



OWNER'S MANUAL

MICROWAVE OVEN

Please read this owner's manual thoroughly before operating.

MS569 ****
(optional, please check model specification)



M081 J111 F€_00

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How the Microwave Function Works

Microwaves are a form of energy similar to radio, television waves, and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect.

This oven, however, has a magnetron that 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 tray is located inside 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.

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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND 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

This is the safety alert symbol. This symbol alerts you to potential hazards that can kill or hurt 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.

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 would involve the removal of any cover protecting 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 a high-voltage and a high electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.
- 2 **Do not use the oven for the purpose of dehumidification. (ex. Operating the microwave oven with wet newspapers, clothes, toys, electric devices, pet or child etc.)**
 - It can be the cause of serious damage to safety such as a fire, a burn or a sudden death due to an electric shock.
- 3 **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. (Young) Children should be supervised to ensure that they do not play with the appliance.**
 - Improper use may cause damage such as a fire, electric shock or burn.
- 4 **Accessible parts may become hot during use. Young children should be kept away.**
 - They may get a burn.
- 5 **Liquids and 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.**
 - They could burst.
- 6 **Be certain to use proper accessories on each operation mode .**
 - Improper use could result in damage to your oven and accessories, or could make spark and a fire.
- 7 **The children should not allow to play with accessories or hang down from the door handle.**
 - They may get hurt.

- 8 **I**t 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.
- 9 **W**hen the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
- 10 **D**o 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.
- 11 **I**f the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- 12 **T**he appliance is supplied from a cord extension set or an electrical portable outlet device, the cord extension set on electrical portable outlet device must be positioned so that it is not subject to splashing or ingress of moisture.
- 13 **O**nly 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.
- 14 **T**he 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.
- 15 **D**uring use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- 16 **D**o 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

CAUTION

- 1 **Y**ou cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. **I**t is important not to tamper with the safety interlocks.
 - It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened.)
- 2 **D**o not place any object (such as kitchen towels, napkins, 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 **P**lease ensure cooking times are correctly set, small amounts of food require shorter cooking or heating time.
 - Over cooking may result in the food catching on fire and subsequent damage to your oven.
- 4 **W**hen heating liquids, e.g. soups, sauces and beverages in your microwave oven,
 - * **A**void using straight sided containers with narrow necks.
 - * **D**o not overheat.
 - * **S**tir the liquid before placing the container in the oven and again halfway through the heating time.
 - * **A**fter heating, let it stand in the oven for a short time; stir or shake it again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).
 - Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- 5 **A**n exhaust outlet is located on the top, bottom or side of the oven. **D**on't block the outlet.
 - It could result in damage to your oven and poor cooking results.

- 6 **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.
- 7 **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 cause an explosion or a fire.
- 8 **Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Only use utensils that are suitable for use in microwave ovens. Metallic containers for food and beverages are not allowed during microwave cooking.**
 - They may heat-up and char. Metal objects in particular may arc in the oven, which can cause serious damage.
- 9 **Do not use recycled paper products.**
 - They may contain impurities which may cause sparks and/or fires when used in cooking.
- 10 **Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage.**
 - Improper use could result in damage to your oven.
- 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.**
 - Improper use could result in bodily injury and oven damage.
- 12 **Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetables.**
 - They could burst.
- 13 **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.
- 14 **Do not attempt deep fat frying in your oven.**
 - This could result in a sudden boil over of the hot liquid.
- 15 **If smoke is observed (or emitted), switch off or unplug the appliance and keep the door closed in order to stifle any flame.**
 - It can cause serious damage such as a fire or electric shock.
- 16 **When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition .**
 - Your food may be poured due to the possibility of container deterioration, which also can cause a fire.
- 17 **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 culinary gloves.
- 18 **The oven should be cleaned regularly and any food deposits should be 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.

19 Only use the temperature probe recommended for this oven.

- You can not ascertain that the temperature is accurate with an unsuitable temperature probe.
- This model doesn't provide a temperature probe.

20 This appliance is intended to be used in household and similar applications such as:

- Staff kitchen areas in shops, offices and other working environments;
- Farm houses;
- By clients in hotels, motels and other residential environments;
- Bed and breakfast type environments.

21 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 made by children unless they are aged from 8 years and above and supervised.

22 The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

23 The appliance is not intended to be operated by means of an external timer or separate remote-control system.

24 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 a fire.

25 This appliance must be earthed.

The wires in the mains lead are coloured 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 coloured **BLUE** must be connected to the terminal which is marked with the letter **N** or coloured **BLACK**.

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

The wire which is coloured **GREEN & YELLOW** or **GREEN** must be connected to the terminal which is marked with the letter **G** or .

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

- Improper use may cause serious electric damage.

26 Only use utensils that are suitable for use in microwave ovens.

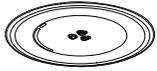
- 27 **T**his oven should not be used for commercial catering purposes.
- Improper use could result in damage to your oven.
- 28 **T**he microwave oven must not be placed in a cabinet.
- The microwave oven is intended to be used freestanding.
- 29 **T**he connection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules.
- Using improper plug or switch can cause an electric shock or a fire.
- 30 **T**he door or the outer surface may get hot when the appliance is operating.
- 31 **K**eeP the appliance and its cord out of reach of children less than 8 years.
- 32 **T**he contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- 33 **K**eeP the inside and outside of the oven clean. **T**he details of how to clean your oven pls reference above content " **T**o **C**lean **Y**our **O**ven ".
- 34 **A**ccording to the installation requirements set, otherwise the impact of heat, prone to danger.
- 35 **S**tream cleaner is not to be used.
- 36  **C**autiOn, hot surface
- W**hen the symbol is used, It means that the surfaces are liable to get hot during use.
- 37 **D**o not place an object(a book, a box, etc.) on the product. **T**he product may overheat or catch fire or the object may fall, causing injury to persons.

BEFORE USE

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 guidelines on where to install your oven. When unpacking your oven make sure you remove all accessories and packing materials. Check to make sure that your oven has not been damaged during shipping.

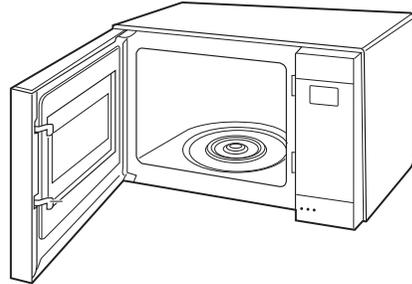
- 1 Unpack your oven and place it on a flat level surface.



