 minutes or until golden in colour, turning the meatballs at least once during the cooking process.
- 5 Make the sauce. Combine all of the ingredients until the sugar is completely dissolved. Let stand for 30 minutes before serving with dipping sauce.

EASY DIPPING SAUCE RECIPE

Ingredients:

3 Tbsp fish sauce	3 Tbsp grated carrot
¼ cup lemon juice	3 Tbsp grated radish
1/3 cup sugar	1 Tbsp chopped cilantro

Procedure:

Combine all of the ingredients until the sugar is completely dissolved. Let stand for 30 minutes before serving.

Quick Cook Tip

PANTRY ORGANIZING

An organized and clutter-free pantry saves cooking time and effort. Here are tips on how to maintain an efficient pantry:

- Place pantry items in see-through glass jars, plastic pockets, wire baskets, and the like for easier search of the items needed.
- Keep spices, dried herbs, and seasonings you use most often within arm's reach. Buy a spice rack so you can locate your spices more easily. Better yet, buy spices in small quantities – chances are you won't use them up all at the same time. Keep them away from direct heat or sunlight. Make sure lids are tightly sealed as moisture or humidity affects the freshness of the herbs and spices. Finally, make sure they are carefully labelled – and out of children's reach.

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Quick Cook Tip



PANTRY ORGANIZING

- Glass and plastic containers are ideal for storing food. They are safe to use in the microwave oven. Just make sure they come with airtight seals for optimum use.
- Heavier items such as boxes of flour, pasta, bottles of cooking oil, and frequently-consumed canned goods should be placed at waist level for easy reach.
- Put your most frequently used tools -- knives, vegetable peeler, kitchen spoons, spatulas, measuring cups, and more -- in the cabinet closest to your work area, and the things you rarely use -- rolling pin, cookie cutters, whisks -- out of the way.
- For seldom-used items such as delicate glassware, arrange them properly on a high shelf: small pieces in front, taller ones in the back.

Beef Curry

Cook Time: 75 mins

Servings: 4

Oven Function:
MICROWAVE

Turn an Indian favourite into a made-easy meal you can cook in less time. The results are guaranteed to make your mouth water.

Ingredients

2 Tbsp	vegetable oil	2 Tbsp	brown sugar
1 Tbsp	minced garlic	½ tsp	chili flakes
1	onion, peeled and cut in thin wedges	4	medium-sized potatoes, cut in chunks
1 tsp	grated ginger	¾ cup	water
1 tsp	turmeric powder	2 cups	coconut cream
½ tsp	cumin	1	red bell pepper, cut in thin strips
½ tsp	ground coriander seeds		
½ kg	stewing beef steak, cut in large chunks	½ cup	unsalted peanuts
			chopped cilantro
2 Tbsp	fish sauce		

Procedure

- 1 Put the oil in a microwave-safe casserole. Toss in the garlic, onion, and ginger. Microwave on medium for 5 minutes. Add in the turmeric powder, cumin, and coriander seeds; cook for another 3 minutes.
- 2 Mix in the beef chunks, fish sauce, sugar, and chili flakes.
- 3 Include the rest of the ingredients in the bowl, and cook covered on high for 60 to 70 minutes.
- 4 Sprinkle the chopped cilantro on top before serving.

The 7-Day Food Trip Guide

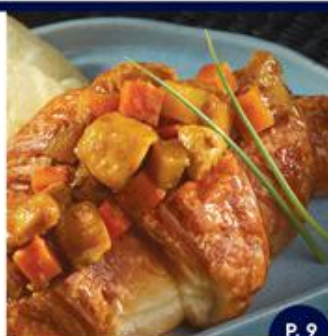
Treat yourself to a culinary trip around the world with menu selections to last you through the week – all cooked in the versatile microwave oven, of course. Makes life easier in the kitchen and at the table.

SUN

Like A Pro

Impress your family with chef-like skills and cook up all-time favourites we've all grown to love. Family day is the perfect time to do so.

BREAKFAST JAPANESE CURRY BUN
LUNCH BAKED GREEK LAMB CHOPS
DINNER FRENCH ONION SOUP
DESSERT RED VELVET MACARON DE PARIS



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MON

Veggie-Filled

Start your week on a healthy note with creative and delicious dishes that are chockful of nutritious vegetables.

