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### PRE COOKING Instructions BEFORE YOU START COOKING

SUN OVEN In This Position For 25 To 30 Minutes. Using An Oven Mitt Release The Latches And Open The Glass Door. Pour 1  $\frac{1}{2}$  Cups Of Water Mixed With 1  $\frac{1}{2}$  Cups Vinegar, With A Few Drops Of Dish Soap, Into A Pot And Place The Pot, Without A Lid, Inside The Hot . SUN OVEN And Close And Latch The Glass Door. Realign The . Jan 2th, 2024

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# **Basic Principles Of Cooking/ Methods Of Cooking**

4. Baking Soda And Other Alkalis Make Fiber Softer. Vegetables Should Not Be Cooked With Baking Soda Because They Become Mushy And Also Lose Their Color And The Vitamin Content. FATS 1. Fats Are Present In Meat, Fish, Poultry, Eggs, Milk Products Nuts And Whole Grain And To A Lesser Extent In Vegetables And Fruit. Fats Are Also Important As A ... Feb 2th, 2024

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Press Dial Or START/PAUSE To Resume Cooking. NOTE: You May Change The Cook Time At Any Time During Cooking By Turning The Dial. You May Also Change The Power Level By Pressing The POWER Button. TIME COOK II Lets You Change Power Level Apr 5th, 2024

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220°C 100W Nuggets, Sausage Rolls, Apple Pie, Bread And Butter Pudding Enamel Tray On Glass Turntable, Or Wire 220°C 300W Quiche, Frozen Garlic Baguette, Part Baked Rolls, Meat Pies, Rack On Enamel Tray On Glass Turntable. Cottage Pie, Fish Pie. 190°C 300W Whole Chicken/Turk Jan 4th, 2024

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Microwave Noodles According To Your Microwave Instruction, Except Cook 10 Minutes. In 3-quart Casserole Place Butter, Garlic, Onion, Salt And Pepper. Microwave At High 2 To 3 Minutes, Stirring After 1 Minute, Until Onion Is Softened. Stir In Flour Until Smooth. Gradually Stir In Feb 7th, 2024

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