GLASS TRAY



ROTATING RING



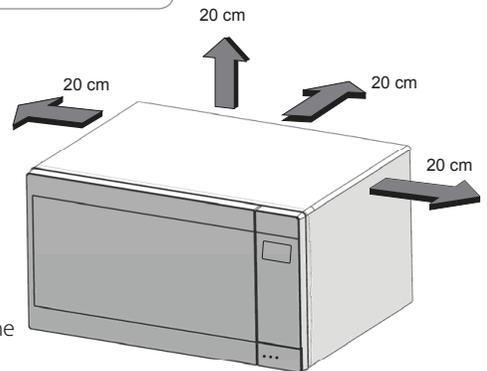
! NOTE

- Do not remove the cavity Mica Sheet (silver plate) inside of oven. The Mica Sheet is there to protect the microwave components from food splatters.

- 2 Place the oven on the level location of your choice with more than 85 cm height but make sure there is at least 20 cm of space on the top and 20 cm at the rear & left & right for proper ventilation. The front of the oven should be at least 8 cm from the edge of the surface to prevent tipping.

An exhaust outlet is located on bottom or side of the oven. Blocking the outlet can damage the oven.

If you use the microwave oven in an enclosed space or cupboard, The air flow for cooling the product could be worse. It may result in lower performance and reduced service life. If possible, please use the microwave oven in the counter top condition.



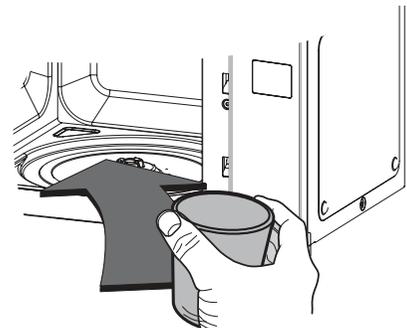
! NOTE

- 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 Microwave-safe utensils.



- 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 BEEP. 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.

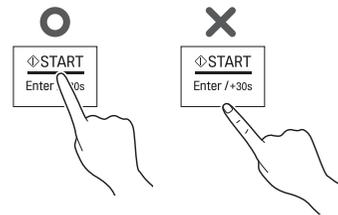
YOUR OVEN IS NOW INSTALLED



- 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.

- 9 Button recognition may be hampered in the following circumstances:

- Only the outside area of the button is pressed.
- The button is pushed using a nail or the tip of the finger.



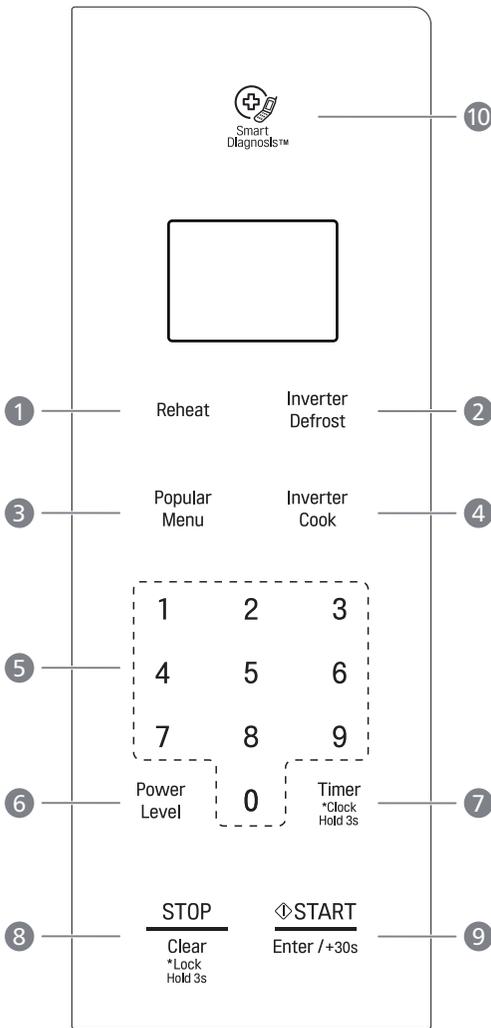
! NOTE

Do not use rubber gloves or disposable gloves.

When wiping the touch control panel with a wet towel, remove moisture from the touch control panel when finished.

- 10 The setting of the cooking time should be shorter than common microwave ovens (700 W, 800 W) due to the relatively high output power of the product. Excessive heating with the product may cause moisture on the door.

CONTROL PANEL



Part	
1 Reheat	See page 13 "Reheat"
2 Inverter Defrost	See page 23 "Inverter Defrost"
3 Popular Menu	See page 14 "Popular Menu"
4 Inverter Cook	See page 21 "Inverter Cook"
5 Number Keys	Touch number keys to enter cooking time, power level, quantities, or weights.
6 Power Level	Touch this key to set a cooking power.
7 Timer / Clock	<ul style="list-style-type: none"> • Touch this key to use your microwave oven as a kitchen timer. • Press and hold this key for 3 seconds to set the time of day.
8 Stop / Clear / Lock	<ul style="list-style-type: none"> • Touch this key to stop the oven or clear all entries. • Press and hold this key for 3 seconds to lock the control panel.
9 Start / Enter / +30 sec.	<ul style="list-style-type: none"> • Touch this key to start the oven or enter amounts. • Touch this key to cook at 100% cook power for 30 seconds. • Touch this key during cooking to increase cook time by 30 seconds. Touch repeatedly to add up to 99 minutes 59 seconds.
10 Smart Diagnosis	Hold the mouthpiece of a phone up to this icon when directed to by service center personnel, to help diagnosis problems with the oven when calling for service.

Display Picto

Icon	
	When operate Microwave, Show up the icon on the display.
	When operate Inverter Cook / Steam Cook, Show up the icon on the display.
	When operate Inverter Defrost, Show up the icon on the display.
	When you can Cook Start, Show up the icon on the display.
P- 10~HI	When you can set Output Power, Show up the icon on the display.
kg	When you can set Weight, Show up the icon on the display.
Door	When the door of microwave oven be opened, Show up the icon on the display.

