LG
Life's Good

OWNER'S MANUAL

MICROWAVE OVEN "CONVECTION"

Please read this owner's manual thoroughly before operating.

MJ396 ****
(optional, please check model specification)

MFL69733506_00

www.lg.com

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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) withreduced 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 It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

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

10 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.

11 If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

12 The 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 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.

14 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.

15 During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

16 Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass

⚠ 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 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 Do 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 Please 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 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, 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 handing the container.

5 An exhaust outlet is located on the top, bottom or side of the oven. Don'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 of 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 This oven should not be used for commercial catering purposes.

- Improper use could result in damage to your oven.

28 The microwave oven must not be placed in a cabinet.

- The microwave oven is intended to be used freestanding.

29 The 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 The door or the outer surface may get hot when the appliance is operating.

31 Keep the appliance and its cord out of reach of children less than 8 years.

32 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.

33 Keep the inside and outside of the oven clean. The details of how to clean your oven pls reference above content " To Clean Your Oven ".

34 According to the installation requirements set, otherwise the impact of heat, prone to danger.

35 Steam cleaner is not to be used.

36  **Caution, hot surface**

When the symbol is used, It means that the surfaces are liable to get hot during use.

37 **Do not place an object(a book, a box, etc.) on the product. The product may overheat or catch fire or the object may fall, causing injury to persons.**

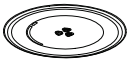
BEFORE USE

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.

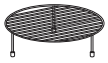
1 Unpack your oven and place it on a flat level surface.

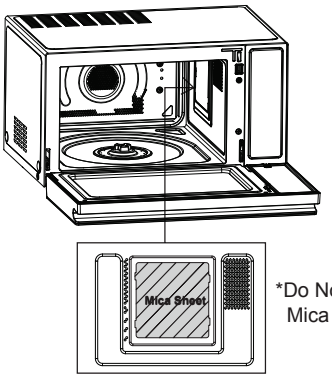

SHAFT


GLASS TRAY


ROTATING RING


High rack


Low rack



*Do Not Remove Mica Sheet

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 spatters.

Method to use Accessories As per Mode

	Microwave	Grill	Convection	Grill combi	Conv combi
Glass tray	O	O	O	O	O
High rack	-	O	O	O	O
Low rack	-	O	O	O	O

Caution: Use accessories in accordance with cooking guides!

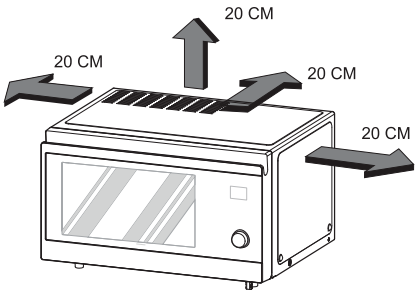
O Acceptable
- Not Acceptable

NOTE

- 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.

2 Place the oven on the level location of your choice with more than 85cm 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.

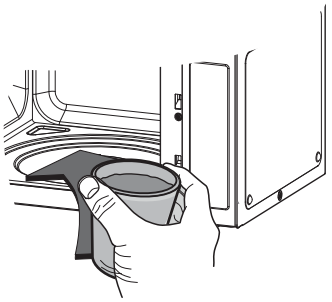


NOTE

• 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/CANCEL** button, and press the **START** button one time to set 30 seconds of cooking time.



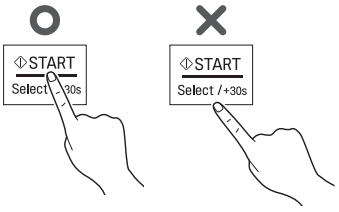
7 The **DISPLAY** will count down from 30 seconds.
When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water.
If your oven is operating the water should be warm.
Be careful when removing the container it may be hot.

YOUR OVEN IS NOW INSTALLED



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

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.



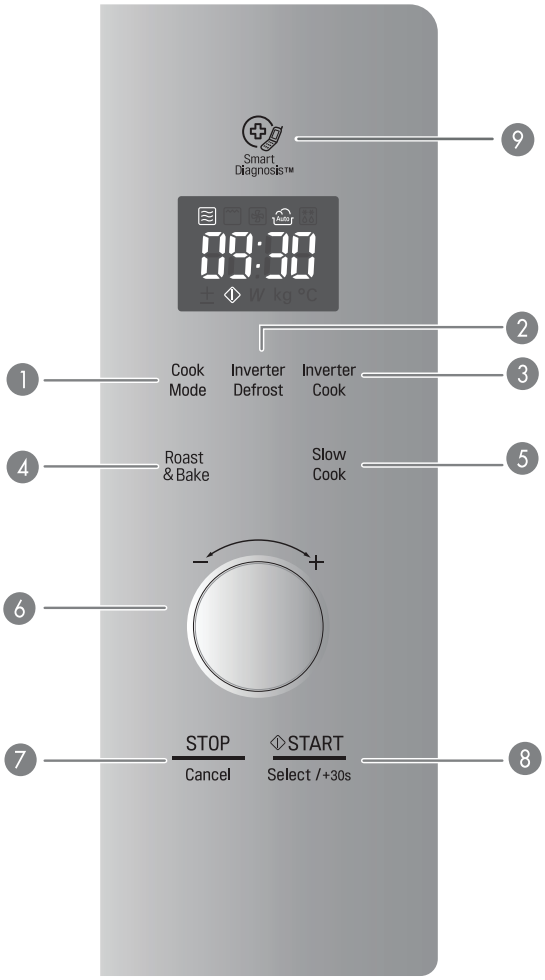
NOTE

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.