BREAKFAST BAKED SAMOSA
LUNCH VEGETABLE RISOTTO
DINNER SHRIMP AND VEGETABLE ROLLS
SIDE DISH PANCETTA AND BALSAMIC
ROASTED BRUSSELS SPROUT



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TUE

Surefire Faves

In a hurry? Not sure what to cook? Tried, tested, and tasted dishes are the way to go.

BREAKFAST PULLED PORK ADOBO SANDWICH
LUNCH ITALIAN MEATBALLS
DINNER CHICKEN INASAL
SNACK CHEESY BAKED BROCCOLI
FRITTATA



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WED

Quick & Easy

Ah, the weekend – almost there, but not quite yet. Make the middle of the week a little better with tasty meals you can whip up in a jiffy.

BREAKFAST TOM KHA GAI WITH NOODLES
LUNCH SAIGON BAKED FISH
DINNER MICROWAVE RATATOUILLE
DESSERT MOCHA MUG CAKE



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THU

Flavour-Packed

Spice up your week with flavourful dishes that are ready in no time.

BREAKFAST BAKED NASI LEMAK
LUNCH STICKY MACAU RIBS
DINNER BEEF CURRY
SIDE DISH CHUNKY MEXICAN BEAN SOUP



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FRI

Comfort Food

Celebrate the end of the week with dishes that are sure to conjure up fond memories of home.

BREAKFAST CHICKEN BALL PORRIDGE
LUNCH BAKED PAELLA
DINNER SWISS POTATO CASSEROLE
DESSERT CHOCOLATE LEMON DRIZZLE CAKE



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SAT

Entertain

Enjoy some quality time with friends and put together delicious and flavourful dishes that can be prepared in a breeze.

BREAKFAST CHICKEN BARBECUE BANH MI
LUNCH GREEK STYLE STUFFED PEPPERS
DINNER VIETNAMESE MEATBALLS
SNACK OVEN-ROASTED CHERRY TOMATO & BASIL BRUSCHETTA



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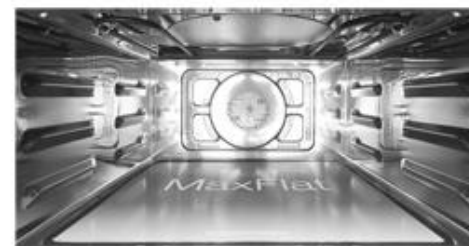
Microwave Ovens

Simple cooking, stunning design

Beautifully designed to seamlessly integrate into your kitchen collection, the stylish Electrolux microwave ovens offer so much more than just reheating or defrosting, turning meals from frozen to delicious in just one step - quickly and simply.

iMPRESSO Microwave Ovens

Enjoy the convenience of a combination Grill and Microwave oven to make a variety of dishes using just your Electrolux Impresso Microwave. Whip up delicious main courses and tasty snacks and dips effortlessly and in less time. A range of Power Levels gives you the flexibility you need to cook like a pro.



4-in-1 Microwave with Grill
Gives you the convenience of a microwave plus the performance of an oven, grill and steamer for the flexibility to cook a wide variety of dishes.



Auto Cook Programs
Home cooked, gourmet meals are just a push of a button away with ideal settings for perfectly cooked dishes every time.



MaxFlat
A flat bottom cavity maximises cooking space and is easy to clean.



Defrost Function
Quickly and easily defrost frozen meat and seafood with the simple touch of a button.



Auto-off Timer
Lets you set cooking durations with ease and

iMPRESSO

Microwave Ovens



32L Freestanding Microwave Oven

EMS3288X

- 4-in-1 Microwave with Grill
- MaxFlat
- IQ Touch
- Microwave with 5 power level
- Convenient quick start button
- Defrost function
- 15 Automatic Programmes
- 5 Steam Programmes with accessory
- Fully programmable multi-stage cooking with timer
- Child lock

Specification:

- 32-litre Oven Capacity
- Stainless Steel Front Trim
- 5 Cooking Functions: Microwave, Grill, Convection, Steam with accessory, and Combination Cooking
- Microwave 900W
- Product Dimension (W x H x D): 498mm x 375mm x 570mm