OPERATION

This section introduces you to the basics you need to know to operate the microwave oven. Please read this information before using the oven.



CAUTION

To avoid risk of personal injury or property damage, do not use stoneware, metal cookware, or metal rimmed cookware in the oven.

Audible Signals

Audible signals are available to guide you when setting and using the oven:

- A tone will sound each time you touch a key.
- A melody signals the end of a Timer countdown.
- A melody signals the end of a cooking cycle.



CAUTION

To avoid risk of personal injury or property damage, do not run oven while it is empty.

Clock

When the oven is plugged in for the first time or when power resumes after a power interruption, the clock defaults to the 12-hour clock mode and 12H appears in the display. You can set the time or switch to the 24-hour clock mode.

Setting the Clock for 10:30 AM

1. Touch and hold **Timer/Clock** until **12H** appears in the display (approximately 3 seconds).
2. Touch **START/Enter/+30 sec.**
3. Touch the Number keys to set the time (1, 0, 3, and 0).
4. Touch **START/Enter/+30 sec.**

NOTE

- You can switch between a 12-hour and 24-hour clock mode by touching **Timer/Clock** after step 1.
- **To reset the clock mode, you can unplug and reconnect the power cord.**
- If you don't want the time of day to appear in the display, press the **STOP/Clear** button, after plugging in the oven.

Interrupting Cooking

Stop the oven during a cycle by opening the door. The oven stops heating and the fan stops, but the light stays on. To restart cooking, close the door and touch **START/Enter/+30 sec.**

To stop cooking and clear the remaining cook time, open the door and touch **STOP/Clear.**

Child Lock

Use this safety feature to lock the control panel and prevent the oven from being turned on when cleaning the oven or prevent children from unsupervised use of the oven.

Setting Child Lock to ON

1. Touch **STOP/Clear.**
2. Touch **STOP/Clear** and hold until **Loc** appears in the display (approximately 3 seconds).

Cancelling Child Lock

1. Touch **STOP/Clear** and hold until **Loc** disappears in the display (approximately 3 seconds).

NOTE

- If set, the time of day reappears in the display after 1 second.
- If the oven is locked, **Loc** appears in the display when any key is touched.
- Unlock the oven to resume normal use.

Kitchen Timer

The Timer function serves as an extra kitchen timer. It chimes when the set time runs out. It does not start or stop cooking.

Setting Timer for 3 Minutes

1. Touch **Timer/Clock.**
2. Touch the Number keys to set the time (3, 0, and 0).
3. Touch **START/Enter/+30 sec"** Time counts down in display.

Cancelling the Timer

1. Touch **Timer/Clock.**

NOTE

- When the time is over a melody sounds and **End** displays. Press **Clear.**

Quick Start

The Quick Start feature allows you to set 30-second intervals of High power cooking with each touch of the **START/Clear/+30 sec.** button.

Cooking for 2 Minutes on High Power

1. Touch **STOP/Clear**.
2. Touch **START/Enter/+30 sec**" four times. The oven starts cooking and the time counts down in the display.

NOTE

- The oven will immediately start cooking for 30 seconds on high power.
- Press **START/Enter/+30 sec.** repeatedly to extend the cook time by 30 seconds every time the button is pressed.
- The cook time can be extended to 99 minutes and 59 seconds.

Energy Saving

When the oven is not in use, the display turns off to save energy, **unless the time of day is set to show in the display.**

Setting Manual Cooking Times

When not using the auto cooking functions, the cooking time and power level are set manually.

To cook food on 80% Power for 5 minutes 30 seconds

1. Touch **STOP/Clear**.
2. Touch the Number keys to set the time (5, 3 and 0).
3. Touch **Power Level**.
4. Touch the number 8 key to select power level 8.
5. Touch **START/Enter/+30 sec.**

- When cooking is complete, a chime sounds and "End" appears in the display window. "End" remains in the display and the chime repeats every minute until the door is opened, or any button is pressed.

NOTE

- If a power level is not selected, the oven defaults to 100% power.

Microwave Power Levels

This microwave oven is equipped with 10 power levels to give you maximum flexibility and control over cooking. See the table for suggested power levels for various foods.

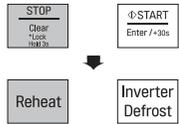
MICROWAVE POWER LEVELTABLE

Power Level	Use
10 (High)	*Boiling water. *Making candy. *Cooking poultry pieces, fish, & vegetables. *Cooking tender cuts of meat. *Whole poultry.
9	*Reheating rice, pasta, & vegetables.
8	*Reheating prepared foods quickly. *Reheating sandwiches.
7	*Cooking egg, milk and cheese dishes. *Cooking cakes, breads. *Melting chocolate.
6	*Cooking veal. *Cooking whole fish. *Cooking puddings and custard.
5	*Cooking ham, whole poultry, lamb. *Cooking rib roast, sirloin tip.
4	*Thawing meat, poultry and seafood.
3	*Cooking less tender cuts of meat.
2	*Taking chill out of fruit. *Softening butter.
1	*Keeping casseroles and main dishes warm. *Softening butter and cream cheese.
0	* Standing time. * Independent.

REHEAT

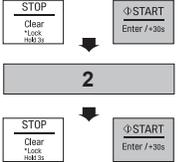
Your oven's menu has been preprogrammed to automatically roast food. Tell the oven what you want and how many items there are. Then let your microwave oven roast your selections.

