



DYNAMIC CRISP

MICROWAVE COOKBOOK



Congratulations on the purchase of your brand new Ariston microwave!

Within this book you will find innovative ideas and recipes to help get you started with cooking all of your favourite meals, but with the ease of using only your microwave. From breakfast to dessert, we guarantee you will love these delicious recipes and just how easy they are to make.











Ariston microwaves perform like a best-in-class oven for supreme cooking in your home. Boasting Ariston's Multiwave Technology, the microwave has two emission plates that guarantee full heat distribution for quick and evenly cooked food.

Select models also include Dynamic Technology so you can crisp or steam meals at the touch of a button. There's even a Forced Air cooking option for Sunday roasts.

Ariston's exclusive Dynamic Crisp function is only possible through our 3D Emission system which allows perfectly even browning on top and bottom. A special Dynamic Crisp Plate is made of ferrite (a type of rubber) which heats up extremely fast (210°C within 2 minutes). The Dynamic Crisp Plate is heated up by lower microwave inlet, which turns it virtually into a frying pan. The quartz grill is responsible for browning the top surface of your food fast and evenly. The upper microwave inlet speeds up the cooking of the food on the plate. Turntable rotation, grill power and microwave power is perfectly synchronized in order to have perfect baking, rising and browning.

For a high quality solution to microwaveable cooking, Ariston is the perfect choice.

POWER	SUGGESTED USE:
JET	Reheating of beverages, water, clear soups, coffee, tea or other food with a high water content. If the food contains egg or cream, choose a lower power.
750 W	Cooking of fish, meat, vegetables etc.
650 W	Cooking dishes, not possible to stir.
500 W	More careful cooking e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.
350 W	Simmering stews, melting butter.
160 W	Defrosting.

	MICROWAVE For quickly cooking and reheating food or drinks. Recommended accessories: Cover
	DYNAMIC CRISP For perfectly browning a dish, both on the top and bottom of the food. This function must only be used with the special Dynamic Crisp Plate. Required accessories: Dynamic Crisp Plate & Dynamic Crisp Handle
	GRILL For browning, grilling and gratins. We recommend turning the food during cooking. For best results, preheat the grill for 3-5 minutes. Recommended accessories: Wire Shelf
	COMBINATION GRILL + MICROWAVE For quickly cooking and gratinating dishes, combining the microwave and grill functions. Recommended accessories: Wire Shelf
	FORCED AIR For cooking dishes in a way that achieves similar results to using a convention oven. The Rectangular Baking Tray or other cookware that is suitable for oven use can be used to cook certain foods. Recommended accessories: Rectangular Baking Tray & Wire Shelf
	COMBINATION FORCED AIR + MICROWAVE To prepare oven dishes in a short time. Recommended accessories: Wire Shelf
	QUICK HEAT For quickly reheating the oven before a cooking cycle. Wait for the function to finish before placing food inside the oven.
	REHEAT For reheating ready-made food that is either frozen or at room temperature. The oven automatically calculates the values necessary to achieve the best results possible, in the shortest time. Place food onto a microwave safe and heatproof dinner plate or dish.
	STEAM For steam-cooking foods such as vegetables or fish, using the steamer provided. The preparation phase automatically generates steam, bringing the water poured into the bottom of the steamer to the boil. Timings for this phase may vary. The oven then proceeds with steam-cooking the food, according to the time set. Some indicative cooking times are as follows: <ul style="list-style-type: none"> • fresh vegetables (250-500 grams): 4-6 minutes; • frozen vegetables (250-500 grams): 5-7 minutes; • fish fillets (250-500 grams): 4-6 minutes. Required accessories: Steamer Accessory
	DEFROST For quickly defrosting meat, poultry, fish, vegetables and bread weighing between 100 grams and 3 kilograms. Food should be placed directly onto the glass turntable.

English Breakfast



Prep: 4 mins **Cooking Time:** 8 mins **Serves:** 1 **Function:** Dynamic Crisp

Ingredients

- 4 chipolata sausages
- 2 bacon rashers
- 6 cherry tomatoes, halved
- 4 mushrooms, quartered
- Salt and pepper
- 20g butter
- 2 eggs

Method

1. Preheat the Dynamic Crisp Plate for 2 minutes. Place the sausages and bacon on the plate and cook for 2 minutes on Dynamic Crisp function.
2. Add the tomatoes and mushrooms to the Dynamic Crisp Plate then lightly season with salt and pepper. Place the butter on top of the mushrooms. Cook for a further 2 minutes on Dynamic Crisp function.
3. Make enough room for the 2 eggs, then crack directly onto the Dynamic Crisp Plate and cook once more for a further 2 minutes.
4. Serve on a plate with buttered toast.

*Cooking times may vary depending on model purchased.

Mixed Vegetable Omelette



Prep: 6 mins

Cooking Time: 4 mins

Serves: 2-4

Function: Dynamic Crisp

Ingredients

- 4 large eggs
- Salt and pepper
- ¼ brown onion, diced
- ¼ red capsicum, finely diced
- 50g smoked ham, diced
- 2 button mushrooms, sliced
- 50g Danish feta, crumbled
- ½ cup spinach, chopped

Method

1. In a medium mixing bowl whisk your eggs together and lightly season with salt and pepper. Add in the remaining ingredients and mix well to combine.
2. Preheat your Dynamic Crisp Plate for 2 minutes. Pour the omelette mixture into the Dynamic Crisp Plate and cook for 2 minutes on Dynamic Crisp function.
3. Using a thin bladed spatula, ease the omelette out from the sides and gently fold over towards the middle.
4. Serve hot or cold for breakfast or brunch!

*Cooking times may vary depending on model purchased.

Steamed Coconut Rice



Prep: 3 mins **Cooking Time:** 6 mins **Serves:** 4 **Function:** Steam

Ingredients

- 1 cup jasmine rice
- 1 cup cold water
- 1 cup coconut cream
- 1 bay leaf
- 4 cardamom pods
- 1 cinnamon stick

Method

1. Wash your rice in the Steamer Accessory* and drain the excess water. Do this 2 times to release majority of the starch from the rice. In the Steamer Accessory* combine the remaining ingredients in the bottom of the container (3) then place in the microwave with the lid on (1) and cook for 5 minutes on Steam function.
2. Remove the lid and cook for a further 1 minute.
3. The rice should be fluffy without any broken grains. Remove the spices and serve immediately.