11 All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times because overcooked food is ruined for good.

CONTROL PANEL



Part
1 **COOK MODE** See page 12 “Microwave” See page 13 “Grill” See page 13 “Grill Combi(Microwave + Grill)” See page 14 “Convection” See page 15 “Conv Combi(Microwave + Conv)”
2 **INVERTER DEFROST** See page 28 "Inverter Defrost”
3 **INVERTER COOK** See page 16 “Inverter cook”
4 **ROAST & BAKE** See page 24 “Roast & Bake”
5 **SLOW COOK** See page 26 “Slow Cook”
6 **DIAL (MORE / LESS)** • Set cooking time, temperature and power level. • While cooking with auto and manual function, you can increase or decrease the cooking time at any point by turning the dial (except defrost mode).
7 **STOP / CANCEL** • Stop over and clear all entries except time of day.
8 **START** • In order to start cooking which is selected, press button one time. • The quick start feature allows you to set 30 seconds intervals of HIGH power cooking with a press of the START button.
9 **SMART DIAGNOSIS** Hold the mouthpiece of a phone up to this icon when directed to by service centre personnel, to help diagnose problems with the microwave oven when calling for service.

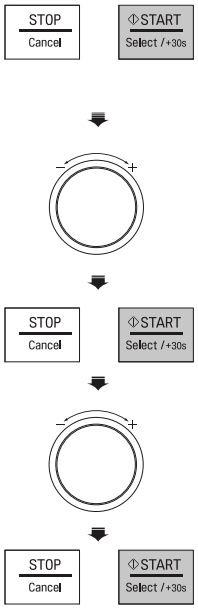
DISPLAY PICTO

Icon			
	When operate Microwave, Show up the icon on the display.	Auto	When operate Auto cook, Show up the icon on the display.
	When operate Grill, Show up the icon on the display.		When operate Inverter defrost, Show up the icon on the display.
	When operate Convection, Show up the icon on the display.	±	When you can set More/Less, Show up the icon on the display.
°C	When you can set Conv. Temperature, Show up the icon on the display.		When you can set Cook Start, Show up the icon on the display.
	When operate Grill Combi, Show up the icon on the display.	*W*	When you can set Output Power, Show up the icon on the display.
	when operate Convection Combi, Show up the icon on the display.	kg	When you can set Weight, Show up the icon on the display.

SETTING CLOCK

When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to '12H'.

Example: To set 11:11 .



1. Press **START** to confirm the 12H clock display. (If you wish to have a 24H clock display, simply turn the DIAL to select '24H' before following next steps)
2. Turn the **DIAL** until display shows '11:'.
3. Press **START.**
4. Turn the **DIAL** to change the minutes until the display shows '11:11'.
5. Press **START.**

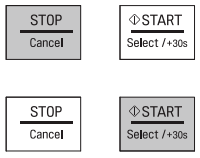
NOTE

- If you want to set the clock again or change options, you will need to unplug the power cord and reconnect.
- If you don't want to use clock mode, Press STOP button, after plugging in your oven.

QUICK START

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

Example: Set 2 minutes of cooking on high power



1. Press **STOP/CANCEL.**
2. Select 2 minutes on high power.

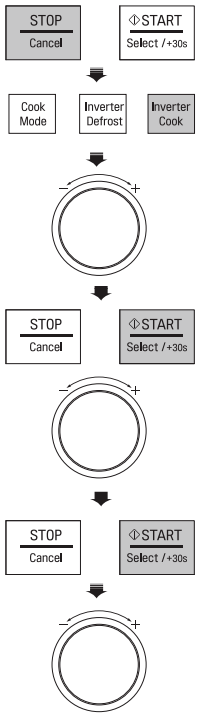
Press the **START** button four times
The oven will start before you have finished the fourth press.

During QUICK START cooking, you can extend the cooking time up to 99 minutes 59 seconds by repeatedly pressing the **START** button.

MORE/LESS

By turning the Dial, TIMED COOK program can be adjusted to cook food for a longer or shorter time. Turning the dial will increase 10 seconds or decrease 10 seconds to the cooking time each time. The max time possible will be 99 min 59 seconds.

Example:To adjust the Inverter Cook (ex. 0.3kg chicken nuggets) cooking time for or for a shorter time.



