



OWNER'S MANUAL

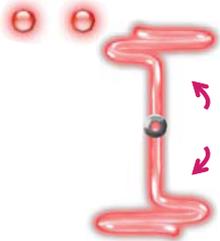
MICROWAVE OVEN

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

MH6589DRL



New Grill Function

Function	Instructions	Cook	
<p data-bbox="100 316 248 344">Lower Mode</p> 	<p data-bbox="347 316 762 445">In lower grill mode, only the heating element below is used. This function is particularly suitable for finishing off pies or pizzas.</p>	 	
<p data-bbox="100 656 276 684">Rotating Mode</p> 	<p data-bbox="347 656 762 807">In rotating grill mode, top and movable heating elements are used. By rotating heating element continuously, it is also possible to bake cookies or bars</p>	   	

New Grill Function

Function	Instructions	Cook
<p data-bbox="102 314 248 344">Speed Mode</p> 	<p data-bbox="349 314 762 471">In speed grill mode, entire heating elements above are used. This function enables the top surface of the dishes like a gratin topping to be browned quickly.</p>	
<p data-bbox="102 656 258 686">Double Mode</p> 	<p data-bbox="349 656 762 813">In double grill mode, the heating elements above and below are used. This function is suitable for cooking steaks, cutlets, fish or pies without turning food over.</p>	

Precautions

Precautions to avoid possible exposure to excessive microwave energy.

You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. These safety interlocks automatically switch off any cooking activity when the door is opened; which in the case of a microwave oven could result in harmful exposure to microwave energy.

It is important not to tamper with the safety interlocks.

Do not place any object between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.

Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

Your oven should not be adjusted or repaired by anyone except qualified service personnel.

WARNING

Please ensure cooking times are correctly set as over cooking may result in the FOOD catching fire and subsequent damage to your oven.

When heating liquids, e.g. soups, sauces and beverages in your microwave oven, delayed eruptive boiling can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

- 1 Avoid using straight sided containers with narrow necks.
- 2 Do not overheat.
- 3 Stir the liquid before placing the container in the oven and again halfway through the heating time.
- 4 After heating, allow to stand in the oven for a short time, stir or shake them(especially the contents of feeding bottles and baby food jars) again carefully and check the temperature of them before consumption to avoid burns (especially, contents of feeding bottles and baby food jars). Be careful when handling the container.

WARNING

Always allow food to stand after being cooked by microwaves and check the temperature of them before consumption. Especially contents of feeding bottles and baby food jars.

How the Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect. Microwave ovens, however, have a magnetron which is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy.

These microwaves enter the cooking area through openings inside the oven. A turntable or tray is located at the bottom of the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance

Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no “left over” energy to harm you when you eat your food.

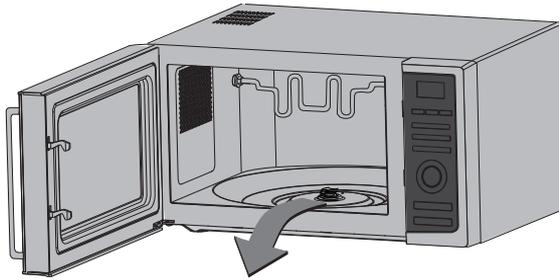
Precautions	2
Contents	3
Unpacking & Installing	4~5
Setting the Clock	6
Child Lock	7
Micro Power Cooking	8
Micro Power Level	9
Two stage cooking	10
Quick Start	11
More or Less Cooking	12
Grill Cooking	13
Combination Cooking	14
Thai Auto Menu	15~20
Healthy Grill	21~22
Crispy Cook	23~24
Crispy Reheat	25~26
Auto Defrost	27~28
Keep Warm	29
Error Mode	30
Warning	31
Important safety instructions	32~33
Microwave safe Utensils	34
Food characteristics & Microwave cooking	35~36
Questions & Answers	37
Plug wiring information/Technical Specifications	38

Unpacking & Installing

By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidance on where to install your oven. When unpacking your oven make sure you remove all accessories and packing. Check to make sure that your oven has not been damaged during delivery.

1

Unpack your oven and place it on a flat level surface.



GRILL TRAY



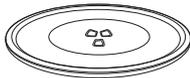
ROTATING RING



RACK



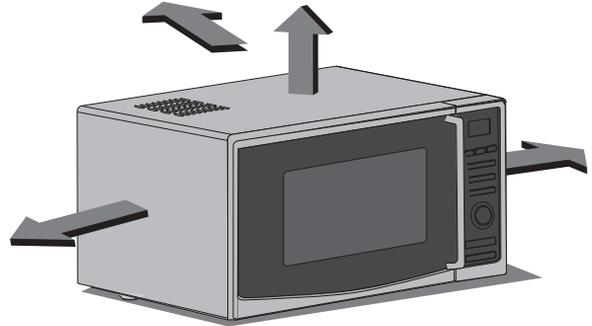
HANDLE



GLASS TRAY

2

Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 20cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping. An exhaust outlet is located on top or side of the oven. Blocking the outlet can damage the oven.



THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES

3 Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. **If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.**

4 Open your oven door by pulling the **DOOR HANDLE**. Place the **ROTATING RING** inside the oven and place the **GLASS TRAY** on top.

5 Fill a **microwave safe container** with 300 ml (1/2 pint) of water. Place on the **GLASS TRAY** and close the oven door. If you have any doubts about what type of container to use please refer to page 34.



6 Press the **STOP/CLEAR** button, and press the **START** button one time to set 30 seconds of cooking time.



7 The **DISPLAY** will count down from 30 seconds. When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. **Be careful when removing the container it may be hot.**



YOUR OVEN IS NOW INSTALLED

8 The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Setting the Clock

You can set 24 hour clock .

In the following example I will show you how to set the time for 14:35.

Make sure that you have removed all packaging from your oven.



When your oven is plugged in for the first time or when power resumes after a power cut, a '24H' will be shown in the display; you can reset the clock.

If the clock (or display) shows any strange looking symbols, unplug your oven from the electrical socket and plug it back in and reset the clock.

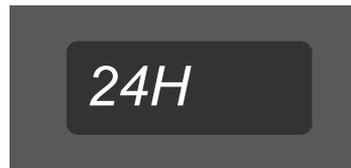
During clock setting the colon will flash. After setting, the colon will stop/ clear flashing.