*Cooking times may vary depending on model purchased.

*Steamer Accessory comes with select models or sold separately.

Corn on the Cob with Peri Peri Butter



Prep: 5 mins

Cooking Time: 5 mins

Serves: 2-4

Function: Microwave

Ingredients

- 4 corn cobs
- 1 cup water
- 125g softened butter
- 1 tablespoon peri peri sauce

Method

1. Remove the husk and silk of the corn and place the cleaned corn cobs into the Steamer Accessory*. Add 1 cup of water to the bottom of the container (3). Cover with the lid (1) and set the microwave to its highest wattage and cook for 5 minutes.

2. Meanwhile combine the butter and peri peri sauce together with a spatula until it resembles a thick paste. In a large mixing bowl combine the cooked corn and butter together and lightly toss until the butter has completely covered the corn.

3. Serve as a side or a tasty treat.

*Cooking times may vary depending on model purchased.

*Steamer Accessory comes with select models or sold separately.

Prosciutto Wrapped Vegetable Bundles



Prep: 8 mins

Cooking Time: 2 ½ mins

Serves: 2-4

Function: Steam

Ingredients

- 1 red capsicum
- 1 green capsicum
- 2 carrots
- 6 asparagus spears
- 2 zucchinis
- 6 slices prosciutto

Method

1. Cut the capsicums, carrots, asparagus and zucchinis into 8cm long strips that are 1cm wide.
2. Lay a piece of prosciutto onto your chopping board. Bundle the vegetables together and lay on one end of the prosciutto. Roll the prosciutto around the vegetables and squeeze tightly so the prosciutto sticks together.
3. Preheat your Steamer Accessory* with 3 tablespoons of water in the bottom (3) for 30 seconds on Steam function.
4. Place your vegetable bundles into the Steamer Accessory* on the middle level (2) and cover with the lid (1). Cook for 2 minutes on the Steam function.

*Cooking times may vary depending on model purchased.

*Steamer Accessory comes with select models or sold separately.

Seasoned Wedges



Prep: 5 mins

Cooking Time: 12 mins

Serves: 1-2

Function: Dynamic Crisp

Ingredients

- 6 large baking potatoes
- 2 teaspoons olive oil
- 1 teaspoon paprika
- 1 teaspoon mixed herbs
- 1 teaspoon sea salt
- 1 teaspoon cracked pepper

Method

1. Wash, dry and cut potatoes into wedges. Transfer to the Dynamic Crisp Plate and add the remaining ingredients. Mix well to coat the potatoes.
2. Cook on Dynamic Crisp function for 12 minutes or until golden brown. Serve as a side or as a snack with sour cream and sweet chilli sauce.

*Cooking times may vary depending on model purchased.

Tomato, Basil & Bocconcini Bruschetta



Prep: 5 mins **Cooking Time:** 7 mins **Serves:** 2 **Function:** Dynamic Crisp

Ingredients

- 2 slices pane di casa bread
- Olive Oil
- 1 tablespoon basil pesto
- 2 tomatoes, thickly sliced
- 4 medium sized bocconcini, sliced
- Salt and pepper
- 6 large basil leaves, sliced
- Balsamic glaze

Method

1. Brush the slices of bread with olive oil. Spread the bread out evenly onto the Dynamic Crisp Plate and cook on Dynamic Crisp function for 4 minutes. Remove from the microwave with the Dynamic Crisp Handle.
2. Turn over the pieces of bread and coat the top with basil pesto. Layer the tomato and bocconcini until the bread is entirely covered. Season lightly with salt and pepper and place back into the microwave and cook for a further 3 minutes on Dynamic Crisp function.
3. Remove from the microwave and place bruschetta onto a serving plate. Garnish with a drizzle of olive oil, balsamic glaze and basil leaves.

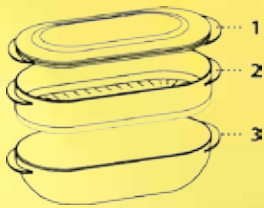
*Cooking times may vary depending on model purchased.

Jacketed Steam Potatoes



Chef's Tip:
The larger the potatoes the fluffier they will be, though keep in mind they may take a bit longer to cook

Steamer Accessory*



Prep: 8 mins **Cooking Time:** 15 ½ mins **Serves:** 2-4 **Function:** Microwave + Grill

Ingredients

- 4-6 large baking potatoes
- 1 cup water
- 250g cream cheese
- 200ml sour cream
- 2 rashers crispy bacon, sliced
- 1 tablespoon chives, chopped
- Salt and pepper
- 80g grated tasty cheese

Method

1. Scrub and rinse the potatoes then pierce the skin of the potatoes with a fork multiple times. This is to help during the cooking process so the potato skins don't burst. Fill the Steamer Accessory* with 1 cup of water in the bottom (3) and place the potatoes on the second layer (2). Cover with the lid (1) for 6 minutes on the highest microwave wattage then turn over and cook for a further 6 minutes.
2. In a medium mixing bowl whisk the cream cheese, sour cream, bacon and chives, then season with salt and pepper.
3. Once potatoes are cooked, cut a cross into them making sure not to cut all the way through. Spoon the cream cheese mixture into the centre of the potatoes then the tasty cheese.
4. Cook for a further 3 ½ minutes on a high Grill function then serve either as a side or eat as a naughty but nice snack.

*Cooking times may vary depending on model purchased.

*Steamer Accessory comes with select models or sold separately.

