



OWNER'S MANUAL

BUILT-IN LIGHTWAVE OVEN

Please read this owner's manual thoroughly before operating.
The manufacturer is not liable for any problems caused by the user's failure to observe these instructions.

MZ9480YRC



MFL65219803

www.lg.com

Contents

How the Microwave Function 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. This 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 the door, or 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 oven, SolarDOM, 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.

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Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

Important Safety **Instructions**



This is the safety alert symbol. This symbol alerts you to potential hazards that can cause death or serious injury to you and others. All safety messages will follow the safety alert symbol and either the word “WARNING” or “CAUTION”. These word means :

⚠ WARNING: This symbol will alert you to hazards or unsafe practices which could cause serious bodily harm or death.

⚠ CAUTION: This symbol will alert you to hazards or unsafe practices which could cause bodily injury or property damage.

Important Safety **Instructions**

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⚠ WARNING

- 1. Do not attempt to tamper with, or make any adjustments or repairs to the door, door seals, control panel, safety interlock switches or any other part of the oven. which involves the removal of any cover which gives protection against exposure to microwave energy. Do not operate the oven, if the door seals and adjacent parts of the microwave oven are faulty. Repairs should only be undertaken by a qualified service technician.**
 - ➡ Unlike other appliances, the microwave oven is high-voltage and high-current equipment. Improper use or repair could
- 2. Do not use the oven for the purpose of dehumidification. (ex. Operating the microwave oven with wet newspapers, clothes, toys, electric devices, pets or children inside.)**
 - ➡ It can be the cause of serious damage and safety risks causing fire, burns, electric shock or death.

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Important Safety **Instructions**

WARNING

- 3. The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.**
 - 4. The appliance is not intended for use by young children or infirm persons. 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.**
- Improper use may cause damage and safety concerns such as a fire, an electric shock or burns.**
 - 5. Accessible parts may become hot during use. Young children should be kept away.**
 - Failing to do so could cause serious burns.**
 - 6. Liquids or other foods must not be heated in sealed containers since they are liable to explode. 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.**
 - Never heat bottles or fluid containers with the lids fitted as they will explode.**

Important Safety **Instructions**

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

WARNING

- 7. When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.**

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Important Safety Instructions

⚠ CAUTION

- 1. You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlock.**
 - ➡ It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened.)
- 2. Do not place any object (such as kitchen towel, napkin, etc.) between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.**

- ➡ It could result in harmful exposure to excessive microwave energy.
- 3. 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.**
 - ➡ It could result in harmful exposure to excessive microwave energy.

Important Safety

Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

CAUTION

4. Please ensure cooking times are correctly set. Small amounts of food require shorter cooking or heating time.

➔ The over cooking may result in the food catching fire and subsequent damage to your oven.

Note:

Excessive cooking times and temperatures can cause a build up of condensation behind the door glass. The settings should readjusted to reduce either the cooking time or power. The condensation will disappear shortly after the cooking has stopped.

- 5. When heating liquids, e.g. soups, sauces and beverages in your microwave oven,**
- * Avoid using straight sided containers with narrow necks.**
 - * Do not overheat.**
 - * Stir the liquid before placing the container in the oven and again halfway through the heating time.**
 - * After heating, allow to stand in the oven for a short time, stir them again carefully and check the temperature of them before consumption to avoid burns (especially, contents of feeding bottles and baby food jars).**

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

Important Safety Instructions

CAUTION

- ➔ Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in a sudden boil over of the hot liquid.
- 6. An exhaust outlet is located on top or bottom or side of the oven. Don't block the outlet.**
- ➔ It could result in damage to your oven and poor cooking results. Never heat bottles, fluid or beverage containers with the lids fitted. Doing so will cause them to explode.

- 7. 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.**
- ➔ Improper use could result in damage to your oven.
- 8. Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking. And do not use newspaper in place of paper towels for cooking.**
- ➔ Improper use can be the cause of an explosion or a fire.

Important Safety

Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

CAUTION

9. Do not use wooden containers and ceramic containers which have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check the utensils are suitable for use in microwave ovens before use.

➡ They may heat-up and char. Especially metal objects in the oven may arc, which can cause serious damage.

10. Do not use recycled paper products.

➡ They may contain impurities which may cause sparks and/or fires when used in cooking.

Never use Aluminium foil during microwave cooking or leave metallic

eating or cooking utensils inside the oven during operation.

11. Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or deformation.

➡ Improper use could result in damage to your oven.

12. 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.

➡ Improper use could result in bodily injury and oven damage.

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

Important Safety **Instructions**

⚠ CAUTION

13. Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetable.

➡ If left unpierced, they could burst.

14. Do not cook eggs in their shell. 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.

➡ Pressure will build up inside the egg which will burst.

15. Do not attempt deep fat frying in your oven.

➡ This could result in a sudden boil over of the hot liquid and cause serious damage or fire.

16. If smoke is observed (or emitted), switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.

➡ Failing to do so can result in serious damage and safety risks such as fire and electric shock.

Important Safety

Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

CAUTION

17. When food is heated or cooked in disposable containers of plastic, paper or other combustible materials, keep an eye on the oven due to the possibility of ignition and check it frequently.

➔ Disposable containers may weaken and crack due to deterioration which may cause liquids to leak and cause damage or fire.

18. The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during

grill mode, convection mode and auto cook operations, before clearing make sure they are not hot.

➔ As they will become hot, there is the danger of a burn unless wearing thick oven gloves.

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

Important Safety Instructions

CAUTION

19. The oven should be cleaned regularly and any food deposits removed.

- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

20. Only use the temperature probe recommended for this oven (for appliances having a facility to use a temperature-sensing probe).

- You can not ascertain that the temperature is accurate with an unsuitable temperature probe.

21. During use of heating element cooking functions, the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

- Failing to do so will cause serious burns.

22. 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. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.

- Overcooking could result in the corn catching fire.

Important Safety

Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

CAUTION

23. 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

This unit must only be connected to a 240v 50Hz mains supply via the connected 10amp plug.

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.

⤵ Improper use may cause serious damage and electric shock.

24. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass.

⤵ They can scratch the surface, which may result in shattering of the glass.

25. This oven should not be used for commercial catering purposes.

⤵ Improper use could result in damage to your oven.

26. The mains plug and its connection to the power outlet should be easily accessible in the event that the power needs to be switched off immediately.