Example: Cooking 0.3kg pizza



1. Touch **STOP/Clear**.

2. Touch **F Y UH** repeatedly until **6** appears in the display.



3. Touch **START/Enter/+30 sec**.

4. Touch the Number keys to set the weight.

5. Touch **START/Enter/+30 sec**"
The oven will start automatically.

REHEAT MENU INSTRUCTIONS

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
1	Beverage	1 - 2 cups (1 cup / 200 ml)	Room	1. Place food on a microwave-safe cup. 2. Place food in the oven. Choose the menu and weight, press START/ENTER.	Microwave-safe cup
2	Casserole	0.25 - 1.0 kg (250 g / 1 serving)	Refrigerated	1. Place food on a microwave-safe bowl. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu and weight, press START/ENTER. 3. After cooking, stand covered for 3 minutes.	Microwave-safe bowl
3	Dinner Plate	1	Refrigerated	1. Place food (0.4 - 0.5 kg of meat, chicken, mashed potato, vegetable etc.) on a microwave-safe dish. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu, press START/ENTER. 3. After cooking, stand covered for 3 minutes.	Microwave-safe dish
4	Muffin	1 - 4 EA (75 - 80 g / 1 muffin)	Frozen	1. Place food on a microwave-safe dish. 2. Place food in the oven. Choose the menu and weight, press START/ENTER.	Microwave-safe dish
5	Pie	0.2 - 0.6 kg (150 - 200 g / piece)	Refrigerated	1. Cut leftover pie into pieces. 2. Place food on a microwave-safe dish. 3. Place food in the oven. Choose the menu and weight, press START/ENTER.	Microwave-safe dish
6	Pizza	0.2 - 0.5 kg	Refrigerated	1. Place food on a microwave-safe dish. 2. Place food in the oven. Choose the menu and weight, press START/ENTER.	Microwave-safe dish
7	Rice	0.1 - 0.3 kg	Refrigerated	1. Place food on a microwave-safe bowl. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu and weight, press START/ENTER. 3. After cooking, stand covered for 3 minutes.	Microwave-safe bowl
8	Soup	0.25 - 1.0 kg (250 g / 1 serving)	Room	1. Place food on a microwave-safe bowl. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu and weight, press START/ENTER. 3. After cooking, stand covered for 3 minutes.	Microwave-safe bowl

POPULAR MENU

Your oven's menu has been preprogrammed to automatically cook food. Tell the oven what you want and how many items there are. Then let your microwave oven cook your selections.

Example: Cooking 1.5kg Ratatouille	
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px; text-align: center; width: 40px;">STOP <small>Clear +Cook +30s</small></div> <div style="border: 1px solid black; padding: 2px; text-align: center; width: 40px;">START <small>Enter /+30s</small></div> </div> <p style="margin-top: 10px;">1. Touch STOP/Clear.</p> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="border: 1px solid black; padding: 2px; text-align: center; width: 40px;">Popular Menu</div> <div style="font-size: 2em;">↓</div> <div style="border: 1px solid black; padding: 2px; text-align: center; width: 40px;">Inverter Cook</div> </div> <p style="margin-top: 10px;">2. Touch Popular Menu repeatedly until 6 appears in the display.</p>	<div style="display: flex; justify-content: space-around; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 2px; text-align: center; width: 40px;">STOP <small>Clear +Cook +30s</small></div> <div style="border: 1px solid black; padding: 2px; text-align: center; width: 40px;">START <small>Enter /+30s</small></div> </div> <p>3. Touch START/Enter/+30 sec" The oven will start automatically.</p>

POPULAR MENU INSTRUCTIONS

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
1	Grape Leaf	1.0 kg	Room	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p>Ingredients</p> <p>1 pot of grape leaves 2 large onions, finely chopped ½ cup olive oil 1 garlic clove, crushed 1 tomato, chopped 1 cup lemon juice 1 tablespoon tomato paste Kosher salt Freshly ground black pepper 1 cup white rice ½ cup water ¼ cup chopped dill</p> </div> <ol style="list-style-type: none"> 1. Cook onions, garlic, tomato, tomato paste, and lemon juice in a lightly oiled frying pan until lightly browned. 2. Add cooked rice, vegetable mixture, salt and pepper in a bowl and mix well. 3. Place grape leaf on a flat surface and place 1 ½ spoonfuls of the rice mixture in the center of the leaf. Wrap rice mixture with leaf. 4. Put all wrapped leaves in rows into a deep and large microwave-safe bowl and add water. Cover with plastic wrap. 5. Place food in the oven. Choose the menu, press start. 6. After cooking, serve with sour cream or as desired. 	Microwave-safe bowl