Make sure that you have correctly installed your oven as described earlier in this book.

Plug in your oven.

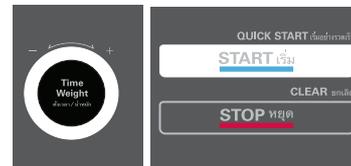
"24H" appears on the display.

(If you want to change different option after setting clock, you have to unplug and plug it back in.)



Turn **DIAL** until display shows "14: ".

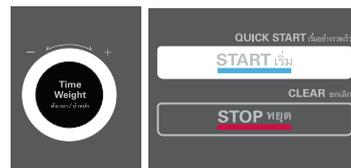
Press **START** for hour confirmation.



Turn **DIAL** until display shows "14:35".

Press **STRAT.**

The clock starts counting.



Child Lock



Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place. However your child can still open the oven door.

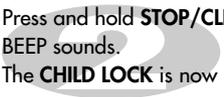
Press **STOP/CLEAR**.



Press and hold **STOP/CLEAR** until "L" appears on the display and BEEP sounds.

The **CHILD LOCK** is now set.

The time will disappear on the display if you have set the clock.



"L" remains on the display to let you know that **CHILD LOCK** is set.



To cancel **CHILD LOCK** press and hold **STOP/CLEAR** until "L" disappears. You will hear BEEP when it's released.



Micro Power Cooking

In the following example I will show you how to cook some food on 80% power for 5 minutes and 30 seconds.



Your oven has five microwave Power settings.

POWER	%	Power Output
HIGH MAX	100%	850W
MEDIUM HIGH	80%	680W
MEDIUM	60%	510W
DEFROST MEDIUM LOW	40%	340W
LOW	20%	170W

Make sure that you have correctly installed your oven as described earlier in this book.

Press **STOP/CLEAR**.



Press **MICRO** twice to select the 680W.



Turn **DIAL** until display shows "5:30".



Press **START**.



Your microwave oven is equipped with 5 power levels to give you maximum flexibility and control over cooking. The table below shows the examples of food and their recommended cooking power levels for use with this microwave oven.

Micro Power Level

POWER LEVEL	USE	POWER LEVEL (%)	POWER OUTPUT
HIGH	<ul style="list-style-type: none"> * Boil Water * Brown minced beef * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat 	100%	850W
MEDIUM HIGH	<ul style="list-style-type: none"> * All reheating * Roast meat and poultry * Cook mushrooms and shellfish * Cook foods containing cheese and eggs 	80%	680W
MEDIUM	<ul style="list-style-type: none"> * Bake cakes and scones * Prepare eggs * Cook custard * Prepare rice, soup 	60%	510W
DEFROST/ MEDIUM LOW	<ul style="list-style-type: none"> * All thawing * Melt butter and chocolate * Cook less tender cuts of meat 	40%	340W
LOW	<ul style="list-style-type: none"> * Soften butter & cheese * Soften ice cream * Raise yeast dough 	20%	170W



Two stage Cooking

In the following example I will show you how to cook some food in two stages. The first stages will cook your food for 11 minutes on HIGH; the second will cook for 35 minutes on 340.



During two stage cooking the oven door can be opened and food checked. Close the oven door and press **START** and the cooking stage will continue.

At the end of stage 1, BEEP sounds and stage 2 commences.

Should you wish to clear the programme press **STOP/CLEAR** twice.

Press **STOP/CLEAR**.



Set the power and the cooking time for **stage 1**.
(You can omit this process for HIGH power.)
Press **MICRO** once to select HIGH power.

Turn **DIAL** until display shows "11:00".



Set the power and the cooking time for **stage 2**.

Press **MICRO** four times to select 340 power.

Turn **DIAL** until display shows "35:00".



Press **START**.



Quick Start

In the following example I will show you how to set 2 minutes of cooking on high power.



The **QUICK START** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **START** button.

Press **STOP/CLEAR** .



Press **START** four times to select 2 minutes on HIGH power. Your oven will start before you have finished the fourth press.



During **QUICK START** cooking, you can extend the cooking time by repeatedly pressing the **START** button.



More or Less Cooking

In the following example I will show you how to change the preset **AUTO COOK** programmes for a longer or shorter cooking time.



If you find that your food is over or undercooked when using the Auto Cook programme, you can increase or decrease cooking time by turning DIAL.

When cooking with auto and manual function, you can lengthen or shorten the cooking time at any point by turning DIAL.

There is no need to stop the cooking process.

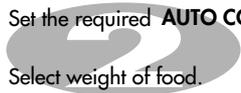
Press **STOP/CLEAR**.



Set the required **AUTO COOK** programme.

Select weight of food.

Press **START**.



Turn **DIAL** clockwise.



Grill Cooking

In the following example I will show you how to programme your oven with Lower Grill for a cooking time 12 minutes and 30 seconds.



This feature will allow you to brown and crisp food quickly.

Display	Category	Press Grill	Status	Power(W)
SP-G	Speed Grill	1 time		2000
do-G	Double Grill	2 times		2000
Lo-G	Lower Grill	3 times		1000
r-G	Rotating Grill	4 times		2000

Press **STOP/CLEAR**.



Press **GRILL** three times "Lo-G" appears on the display.



Turn **DIAL** until display shows "12:30".



Press **START**.



Combination Cooking

In the following example I will show you how to programme your oven with combi mode Co-3 for a cooking time of 25 minutes.



Your oven has a grill + micro cooking feature which allows you to cook food with heater and microwave at the same time (or alternately). This generally means it takes less time to cook your food.

The sheath heater grills the surface of the food while microwave heats inside. Moreover, preheating your oven is not necessary.

The sheath heater will keep "UP" always.

Press **STOP/CLEAR**.



Press **COMBI.** to select the Co-3 mode.



Turn **DIAL** until display shows "25:00".



Press **START**.



Be careful when removing your food because the container will be hot!

Combination Cooking Mode

CATEGORY	MICRO POWER (%)	SHEATH HEATER POWER (%)
Co-1	20	80
Co-2	40	60
Co-3	60	40

Thai

Auto Menu

In the following example I will show you how to cook 0.3 kg of Stir-fried Seabass with Onion.



Thai Auto Menu are programmed.
Thai Auto Menu allows you to cook most of
your favorite food by selecting the food
type and the weight of the food.

Press **STOP/CLEAR**.