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

Important Safety **Instructions**

⚠ CAUTION

- 27. 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.**
- 28. (Young)Children should be supervised to ensure that they do not play with the appliance.**
- 29. The appliance is not intended to be operated by means of an external timer or separate remote-control system.**

- 30. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance.
Cleaning and user maintenance shall not be undertaken by children without supervision.**

Important Safety

Instructions

Please keep for future reference. Read and follow all instructions before using your oven to prevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact your service agent or manufacturer about problems that you do not understand.

CAUTION

- 31. Where shelves are fitted, please follow removal and refitting instructions when cleaning the interior of the oven.**
- 32. Never heat up feeding bottles or food jars with the lids on. Stir all fluids as they heat and always check the temperature of the fluids before consuming to avoid burns.**

- 33. Do not use steam cleaners or chemical oven cleaners to clean the internal cavity. Always clean the oven along with any spill overs after each use with warm water and a soft cloth.**

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 operation of microwave function 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.

NOTE: Excessive cooking times and temperatures can cause a build up of condensation behind the door glass. The settings should readjusted to reduce either the cooking time or power. The condensation will disappear shortly after the cooking has stopped.

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 oven with microwave function, 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.
Never heat bottles, jars, or containers with the lids on them.

WARNING

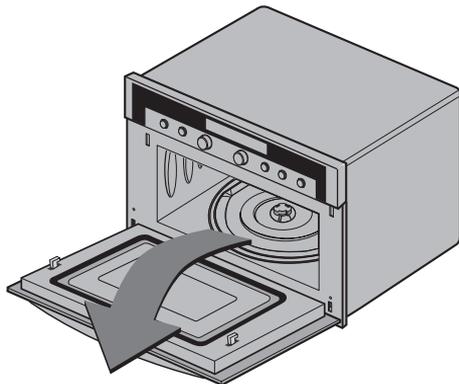
Always allow food to stand after being cooked by microwaves and check the temperature of them before consumption. Especially contents of feeding bottles and baby food jars.

Unpacking & Installing

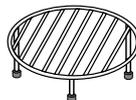
By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidance on where to install your oven. When unpacking your oven make sure you remove all accessories and packing. Check to make sure that your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

1

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



HIGH RACK
(For grill mode)



LOW RACK
(For microwave and convection mode)



METAL TRAY
(For defrost)

STEAMER



STEAM COVER



STEAM PLATE



STEAM WATER BOWL

2

The built-in cabinet must not have a rear wall behind the appliance.

A space of at least 45 mm must be maintained between the wall and the bottom of the cabinet or the back wall of the cabinet fitted above.

- When installing the appliance above an oven, a space of at least 45 mm must be maintained between the wall and the bottom of the cabinet fitted above.

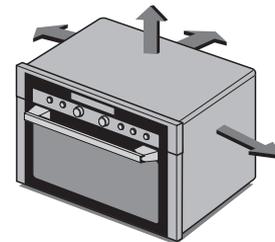
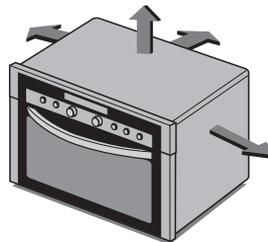
The oven must be a ventilated appliance from the same manufacturer.

- When installing the appliance above a fridge or freezer, a space of at least 50 mm must be maintained between the wall and the bottom of the cabinet fitted above.

- The minimum installation height is 85 cm.

- Please observe the special installation instructions.

NOTE: If the unit is used as a bench top oven, a metal plate or timber platform should be placed under the oven to stop vinyl or artificial stone bench tops from discoloring as a result of the hot air venting from the front of the oven.



*** THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES.**

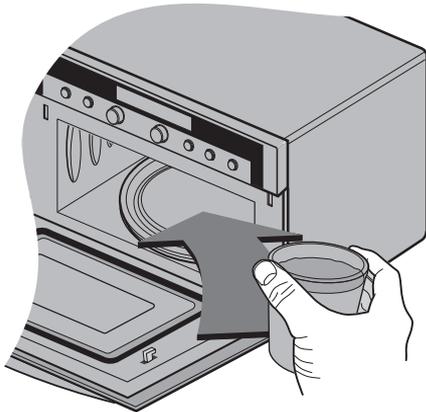
*** THIS OVEN CAN BE USED AS BUILT-IN TYPE.**

*** THIS OVEN IS INTENDED FOR DOMESTIC INDOOR HOME USE. IT SHOULD NOT BE USED FOR MOBILE APPLICATIONS.**

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 **METAL TRAY** inside the oven.

5 Fill a **microwave safe container** with 300 ml (1/2 pint) of water. Place on the **METAL TRAY** and close the oven door. If you have any doubts about what type of container to use please refer to page 43.



6 Press the **STOP/CLEAR** button, and press the **START/Q-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 BEEP several times repeatedly until the door is opened. 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.**

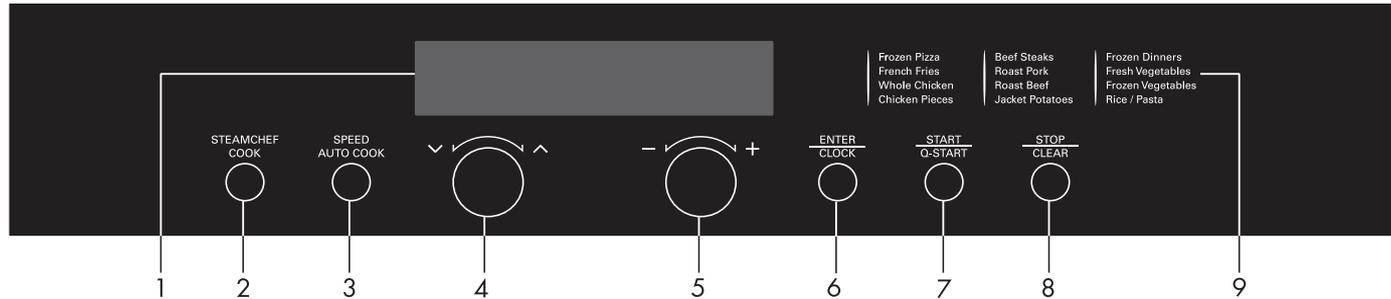


YOUR OVEN IS NOW INSTALLED

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

NOTE: Never heat Bottles, jars, or containers with the lids on them, they could explode.