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil																									
2	Kabsa	2.0 kg	Room	<p>Ingredients ¼ cup butter 1.2 kg chicken, cut into 8-10 pieces 1 large onion, finely chopped 3 garlic cloves, minced ¼ cup tomato puree 1 tomato, chopped 2 medium carrots, chopped 1 pinch grated nutmeg 1 pinch ground cumin 1 pinch ground coriander Salt & freshly ground black pepper 2 cups hot water 1 chicken stock cube 200 g long grain rice(don't rinse or soak this) ¼ cup raisins ¼ cup slivered almond, toasted</p> <p>1. Cook chicken, carrots, tomato, tomato puree, garlic, onion and butter in a lightly oiled frying pan until lightly browned. 2. Place the cooked chicken mixture into a deep and large microwave-safe bowl and add rice, spices, raisins, almond and water. Cover with plastic wrap and vent. 3. Place food in the oven. Choose the menu, press start. Stir at least twice during cooking.</p>	Microwave-safe bowl																									
3	Rice Pudding	0.7 kg	Room	<p>Ingredients ½ cups short grain rice 600 g milk Pinch of salt ¼ cup granulated sugar 3 teaspoons rose water ½ teaspoon ground cardamom Honey for serving, optional</p> <p>1. Mix all ingredients in a deep and large microwave-safe bowl. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu and press start. 3. When BEEP, stir then cover with lid. Press start to continue cooking. 4. After cooking, stir and stand covered for 5 minutes.</p>	Microwave-safe bowl (deep glass pot)																									
4	Saffron Rice	0.1 - 0.4 kg	Room	<table border="1"> <thead> <tr> <th>Rice</th> <th>0.1 kg</th> <th>0.2 kg</th> <th>0.3 kg</th> <th>0.4 kg</th> </tr> </thead> <tbody> <tr> <td>Water</td> <td>250 ml</td> <td>500 ml</td> <td>750 ml</td> <td>1000 ml</td> </tr> <tr> <td>Oil(liquid)</td> <td>1 Tablespoon</td> <td>2 Tablespoons</td> <td colspan="2">3 Tablespoons</td> </tr> <tr> <td>Saffron water</td> <td>1 teaspoon</td> <td>2 teaspoons</td> <td colspan="2">3 teaspoons</td> </tr> <tr> <td>Salt</td> <td colspan="4">To taste</td> </tr> </tbody> </table> <p>1. Wash rice and drain. Add rice, water, salt, liquid oil and saffron water into a deep microwave-safe bowl and mix them. 2. Do not cover to vaporize whole water. 3. Place food in the oven. Choose the menu, press start. 4. When BEEP, stir rice and then cover with lid. Press start to continue cooking. 5. After cooking, stir and stand covered for 5 minutes.</p>	Rice	0.1 kg	0.2 kg	0.3 kg	0.4 kg	Water	250 ml	500 ml	750 ml	1000 ml	Oil(liquid)	1 Tablespoon	2 Tablespoons	3 Tablespoons		Saffron water	1 teaspoon	2 teaspoons	3 teaspoons		Salt	To taste				Microwave-safe bowl (deep glass pot)
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Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
)	French Onion Soup	1.5 kg	Room	<p>Ingredients</p> <p>4 onions, thinly sliced 50 g butter 1 teaspoon white sugar 1 tablespoon all-purpose flour 3 cups beef stock ½ cup red wine 8 slices of toasted French bread 1 cup grated cheese</p> <ol style="list-style-type: none"> 1. Cook onions in a frying pan with butter and sugar until golden brown. 2. Add cooked onions and flour in a deep and large microwave-safe bowl, mix well and add beef stock and red wine. Cover with plastic wrap and vent. 3. Place food in the oven. Choose the menu, press start. Stir at least twice during cooking. 4. After cooking, stir and ladle soup into serving bowls. 5. Place 1 slice toasted bread on top of the soup in each bowl and spread cheese on toasted bread. Cook for 1-2 minutes on high microwave power until cheese melted. 	Microwave-safe bowl (deep glass pot)
*	Ratatouille	1.5 kg	Room	<p>Ingredients</p> <p>1 onion, cut into chunks 1 eggplant, cut into chunks 1 zucchini, cut into chunks 1 colored sweet pepper, cut into chunks 3 tomatoes, chopped 1 tablespoon tomato paste 2 garlic cloves, crushed 1 tablespoon fresh greens, chopped 2 tablespoons vinegar 1 teaspoon sugar Salt and pepper to taste</p> <ol style="list-style-type: none"> 1. Add all ingredients in a deep and large microwave-safe bowl and mix well. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu, press start. Stir at least twice during cooking. 	Microwave-safe bowl
+	Spaghetti Bolognese	1.0 kg	Room	<p>Ingredients for bolognese sauce</p> <p>1 tablespoon olive oil 1 onion, chopped 1 garlic clove, crushed 400 g ground beef 100 g tomato paste 2 chopped tomatoes 1 tablespoon dried greens Salt and pepper to taste</p> <p>Ingredients for pasta</p> <p>150 g pasta, cooked as package direction 1 tablespoon parmesan cheese</p> <ol style="list-style-type: none"> 1. Add all ingredients of the bolognese sauce in a deep and large microwave-safe bowl and mix well. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu, press start. Stir at least twice during cooking. 3. After cooking, stir and add bolognese sauce to cooked pasta and garnish with parmesan cheese or as desired before serving. 	Microwave-safe bowl

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil															
,	Stuffed Tomatoes	1.0 kg	Room	<p>Ingredients</p> <p>4 medium tomatoes Salt and pepper to taste 300 g ground beef ½ cup bread crumbs 2 garlic cloves, crushed 1 tablespoon Dijon mustard 1 tablespoon dried greens 1 tablespoon parmesan cheese</p> <ol style="list-style-type: none"> Cut tops off tomatoes to form hats and remove seeds, taking care not to pierce flesh or skin. Then sprinkle each tomato with salt and pepper. Add the rest of the ingredients in a microwave-safe bowl, mix well. Stuff tomatoes with beef mixture and replace hat. Place stuffed tomatoes on a microwave-safe dish and cover with plastic wrap. Place food in the oven. Choose the menu, press start. 	Microwave-safe dish															
-	Couscous	0.1-0.4 kg	Room	<p>Ingredients</p> <table border="1"> <tbody> <tr> <td>Couscous</td> <td>0.1 kg</td> <td>0.2 kg</td> <td>0.3 kg</td> <td>0.4 kg</td> </tr> <tr> <td>Water</td> <td>120 ml</td> <td>240 ml</td> <td>360 ml</td> <td>480 ml</td> </tr> <tr> <td>Butter</td> <td>1 tbsp</td> <td>2 tbsps</td> <td></td> <td>3 tbsps</td> </tr> </tbody> </table> <p>Vegetable mixture</p> <ol style="list-style-type: none"> Put couscous, water and butter in a large microwave-safe bowl and mix well. Cover with plastic wrap and vent. Place food in the oven. Choose the menu and weight, press start. After cooking, stand for 15-20 minutes. With a fork, fluff the couscous and mix the couscous with some of the vegetable sauce. <p>※ Vegetable mixture</p> <p>15 peeled pearl onions or 2 cups sliced onions 15 oz can chick peas 2 large boiled potatoes cubed 1 sliced carrots ½ cup chopped cilantro ¼ cup chopped parsley 2 tablespoons minced garlic 1 teaspoon paprika ¼ teaspoon nutmeg ½ teaspoon salt ½ teaspoon black pepper 2 cans tomato sauce 1 chicken broth 1 ½ cups water 2 tablespoons butter</p> <ol style="list-style-type: none"> Cook onions and butter for 5 minutes until caramelized. Add carrots and garbanzo beans and cook for another 5 minutes, and add garlic, cilantro, parsley, potatoes and ½ tsp salt and mix vegetables. In a large 4 quart sauce pan bring tomato sauce and 1 1/2 cup of water to a simmer. Add seasonings and spices to the sauce then add vegetable mixture to tomato sauce and simmer for 10-12 minutes. 	Couscous	0.1 kg	0.2 kg	0.3 kg	0.4 kg	Water	120 ml	240 ml	360 ml	480 ml	Butter	1 tbsp	2 tbsps		3 tbsps	Microwave-safe bowl
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%\$	Fufu	0.5~1.0 kg	Room	<p>Ingredients</p> <table border="1"> <tr> <td>Cassava or white yam</td> <td>0.5 kg</td> <td>0.75 kg</td> <td>1.0 kg</td> </tr> <tr> <td>Water</td> <td>1 cup</td> <td>1 cup</td> <td>2 cups</td> </tr> </table> <p>2 tablespoons of butter Salt and pepper</p> <ol style="list-style-type: none"> Place the unpeeled yams or cassavas in a large microwave-safe bowl, and pour water. Cover with plastic wrap and vent. Place food in the oven. Choose the menu and weight, press start. Drain the yams or cassava and let them cool. Peel the yams or cassavas, chop them into large pieces and place them into a large bowl with the butter, salt and pepper. Mash with a potato masher until very smooth. Place the fufu into a large serving bowl. Wet your hands with water, form into a large ball and serve. You can also make smaller balls for individual servings. 	Cassava or white yam	0.5 kg	0.75 kg	1.0 kg	Water	1 cup	1 cup	2 cups	Microwave-safe bowl																	
Cassava or white yam	0.5 kg	0.75 kg	1.0 kg																											
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%%	Jollof Rice	0.1~0.4 kg	Room	<p>Ingredients</p> <table border="1"> <tr> <td>Rice</td> <td>0.1 kg</td> <td>0.2 kg</td> <td>0.3 kg</td> <td>0.4 kg</td> </tr> <tr> <td>Stock (Meat or vegetable)</td> <td>150 ml</td> <td>300 ml</td> <td>450 ml</td> <td>600 ml</td> </tr> <tr> <td>Vegetable oil</td> <td>1 tbsp</td> <td>2 tbsps</td> <td>3 tbsps</td> <td></td> </tr> <tr> <td>Onion</td> <td>½ onion</td> <td>1 onion</td> <td>2 onions</td> <td></td> </tr> <tr> <td>Tomato paste</td> <td>1 ½ tsps</td> <td>3 tsps</td> <td>6 tsps</td> <td></td> </tr> </table> <p>Some green chili, seeded and chopped</p> <ol style="list-style-type: none"> Cook onion, chili and tomato paste in a lightly oiled frying pan until lightly browned. Place the cooked tomato mixture into a deep and large microwave-safe bowl and add rice and water. Cover with plastic wrap and vent. Place food in the oven. Choose the menu and weight, press start. Stir at least twice during cooking. 	Rice	0.1 kg	0.2 kg	0.3 kg	0.4 kg	Stock (Meat or vegetable)	150 ml	300 ml	450 ml	600 ml	Vegetable oil	1 tbsp	2 tbsps	3 tbsps		Onion	½ onion	1 onion	2 onions		Tomato paste	1 ½ tsps	3 tsps	6 tsps		Microwave-safe bowl
Rice	0.1 kg	0.2 kg	0.3 kg	0.4 kg																										
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%&	Mealie Pap	0.6 kg	Room	<p>Ingredients</p> <p>250 g mealie meal(white bread also possible) 300 ml boiling water Salt to taste</p> <ol style="list-style-type: none"> Combine all ingredients into a deep and large microwave-safe bowl. Stir with a fork or wooden spoon to obtain a crumbly consistency. Cover with plastic wrap and vent. Place food in the oven. Choose the menu, press start. Stir at least twice during cooking. After cooking, stir occasionally to prevent lumps. Stand covered for 2 minutes. Serve with any main meal, or with a thick gravy. 	Microwave-safe bowl																									