Steamed Pork Dumplings



Prep: 30 mins

Cooking Time: 1 min

Serves: 4-5

Function: Steam

Ingredients

- 1 packet dumpling wrappers
- 300g pork mince
- 2 spring onions, sliced
- 1 teaspoon oyster sauce
- 1 teaspoon hoisin sauce
- 1 teaspoon sweet soy sauce
- ½ teaspoon cracked pepper
- 1 teaspoon olive oil
- 1 egg

Method

1. In a small mixing bowl combine the mince, spring onion, sauces, cracked pepper and olive oil.
2. In a small cup whisk the egg using a fork. Lay out a few dumpling wrappers on your chopping board then place a teaspoon worth of the mince in the centre. Using a pastry brush lightly dab the egg around the edges of the dumpling wrapper. This will help the pastry hold together.
3. Fold the pastry over itself and pinch the top. Fold the edges in and pinch. Ensure the pastry has no openings then repeat this process until there is no more mince.
4. Preheat your Steamer Accessory* with 3 tablespoons of water for 30 seconds on Steam function.
5. Place the dumplings into the middle shelf (2) of the preheated Steamer Accessory* and rinse quickly with cold water. Return to the Steaming Accessory and cook for 30 seconds on Steam function.

*Cooking times may vary depending on model purchased.

*Steamer Accessory comes with select models or sold separately.

Homemade Sausage Rolls



Prep: 15 mins **Cooking Time:** 10 mins **Serves:** 30+ **Function:** Dynamic Crisp

Ingredients

- 1kg sausage mince
- 2 teaspoons dried Italian herbs
- 3 tablespoons BBQ sauce
- 1 tablespoon Worcestershire sauce
- 1 brown onion, diced
- 1 teaspoon garlic, crushed
- 6 sheets puff pastry
- 1 tablespoon sesame seeds

Egg Wash

- 100ml milk
- 1 large egg, whisked
- Pinch of salt

Method

1. In a large mixing bowl add in the sausage mince, dried herbs, BBQ sauce, Worcestershire sauce, onion and garlic. Season lightly with salt and pepper. Use your hands to combine all the ingredients thoroughly.
2. Make your egg wash by whisking together the egg, milk and salt.
3. Lay a sheet of puff pastry on the bench. Grab a small handful of sausage mince and roll it about 3cm in diameter. Place it along the bottom edge of the puff pastry. Brush a small amount of the egg wash just above the mince as this will help the pastry stick together. Tightly roll the puff pastry from the bottom up so the pastry slightly overlaps. Cut the excess pastry. Cut the sausage roll into 5cm pieces then lay the sausage rolls on a Dynamic Crisp Plate and brush the tops with egg wash then sprinkle with sesame seeds. Repeat this process until you run out of sausage mince.
4. Cook your sausage rolls in the microwave on Dynamic Crisp function for 10 minutes or until golden brown. Serve with your choice of sauce.

*Cooking times may vary depending on model purchased.

Tomato, Ham & Pickle Toasted Sandwich



Prep: 5 mins **Cooking Time:** 7 ½ mins **Serves:** 2 **Function:** Dynamic Crisp

Ingredients

- 4 slices of thick rustic bread
- 100g softened butter
- 1 large pickle, finely sliced
- 4 slices of Virginian ham
- 2 slices Jarlsberg cheese
- 1 large field tomato, sliced
- Salt and pepper

Method

1. Butter both sides of the four pieces of bread. Layer the pickle slices, ham, cheese and tomato evenly then lightly season with salt and pepper. Finish layering with a final piece of bread to complete your sandwich.
2. Preheat your Dynamic Crisp Plate for 2 minutes on Dynamic Crisp function. Place your sandwiches on the Dynamic Crisp Plate. Cook on Dynamic Crisp function for 3 ½ minutes then turn over and cook for a further 2 minutes.
3. Slice in half and serve.

*Cooking times may vary depending on model purchased.

BBQ Chicken Wings



Prep: 4 mins **Cooking Time:** 16 mins **Serves:** 4-5 **Function:** Dynamic Crisp

Ingredients

- 1kg chicken wings
- 1 cup Sweet Baby Ray's BBQ sauce + extra for serving
- 2 teaspoons sesame seeds

Method

1. Marinate the chicken wings in the BBQ sauce overnight for best results.
2. Preheat the Dynamic Crisp Plate in the microwave for 2 minutes on Dynamic Crisp function. Place the marinated chicken wings on the Dynamic Crisp Plate and discard any excess BBQ sauce so the chicken wings don't boil. Cook for 14 minutes on Dynamic Crisp function.
3. Using the Dynamic Crisp Plate Handle, remove the wings from the microwave. Add a tad more BBQ sauce and sprinkle over some sesame seeds.

*Cooking times may vary depending on model purchased.

Vegetable Shish Kebobs



Prep: 8 mins

Cooking Time: 8 mins

Serves: 2-4

Function: Dynamic Crisp

Ingredients

- Bamboo skewers
- 1 punnet cherry tomatoes
- 1 yellow capsicum
- 1 red onion
- 10 button mushrooms, halved
- 2 small zucchinis
- 1 eggplant

Marinade

- 1 teaspoon dried oregano
- 2 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 teaspoon ground cumin
- 1 lemon, zested and juiced
- Salt and pepper

Method

1. Soak your long bamboo skewers in water for at least 5 minutes.
2. Cut the capsicum, onion, zucchinis and eggplant into 2-3cm chunks. Pierce and layer all of the vegetables on the skewer leaving a bit exposed on top.
3. To make the marinade, combine all the ingredients in a small mixing bowl and stir until well combined. Position your shish kebobs on the Dynamic Crisp Plate and brush them with the prepared marinade.
4. Cook on Dynamic Crisp function for 4 minutes then turn over and cook for a further 4 minutes.
5. Serve the shish kebobs as a starter or with steamed rice for a more substantial meal.

*Cooking times may vary depending on model purchased.

Garlic Prawns



Chef's Tip:
Use a fruity white wine
as opposed to a dry
white wine as it will
boost the natural
flavours of the prawns.

Prep: 4 mins **Cooking Time:** 7 mins **Serves:** 2-3 **Function:** Dynamic Crisp

Ingredients

- 1 tablespoon olive oil
- 30g butter
- ½ brown onion, diced
- 3 cloves garlic, crushed
- 500g tiger prawns, peeled
- 1 teaspoon chilli flakes
- 1 teaspoon paprika
- ¼ cup white wine (to deglaze)
- 1 tablespoon parsley, chopped
- Salt and pepper

Method

1. On the Dynamic Crisp Plate put in the oil, butter, onion and garlic. Cook in the microwave for 2 minutes on Dynamic Crisp function.
2. Add your prawns, chilli flakes and paprika. Cook for a further 4 minutes on Dynamic Crisp function.
3. Deglaze the Dynamic Crisp Plate with white wine and cook for another minute. Remove from the microwave with the Dynamic Crisp Handle. Sprinkle with parsley and lightly season with salt and pepper.
4. Goes great with coconut rice, salad or crusty bread.