Control Panel



- 1. DISPLAY WINDOW:** You can see the mode function, time of day, cooking time, power level and cooking categories.
- 2. STEAMCHEF COOK :** Steamchef cook allows you to cook your favorite food by selecting the steam chef categories.
- 3. SPEED AUTO COOK:** Speed auto cook allows you to cook popular foods quickly by selecting the food type and the weight of the food.
- 4. FUNCTION DIAL:** You can select the operating function.
- 5. CONTROL DIAL :**
 - You can set cooking time, temperature, weight and cooking categories.
 - You can lengthen or shorten the cooking time at any point by turning the dial after the cooking has started.(except defrost mode).

6. ENTER/CLOCK:

- **ENTER:** You can confirm the selected cooking category, microwave power level or temperature.
- **CLOCK:** You can set the time of day.

7. START/Q-START:

- In order to start cooking in microwave mode, press button one time.
- The quick start feature allows you to set 30 second intervals of HIGH power cooking with one press of the quick start button.

8. STOP/CLEAR:

9. SPEED AUTO COOK MENU

Setting the Clock

You can set either 12 hour clock or 24 hour clock.

In the following example I will show you how to set the time for 14:35 when using the 24 clock.

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



NOTE: Information Blink

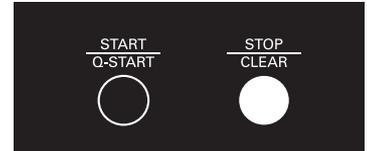
For mode setting, blink will guide to next step.

When your oven is plugged in for the first time or when power resumes after a power cut, a '0' will be shown in the display; you will have to 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.

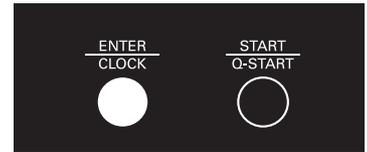
Make sure that you have correctly installed your oven as described earlier in this book.

Press **STOP/CLEAR**.



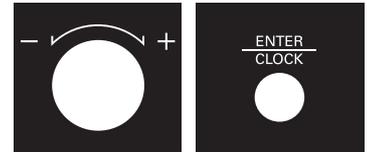
Press **ENTER/CLOCK** once.

(If you want to use a 12 hour clock, Press **ENTER/CLOCK** once more. If you want to change different option after setting clock, you have to unplug and plug it back in.)



Turn **- +** dial knob until display shows "14:00".

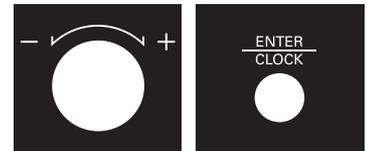
Press **ENTER/CLOCK** for hour confirmation



Turn **- +** dial knob until display shows "14:35".

Press **ENTER/CLOCK**.

The clock starts counting.

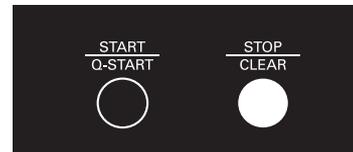


Child Lock



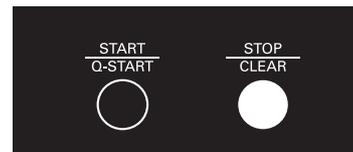
Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place. However your child can still open the oven door.

Press **STOP/CLEAR**.

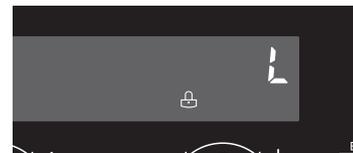


Press and hold **STOP/CLEAR** until "L" and  appears on the display and BEEP sounds.

The **CHILD LOCK** is now set.

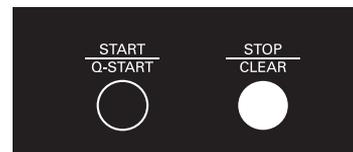
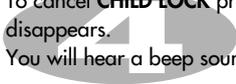


If any button is pressed, "L" and  will appear on the display.



To cancel **CHILD LOCK** press and hold **STOP/CLEAR** until "L" and  disappears.

You will hear a beep sound and the Child Lock will be disabled.



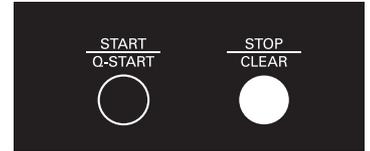
Quick Start

In the following example I will show you how to set 2 minutes of cooking on high power(900W).

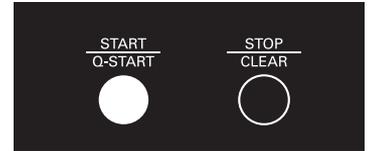


The **Quick Start** feature allows you to set 30 second intervals of HIGH power(900W) cooking by pressing the **START/Q-START** button.

Press **STOP/CLEAR**.



Press **START/Q-START** four times to select 2 minutes on HIGH power(900W).
Your oven will start before you have finished the fourth press.



Microwave (Micro) Power Cooking

In the following example I will show you how to cook food on 600W power for 5 minutes and 30 seconds.
Note: Steam or condensation forming inside the door or display can indicate that the cooking time or power levels are excessive. To reduce this from happening, adjust the settings and cover the food. This is not a malfunction or defect.

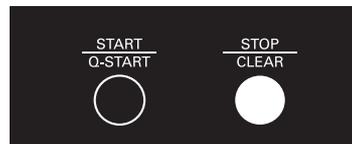


Your oven has five microwave Power settings. High power is automatically selected and turning of the dial will select a different power level.

POWER	
HIGH	900 W
MEDIUM HIGH	600 W
MEDIUM	360 W
DEFROST MEDIUM LOW	180 W
LOW	90 W

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

Press **STOP/CLEAR**.



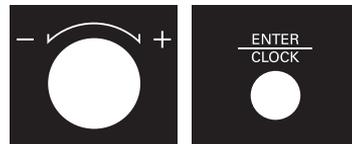
Turn ∇ \blacktriangle dial to select micro (\approx).

Press **ENTER/CLOCK** for micro confirmation.



Turn $-$ $+$ dial knob until display shows "600W".

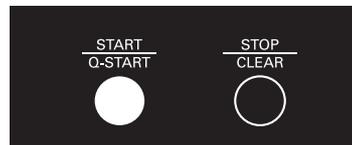
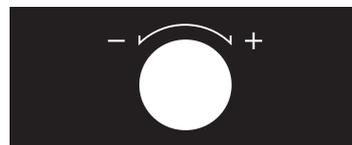
Press **ENTER/CLOCK** for power confirmation.



Turn $-$ $+$ dial knob until display shows "5:30".

Press **START/Q-START**.

When cooking you can increase or decrease cooking time by turning the $-$ $+$ dial.



Micro Power Level

This 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 oven.