Press **THAI AUTO MENU** thrice.

The following indication is displayed: "tc-3".



Press **START/QUICK START**.

When cooking you can increase or decrease cooking time by turning
TIME/WEIGHT.



THAI AUTO MENU GUIDE

Function	Category		Weight Limit	Utensil	Instructions
Thai Auto Menu	tc-1	Stir-fried Squid with Curry Powder	0.6kg	Turn food over Crispy tray	<ol style="list-style-type: none"> 1. Remove the head, tentacles and ink-sac from the squid. Pull off and discard the mottled skin. Slice flesh to stripe and cut into cubes, drain. 2. Mix egg, milk, oyster sauce, sugar and chili paste together and then put curry powder and leave. 3. Pour cooking oil into strong glass bowl, put in the microwave oven until hot and then place the squid cook again until medium rare. After that place egg mixed into the bowl and stir well, cook again until well done. Place the remain vegetables, stir and cook again. Then serve.
	tc-2	Spicy Seafood Soup with Herbs	1.5kg	Microwave-safe bowl (2.5L)	<ol style="list-style-type: none"> 1. Clean mussel, peel and devein shrimp, remove the head, tentacles and ink-sac from the squid. Pull off and discard the mottled skin and slice to rings. 2. Place chicken stock to the large bowl and move to the microwave oven, bring to the boil. Place galangals, lemongrasses and kaffir lime leaves then cook again until smell herbs aroma. Place seafood and cook until well done. 3. Seasoning with fish sauce, lime juice, chili and holy basil. Bring to the boil, serve.
	tc-3	Stir-fried Seabass with Onion	0.3kg	Turn food over Crispy tray	<ol style="list-style-type: none"> 1. Clean the seabass, cut to large pieces and toss with tempura flour. Set aside. 2. Place oil for deep-frying into the strong glass bowl, heat in the microwave oven. Then fry seabass in the oil bowl, stir occasionally until turn to golden brown, drain and set aside. 3. Place oil for stir-fry and garlic in another cooking bowl. Cook in the microwave oven until garlic turn to yellow then put onion, chili spur pepper seasoning with oyster sauce, seasoning sauce and sugar. Stir well pour chicken stock, bring to the boil. 4. Place spring onion and fried seabass toss well and cook until boil. Then serve.
	tc-4	Shrimp and Shitake on Rice Chinese Style	0.4kg	Stir well Microwave-safe bowl (2.5L)	<ol style="list-style-type: none"> 1. Peel and devein shrimp and marinate with soy sauce, Chinese cooking wine, sesame oil and corn flour mix well, set aside. 2. Heat oil in the strong glass bowl, add garlic then cook until an aroma develops. Place marinated shrimp and Shitake stir well, cook again. Add chicken stock bring to the boil, take out from oven. 3. Seasoning with oyster sauce, seasoning sauce, sugar, dark soy sauce and dissolved corn flour mix well, cook again until boil and thicker, set aside. 4. Arrange cooked rice to a serving dish, cover with shrimp and shitake, decorate with coriander leaves and serve with chili spur pepper and spring onion.

THAI AUTO MENU GUIDE

Function	Category		Weight Limit	Utensil	Instructions
Thai Auto Menu	tc-5	Fish ball and Thai Herbs Spicy Soup	1.0kg	Microwave-safe bowl (2.5L)	<ol style="list-style-type: none"> 1. Squeeze the featherback fish with a touch of salt and water, until it becomes sticky. Set aside. 2. Pour water into the strong glass blow, heat in microwave oven 3 minutes or until boil. After that form fish ball put into boiled water, cook again 4 minutes or until well done. Set aside. 3. Mix remain ingredients to the blow, heat again until cook through (about 5 mintues). Serve hot.3.
	tc-6	Pork Belly Stewed with Five Chinese Spices	1.2kg	Microwave-safe bowl (2.5L)	<ol style="list-style-type: none"> 1. Clean pork belly, cut to the large pieces and place to mixing blow. Half soy sauce, dark soy sauce, seasoning sauce marinate with pork belly for 30 minutes. 2. Pour half pork stock in the strong glass blow, heat until boil. Add pork belly cook until well done and tender. Take out from oven. 3. Fill the remain stock. Wrap star anise, cinnamon, pepper corn, coriander root and garlic with cheesecloth, put in the blow and cook again until smell nice. 4. Season with soy sauce, seasoning sauce, remain dark soy sauce and sugar. Heat again until boil and pork belly cook through. 5. Transfer to a serving blow, garnish with coriander leaves and serve with cooked rice.
	tc-7	Salmon Panang Red Curry	0.3kg	Microwave-safe bowl (2.5L)	<ol style="list-style-type: none"> 1. Clean salmon fillet and wipe it dry, set aside. 2. Pour cooking in the strong glass blow, heat in microwave oven until hot, add salmon fillet cook until turn to golden brown color. Flip salmon fillet and cook through. Transfer to a paper towel-lined plate. 3. Pour coconut milk in another glass blow, bring to the boil and add Panang curry paste, stir well and cook until an aroma develop. 4. Season with fish sauce and sugar, stir well. Add half kaffir lime leaves and basil, bring to the boil. Pour curry on cooked salmon, garnish with remain basil, kaffir lime leaves and red chili spur pepper, serve.
	tc-8	Chicken Clear Soup	1.1kg	Microwave-safe bowl (2.5L)	<ol style="list-style-type: none"> 1. Clean chicken hip, cut to large pieces and drain. 2. Pour water in the strong glass blow, heat in the microwave oven until boil, add chicken and cook until well done. Take out from oven and drain. 3. Pour chicken stock in another blow, bring to the boil. Add cooked chicken, carrot, potato, heat again until cook through. Season with salt and pepper, add onion and celery, heat again until vegetables well done. 4. Serve hot.