*Cooking times may vary depending on model purchased.

Steamed Pink Ling



Prep: 2 mins **Cooking Time:** 1 mins **Serves:** 1-2 **Function:** Steam

Ingredients

- 300g pink ling fillet
- 1 tablespoon olive oil
- Salt and pepper

Method

1. Preheat your Steamer Accessory* with 3 tablespoons of water for 30 seconds on Steam function.
2. On a plate place your pink ling fillet and pour over the olive oil. Lightly season with the salt and pepper.
3. Place the fish into the preheated Steamer Accessory* on the middle level (2) and cook for 1 minute on Steam function.
4. Serve with a healthy side such as a mixed quinoa and kale salad.

*Cooking times may vary depending on model purchased.

*Steamer Accessory comes with select models or sold separately.

Fish & Chips



Prep: 3 mins **Cooking Time:** 14 mins **Serves:** 1-2 **Function:** Dynamic Crisp

Ingredients

- 4 frozen battered fish fillets
- 250g frozen chips
- 80g tartar sauce
- ½ lemon

Method

1. Preheat the Dynamic Crisp Plate for 2 minutes on Dynamic Crisp function. Evenly spread out the fish and chips on the plate making sure nothing overlaps. Return the plate to the microwave and cook for 6 minutes on Dynamic Crisp. Turn over the fish and cook for a further 6 minutes.
2. Serve the fish and chips with a few wedges of lemon and some tartar sauce.

*Cooking times may vary depending on model purchased.

Crispy Skin Salmon



Prep: 8 mins **Cooking Time:** 10 mins **Serves:** 2 **Function:** Microwave + Dynamic Crisp

Ingredients

- 2 x 220g salmon fillets, skin on
- 1 cup water
- 1 bunch bok choy, quartered
- 1 bunch asparagus, halved
- 60g baby spinach
- 100g green beans, ends trimmed
- Olive oil
- Sea salt and cracked pepper

Method

1. Using the Steamer Accessory*, add a cup of water to the bottom (3) of the steamer and place the vegetables on the middle layer (2). Cover with the lid (1) and cook on the highest microwave wattage for 3 minutes. Remove from the microwave.
3. Preheat the Dynamic Crisp Plate for 2 minutes on Dynamic Crisp function. Lightly coat the salmon with olive oil then lightly season with salt and pepper.
4. Place the salmon fillets skin down on the Dynamic Crisp Plate and cook for 4 minutes on Dynamic Crisp function then turn over the salmon and cook for 1 minute to brown the other side.
5. Remove the salmon with the Dynamic Crisp Handle. Serve by placing the steamed greens on the bottom of a plate, followed by the salmon.

*Cooking times may vary depending on model purchased.
*Steamer Accessory comes with select models sold separately.

Quiche Lorraine



Prep: 30 mins **Cooking Time:** 17 mins **Serves:** 10-12 **Function:** Dynamic Crisp + Micro

Ingredients

- 6 eggs
- 1 cup thickened cream
- 1 cup shredded tasty cheese
- ½ cup crispy bacon, crumbled
- ½ cup button mushrooms, chopped
- 1 cup baby spinach
- Salt and pepper

Shortcut Pastry

- 125g plain flour + extra for dusting
- 55g butter, cubed
- Pinch of salt
- 3 tablespoons cold water

Method

1. In a mixing bowl add the flour, butter and salt. Work the butter into the flour until it crumbles. Gradually add the water until it forms a dough. Shape into a ball then turn out onto a floured bench. Slightly flatten the dough into a disc then wrap in cling film and refrigerate for 20 minutes.
2. Turn the chilled pastry out onto a floured bench and roll out until the pastry is 2-3 millimetres thick. Using a rolling pin, pick up the pastry and lay it across the Dynamic Crisp Plate. Work the pastry to the edges of the plate and prick the pastry with a fork.
3. Cover the pastry with baking paper and top with 1 cup of uncooked rice so the dough doesn't rise. Place into the microwave and cook on Dynamic Crisp for 7 minutes. Once cooked remove from Dynamic Crisp Plate and transfer to the Dynamic Crisp Cake Tin*. Cook for a further 3 minutes on Dynamic Crisp function then set aside to cool slightly.
4. In a mixing bowl whisk the eggs, then add the cream, cheese, bacon, mushroom, spinach and season with salt and pepper. Pour egg mixture into the cake tin and cook on Dynamic Crisp for 5 minutes, then cook on a high microwave setting for 2 minutes. Allow the quiche to cool slightly then serve.

*Cooking times may vary depending on model purchased.
*Dynamic Crisp Cake Tin sold separately.

Lamb Kofta's



Prep: 10 mins

Cooking Time: 10 mins

Serves: 2-4

Function: Dynamic Crisp

Ingredients

- 500g premium lamb mince
- 1 large brown onion, diced
- 1 teaspoon ground cumin
- 2 teaspoons ground coriander
- 2 cloves garlic, minced
- 1 tablespoon mint, finely sliced
- Salt and pepper
- Olive oil
- 1 medium sized flat bread, cut into 8 pieces
- 8 small metal skewers

Tzatziki Sauce

- 200g Greek style natural yoghurt
- ½ lemon, zested and juiced
- 1 teaspoon mint, finely sliced
- ¼ continental cucumber, grated
- Salt and pepper

Method

1. In a large mixing bowl combine the lamb mince, onion, spices, garlic and mint. Lightly season with salt and pepper, then divide and roll into 8 pieces. Using your hands, roll out the mixture into oval shapes.
2. Preheat the Dynamic Crisp Plate for 2 minutes on Dynamic Crisp function. Place the kofta's on the Dynamic Crisp Plate and space out evenly. Cook on Dynamic Crisp function for 4 minutes, then turn over and cook for a further 4 minutes.
3. Meanwhile in a medium sized mixing bowl combine the yoghurt, lemon, mint and cucumber. Season lightly with salt and pepper and combine well with a whisk. Transfer to a ramekin.
4. Once the kofta's are cooked, remove from the microwave with the Dynamic Crisp Handle. Pierce the kofta's with skewers then stack on a small platter accompanied with your tzatziki sauce and flat bread. Garnish with sliced mint.