POWER LEVEL	OUTPUT	USE	ACCESSORY
HIGH (Not for STEAMER)	900W	<ul style="list-style-type: none"> * Boil Water * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat * Brown minced beef 	Low Rack + Metal Tray 
MEDIUM HIGH (Not for STEAMER)	600W	<ul style="list-style-type: none"> * All reheating * Roast meat and poultry * Cook mushrooms and shellfish * Cook foods containing cheese and eggs 	
MEDIUM	360W	<ul style="list-style-type: none"> * Bake cakes and scones * Prepare eggs * Cook custard * Prepare rice, soup 	
DEFROST/ MEDIUM LOW	180W	<ul style="list-style-type: none"> * All thawing * Melt butter and chocolate * Cook less tender cuts of meat 	
LOW	90W	<ul style="list-style-type: none"> * Soften butter & cheese * Soften ice cream * Raise yeast dough 	Low Rack + Metal Tray 



Grill Cooking

In the following example I will show you how to use the Grill-1 to cook food for 12 minutes and 30 seconds.



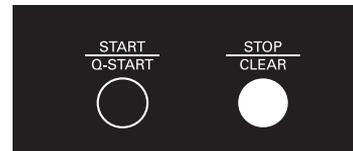
This feature will allow you to brown and crisp food quickly.

The grill rack is placed on the metal tray in the grill mode.

The high rack must be used during grill cooking.

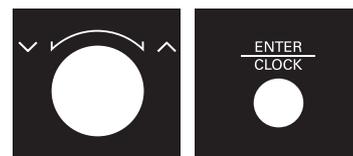


Press **STOP/CLEAR**.



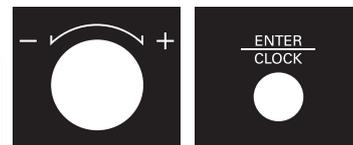
Turn ∇ \blacktriangle dial to select grill (\sim).

Press **ENTER/CLOCK** for grill confirmation.



Turn $-$ $+$ dial knob until display shows "Gr-1".

Press **ENTER/CLOCK** for category confirmation.



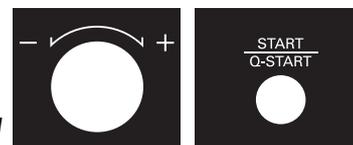
Category	Display	Heater Operating
Grill-1	Gr-1	Upper Heater(2050W)
Grill-2	Gr-2	Upper Heater(1050W)
Grill-3	Gr-3	Lower Heater(720W)

Turn $-$ $+$ dial knob until display shows "12:30".

Press **START/Q-START**.

When cooking you can increase or decrease cooking time by turning the $-$ $+$ dial.

Always wear oven gloves when removing cooked food as the racks and trays will be very hot.



Convection Cooking

In the following example I will show you how to use the convection mode to cook food for 50 minutes at 220°C temperature.

The convection oven has a temperature range.(40°C, 100~250°C)

The oven has a ferment function at the oven temperature of 40°C. You should wait until the oven is cool as the ferment function will not make heat if the oven temperature is over 40°C.

In the Convection mode, the 40 degree ferment function can be operated for up to 9Hrs by turning the **- +** dial.

For Pre-Heating, follow the steps for Option 1. The oven will take several minutes to reach the selected temperature.

Once Pre-Heat has reached the correct temperature, your oven will BEEP to let you know that it has reached the set temperature.

To Start Cooking when Pre-Heat is over, place food into the oven and follow the steps in Option 2. (cooking does not automatically start after the Pre-Heat has ended)

The low rack must be used during convection cooking.



Option 1. To Preheat
Press **STOP/CLEAR**.

Turn **∨ ∨** dial to select convection mode().
Press **ENTER/CLOCK** for convection confirmation.
Turn **- +** dial knob until display shows "220°C".

Press **START/Q-START**.
Display shows "Pr-H".

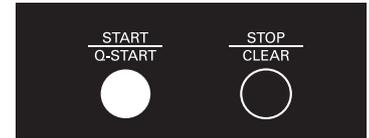
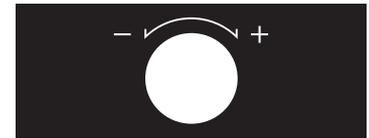
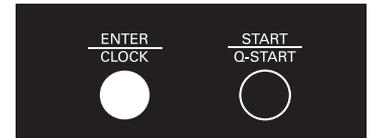
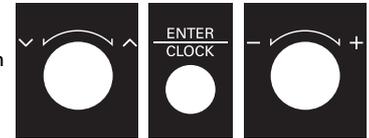
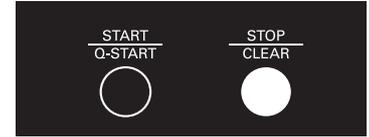
Option 2. To Cook
Press **STOP/CLEAR**.

Turn **∨ ∨** dial to select convection mode().
Press **ENTER/CLOCK** for convection confirmation.
Turn **- +** dial knob until display shows "220°C".

Press **ENTER/CLOCK** for temp. confirmation.

Turn **- +** dial knob until display shows "50:00".

Press **START/Q-START**.
Always wear oven gloves when removing cooked food as the racks and trays will be very hot.



Speed combi Cooking



Speed Combi
(Co-1, 2, 3)

Your oven has a combination cooking feature which allows you to cook food with the **heater** and **microwave** operating alternately. This generally means it takes less time to cook the food.

You can set three levels of micro power (90W, 180W, 360W and 600W) in speed combi mode.

* Speed combi Category

Co-1 **1** Grill-1 + Microwave power

Co-2 **2** Grill-2 + Microwave power

Co-3 **3** Grill-3 + Microwave power

Co-4 **4** (Upper + Lower heater)
+ Microwave power

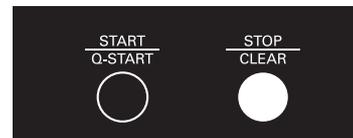
Co-5 **5** Convection + Microwave power

* Grill mode: Refer to page 26

In the following example I will show you how to programme your oven at micro power 360W and grill for a cooking time of 25 minutes.

NOTE: We do not recommend the use of aluminium foil during any Microwave or Speed Combi mode, as it can cause arcing when used incorrectly with trays which will damage the oven and cause fire.

Press **STOP/CLEAR**.



Turn ∇ \blacktriangle dial speed combi () to select grill combination.

Press **ENTER/CLOCK** for speed combi confirmation.

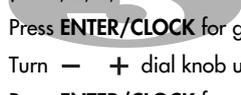


Turn $-$ $+$ dial knob until display shows "Co-1".
(Co 1, 2, 3, 4 or 5 are available).