THAI AUTO MENU GUIDE

Function	Category		Weight Limit	Utensil	Instructions
Thai Auto Menu	tc-9	Pandanus Leaves Flavor Jelly	0.5kg	Stir well Microwave-safe bowl	<ol style="list-style-type: none"> 1. Mix eggs, coconut sugar and pandanus leaves by hand, strain and set aside. 2. Mix water with agar-agar powder, heat in the microwave oven for 2 minutes until boil. Take out side and stir then heat again until dissolve. 3. Add egg mixing with agar-agar, stir well. Heat again until well-done about 3 minutes. Stir every 1 minute until mixing thicker, leave from oven. 4. Transfer to a mould, leave until firm.
	tc-10	Sweet Corn Thai Jelly with Coconut Cream	0.3kg	Microwave-safe bowl (2.5L)	<ol style="list-style-type: none"> 1. Make base by mix rice flour, arrowroot flour, sugar and water together. Heat in the microwave oven until boil, frequent stir until thicker. Add sweet corn, stir and bring to the boil, leave from oven. 2. Fill the base mixing into mould for level $\frac{3}{4}$ of mould, set aside. 3. Make top by mix the remain Ingredients together, heat in microwave oven until boil, frequent stir until thicker. Leave from oven, fill up the mould level top, set aside until cool then serve.
	tc-11	Grilled Honey Pork Ribs	0.5kg	Turn food over Crispy tray On the High rack	<ol style="list-style-type: none"> 1. Clean pork rip and cut to 5 inches, marinate with soy sauce, tomato sauce, salt, honey and pineapple juice. Mix well and leave for 30 minutes. 2. Arrange marinated pork rib on griddle, put in the microwave oven and choose grill function. Cook until turn brown and well done. 3. Arrange to serving dish with vegetable pickle as needed.
	tc-12	Grilled Beef Tenderloin Korean Style	0.5kg	Turn food over Crispy tray On the High rack	<ol style="list-style-type: none"> 1. Slice beef tenderloin in thin pieces and mix with white sesame seed, pepper powder, spring onion, sugar, Japanese soy sauce, oyster sauce, Chinese cooking wine, sesame oil. Mix together and marinate for 1 hour. 2. Clean vegetable, for asparagus and baby corn just break off the tough ends. 3. Make dipping by mix the liquid of garlic pickle with sugar and salt, heat in the microwave oven until boil. Leave it outside and add chili, coriander root, garlic stir well, set aside. 4. Arrange marinated beef on griddle, put in the microwave oven and choose grill function. Cook until turn brown and well done. Transfer to a serving dish after that grill the vegetable until well done, arrange on dish. Serve with dipping sauce.

THAI AUTO MENU GUIDE

Function	Category		Weight Limit	Utensil	Instructions
Thai Auto Menu	tc-13	Teriyaki Chicken with Rice	0.45kg	Turn food over Crispy tray On the High rack	<ol style="list-style-type: none"> 1. Clean chicken and use fork stab chicken breasts, marinate with half Teriyaki sauce for 30 minutes. 2. Arrange marinated chicken on griddle, put in the microwave oven and choose grill function. During cooking frequent spared with Teriyaki sauce. Cook until turn golden brown color and well done. 3. Arrange cooked rice on serving dish, slice Teriyaki chicken to bite size and serve together with remain Teriyaki sauce and Kimchi.
	tc-14	Grilled Prawn Stuff with Shrimp Curry Paste	6 river prawns	Crispy tray On the High rack	<ol style="list-style-type: none"> 1. Clean prawns, prepare for stuffing by cut along shell lengthwise and clean devein. Set aside. 2. Mix ½ cup coconut milk with curry paste until dissolve. Add minced shrimp, stir until fluffy. Season with fish sauce and sugar, stir well until sugar dissolve. 3. Arrange marinated beef on griddle, add basil in the middle of prawn and fill curry topping on top. Put in the microwave oven and choose grill function, heat until well done and fragrance. 4. Meanwhile make topping by mix coconut milk for topping with rice flour, stir well. Heat in the microwave oven until boil, stir frequently and be careful lump. Heat until thicker. 5. When prawns ready, drop coconut topping on prawns and decorate with red chili spur pepper.
	tc-15	Grilled Squids Stuffed with Spicy Rice	4 squids	Turn food over Crispy tray On the High rack	<ol style="list-style-type: none"> 1. Clean squids pull off and discard the mottled skin, drain. 2. Add oil and garlic in the strong glass blow, heat in microwave until boil and fragrance. Add carrot and cook until well done. Add cooked rice and season with salt, pepper. Add spinach, chili, stir well and heat until hot. Leave outside. 3. Stuff spicy rice in squids but not too full. Slice flesh to 3-4 stripes but not to cut off. Arrange on griddle, put in the microwave oven and choose grill function. Cook until well done. 4. Transfer to a serving dish with salad.
	tc-16	Chicken Wings with Chinese Style Red Sauce	6 wings	Crispy tray On the high rack	<ol style="list-style-type: none"> 1. Clean chicken wings, drain. Marinate with salt, pepper for 15 minutes. 2. Pour oil for deep-frying in the strong glass blow, heat in the microwave oven until hot. Add chicken wings, heat again until turn to golden brown color and well done, drain. Set aside. 3. Mix tomato sauce, water, sugar, Chinese cooking wine, soy sauce and seasoning sauce together, set aside. Pour cooking oil and garlic in other blow, heat in the microwave oven until garlic turn to yellow color and fragrant. Fill tomato sauce mixing, heat again until boil. 4. Add chicken wings in sauce, heat again until well done and sauce thicker. Arrange to a serving dish.