30L Freestanding Microwave Oven

EMS3087X

- 4-in-1 Microwave with Grill
- IQ Touch
- Microwave with 5 power level
- Convenient quick start button
- Defrost function
- 14 Automatic Programmes
- 5 Steam Programmes with accessory
- Fully programmable multi-stage cooking with timer
- Child lock

Specification:

- 30-litre Oven Capacity
- Stainless Steel Front Trim
- 5 Cooking Functions: Microwave, Grill, Convection, Steam with accessory, and Combination Cooking
- Microwave 900W
- Product Dimension (W x H x D): 538mm x 294mm x 436mm



30L Freestanding Microwave Oven

EMS3085X

- 3-in-1 Microwave with Grill
- IQ Touch
- Microwave with 5 power level
- Convenient quick start button
- Defrost function
- 12 Automatic Programmes
- 5 Steam Programmes with accessory (optional)
- Fully programmable cooking with timer
- Child lock

Specification:

- 30-litre Oven Capacity
- Stainless Steel Front Trim
- 4 Cooking Functions: Microwave, Grill, *Steam with accessory, and Combination Cooking
- Microwave 900W
- Product Dimension (W x H x D): 538mm x 294mm x 436mm



Multi-tasking
has never
**tasted
better**

Giving everyday dishes a fresh and delicious spin just got easier. From perfectly grilled dishes to sweet oven-baked treats, the Electrolux Impresso Microwave Oven lets you create delicious home-cooked meals any way you want to.



Ambient Display
Elegant and refined, the hidden display feature offers a tasteful yet functional interface.



IQ Touch
Easy to use intuitive controls make your microwave oven a joy to use.



iMPRESSO

Microwave Ovens

EMS2348X



23L Freestanding Microwave Oven with Grill

- 2-in-1 Microwave with Grill
- Electronic Rotary Control with LED Display
- Powerful 1000W grill and 800W Microwave with 5 Power Levels
- Convenient Quick Start Button
- Defrost Function
- 8 Automatic Programmes
- Fully Programmable Multi-stage Cooking with Timer
- Child Lock

Specification:

- 23-litre Oven Capacity
- Stainless Steel Front Trim
- 3 Cooking Functions
- Microwave 800W
- Grill 1000W
- Product Dimension (W x H x D): 485mm x 292.5mm x 370mm

EMS2318X



23L Freestanding Microwave Oven with Grill

- 2-in-1 Microwave with Grill
- Powerful 1000W grill and 800W Microwave with 5 Power Levels
- Defrost Function
- Convenient Auto-off Cooking Timer Control
- Easy Clean Cavity

Specification:

- 23-litre Oven Capacity
- Stainless Steel Front Trim
- 3 Cooking Functions
- Microwave 800W
- Grill 1000W
- Product Dimension (W x H x D): 485mm x 292.5mm x 370mm

EMS2308X



23L Freestanding Microwave Oven

- 800W Microwave with 5 Power Levels
- Defrost Function
- Convenient Auto-off Cooking Timer Control
- Easy Clean Cavity

Specification:

- 23-litre Oven Capacity
- Stainless Steel Front Trim
- 5-level Microwave Oven Setting
- Microwave 800W
- Product Dimension (W x H x D): 485mm x 292.5mm x 370mm



Faster cooking for busy cooks.

With the option of combining the microwave with a powerful grill to give you speed with fantastic brown grill results, cooking is now simpler and faster - great for busy cooks with a hectic lifestyle.

EMM2311W / EMM2301W



23-litre Microwave Oven with Grill

- 2-in-1 Microwave with Grill (EMM2311W)
- 1000W Grill with 2 Combination Programmes (EMM2311W)
- 800W Microwave with 5 Power Levels
- Convenient Auto-off Cooking Timer Control
- Easy Clean Cavity

Specification:

- 23-litre Oven Capacity
- White
- 3 Cooking Functions
- Child Lock
- Microwave 800W
- Grill 1000W (EMM2311W)
- Total Connected Load: 1.25kW
- Product Dimension (W x H x D): 485mm x 292.5mm x 395mm