Press **ENTER/CLOCK** for grill-1 confirmation.

Turn $-$ $+$ dial knob until display shows "200°C".

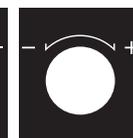
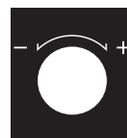
Press **ENTER/CLOCK** for temp. confirmation.



[--- [x2] ---]

Turn $-$ $+$ dial knob until display shows "360W".

Press **ENTER/CLOCK** for power confirmation.

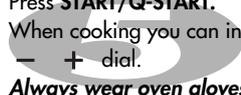


Turn $-$ $+$ dial knob until display shows "25:00".

Press **START/Q-START**.

When cooking you can increase or decrease cooking time by turning $-$ $+$ dial.

Always wear oven gloves when removing cooked food as the racks and trays will be very hot.



Speed combi Cooking

In the following example I will show you how to programme your oven for micro power 360W and at a temperature 200°C for a cooking time of 25 minutes.



Speed Combi (Co-4)

You can set four kinds of micro power level(90W, 180W, 360W, 600W) in speed combi mode(Co-4).

* Speed Combi Category

- Co-1** **1** Grill-1 + Microwave power

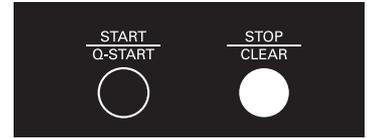
- Co-2** **2** Grill-2 + Microwave power

- Co-3** **3** Grill-3 + Microwave power

- Co-4** **4** (Upper + Lower heater) + Microwave power

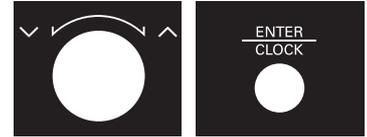
- Co-5** **5** Convection + Microwave power

Press **STOP/CLEAR**.



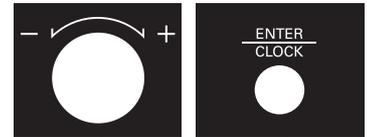
Turn ∇ \blacktriangle dial speed combi() to select speed combination mode (Co-4).

Press **ENTER/CLOCK** for speed combi confirmation.



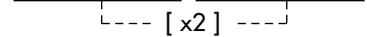
Turn $-$ $+$ dial knob until display shows "Co-4".

Press **ENTER/CLOCK** for speed combi confirmation.



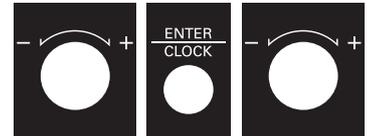
Turn $-$ $+$ dial knob until display shows "200°C".

Press **ENTER/CLOCK** for temp. confirmation.



Turn $-$ $+$ dial knob until display shows "360W".

Press **ENTER/CLOCK** for power confirmation.

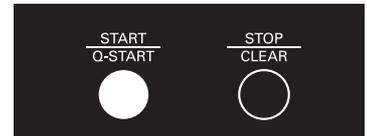


Turn $-$ $+$ dial knob until display shows "25:00".

Press **START/Q-START**.

When cooking you can increase or decrease cooking time by turning $-$ $+$ dial.

Always wear oven gloves when removing cooked food as the racks and trays will be very hot.



Speed combi Cooking

In the following example I will show you how to programme your oven for:- micro power 360W and at a convection temperature 200°C for a cooking time of 25 minutes.



Speed Combi (Co-5)

Your oven has a combination cooking feature which allows you to cook food with **convection temp.** and **microwave** operating alternately. This generally means it takes less time to cook your food.

You can set three kinds of micro power level(90W, 180W, 360W, 600W) in speed combi mode(Co-5).

* Speed Combi Category

Co-1 **1** Grill-1 + Microwave power

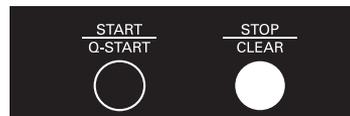
Co-2 **2** Grill-2 + Microwave power

Co-3 **3** Grill-3 + Microwave power

Co-4 **4** (Upper + Lower heater)
+ Microwave power

Co-5 **5** Convection + Microwave power

Press **STOP/CLEAR**.



Turn ∇ \blacktriangle dial speed combi () to select convection combination mode(Co-5).

Press **ENTER/CLOCK** for speed combi confirmation.



Turn $-$ $+$ dial knob until display shows "Co-5".

Press **ENTER/CLOCK** for convection confirmation.



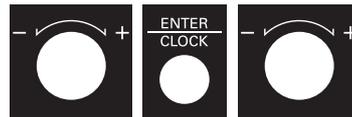
Turn $-$ $+$ dial knob until display shows "200°C".

Press **ENTER/CLOCK** for temp. confirmation.



Turn $-$ $+$ dial knob until display shows "360W".

Press **ENTER/CLOCK** for power confirmation.

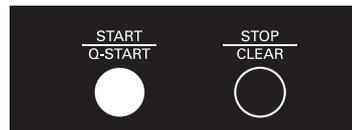


Turn $-$ $+$ dial knob until display shows "25:00".

Press **START/Q-START**.

When cooking you can increase or decrease cooking time by turning $-$ $+$ dial.

Always wear oven gloves when removing cooked food as the racks and trays will be very hot.



Defrost

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. The BREAD programme is suitable for defrosting small items such as rolls or a small loaf. These will require a standing time to allow the centre to thaw. In the following example I will show you how to defrost 1.4Kg of frozen poultry.

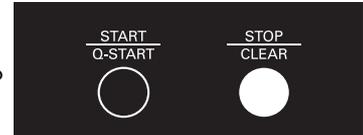
*** When defrosting, use metal tray only. Do not use the racks.**



Your oven has four microwave defrost settings:- **MEAT, POULTRY, FISH** and **BREAD**; each defrost category has different power settings.

Press **STOP/CLEAR**.

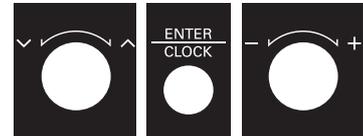
Weigh the food that you are about to defrost. Be certain to remove any metallic ties or wraps; then place the food on a microwave safe dish on to the metal tray in your oven and close the oven door.



Turn ∇ \blacktriangle dial to select auto defrost($\ast\ast$).

Press **ENTER/CLOCK** for auto defrost confirmation.

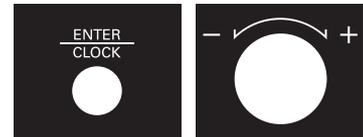
Turn $-$ $+$ dial knob until display shows "dEF2".