THAI AUTO MENU GUIDE

Function	Category		Weight Limit	Utensil	Instructions
Thai Auto Menu	tc-17	Grilled Fish with Pandanus Leaves	0.35kg	Crispy tray On the high rack	<ol style="list-style-type: none"> 1. Clean fish by clear all entrails, drain. Rub with salt, stuff with herb crushed and lemongrasses, kaffir lime leaves. Wrap around fish by pandanus leaves. 2. Arrange on griddle, put in the microwave oven and choose grill function. Cook about 8-10 minutes or until turn to golden brown and well done. 3. Meanwhile make dipping sauce by crush chilies with garlic, season with fish sauce, sugar and lime juice. Stir well, set aside. 4. Arrange to serving dish with fresh vegetable and dipping sauce.
	tc-18	Grilled Fish with Salt and Thai Herbs	0.5kg	Crispy tray On the high rack	<ol style="list-style-type: none"> 1. Prepare dipping sauce by roast chilies, shallot, garlic on frying pan until well done and fragrance. Transfer to mortar, pound until almost fine. Arrange to cup and season with fish sauce, lime juice, sugar. Stir until sugar dissolve, add spring onion, stir and set aside. 2. Clean fish by clear all entrails, fish scale, use salt for clean fish, drain. 3. Mix sea salt, lemongrass, galangal, kaffir lime leaves and garlic together, rub over fish. Arrange on griddle, put in the microwave oven and choose grill function, flip when fish turn to brown color. Cook until well done. 4. Arrange on a serving dish with blanched vegetable and dipping sauce.
	tc-19	Milk marinated pork steak	0.6kg	Turn food over Crispy tray On the high rack	<ol style="list-style-type: none"> 1. Clean pork steak, drain. Mix unsweetened condensed milk, salt, black pepper, coriander root and garlic together, marinate with pork. Stab pork steak by fork and marinate about 1 hour in refrigerator. 2. Arrange on griddle, put in the microwave oven and choose grill function, flip when pork steak turn to golden brown color. Cook until well done. Transfer to serving dish. 3. Use the left over marinate juice, mix with pork stock, add butter and corn flour. Stir well, heat in the microwave oven until boil, frequent stir. Season with salt and pepper as needed. Pour sauce on pork steak, serve with bettered vegetable.
	tc-20	Pork ribs barbeque	0.5kg	Turn food over Crispy tray On the high rack	<ol style="list-style-type: none"> 1. Clean pork ribs and marinate with half barbeque sauce, put in refrigerator for 2 hours. 2. Arrange on griddle, put in the microwave oven and choose grill function, flip when pork ribs turn to golden brown color. Cook until well done. Transfer to serving dish. 3. Grill bell pepper and okra until well done, serve with pork ribs and barbeque sauce.

Healthy Grill

In the following example I will show you how to cook 0.3kg of "Salmon fillet".



Healthy grill allows you to cook your favorite food easily by selecting the food type and entering the weight of food by turn the wheel dial.

Category	Press Healthy grill	
Salmon fillet	1	time
Tuna fillet	2	times
Whole trout	3	times
Cod fillet	4	times
Wedge potatoes	5	times
Mushroom	6	times
Skewered vegetables	7	times
Cauliflower	8	times

Press **STOP/CLEAR**.



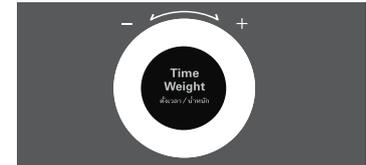
Press **Healthy Grill** once.



"HG-1" appears on the display.



Turn **DIAL** until display shows "0.3kg".



Press **START**.



Category	Quantity	Utensil	Instructions
Salmon fillet HG-1	0.2-0.6kg	Grill tray + Rack Refrigerated	Choose salmon fillet of 200g weight and 2.5cm thickness each. Brush with oil or melted butter, season as desired. Place food on the grill tray on the rack. Choose the menu and weight, press start. After cooking, remove from the oven and stand.
Tuna fillet HG-2	0.2-0.6kg	Grill tray + Rack Refrigerated	Choose tuna fillet of 200g weight and 2.5cm thickness each. And do same as above.
Whole trout HG-3	0.3-0.9kg	Grill tray + Rack Refrigerated	Choose trout of 300-400g weight each. And do same as above.
Cod fillet HG-4	0.2-0.6kg	Grill tray + Rack Refrigerated	Choose cod fillet of 200g weight each. And do same as above.
Wedge potatoes HG-5	0.2-0.6kg	Grill tray + Rack Room	Cut each potato lengthwise in half then cut each half into 4 long wedges. And do same as above.
Mushroom HG-6	0.1-0.3kg	Grill tray + Rack Room	Remove the mushroom stems and cut each mushroom in half. And do same as above.
Skewered vegetables HG-7	0.2-0.4kg	Grill tray + Rack Room	Ingredients for vegetable eggplant, zucchini, onion, sweet pepper, tomato, mushroom Ingredients for sauce 6 tablespoons lemon juice 200 ml olive oil 2 tablespoons Marjoram, chopped 2 tablespoons parsley, chopped Salt and pepper to taste Slice vegetables into large pieces, add salt and pepper, let stand for 30 minutes. Skewer vegetables and mushrooms using wooden skewer. Brush with oil or melted butter. Place food on the grill tray on the rack. After cooking, remove from the oven and stand. Serve the sauce separately.
Cauliflower HG-8	0.2-0.4kg	Grill tray + Rack Room	Remove the cauliflower leaves and cut off one inch from the stem. Brush with oil or melted butter, season as desired. Place food on the grill tray on the rack. Choose the menu and weight, press start. After cooking, remove from the oven and stand.

Crispy Cook

In the following example I will show you how to cook 0.3kg of "Chicken nuggets".



Crispy cook allows you to cook your favorite food easily by selecting the food type and entering the weight of food by turn the wheel dial.

Category	Press Crispy Cook	
Beef steak	1	time
Chicken nuggets	2	times
French fries	3	times
Cutlet	4	times
Fish fingers	5	times
Frozen pizza	6	times

Press **STOP/CLEAR**.



Press **Crispy Cook** twice.



"**ค-ค**" appears on the display.



Turn **DIAL** until display shows "0.3kg".



Press **START**.



Cook guide _ Crispy Cook

Food	Weight Limit	Utensil	Food Temp.	Instructions
Beef steak	0.2-0.6kg	Grill tray + Rack	Refrigerated	Choose beef steak of 200g weight and 2.5cm thickness each. Season with salt and pepper or as desired. Place food on the grill tray on the rack. Choose the menu and weight, press start. After cooking, remove from the oven and stand.
Chicken nuggets	0.2-0.4kg		Frozen	Place Chicken nuggets on the grill tray on the rack. Choose the menu and weight, press start. After cooking, remove from the oven and stand.
French Fries	0.2-0.4kg		Frozen	Spread frozen French fries out on the grill tray on the rack. For the best results, cook in a single layer. And do same as above.
Cutlet	0.2-0.4kg		Refrigerated	<p>Ingredients for 4 servings 500g potatoes, pre-cooked, mashed 500g lean ground beef or lamb 3 eggs, lightly beaten 2 chopped onions 1 tablespoon chopped parsley 1 cup finely ground breadcrumbs olive oil Salt and pepper to taste</p> <p>1. Mix the mashed potatoes with meat, eggs, chopped onions and parsley. kneed for 5-10 minutes to make a firm meatball mixture. 2. Form one handful of the meat mixture of 30~40g weight and 1cm thickness each. 3. Coat with finely ground breadcrumbs and brush with oil or melted butter. 4. Place food on the grill tray on the rack. Choose the menu and weight, press start. After cooking, remove from the oven and stand.</p>
Fish Fingers	0.2-0.4kg		Frozen	Place fish fingers on the grill tray on the rack. And do same as above.
Frozen Pizza	0.3-0.5kg		Frozen	Remove all package and place it on the grill tray on the rack. And do same as above.