*Cooking times may vary depending on model purchased.

Macaroni & Cheese



Prep: 4 mins

Cooking Time: 10 mins

Serves: 2-3

Function: Microwave

Ingredients

- 2 cups macaroni pasta
- 2 cups water
- 30g butter
- 1 ¼ cups milk
- 1 teaspoon mustard powder
- 200g grated tasty cheese
- 1 tablespoon corn flour
- Salt and pepper

Method

1. Fill the bottom of the Steamer Accessory* (3) with the macaroni and water, but don't use the lid (1). Cook on high for 6 minutes in 2 minute intervals, stirring after each interval.
2. Once the pasta has absorbed all the water, add in the butter, milk, mustard powder and half of the tasty cheese then stir to combine. Cook for a further 2 minutes then stir again.
3. Add the corn flour by firstly mixing it with 1 tablespoon of water to make a slurry, this will thicken the cheese mixture. Add to the pasta, then cook for a further 2 minutes and season with salt and pepper. Serve either as a side or just as a quick meal.

*Cooking times may vary depending on model purchased.

*Steamer Accessory comes with select models or sold separately.

Homemade Pizza



Prep: 40 mins **Cooking Time:** 9 mins **Serves:** 6 **Function:** Dynamic Crisp

Ingredients

- 600g bakers flour
- 2 teaspoons dry yeast
- 2 teaspoons caster sugar
- 3 tablespoons olive oil
- 350ml milk, lukewarm
- 1 teaspoon sea salt

Toppings

- 400g Napolitana sauce
- 100g mushrooms, sliced
- 80g roasted capsicum, sliced
- 60g kalamata olives, halved
- ½ punnet cherry tomatoes
- 200g mozzarella cheese, grated
- 120g smoked ham, chopped
- 1 small chorizo sausage, sliced
- Chilli flakes (optional)

Method

1. Make your pizza dough by combining all ingredients in a large mixing bowl. Work with your hands until well combined. Turn out onto a floured bench and knead for 5-8 minutes until dough is firm. Roll into a ball and place in a lightly greased large mixing bowl, cover with cling film and leave to rise until doubled in size. Leave in a warm area and rest for 15 minutes.
2. Once risen, knock back the dough and portion into 150g balls then allow to rest for a further 15 minutes.
3. Preheat the Dynamic Crisp Plate for 2 minutes on Dynamic Crisp function. Roll out one of the dough balls with a rolling pin into a rough 9 inch round base. Place the base on the Dynamic Crisp Plate.
4. Make the pizza by smearing Napolitana sauce over the base allowing a 1cm gap around the edge. Lightly sprinkle some mozzarella over the base. Add your toppings making sure to not overcrowd the pizza. Finish the pizza off with more cheese then place in the microwave on Dynamic Crisp function for 7 minutes or until golden brown.
5. Slice pizza into six pieces and garnish with fresh basil leaves.

*Cooking times may vary depending on model purchased.

Southern Fried Chicken Burger



Prep: 20 mins **Cooking Time:** 12 mins **Serves:** 2 **Function:** Dynamic Crisp

Ingredients

- 1 teaspoon cumin powder
- 2 teaspoons paprika
- 1 teaspoon oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 teaspoons cayenne pepper
- 600ml buttermilk
- 2 x 200g chicken breasts
- 2 ½ cups plain flour
- 1 teaspoon bi-carb soda
- 100ml olive oil

Method

1. In a medium sized mixing bowl combine the cumin, paprika, oregano, onion powder, garlic powder, salt, pepper and cayenne pepper together followed by the buttermilk and set aside.
2. Butterfly the chicken breasts and carefully pound out so it's the same thickness throughout.
3. Place the chicken breasts in the buttermilk and press down until fully covered. Wrap in cling film then refrigerate overnight to marinate.
4. In a large mixing bowl add the flour and bi-carb soda together and combine. Pull out the chicken from the buttermilk but do not drain off. Place straight into the flour and scrunch a bit making sure the chicken is coated well.
5. Preheat the Dynamic Crisp Plate for 2 minutes on Dynamic Crisp function. Coat the chicken with olive oil and place on the Dynamic Crisp Plate. Cook for 5 minutes on Dynamic Crisp function. Turn over and cook for a further 5 minutes.
6. Serve in a burger with your choice of toppings or on its own.

*Cooking times may vary depending on model purchased.

Potato Au Gratin



Prep: 10 mins **Cooking Time:** 22 mins **Serves:** 2-4 **Function:** Forced Air + Microwave

Ingredients

- 1kg washed potatoes, thinly sliced
- 200ml cream
- 250g tasty cheese
- 100g grated parmesan cheese
- 1 tablespoon chives, chopped
- Salt and pepper

Method

1. In a large bowl add the potatoes, cream, 150g of the tasty cheese, parmesan cheese, chives and season with salt and pepper, then mix well.
2. Remove the potatoes from the mixture, then layer in a microwave proof dish. Pour over some of the cream mixture (be sure not to overfill - there may be some mixture leftover depending on the size of your dish). Sprinkle over the remaining tasty cheese.
3. Place in the microwave and cook on Combination Forced Air and Microwave for 22 minutes or until potatoes are tender and the top is golden brown.

*Cooking times may vary depending on model purchased.

Porterhouse Steak



Chef's Tip:
Always rest meat before slicing because the meat continues to cook even after frying. It can cook for up to 15 minutes longer depending on the size of the meat.

Prep: 3 mins **Cooking Time:** 6 mins **Serves:** 1 **Function:** Dynamic Crisp

Ingredients

- 1 x 250g porterhouse steak
- 1 tablespoon olive oil
- Sea salt and cracked pepper
- Wholegrain mustard
- Hot English mustard

Method

1. Pull your steak out of the fridge to reach room temperature, then coat the steak with the olive oil and lightly season with salt and pepper.
2. Preheat the Dynamic Crisp Plate for 2 minutes on Dynamic Crisp function. Place the room temperature steak on the Dynamic Crisp Plate and cook for 2 minutes. Turn over and cook for a further 2 minutes.
3. Allow to rest for 5 minutes so all the steak juices stay within the meat and remains tender. Serve with the mustards.