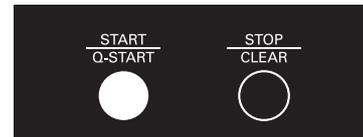
Press **ENTER/CLOCK** for category confirmation.

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

Turn $-$ $+$ dial knob until display shows "1.4kg" for the weight of frozen food.



Press **START/Q-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/Q-START** to resume defrosting.

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

DEFROSTING GUIDE

- * Food to be defrosted should be in a suitable microwave proof container and should be placed uncovered on the metal tray.
- * If necessary, shield small areas of meat or poultry with flat pieces of aluminum foil. This will prevent thin areas 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 the oven BEEP's, turn food over.** Continue to defrost remaining pieces. Allow to stand until completely thawed.
- * For example, joints of meat and whole chickens should be standed for a minimum 1 hour before cooking.

Category	Weight Limit	Utensil	Food
Meat (dEF1)	0.1 – 4.0 kg	Microwave ware (Flat plate), Metal tray	Meat Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger Lamb chops, Rolled roast, Sausage, Cutlets(2cm) When beep, turn food over. After defrosting, let stand for 5-15 minutes.
Poultry (dEF2)			Poultry Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg) When beep, turn food over. After defrosting, let stand for 20-30 minutes.
Fish (dEF3)			Fish Fillets, Steaks, Whole fish, Sea foods When beeps are heard, turn food over. After defrosting, let stand for 10-20 minutes.
Bread (dEF4)	0.1 – 0.5 kg	Paper towel or flat plate, Metal tray	Sliced bread, Buns, Baguette, etc

Speed Auto Cook

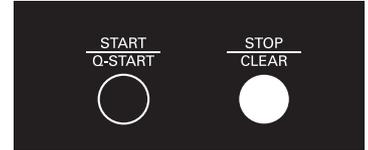
In the following example I will show you how to cook 1.0kg of whole chicken(Sc 3).



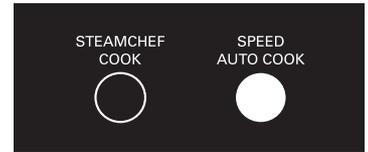
SPEED AUTO COOK menus allow you to cook most of your favorite food quickly by selecting the food type and the weight of the food.

Note: The Halogen Heater is cycled on and off during the Speed Cook mode.

Press **STOP/CLEAR**.



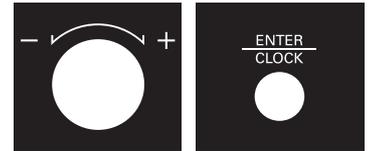
Press **SPEED AUTO COOK** once ().



Turn **- +** dial knob until display shows "Sc 3".



Press **ENTER/CLOCK** for category confirmation.

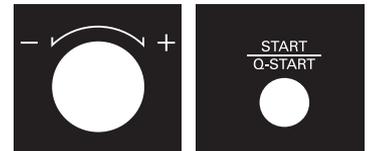


Turn **- +** dial knob until display shows "1.00kg".

Press **START/Q-START**.

When cooking you can increase or decrease cooking time by turning **- +** dial.

After cooking you must wear gloves to take metal tray / container out of oven since its hot.



SPEED AUTO COOK GUIDE

Function	Category		Weight Limit	Utensil	Food Temp.	Instructions
Speed Auto Cook	Sc 1	Frozen Pizza	0.30 – 0.50kg	Metal tray	Frozen	This function is for cooking frozen pizza. Remove all food packaging and place on the metal tray. After cooking, stand for 1~2 minutes.
	Sc 2	French Fries	0.20 – 0.75kg	Metal tray	Frozen	Spread frozen potato products out on the metal tray. For the best results, cook in a single layer. After cooking, remove from the oven and stand for 1~2 minutes.
	Sc 3	Whole Chicken	0.80 – 1.80kg	Low rack + Metal tray	Refrigerated	Brush whole chicken with melted margarine butter or seasonings, if desired. Place the whole chicken breast-side down in an uncovered dish on the low rack on metal tray. When it BEEPS, drain the juices and turn food over immediately. After cooking, let stand covered with foil 10 minutes.
	Sc 4	Chicken Pieces	0.20 – 0.80kg	Metal tray	Refrigerated	Place for chicken pieces on the metal tray. When it BEEPS, turn food over. And then press start to continue cooking. After cooking, stand covered with foil for 2-5 minutes.
	Sc 5	Beef Steaks	0.30 – 1.20kg	Low rack + Metal tray	Refrigerated	Place on the low rack. When it BEEPS, turn food over. And then press start to continue cooking. After cooking, serve immediately minutes.
	Sc 6	Roast Pork	0.80 – 1.80kg	Low rack + Metal tray	Refrigerated	Trim excess fat from pork. Brush the pork with melted margarine or butter. Place on the low rack on the metal tray. When it BEEPS, turn food over. And then press start to continue cooking. After cooking, stand covered with foil for 10 minutes.

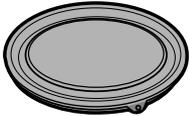
SPEED AUTO COOK GUIDE

Function	Category		Weight Limit	Utensil	Food Temp.	Instructions
Speed Auto Cook	Sc 7	Roast Beef	0.80 – 1.80kg	Low rack + Metal tray	Refrigerated	Brush the beef with melted margarine or butter. Place on the low rack on the metal tray. When it BEEPS, turn food over. And then press start to continue cooking. After cooking, stand covered with foil for 10 minutes.
	Sc 8	Jacket Potatoes	0.20 – 1.00kg	Metal tray	Room	Choose medium sized potatoes. (200 -220g per each) Wash and dry potatoes. Pierce the potatoes several times with a fork. Place the potatoes on the metal tray. Adjust weight and press start. After cooking, remove the potatoes from the oven. Let stand covered with foil for 5 minutes.
	Sc 9	Frozen Dinners	0.40 – 1.00kg	Low rack + Metal tray	Frozen	Place frozen dinner uncovered on low rack.
	Sc 10	Fresh Vegetables	0.20 – 1.00kg	Low rack + Microwave-safe bowl with cover	Room	Place vegetables in a microwave-safe bowl. Add water. Cover with wrap. When it BEEPS, stir once. After cooking, stir and allow to stand for 2 - 3 minutes. Add amount of water according to the quantity. ** 0.2kg - 0.5kg : 2 Tablespoon ** 0.55kg - 1.0kg : 4 Tablespoon
	Sc 11	Frozen Vegetables	0.20 – 1.00kg	Low rack + Metal tray + Microwave-safe bowl with cover	Frozen	Place vegetables in a microwave-safe bowl. Add water. Cover with wrap. When it BEEPS, stir once. After cooking, stir and allow to stand for 2 - 3 minutes. Add amount of water according to the quantity. ** 0.2kg - 0.5kg : 2 Tablespoon ** 0.55kg - 1.0kg : 4 Tablespoon