Crispy Reheat

In the following example I will show you how to cook 0.3kg of "Chilled pizza".



Crispy reheat allows you to cook your favorite food easily by selecting the food type and entering the weight of food by turn the wheel dial.

Category	Press Crispy reheat	
Chilled pizza	1	time
Roasted meat	2	times
Lasagna	3	times
Croissant	4	times
Baguette	5	times
Pie	6	times

Press **STOP/CLEAR**.

Press **Crispy Reheat** once.

"Cr-i" appears on the display.

Turn **DIAL** until display shows "0.3kg".

Press **START**.



Category	Quantity	Utensil	Instructions
Chilled Pizza [r-1]	0.2-0.4kg	Grill tray + Rack Refrigerated	Place chilled pizza on the grill tray on the rack. Choose the menu and weight, press start. After cooking, remove from the oven and stand.
Roasted Meat [r-2]	0.2-0.6kg	Grill tray + Rack Refrigerated	Slice each of roasted meat under 2.5cm thickness. Place food on the grill tray on the rack. And do same as above.
Lasagna [r-3]	0.2-0.8kg	Grill tray + Rack Refrigerated	Place leftover lasagna on the grill tray on the rack. And do same as above.
Croissant [r-4]	0.1-0.3kg	Grill tray + Rack Frozen	Place frozen croissant on the grill tray on the rack. Brush the croissants with milk or water. And do same as above.
Baguette [r-5]	0.1-0.4kg	Grill tray + Rack Frozen	Place frozen baguette on the grill tray on the rack. Brush baguettes with milk or water. And do same as above.
Pie [r-6]	0.2-0.6kg	Grill tray + Rack Refrigerated	Place leftover pie on the grill tray on the rack. And do same as above.

The temperature and density of food varies, I would recommend that the food is checked before cooking commences. Pay particular attention to large joints of meat and chicken, some foods should not be completely thawed before cooking. For example fish cooks so quickly that it is sometimes better to begin cooking while still slightly frozen. These will require a standing time to allow the centre to thaw. In the following example I will show you how to defrost 1.4 kg of frozen poultry.

Auto Defrost



Your oven has five microwave defrost setting: -Meat, Poultry, Fish, Bread and Quick defrost; each defrost category has different power setting. Repeated presses of the Auto defrost button will select a different setting.

Category	Press Auto defrost	
Meat	1	time
Poultry	2	times
Fish	3	times
Bread	4	times
Quick defrost (500g ground meat)	5	times

Press **STOP/CLEAR**.

Weight the food that you are about to defrost. Be certain to remove any metallic ties or wraps; then place the food in your oven and close the oven door.



Press Auto Defrost twice to select the **POULTRY** defrosting programme. "DE F2" appears on the display window.



Enter the weight of the frozen food that you are about to defrost.

Turn **DIAL** until display shows "1.4kg".



Press **START**.



During defrosting your oven will "BEEP", at which point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to help slow down thawing. After checking close the oven door and press **START** to resume defrosting.

Your oven will not stop defrosting (even when the beep sounded) unless the door is opened.

- Food to be defrosted should be placed in a suitable microwave proof container and placed uncovered on the glasstray.
- If necessary, shield small areas of ment or poultry with flat pieces of aluminum foil. This will prevent thin areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls.
- Separate items like minced meat, chops, sausages and bacon as soon as possible.
When BEEP sounds, turn food over. Remove defrosted portions. Continue to defrost rematining pieces.
After defrosting, allow to stand until completely thawed.

Category	Quantity	Utensil	Instructions
Meat dE F1	0.1-4.0kg	Microwave-safe plate	Minced meat, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger, Lamp chops, Rolled roast, Sausage, Cutlets(2cm) After defrosting, stand covered with aluminum foil for 5-15 minutes.
Poultry dE F2	0.1-4.0kg	Microwave-safe plate	Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg) After defrosting, stand covered with aluminum foil for 20-30 minutes.
Fish dE F3	0.1-4.0kg	Microwave-safe plate	Fillets, Steaks, Whole fish, Sea foods After defrosting, stand covered with aluminum foil for 10-20 minutes
Bread dE F4	0.1~0.5kg	Paper towel	Sliced bread, Buns, Baguette, etc. After defrosting, stand for 1 minute.
Minced Meat (Quick defost) dE F5	0.5kg	Microwave-safe plate	After defrosting, stand covered with aluminum foil for 5-15 minutes.

In the following example I will show you how to use the keep warming function to warm food at high level in 90 min.

Keep Warm



If you want to warm your food when using the Special Menu programme, you can get the warming food by pressing the key.

When the food without Auto function need warming you can set warming at any point by pressing the key.

Keep warm function has only one time level-90 minutes. But the function will stop when you open the door.

LEVEL	Press keep warm	Display
Low level	1 time	Ho-L
High level	2 times	Ho-H

Keep warm manually

Put some food into the micro-wave oven, press **"keep warm"** two times, "Ho-H" appears on the display. Press **"start"**.

When keeping warm is running, it will display

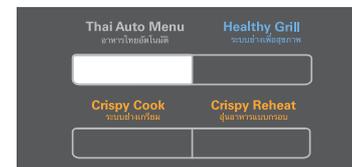
And then you press **"keep warm"** again, the left time to keep warm will appear on the display.



Keep warm after Auto cook (for example).

Set the required Thai auto menu programme. Press **"start"**. And after the Thai auto menu programme, it will automatically run keeping warm function when ten minutes later after Thai auto menu is over.

When the Thai auto menu is over, you can also press **"keep warm"**, and it will run keep warm function right away.



Display	Cover & Wrap	Difference in temperature after warming
Ho-H	X	15°C
Ho-H	O	8°C
Ho-L	X	25°C
Ho-L	O	15°C

Error Mode

During you use your microwave oven, when there is some mistake, the oven can't run normally. While the display will appear some information. So you can select the solving method by these information.