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
%	Chicken Clear Soup	1.0 kg	Refrigerated	<p>Ingredients</p> <p>300 g chicken legs ½ carrot, peeled and large cut 1 potato, peeled and large cut ½ onion, large cut 2 celeries, cut 1 inch 3 cups chicken stock ½ teaspoon salt ¼ teaspoon pepper powder</p> <p>1. Clean chicken legs, cut to large pieces and drain. 2. In a microwave-safe bowl, put the all ingredients. 3. Place food in the oven. Choose the menu, press start.</p>	Microwave-safe bowl
%	Curry Chicken	1.5 kg	Room	<p>Ingredients</p> <p>400 g chicken breasts, cut into chunks ¼ cup olive oil 2 onions, chopped 4 garlic cloves, crushed 1 ginger root, peeled 1 cinnamon stick 2 dried red chilies 1 teaspoon turmeric powder 400 g tomato sauce ½ cup water or stock ½ cup plain yogurt 1 tablespoon lemon juice Salt and pepper to taste</p> <p>1. Add all ingredients in a deep and large microwave-safe bowl and mix well. Cover with plastic wrap and vent. 2. Place food in the oven. Choose the menu, press start. 3. Stir at least twice during cooking.</p>	Microwave-safe bowl

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
¼	Stir-fried Squid with Curry Powder	0.6 kg	Room	<p>Ingredients</p> <p>300 g squids ½ onion, sliced 2 red spur peppers, sliced 2 Chinese celeries, cut 2 inches 2 spring onions, cut 2 inches 2 tablespoons curry powder 1 egg 3 tablespoons unsweetened condensed milk 2 tablespoons oyster sauce 2 teaspoons sugar 2 tablespoons chili paste 2 tablespoons cooking oil</p> <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 all the ingredients except vegetables and oil. 3. In a microwave-safe bowl, put the mixture, vegetables, oil and squids. 4. Place food in the oven. Choose the menu, press start. Stir at least twice during cooking. 	Microwave-safe bowl
¾	Veg. Biryani	1.0 kg	Room	<p>Ingredients</p> <p>1 ½ cups Basmati rice 400 g water 2 cups chopped onions 1 tomato, chopped 1 cup vegetables(carrot, beans, peas, potato), chopped 2 green chillies, chopped 1 teaspoon ginger garlic paste 1 ½ teaspoon red chillies powder 1 teaspoon coriander powder 1 teaspoon cumin powder 1 tablespoon Biryani masala 1 cinnamon 2 cardamoms 2 cloves 2 small bay leaves 1 teaspoon fennel seeds A bunch of finely chopped coriander leaves(cilantro) and mint leaves 1 tablespoon oil 2 tablespoons ghee or clarified butter Salt to taste</p> <ol style="list-style-type: none"> 1. Cook all vegetables and spices in a lightly oiled frying pan until lightly browned. 2. Place the cooked vegetable mixture into a deep and large microwave-safe bowl and add rice and water. Cover with plastic wrap and vent. 3. Place food in the oven. Choose the menu, press start. Stir at least twice during cooking. 	Microwave-safe bowl

Inverter Cook

The Inverter Cook menu has preprogrammed settings to automatically cook certain foods. Enter the amount, then press START and the oven automatically cooks the item.