SPEED AUTO COOK GUIDE

Function	Category		Weight Limit	Utensil	Food Temp.	Instructions											
Speed Auto Cook	Sc 12	Rice / Pasta	0.10 – 0.30kg	Low rack + Metal tray + Microwave-safe bowl with cover	Room	Place rice & boiling water with 1/4 to 1 teaspoon salt in a deep and large bowl (3L). When beeps, stir once.											
						<table border="1"> <thead> <tr> <th colspan="2">Weight</th> <th>100g</th> <th>200g</th> <th>300g</th> <th>Cover</th> </tr> </thead> <tbody> <tr> <td rowspan="2">Water</td> <td>Rice</td> <td>250ml</td> <td>350ml</td> <td>480ml</td> <td>Yes</td> </tr> <tr> <td>Pasta</td> <td>300ml</td> <td>600ml</td> <td>900ml</td> <td>No</td> </tr> </tbody> </table>	Weight		100g	200g	300g	Cover	Water	Rice	250ml	350ml	480ml
Weight		100g	200g	300g	Cover												
Water	Rice	250ml	350ml	480ml	Yes												
	Pasta	300ml	600ml	900ml	No												
						** Rice - After cooking, stand covered for 5 minutes or until water is absorbed.											
						** Pasta - During the cooking, stir several times if required. After cooking, stand 1 - 2 minutes. Rinse pasta with cold water.											

< Metal Tray >



< Low Rack + Metal Tray >



Note: Steam or condensation forming inside the door or display can indicate that the cooking time or power levels are excessive. To reduce this from happening, adjust the settings and cover the food. This is not a malfunction or defect.

Steamchef

Cook

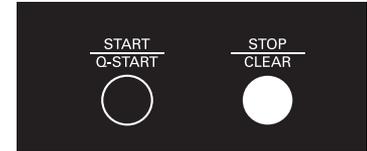
In the following example I will show you how to cook 0.5kg of Shrimp(St 1).
NOTE: The STEAMER is required for this function.

This feature allows you to Steam Cook.

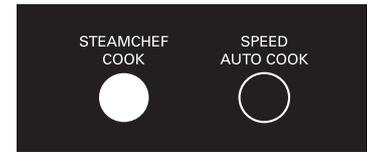
CAUTION:

1. Always use oven gloves when removing the STEAMER from the oven. It's very hot.
2. Do not put a hot STEAMER on a glass table or surface after cooking. Always make sure to use a resting pad or tray.
3. When using the Steamer, pour at least 400ml of water into the Steam water bowl, then place the steam plate into position before placing food onto it. If the amount of water is less than 400ml, it may cause incomplete cooking, or overheating to the oven resulting in serious damage.
4. Be careful when moving or removing the STEAMER containing hot water.
5. When using the STEAMER, always ensure that the steam plate and Steam cover are correctly positioned onto the steam water bowl. Incorrect placement will inhibit steam from forming and could cause certain foods such as eggs, to explode and other foods to over cook.
6. Never use this Steamer with any other microwave oven having a different model number. Damage to that product may occur as a result.

Press **STOP/CLEAR**.

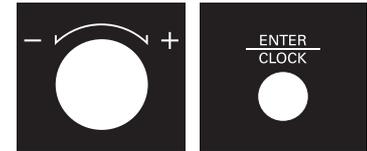


Press **STEAMCHEF COOK** once ().



Turn  + dial knob until display shows "St 1".

Press **ENTER/CLOCK** for category confirmation.

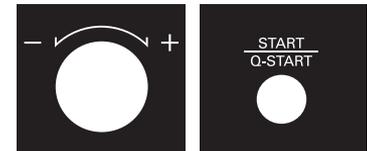


Turn  + dial knob until display shows "0.50kg".

Press **START/Q-START**.

When cooking you can increase or decrease cooking time by turning  + dial.

After cooking you must wear gloves to take metal tray / container out of oven since its hot.



<i>Function</i>	<i>Ingredient</i>		<i>Weight</i>	<i>Cooking device</i>	<i>Temp. prior to cooking</i>	<i>Size of ingredient</i>	<i>Instructions</i>
Steam chef	St 1	Shrimp	0.20 – 0.80kg	Steam cover Steam plate Steam water bowl Metal tray	Refrigerator	Small shrimps (shrimps, large shrimps, small crab etc.)	Wash the shrimps. Pour 400ml of water or white wine in the steamer. Put the steam plate with the shrimps onto the steamer. Cover it with the steam bell and put it in the oven.
	St 2	Shellfish	0.20 – 0.80kg	Steam cover Steam plate Steam water bowl Metal tray	Refrigerator	Small clams (mussels, ark shell etc.)	Wash the clams. Pour 400ml of water or white wine in the steamer. Put the steam plate with the clams onto the steamer. Cover it with the steam bell and put it in the oven.
	St 3	Whole fish	0.20 – 0.80kg	Steam cover Steam plate Steam water bowl Metal tray	Refrigerator	Maximum thickness of 3 cm Maximum length of 25 cm	Wash the fish. Pour 400ml of water or white wine in the steamer. Put the steam plate with the fish onto the steamer. Cover it with the steam bell and put it in the oven.
	St 4	Fish fillet	0.20 – 0.80kg	Steam cover Steam plate Steam water bowl Metal tray	Refrigerator	Maximum thickness of 2.5 cm	Fillet the fish. Pour 400ml of water or white wine in the steamer. Put the steam plate with the fish fillet onto the steamer. Cover it with the steam bell and put it in the oven.

Note: The cooking time may be adjusted by turning the – + dial during the cooking process.