Display	State	Heater moving circle	Solving method
F-20	Rotating heater position is not upper when plug in	—	Press STOP/CLEAR first, if the Rotating Heater also can not return to upper, turn it by the Handle.
	Rotating heater position is not upper when open the running oven door	—	Press STOP/CLEAR first, if the Rotating Heater also can not return to upper, turn it by the Handle.
F-22	Rotating heater move when Speed Grill	More than 2 times	Press STOP/CLEAR first, if the Rotating Heater also can not return to upper, turn it by the Handle, then try again.
	Rotating heater move when Double Grill	More than 2 times	Press STOP/CLEAR first, if the Rotating Heater also can not return to upper, turn it by the Handle, then try again.
	Rotating heater move when Lower Grill	More than 2 times	Press STOP/CLEAR first, if the Rotating Heater also can not return to upper, turn it by the Handle, then try again.
F-23	Rotating heater does not move when Rotating Grill	Less than 1 time	Press STOP/CLEAR first, if the Rotating Heater also can not return to upper, turn it by the Handle, then try again.

Warning



Warning

When you operate the microwave oven, you should advert some point to use it safely and normally.

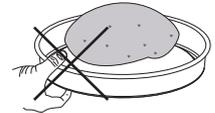
Do not move Heater by hand directly, you may reduce the using life of Rotatin grill heater.



The heater can be very hot after you press Start button and after cooking, so don't touch it, you may get burnt in your hand.

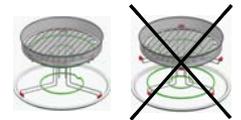


Do not get the Grill tray out by your hand directly. Use the handle used for microwave oven.

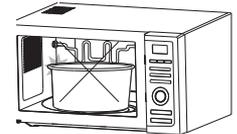


When you use the mode Rotating Grill, Double Grill, Lower Grill, you must ust the Rack.

Put the shelf at the right direction.



The height of container can't too high or too near to the heater, otherwise the container will get spark with the heater.



Important safety instructions

Read carefully and keep for future reference

WARNING

Please ensure cooking times are correctly set as over cooking may result in FIRE and subsequent DAMAGE to the OVEN.

- 1 Do not attempt to tamper with, or make any adjustments or repairs to the door, control panel, safety interlock switches or any other part of the oven. It is hazardous for anyone to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy. Repairs should only be undertaken by a qualified service technician.
- 2 Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.
- 3 Do not use the oven for the purpose of dehumidification. It can be the cause of serious damage of safety. (ex. Operating the microwave oven with the wet newspapers, clothes, toys, pet or portable electric devices, etc.)
- 4 Do not cook food wrapped in paper towels, unless your cook book contains instructions, for the food you are cooking.
- 5 Do not use newspaper in place of paper towels for cooking.
- 6 Do not use wooden containers. They may heat-up and char. Do not use ceramic containers which have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Metal objects in the oven may arc, which can cause serious damage.
- 7 Do not operate the oven with a kitchen towel, a napkin or any other obstruction between the door and the front edges of the oven, which may cause microwave energy leakage.
- 8 Do not use recycled paper products since they may contain impurities which may cause sparks and/or fires when used in cooking.
- 9 Do not rinse the turntable by placing it in water just after cooking. This may cause breakage or damage.
- 10 Small amounts of food require shorter cooking or heating time. If normal times are allowed they may overheat and burn.
- 11 Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.
- 12 Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetable.
- 13 Do not cook eggs in their shell. Pressure will build up inside the egg which will burst.
- 14 Do not attempt deep fat frying in your oven.
- 15 Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking.
- 16 If the oven door or door seals are damaged, the oven must not be operated until it has been repaired by a qualified service technician.
- 17 If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.
- 18 When food is heated or cooked in disposable containers of plastic, paper or other combustible materials, check the oven frequently due to the possibility of the food container is deteriorating.
- 19 Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- 20 Liquids or other foods must not be heated in sealed containers since they are liable to explode.
- 21 Do not operate the oven, if the door seals and adjacent parts of the microwave oven are faulty, until the oven has been repaired by a qualified service technician.
- 22 Check the utensils are suitable for use in microwave ovens before use.
- 23 Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, unless wearing thick oven gloves, as they will become hot. Before clearing make sure they are not hot.

Important safety instructions

Read carefully and keep for future reference

- 24 Only use utensils that are suitable for use in microwave ovens.
- 25 When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- 26 If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
- 27 Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- 28 The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- 29 Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
- 30 The microwave oven shall be used freestanding.
- 31 The oven should be cleaned regularly and any food deposits removed.
- 32 The temperature of accessible surfaces may be high when the appliance is operating
- 33 Only use the temperature probe recommended for this oven (for appliances having a facility to use a temperature-sensing probe).
- 34 If heating elements are provided, during use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- 35 The appliance is not intended for use by young children or infirm persons without supervision.

- 36 The microwave oven must be operated with the decorative door open.
- 37 This connection may be achieved by having the plug accessible or by incorporation a switch in the fixed wiring in accordance with the wiring rules.

-  **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
-  **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
-  **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
-  **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
-  **WARNING:** Accessible parts may become hot during use. Young children should be kept away. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
-  **WARNING:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.

Microwave-safe Utensils

Never use metal or metal trimmed utensils in your microwave oven

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning.

Most heat resistant non metallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in your microwave oven.

Place the utensil in question next to a glass bowl filled with water in the microwave oven. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave-safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Just read through the following checklist.

Dinner plates

Many kinds of dinner-ware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.

Glassware

Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

Plastic storage containers

These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

Paper

Paper plates and containers are convenient and safe to use in your microwave oven, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.

Plastic cooking bags

Provided they are made specially for cooking, cooking bags are microwave safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

Plastic microwave cookware

A variety of shapes and sizes of microwave cookware are available. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

Pottery, stoneware and ceramic

Containers made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

CAUTION

Some items with high lead or iron content are not suitable for cooking utensils.

Utensils should be checked to ensure that they are suitable for use in microwave ovens.

Food characteristics & Microwave cooking

Keeping an eye on things

The recipes in the book have been formulated with great care, but your success in preparing them depends on how much attention you pay to the food as it cooks. Always watch your food while it cooks. Your microwave oven is equipped with a light that turns on automatically when the oven is in operation so that you can see inside and check the progress of your food. Directions given in recipes to elevate, stir, and the like should be thought of as the minimum steps recommended. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors affecting microwave cooking times

Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times. For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times. While overcooked food is ruined for good. Some of the recipes, particularly those for bread, cake, and custards, recommend that food be removed from the oven when they are slightly undercooked. This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the oven as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. You will become increasingly skilful in estimating both cooking and standing times for various foods.