Example: Cooking a butter

1. Touch **STOP/Clear**.
2. Touch **Inverter Cook** repeatedly until **4** appears in the display.

3. Touch **START/Enter/+30 sec"**
4. Touch the Number keys to set the weight (2 for 2 ea).
5. Touch **START/Enter/+30 sec**. The oven will start automatically.

Inverter Cook Menu Instructions

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
1	Butter	1 - 3 ea	Refrigerated	<ol style="list-style-type: none"> 1. Unwrap and place food on a microwave-safe dish. 2. Place food in the oven. Choose the menu and weight, press start. 3. Butter will be at room temperature and ready for use in a recipe. 	Microwave-safe dish
2	Cream Cheese	0.1 - 0.3 kg	Refrigerated	<ol style="list-style-type: none"> 1. Unwrap and place on a microwave-safe dish. 2. Place food in the oven. Choose the menu and weight, press start. 3. Cream cheese will be at room temperature and ready for use in a recipe. 	Microwave-safe dish
3	Ice Cream	2 / 4 cups	Frozen	<ol style="list-style-type: none"> 1. Remove lid and cover. 2. Place food in the oven. Choose the menu and weight, press start. 3. Ice cream will be soft enough to make scooping easier. 	-
4	Butter	1 - 3 ea	Refrigerated	<ol style="list-style-type: none"> 1. Place food on a microwave-safe bowl. 2. Place food in the oven. Choose the menu and weight, press start. 3. After cooking, stir to complete melting. 	Microwave-safe bowl
5	Cheese	0.2 - 0.4 kg	Refrigerated	<ol style="list-style-type: none"> 1. Use processed cheese food only. Unwrap and cut into cubes. 2. Place food on a microwave-safe bowl. 3. Place food in the oven. Choose the menu and weight, press start. 4. After cooking, stir to complete melting. 	Microwave-safe bowl
6	Chocolate	0.1 - 0.3 kg	Room	<ol style="list-style-type: none"> 1. Chocolate chips or squares of baking chocolate may be used. 2. Unwrap and place food on a microwave-safe bowl. 3. Place food in the oven. Choose the menu and weight, press start. 4. After cooking, stir to complete melting 	Microwave-safe bowl

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil												
7	Yogurt	0.6 kg	Lukewarm	<p>Ingredients 500 ml pasteurized whole milk / 100 g natural plain yogurt</p> <ol style="list-style-type: none"> 1. Thoroughly wash the proper sized microwave-safe bowl with hot water. 2. Pour 500 ml milk into the bowl. 3. Heat it about 2 minutes - 2 minutes 30 seconds on high microwave power until 40 - 50 °C temperature. 4. Add 100 ml yogurt into the bowl and stir well. 5. Cover with plastic wrap or lid and place food in the oven. Choose the menu, press start. 6. After proofing, stand in the refrigerator for about 5 hours. 7. Taste nice with jam, sugar or fruits. <p>Notes : The following types of milk and yogurt may be used :</p> <table border="1"> <thead> <tr> <th colspan="2">Do use</th> <th colspan="2">Do not use</th> </tr> <tr> <th>Milk</th> <th>Yogurt</th> <th>Milk</th> <th>Yogurt</th> </tr> </thead> <tbody> <tr> <td>• Pasteurized whole milk</td> <td>• Natural plain yogurt</td> <td>• 2 %, 1 % or fat-free milk • High calcium milk • Soy milk • Leftover milk • Expired milk</td> <td>• Leftover yogurt • Expired yogurt</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • Thoroughly wash all utensils with hot water and dry before proofing yogurt. • Make sure that the milk is lukewarm(40 - 50 °C) before proofing. • Do not shake or mix yogurt during proofing as this will affect the firmness of the yogurt. • If the amount of ingredients are greater than suggested, increase the proofing time. 	Do use		Do not use		Milk	Yogurt	Milk	Yogurt	• Pasteurized whole milk	• Natural plain yogurt	• 2 %, 1 % or fat-free milk • High calcium milk • Soy milk • Leftover milk • Expired milk	• Leftover yogurt • Expired yogurt	Microwave-safe Bowl
Do use		Do not use															
Milk	Yogurt	Milk	Yogurt														
• Pasteurized whole milk	• Natural plain yogurt	• 2 %, 1 % or fat-free milk • High calcium milk • Soy milk • Leftover milk • Expired milk	• Leftover yogurt • Expired yogurt														
8	Keep Warm	-	-	<ul style="list-style-type: none"> • Crisp foods(pastry, pies, turnovers, etc) should be uncovered during keep warm. • Moist foods should be covered with plastic wrap or microwave-safe lid. • The amount of keep warm food is suitable for 1 - 3 servings. 	-												

INVERTER DEFROST

Four defrost sequences are preset in the oven. The INVERTER DEFROST feature provides you with the best defrosting method for frozen foods. The cooking guide will show you which defrost sequence is recommended for the food you are defrosting.

For added convenience, the INVERTER DEFROST includes a built-in beep mechanism that reminds you to check, turn over, separate, or rearrange to get the best defrost results. Four different defrosting levels are provided.

(MEAT / POULTRY / FISH / BREAD)

Example: To defrost 1.2 kg of meat

1. Touch **STOP/Clear**.
2. Touch **Inverter Defrost** until display shows 'dEF1'.
3. Touch **START/Enter/+30 sec.**
4. Touch the Number keys **1,2**
5. Touch **START/Enter/+30 sec.** The oven will start automatically.

NOTE:

When you press the **START/ENTER** button, the display changes to the defrost time count down. The oven will beep once during the DEFROST cycle.

At beep, open the door and remove any portions that have thawed and turn.

Return frozen portions to the oven and press **START/ENTER** to resume the defrost cycle.

- Remove fish, shellfish, meat, and poultry from its original wrapping paper or plastic package. Otherwise, the wrap will hold steam and juice close to the foods, which can cause the outer surface of the foods to cook.
- Place foods in a shallow container or on a microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.
- The length of defrosting time varies according to how solidly the food is frozen.
- The shape of the package affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.
- Depending on the shape of the food can be defrosted more or less.
- For best results, shape ground meat into the form of a doughnut before freezing. When defrosting, scrape off thawed meat when the beep sounds and continue defrosting.