<i>Function</i>	<i>Ingredient</i>		<i>Weight</i>	<i>Cooking device</i>	<i>Temp. prior to cooking</i>	<i>Size of ingredient</i>	<i>Instructions</i>
Steam chef	St 5	Carrot	0.20 – 0.80kg	Steam cover Steam plate Steam water bowl Metal tray	Room temperature	Sliced round or diced	Pour 400ml of water in the steamer. Put the steam plate with the vegetables onto the steamer. Cover it with the steam bell and put it in the oven.
	St 6	Broccoli	0.20 – 0.80kg	Steam cover Steam plate Steam water bowl Metal tray	Refrigerator	Small cluster	Cook as above.
	St 7	Courgette	0.20 – 0.80kg	Steam cover Steam plate Steam water bowl Metal tray	Refrigerator	Diced	Cook as above.
	St 8	Green beans	0.20 – 0.60kg	Steam cover Steam plate Steam water bowl Metal tray	Refrigerator		Cook as above.
	St 9	Spinach	0.20 – 0.50kg	Steam cover Steam plate Steam water bowl Metal tray	Refrigerator		Cook as above.
	St 10	Cauliflower	0.20 – 0.80kg	Steam cover Steam plate Steam water bowl Metal tray	Room temperature	Small cluster	Cook as above.

Note: The cooking time may be adjusted by turning the – + dial during the cooking process.

<i>Function</i>	<i>Ingredient</i>		<i>Weight</i>	<i>Cooking device</i>	<i>Temp. prior to cooking</i>	<i>Size of ingredient</i>	<i>Instructions</i>
Steam chef	St 11	Potato	0.20 – 0.80kg	Steam cover Steam plate Steam water bowl Metal tray	Room temperature	Whole	Pour 400ml of water in the steamer. Put the steam plate with the vegetables on top of the steamer. Cover it with the steam bell and put it in the oven.
	St 12	Chicken breasts	0.20 – 0.80kg	Steam cover Steam plate Steam water bowl Metal tray	Refrigerator	Maximum thickness of 2.5 cm	Prepare chicken breasts. Pour 400ml of water or white wine in the steamer. Put the steam plate with the chicken breasts on top of the steamer. Cover it with the steam bell and put it in the oven.

Note: The cooking time may be adjusted by turning the - + dial during the cooking process.

< Steamer + Metal Tray >



More or Less Cooking

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

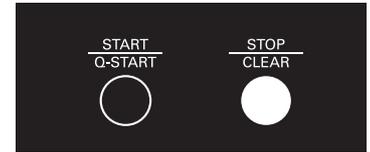


If you find that your food is over or undercooked when using the **SPEED AUTO COOK** programme, you can increase or decrease the cooking time by turning the **- +** control dial.

You can lengthen or shorten the cooking time(except defrost mode) at any point by turning the **- +** control dial.

Cooking time	Increases or Decrease time
0~3 min.	10 Sec.
3~20 min.	30 Sec.
20~30 min.	1 Min.
30~90 min.	5 Min.

Press **STOP/CLEAR**.

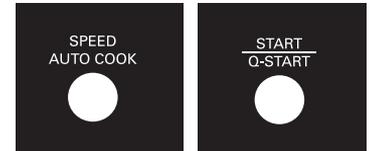


Set the required **SPEED AUTO COOK** programme.

*See **SPEED AUTO COOK** guide.

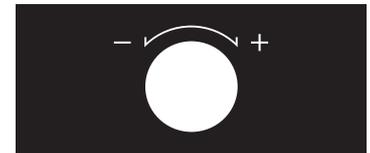
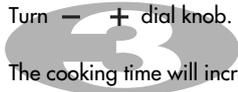
Select weight of food.

Press **START/Q-START**.



Turn **- +** dial knob.

The cooking time will increase or decrease.



Ez Clean

In the following example I will show you how to reduce or remove stubborn smells in the oven.
Please note that this function will not remove odours which are a result of burnt foods or Microwave utensils.



The oven has a special function to help reduce or remove stubborn smells in the oven.

You must use the EZ CLEAN function without food in the oven.

Press **STOP/CLEAR**.



START
Q-START



STOP
CLEAR



Turn   dial to select ez clean().

Press **ENTER/CLOCK** for ez clean confirmation.



ENTER
CLOCK



Press **START/Q-START**.

(Time counts down automatically)

START
Q-START



STOP
CLEAR



Microwave-safe Utensils

Never use metal or metal trimmed utensils during microwave function

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 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 using microwave function.

Place the utensil in question next to a glass bowl filled with water in using microwave function. 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 using microwave function. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in using microwave function. 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 using microwave function, 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 using microwave function.

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 using microwave function, 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 using microwave function, 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 using microwave function.

NOTE: Excessive cooking times and temperatures can cause a build up of condensation behind the door glass. The settings should readjusted to reduce either the cooking time or power. The condensation will disappear shortly after the cooking has stopped.

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 function 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 undercooked 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 with non metallic material 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 suitable lid or microwave cling film with a corner folded back to prevent spitting.

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 or attached to the metal 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 jacket potatoes, yolks and whites of eggs, clams and oysters and whole vegetables and fruits.

Testing if cooked

Food cooks so quickly in a 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 3°C and 8°C during standing time.

Standing time

Foods are often allowed to stand for 3 to 10 minutes after being removed from the 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.

Cleaning

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. This includes under the turntable and around the turntable rollers. 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.

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. Cleaning Accessories: Metal Tray, Racks

Accessories can be scorched after grill, convection and combination cooking. And Metal Tray can be soiled by dripping from the rack. (If necessary, use a drip tray.)

For general cleaning, use hot, soapy water and a cloth. For more difficult soils and built-up grease, apply a liquid detergent (oven cleaner) directly onto the soil. Leave on soil for 30 to 60 minutes. Rinse with a damp cloth and dry. Do not use abrasive cleaners or steel-wool pads on any of these accessories; they can scratch.

4 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.

5 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.

6 Do not use any steam cleaner

Note: Keep the inside, the door and accessories of the oven clean at all times. If you leave grease or fat in the cavity or accessories, it may overheat, cause arching, smoke or even catch fire when next using the oven.

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
Relay is failed

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 button on the Control Panel is touched?

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

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

- A Yes Never run it empty or without the metal 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 Is it possible to cook popcorn in this 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 this 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.

NOTE

The SolarDOM will accommodate food of maximum weight of up to 6kg placed at the centre of the turntable.

Technical Specifications

Technical Specification

		MZ9480YRC
Power Input		240 V~ 50 Hz
Output		900 W (IEC60705 rating standard)
Microwave Frequency		2450 MHz
Outside Dimensions in mm.		595(w) x 455(h) x 472(d) 520(d)inch. handle
Power	Microwave	1650 watt
	Grill	max. 2200 watt
Consumption	Combination	max. 2200 watt
	Convection	1900 watt

If the supplied flexible mains cord of this appliance is damaged, it must be replaced using the special mains cord part number EAD61666903

Memo

Memo

Memo



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