*Cooking times may vary depending on model purchased.

Traditional Lasagne



Prep: 40 mins **Cooking Time:** 85 mins **Serves:** 6-8 **Function:** Microwave + Grill

Ingredients

- 1 brown onion, diced
- 3 garlic cloves, crushed
- 1 stick celery, diced
- 1 large carrot, diced
- 1kg beef mince
- 800g diced tomatoes
- 400g tomato passata
- 40g tomato paste
- 2 teaspoons Italian dried herbs
- 2 bay leaves
- 2 tablespoons white sugar
- Salt and pepper
- 12 lasagne sheets
- 375g ricotta cheese
- 250g grated mozzarella cheese
- 100g parmesan cheese, grated

Béchamel Sauce

- 100g butter
- 100g plain flour
- 4 cups warm milk

Method

1. In a saucepan sauté the onion, garlic, celery and carrot. Add the beef mince and cook for 10 minutes while constantly stirring and breaking up the mince. Add the diced tomatoes, passata and tomato paste along with the herbs, sugar and season with salt and pepper. Allow to simmer for 40 minutes on a low heat.
2. Meanwhile boil a large pot of water with a pinch of salt. Cook your lasagne sheets according to the packet instruction or until al dente. Rinse in cold water to stop them from sticking together.
3. Make the béchamel sauce by melting the butter with flour in a small saucepan until flour is cooked. Gradually add the warm milk until it becomes a pourable sauce.
4. Begin making your lasagne in a deep ceramic or microwave safe dish. Layer the tomato sauce on the bottom of the dish, followed by the cheeses then the lasagne sheets and béchamel. Repeat this process until you have run out of ingredients or are reaching the top of the dish. Finish the lasagne by pouring the remaining béchamel sauce over the top followed by mozzarella cheese.
5. Place the lasagne in the microwave and cook for 25 minutes on Combination Grill and Microwave function.

*Cooking times may vary depending on model purchased.

Crispy Pork Belly



Prep: 12 mins

Cooking Time: 19 mins

Serves: 4

Function: Dynamic Crisp

Ingredients

- 800g pork belly
- ¼ red cabbage, sliced
- ¼ white cabbage, sliced
- 1 tablespoon mustard
- 3 tablespoons white vinegar
- 1 tablespoon red wine vinegar
- 1 tablespoon apple cider vinegar
- ½ fennel, sliced
- Olive oil
- Sea salt

Method

1. The day prior to cooking your pork you need to pickle the cabbage. In a large mixing bowl combine all of the ingredients besides the pork. Cover and leave in the refrigerator overnight.
2. Score the pork belly, then rub in a fair amount of sea salt and olive oil. Preheat your Dynamic Crisp Plate for 2 minutes. Place your pork on the Dynamic Crisp Plate and cook on Dynamic Crisp function for 12 minutes. Turn over and cook for a further 5 minutes.
3. Once cooked allow it to rest then slice into 4 squares. Serve with the pickled cabbage.

Smoked Salmon & Asparagus Risotto



Prep: 8 mins **Cooking Time:** 23 mins **Serves:** 3-4 **Function:** Dynamic Crisp + Microwave

Ingredients

- 1 tablespoon olive oil
- ½ brown onion, diced
- 2 cloves garlic, crushed
- 150g butter
- ¼ cup white wine (for deglazing)
- 1 cup Arborio rice
- 2 cups vegetable stock
- 1 bunch asparagus, chopped
- 60g baby spinach
- 100ml thickened cream
- ½ cup shaved parmesan cheese
- 100g smoked salmon
- Salt and pepper

Method

1. In the Dynamic Crisp Plate add oil, onion, garlic and 50g of the butter then spread out evenly. Cook in the microwave for 7 minutes on Dynamic Crisp function. Deglaze the Dynamic Crisp Plate with white wine then transfer to a microwave safe steaming container.
2. Fill container with the rice and vegetable stock and cook with the lid on for 8 minutes on the highest microwave wattage.
3. Stir the rice and add your asparagus and cook for a further 8 minutes.
4. Test the rice to see if it is cooked. If the rice is al dente add the remaining butter, spinach, cream and half of the parmesan. The rice should be able to form a peak. If the risotto is too runny add more parmesan cheese.
5. Season lightly with salt and pepper. Finish with the smoked salmon and the remaining parmesan.

*Cooking times may vary depending on model purchased.

Roast Chicken & Vegetables



Prep: 8 mins **Cooking Time:** 24 mins **Serves:** 3-4 **Function:** Dynamic Crisp / Auto Recipe Poultry

Ingredients

- 1 x 1.5kg whole chicken
- ¼ kent pumpkin, largely diced
- 4 chat potatoes, halved
- 1 sweet potato, largely diced
- 1 sprig rosemary, chopped
- 80g butter, melted
- 3 sprigs thyme
- 1 lemon, halved
- Olive oil
- Salt and pepper

Method

1. In a large mixing bowl, combine the pumpkin, potatoes, and sweet potatoes then coat the vegetables with olive oil, rosemary and season with salt and pepper. Place on the Dynamic Crisp Plate.
2. Using a paper towel dry the skin of the chicken then coat the chicken with a drizzle of olive oil. Brush on the butter followed by some salt, pepper and top with thyme. Stuff the lemons into the chicken's cavity, then position on the Dynamic Crisp Plate with the chicken breasts facing up.
3. Place the Dynamic Crisp Plate in the microwave and cook for 12 minutes on Dynamic Crisp function. Turn over and cook for a further 12 minutes.
4. Serve the chicken with the roasted vegetables and a side salad. Some gravy will compliment this dish well.

*Cooking times may vary depending on model purchased.