INVERTER DEFROST MENU INSTRUCTIONS

Category	Food to be Defrosted
MEAT (dEF1) 0.1-4.0 kg	<p>Beef Ground beef, Round steak, Cubes for stew, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Hamburger patty</p> <p>Lamb Chops, Rolled roast</p> <p>Veal Cutlets (0.5 kg, 20 mm thick) Turn food over at BEEP. After defrosting, let stand for 5 - 15 minutes.</p>
POULTRY (dEF2) 0.1-4.0 kg	<p>Poultry Whole, Cut-up, Breast (boneless)</p> <p>Cornish Hens Whole</p> <p>Turkey Breast Turn food over at BEEP. After defrosting, let stand for 30 - 60 minutes.</p>
FISH (dEF3) 0.1-4.0 kg	<p>Fish Fillets, Whole Steaks Turn food over at BEEP. After defrosting, let stand for 5 - 10 minutes.</p>
BREAD (dEF4) 0.1-0.5 kg	<p>Sliced bread, Buns, Baguette, etc. Separate slices and place between paper towel or flat plate. Turn food over at BEEP. After defrosting, let stand for 1 - 2 minutes.</p>

MICROWAVE-SAFE UTENSILS

Never use metal or metal trimmed utensils in using 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 the microwave.

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 the microwave. Just read through the following checklist.

Dinner plates

Many kinds of dinnerware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test. Do not heat dinner plates that use any painted on decorative as they will arc if the paint has metallic content.

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 the microwave.

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 as cooking utensils.
- Utensils should be checked to ensure that they are suitable for use in the microwave.

FOOD CHARACTERISTICS & MICROWAVE COOKING

Keeping an eye on things

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. 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 skillful 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 so that the outer edges do not become dry and brittle.

Height of food

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

Moisture content of food

Since the heat generated from microwaves causes moisture to evaporate, 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 in order to prevent unevenly or overcooked meat.

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 most 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.

FOOD CHARACTERISTICS & MICROWAVE COOKING

Browning

Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Foods 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

It is a looser cover than a lid or cling film, the food may dry out slightly. 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.

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 especially if the foil passes too closely to the walls of the oven during rotation.

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 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 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 the seal and door surfaces. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times and may even damage the oven. 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 metal tray can be washed by hand or in the dishwasher.

2 Keep the outside of the oven clean

Disconnect the mains plug from the power outlet before cleaning the oven to eliminate the possibility of electric shock. 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 the oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press STOP after cleaning.

- 3 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. Steam or condensation build up inside the door is normal if foods are heated for a long period on higher power levels. This is not a malfunction. The condensation will eventually evaporate. Try covering the food or vary the heating levels and time to reduce any condensation forming in the door, this may also occur when the 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.

USING THE SMART DIAGNOSIS™ FUNCTION

Use this function if you need an accurate diagnosis by an LG Electronics service centre when the product malfunctions or fails. Use this function only to contact the service representative, not during normal operation.

1. When instructed to do so by the call centre, hold the mouthpiece of your phone over the Smart Diagnosis™ logo on the controller.

NOTE

- Do not touch any other buttons.



2. With the door opened, press and continue to hold the Clear button for 3 seconds so that 'Loc' appears on the display. Continue to hold the Clear button for a further 5 seconds until '5' appears in the display. (so, the Clear button will need to be held for 8 seconds continuously). A tone will then emit from behind the Smart Diagnosis symbol.
3. Keep the phone in place until the tone transmission has finished. The display will count down the time.
4. Once the countdown is over and the tones have stopped, resume your conversation with the call center agent, who will then be able to assist you in using the information transmitted for analysis.

NOTE

- For best results, do not move the phone while the tones are being transmitted.
- If the call center agent is not able to get an accurate recording of the data, you may be asked to try again.

QUESTIONS & ANSWERS

FAQ	Answer
What's wrong when the oven light will not glow?	There may be several reasons why the oven light will not glow. Either the light bulb has blown or the electric circuit has failed.
Does microwave energy pass through the viewing screen in the door?	No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.
Why does the BEEP tone sound when a button on the control panel is touched?	The BEEP tone sounds to assure that the setting is being properly entered.
Will the microwave function be damaged if it operates empty?	Yes. Never run it empty.
Why do eggs sometimes pop?	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.
Why is standing time recommended after microwave cooking is over?	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.
Why doesn't my oven always cook as fast as the cooking guide says?	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 this oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgment along with the cooking guide suggestions to test food conditions, just as you would do with a conventional cooker.
'Food' on the display. Why doesn't the microwave oven work when 'Food' appears on the display?	When 'Food' appears on the display, the microwave will not operate as it assumes that no food has been placed inside. 'Food' in the display will also appear and the remaining time will be cancelled, if the door is opened and closed during cooking and the START button is not pressed within 5 minutes of doing so.
'Cool' appears on the display and the cooling fan continues to run after the cooking or heating time is over.	After cooking is complete, the fan may operate to cool the oven. The display will show 'Cool!'. If you open the door or press once STOP before the cooking time is complete, the remaining cooking time will show on the display. This is not a malfunction.

When operating the microwave oven, If you use a product such as radio, TV, wireless LAN, Bluetooth, medical equipment, wireless equipment etc. Using the same frequency as the microwave oven, the product may receive interference from these products. This interference does not indicate a problem of the microwave or the product and is not a malfunction. Therefore, it is safe to use. However, medical equipment may receive interference as well, so use caution when using medical equipment near the product.

TECHNICAL SPECIFICATIONS

MS569***†	
Power Input	230 V~ 50Hz
Microwave Output Power.	Max. 1200 Watt* (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	606 mm(W) X 344 mm(H) X 503 mm(D)
Microwave	1350 Watt

* In 1200 W and 800 W, output power will gradually be reduced to avoid overheating.

Microwave Frequency : 2450 MHz +/- 50 MHz (Group 2 / Class B)

Group 2 equipment: group 2 contains all ISM RF equipment in which radio-frequency energy in the frequency range 9 kHz to 400 GHz is intentionally generated and used or only used, in the form of electromagnetic radiation, inductive and /or capacitive coupling, for the treatment of material or inspection/analysis purposes.

Class B equipment is equipment suitable for use in domestic dwellings and domestic dwellings directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

You can download an owner's manual at <http://www.lg.com>