Density of food

Light, porous food such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when microwaving porous food that the outer edges do not become dry and brittle.

Height of food

The upper portion of tall food, particularly roasts, will cook more quickly than the lower portion. Therefore, it is wise to turn tall food during cooking, sometimes several times.

Moisture content of food

Since the heat generated from microwaves tends to evaporate moisture, relatively dry food such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered to retain moisture.

Bone and fat content of food

Bones conduct heat and fat cooks more quickly than meat. Care must be taken when cooking bony or fatty cuts of meat that they do not cook unevenly and do not become overcooked.

Quantity of food

The number of microwaves in your oven remains constant regardless of how much food is being cooked. Therefore, the more food you place in the oven, the longer the cooking time. Remember to decrease cooking times by at least one third when halving a recipe.

Shape of food

Microwaves penetrate only about 2 cm into food, the interior portion of thick foods are cooked as the heat generated on the outside travels inward. Only the outer edge of food is cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm. Round thin foods and ring shaped foods cook successfully in the microwave.

Covering

A cover traps heat and steam which causes food to cook more quickly. Use a lid or microwave cling film with a corner folded back to prevent splitting.

Browning

Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Food that are cooked for a shorter period of time may be brushed with a browning sauce such as worcestershire sauce, soy sauce or barbecue sauce to achieve an appetizing colour. Since relatively small amounts of browning sauces are added to food the original flavour of the recipe is not altered.

Covering with greaseproof paper

Greaseproofing effectively prevents spattering and helps food retain some heat. But because it makes a looser cover than a lid or clingfilm, it allows the food to dry out slightly.

Arranging and spacing

Individual foods such as baked potatoes, small cakes and hors d'oeuvres will heat more evenly if placed in the oven an equal distance apart, preferably in a circular pattern. Never stack foods on top of one another.

Food characteristics & Microwave cooking

Stirring

Stirring is one of the most important of all microwaving techniques. In conventional cooking, food is stirred for the purpose of blending. Microwaved food, however, is stirred in order to spread and redistribute heat. Always stir from the outside towards the centre as the outside of the food heats first.

Turning over

Large, tall foods such as roasts and whole chickens should be turned so that the top and bottom will cook evenly. It is also a good idea to turn cut up chicken and chops.

Placing thicker portions facing outwards

Since microwaves are attracted to the outside portion of food, it makes sense to place thicker portions of meat, poultry and fish to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the food will cook evenly.

Shielding

Strips of aluminium foil (which block microwaves) can be placed over the corners or edges of square and rectangular foods to prevent those portions from overcooking. Never use too much foil and make sure the foil is secured to the dish or it may cause 'arcing' in the oven.

Elevating

Thick or dense foods can be elevated so that microwaves can be absorbed by the underside and centre of the foods.

Piercing

Foods enclosed in a shell, skin or membrane are likely to burst in the oven unless they are pierced prior to cooking. Such foods include yolks and whites of eggs, clams and oysters and whole vegetables and fruits.

Testing if cooked

Food cooks so quickly in a microwave oven, it is necessary to test it frequently. Some foods are left in the microwave until completely cooked, but most foods, including meats and poultry, are removed from the oven while still slightly undercooked and allowed to finish cooking during standing time. The internal temperature of foods will rise between 5°F (3°C) and 15°F (8°C) during standing time.

Standing time

Foods are often allowed to stand for 3 to 10 minutes after being removed from the microwave oven. Usually the foods are covered during standing time to retain heat unless they are supposed to be dry in texture (some cakes and biscuits, for example). Standing allows foods to finish cooking and also helps flavour blend and develop.

To Clean Your Oven

1 Keep the inside of the oven clean

Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray can be washed by hand or in the dishwasher.

2 Keep the outside of the oven clean

Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press STOP/CLEAR after cleaning.

- 3 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.
- 4 The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly.
DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS.
Metal parts will be easier to maintain if wiped frequently with a damp cloth.
- 5 Do not use any steam cleaner.

Questions & Answers

Q What's wrong when the oven light will not glow?

A There may be several reasons why the oven light will not glow.
Light bulb has blown
Door is not closed

Q Does microwave energy pass through the viewing screen in the door?

A No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.

Q Why does the beep tone sound when a pad on the Control Panel is touched?

A The beep tone sounds to assure that the setting is being properly entered.

Q Will the microwave oven be damaged if it operates empty?

A Yes Never run it empty or without the glass tray.

Q Why do eggs sometimes pop?

A When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

Q Why is standing time recommended after microwave cooking is over?

A After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

Q Fan operates even when not operating the microwave oven. Is it failure?

A No. 'Auto Cooling System' operates such that the fan automatically operates for the consumer's safety if interior temperature of the microwave oven is more than appropriate values after cooking is completed.

Q Is it possible to pop corn in a microwave oven?

A Yes, if using one of the two methods described below
1. Popcorn-popping utensils designed specifically for microwave cooking.
2. Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN PRODUCT. DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN THE CORN CATCHING FIRE.

CAUTION

NEVER USE A BROWN PAPER BAG FOR POPPING CORN. NEVER ATTEMPT TO POP LEFTOVER KERNELS.

Q Why doesn't my oven always cook as fast as the cooking guide says?

A Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgement along with the cooking guide suggestions to test food condition, just as you would do with a conventional cooker.

Plug wiring information/ Technical Specifications

WARNING

This appliance must be earthed

The wires in this mains lead are colored in accordance with the following codes
BLUE ~ Neutral
BROWN ~ Live
GREEN & YELLOW ~ Earth

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug proceed as follows:

The wire which is colored BLUE must be connected to the terminal which is marked with the letter N or Colored BLACK.

The wire which is colored BROWN must be connected to the terminal which is marked with the letter L or colored RED.

The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or .

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard;

Technical Specification

	MH6589DRL
Power Input	220V~50Hz
Output	850 W (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	507 mm(W) X 283mm(H) X438mm(D)
Microwave	1250 Watts
Grill	1000 W(Max. 2000W)
Combination	2250 Watts

WARNING

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.