Chocolate Brownies



Prep: 14 mins

Cooking Time: 25 mins

Serves: 8-10

Function: Forced Air + Microwave

Ingredients

- 125g butter, melted
- 2 eggs, beaten
- 1 ½ cups caster sugar
- 1 teaspoon vanilla essence
- ½ cup cocoa powder
- 1 cup plain flour
- ¼ teaspoon bi-carb soda

Method

1. Preheat microwave by selecting Combination Forced Air and Microwave function then setting the temperature to 170°C and 160W. Preheating should take roughly 5 minutes.
2. In a large mixing bowl combine the butter, eggs, sugar and vanilla essence together. Sift in the cocoa, flour and bi-carb soda. Stir until just combined.
3. Transfer the mixture into the Dynamic Crisp Plate. Place the Dynamic Crisp Plate in the microwave and set it to Forced Air function at 170°C. Cook for 25 minutes.
4. Once cooked, leave the brownie in the Dynamic Crisp Plate for 10 minutes to cool. Once cool, transfer to a wire rack. Cut into squares and serve hot.

*Cooking times may vary depending on model purchased.

Flourless Orange & Poppy Seed Cake



Prep: 25 mins **Cooking Time:** 32 mins **Serves:** 10 **Function:** Microwave + Dynamic Crisp

Ingredients

- 2 oranges
- 3 eggs
- 1 cup caster sugar
- 3 cups almond meal
- 1 teaspoon bi-carb soda
- 2 teaspoons poppy seeds

Orange Syrup

- 1 orange, zested and juices
- $\frac{3}{4}$ cup caster sugar

Method

1. Pierce the oranges a few times with a fork. In a microwave proof dish place the oranges with enough water to cover them. Cook for 10 minutes on a high microwave setting.
2. Drain the water and then refill with fresh water and cook for a further 10 minutes. Drain the water refresh oranges with cold water then set aside to cool.
3. Chop the oranges into chunks. Then place the chunks into a food processor and blitz well.
4. In a mixing bowl whisk the eggs and sugar until thick and pale. Add the almond meal, processed orange, bi-carb soda and poppy seeds. Fold mixture until well combined.
5. Pour mixture into a greased Dynamic Crisp Cake Tin*. Place the plate in the microwave and set the microwave to Dynamic Crisp function. Cook for 12 minutes. If not sure if quite cooked all the way through, check with a skewer - if it comes clean it is cooked. Set aside to cool.
6. Make the orange syrup by adding the sugar, orange juice and zest in a pyrex measuring jug, then stir. Heat for 1 minute intervals, stirring in between until sugar is dissolved.
7. Serve by cutting cake into 10 slices and then pouring over the warm syrup. Try with double cream.

*Cooking times may vary depending on model purchased.
*Dynamic Crisp Cake Tin sold separately.

ANZAC Biscuits



Prep: 15 mins

Cooking Time: 8 mins

Serves: 15+

Function: Forced Air + Microwave

Ingredients

- 1 cup plain flour
- 1 cup brown sugar
- 1 cup rolled oats
- ½ cup desiccated coconut
- 125g butter
- 2 tablespoons golden syrup
- ½ teaspoon bi-carb soda
- 1 teaspoon water

Method

1. Preheat your microwave by first setting the function to Combination Forced Air and Microwave. Then set the temperature to 170°C and 90W.
2. In a large mixing bowl sift the flour, then add the sugar, rolled oats and coconut.
3. Melt the butter in the microwave, then add the golden syrup, bi-carb soda and water.
4. Add the liquid to the dry mix and combine thoroughly. Roll into 3cm round balls and slightly squish into a disc shape.
5. Place on the Dynamic Crisp Plate then space out the cookie dough evenly and cook for 8 minutes. Allow to cool on the Dynamic Crisp Plate, then transfer to a cooling rack. Enjoy with a cup of coffee or your favourite tea!

*Cooking times may vary depending on model purchased.

Chocolate Pudding



Prep: 15 mins **Cooking Time:** 26 mins **Serves:** 4 **Function:** Forced Air + Microwave

Method

Ingredients

- 185g butter, cubed
- 185g dark cooking chocolate
- 4 eggs
- 165g brown sugar
- 115g self-raising flour, sifted

Chocolate Ganache

- 150g dark chocolate
- 100ml thickened cream
- 50g butter, cubed

1. Preheat microwave by setting it to Combination Forced Air and Microwave function at 170°C and 90W.

2. Place the chocolate and butter in a microwave safe mixing bowl. Cook on a medium microwave setting for 2 minutes, stir and cook for another minute until smooth.

3. Add the eggs, sugar and flour and whisk to combine.

4. Pour into small ceramic dishes about 3 quarters full. Place the dishes on the Dynamic Crisp Plate and place in the microwave. Fill the Dynamic Crisp Plate with water until it's just about full. Cook in the microwave for 20 minutes.

5. Remove the dishes from the microwave followed by the Dynamic Crisp Plate and discard the water. Allow the puddings to cool slightly.

6. Meanwhile make your chocolate ganache by placing the ingredients in a microwave safe mixing bowl and cooking on a medium microwave function for 2 minutes, stir then cook for another minute.

7. Make a small hole on top of the puddings and pour in the ganache. Serve with vanilla ice-cream for a great little dessert.

*Cooking times may vary depending on model purchased.

Sticky Date Pudding



Prep: 25 mins **Cooking Time:** 8 ½ mins **Serves:** 10-12 **Function:** Dynamic Crisp

Ingredients

- 250g pitted dates, chopped
- 1 ½ cups boiling water
- 1 teaspoon bi-carb soda
- 125g unsalted butter
- 1 cup brown sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 1 ¾ cup self raising flour, sifted

Butterscotch Sauce

- 1 cup brown sugar
- 250g unsalted butter
- ½ cup (125ml) pouring cream

Method

1. Place the dates, boiling water and bi-carb soda in a medium sized mixing bowl. Allow 20 minutes for the dates to absorb the water and cool.
2. Using an electric mixer whisk the butter, brown sugar and vanilla essence until thick and creamy. Then add one egg at a time, beating between each addition.
3. Add the dates to the sugar mixture and mix lightly. Fold the self raising flour into the mixture trying to not over work the batter. Place the batter into the Dynamic Crisp Cake Tin* and cook in the microwave for 8 ½ minutes on Dynamic Crisp function or until a skewer comes out clean when tested through the middle of the pudding.
4. While waiting for the pudding to cook, make the butterscotch sauce by adding the brown sugar and butter into a medium saucepan. On a medium heat stir the butter in the sugar until sugar is completely dissolved. Then finish with the pouring cream.
5. Serve with either Chantilly cream or vanilla ice-cream.

*Cooking times may vary depending on model purchased.

*Dynamic Crisp Cake Tin sold seperately.

Lemonade Scones



Prep: 4 mins **Cooking Time:** 6 mins **Serves:** 14 **Function:** Dynamic Crisp

Ingredients

- 3 cups self raising flour
- 1 cup lemonade
- 1 cup thickened cream

Method

1. In a large mixing bowl sift the self raising flour then make a well in the centre. Pour in the lemonade and cream, then slowly work the flour into the liquid. Combine but do not over work the flour.
2. Lightly flour the bench and turn out the scone dough. Flour a rolling pin and roll out the dough to a 2-3cm thickness. Using a pastry cutter (roughly 5cm in diameter), cut out rounds from the dough. Transfer to the Dynamic Crisp Plate then spray cooking oil on to tops of the scones.
3. Cook for 4 minutes on Dynamic Crisp function then turn them over and cook for a further 2 minutes. Once cooked transfer to a resting rack and allow to cool. Once fully cooled, partially cut through the side of the scones. Then you can add jam and Chantilly cream or just spread some butter over the scones to serve.

*Cooking times may vary depending on model purchased.

Apple & Pear Crumble



Prep: 12 mins **Cooking Time:** 16 mins **Serves:** 6-8 **Function:** Grill + Microwave

Ingredients

- 1 x 800g canned sliced apples
- 1 x 800g canned sliced pears
- 1 cup caster sugar
- 2 teaspoons cinnamon

Crumble

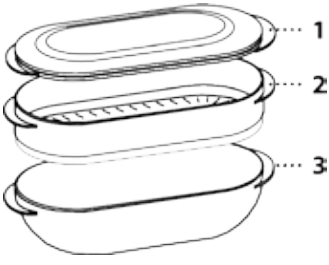
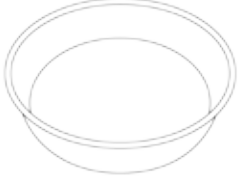




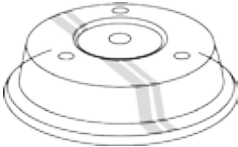

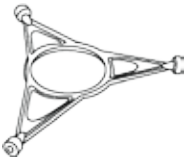
- 1 cup plain flour
- ½ cup rolled oats
- ¼ cup brown sugar
- ¼ cup shredded coconut
- 65g unsalted butter, cubed

Method

1. In a medium sized mixing bowl combine apples, pears, sugar and cinnamon. Transfer to a microwave safe ceramic dish and level out evenly.
2. In a separate mixing bowl make the crumble mix by placing all the ingredients into the bowl and rubbing the butter into the dry mix. Rub until there are no visible chunks of butter. This will create your crumble.
3. Evenly coat the apple mixture with the crumble. Cook on setting Combination Grill and Microwave for 16 minutes at 330W. Serve with vanilla ice-cream and strawberries.

*Cooking times may vary depending on model purchased.

ACCESSORIES AVAILABLE

	<p>STEAMER ACCESSORY: To steam foods such as fish or vegetables, place these in the basket (2) and pour drinking water (100 ml) into the bottom of the steamer (3) to achieve the right amount of steam. To boil foods such as pasta, rice or potatoes, place these directly on the bottom of the steamer (the basket is not required) and add an appropriate amount of drinking water for the amount you are cooking. For best results, cover the steamer with the cover (1) provided. Always place the steamer on the glass turntable and only use it with the appropriate cooking functions, or with microwave functions.</p>
	<p>DYNAMIC CRISP CAKE TIN: To be used only with Ariston microwave ovens with Dynamic Crisp function. This crisp plate provides a fast and easy preparation of most common dishes. Due to its high edges, it is ideal for cakes and soufflés preparation.</p>
	<p>DYNAMIC CRISP PLATE: Only for use with the specific Dynamic Crisp function. The Dynamic Crisp Plate must always be placed in the centre of the glass turntable and can be pre-heated when empty. Place the food directly on the Dynamic Crisp Plate.</p>
	<p>RECTANGULAR BAKING TRAY: Only use the baking tray with functions that allow for convection cooking; it must never be used in combination with microwaves. Insert the plate horizontally, resting it on the rack in the microwave. Please note: You do not need to remove the turntable and its support when using the rectangular baking plate.</p>
	<p>TURNTABLE: Placed on its support, the glass turntable can be used with all cooking methods. The turntable must always be used as a base for other containers or accessories, with the exception of the rectangular baking plate.</p>
	<p>LOW WIRE SHELF: This allows you to place food closer to the grill, for perfectly browning your dish and for optimal hot air circulation. Place the wire shelf on the turntable, making sure that it does not come into contact with other surfaces.</p>
	<p>COVER: Useful for covering food while it is cooking or heating in the microwave. The cover reduces splashes, keeps foods moist and can also be used to create two cooking levels. It is not suitable for use in convection cooking or with any of the grill functions (including Dynamic Crisp).</p>
	<p>DYNAMIC CRISP HANDLE : Useful for removing the hot Dynamic Crisp Plate from the oven.</p>
	<p>TURNTABLE SUPPORT: Only use the support for the glass turntable. Do not rest other accessories on the support.</p>

Please note: The number of accessories may vary depending on which model is purchased.
 All accessories can be purchased separately from After-Sales Service.
 Visit www.aristonbrand.com for more information.

www.aristonbrand.com
www.facebook.com/aristonbrand

ARISIT PTY LIMITED (Australia)

ABN 23 091 515 294
40-44 Mark Anthony Drive
Dandenong South VIC 3175

P: Sales: 1300 762 219 - Service: 1300 815 589
F: Sales & Service (03) 9768 0838
E: arisit@arisit.com
W: www.arisit.com

ARISIT PTY LIMITED (New Zealand)
1A Howe Street Newton, Auckland 1145
PO Box 68-140 Newton, Auckland 1145

P: (09) 306 1020 - Fax: (09) 302 0077
E: sales2@aristonappliances.co.nz
W: www.arisit.com

Recipes by Thomas Eustace
Photography & Booklet by Caitlin Mazzallo
© 2018 Ariston Pty Ltd