1. Press **STOP/CANCEL.**
2. Press **INVERTER COOK** until display shows '1'.
3. Turn the **DIAL** until display shows '1-3'.
4. Press **START.** Turn the **DIAL** until display shows '0.3 kg'.
5. Press **START.**
6. Turn the **DIAL**. The cooking time will increase or decrease by 10 seconds.

NOTE

- If you find that your food is over or undercooked when using the preset COOK program, you can increase or decrease the cooking time by turning the **DIAL**.
- You can lengthen or shorten the cooking time (except defrost mode) at any point turning the **DIAL**.

ENERGY SAVING

Energy saving means save energy by turning off the display. This feature only operates when the Microwave Oven standby and the display will go out.

NOTE

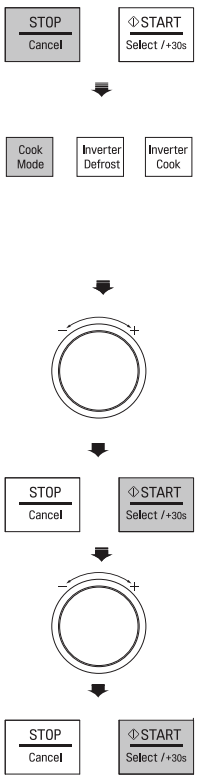
- When using clock mode, the display will remain on.

HOW TO USE

TIMED COOKING (MANUAL COOKING)

This function allows you to cook food for a desired time. There are 5 power levels available. The example below shows how to set power 900 W for the desired time.

Example: To cook food on Power 900 W for 5 minutes 30 seconds



1. Press **STOP/CANCEL.**
2. Press **COOK MODE** until display shows '1100 W'. (1st time 1100 W appears in the display. This is to tell you that the oven is set on 1100 W unless a different power setting is chosen.)
3. Turn the **DIAL** until display shows '900 W'.
4. Press **START.**
5. Turn the **DIAL** until display shows '5:30'.
6. Press **START.**

When cooking is complete, Tip will sound. The word End shows in the display window. 'End' remains in the display and Tip will sound every minute until the door is opened, or any button is pressed, before 5 minutes.

NOTE:

If you do not select the power level, the oven will operate at power HIGH. To set HI-POWER cooking, skip step 3 above.

MICROWAVE POWER LEVELS

Your microwave oven is equipped with five power levels to give you maximum flexibility and control over cooking. The adjacent table will give you some idea of which foods are prepared at each of the various power levels.

- The adjacent chart shows the power level settings for your oven.

MICROWAVE POWER LEVEL CHART

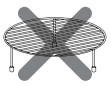
Power Level	Use
High 1100 W	• Boiling water. • Browning ground beef. • Making candy. • Cooking poultry pieces, fish, & vegetables. • Cooking tender cuts of meat.
900 W	• Reheating rice, pasta, & vegetables. • Reheating prepared foods quickly. • Reheating sandwiches.
700 W	• Cooking egg, milk and cheese dishes. • Cooking cakes and breads. • Melting chocolate. • Cooking veal. • Cooking whole fish. • Cooking puddings and custard.
400 W	• Thawing meat, poultry and seafood. • Cooking less tender cuts of meat.
200 W	• Taking chill out of fruit. • Keeping casseroles and main dishes warm. • Softening butter and cream cheese.

NOTE

- Do not use following accessories.



HIGH RACK



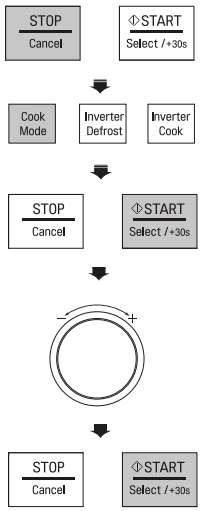
LOW RACK

GRILL COOKING

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

Always use gloves when removing food and accessories after cooking as the oven & accessories will be very hot.

Example: Use Grill to cook food for 5 minutes 30 seconds



1. Press **STOP/CANCEL.**
2. Press **COOK MODE** until display shows 'GrIL'.
3. Press **START.**
4. Turn the **DIAL** until display shows ‘5:30’ .
5. Press **START.**

CAUTION

- Always use oven gloves when removing the food and accessories after cooking as the oven & accessories will be very hot.

NOTE

- This feature will allow you to brown and crisp food quickly.
- For the best result use the following accessories.

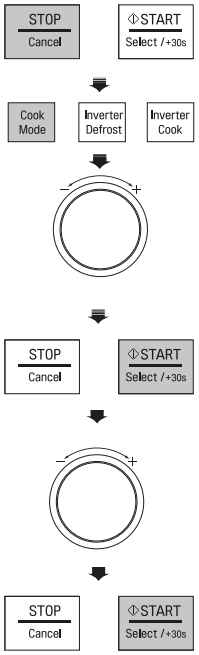


HIGH RACK

GRILL COMBI. COOKING

Your oven has a combination cooking feature which allows you to cook food with heater and microwave.

Example: Programme your oven with micro power 330 W and grill for a cooking time of 25 minutes



1. Press **STOP/CANCEL.**
2. Press **COOK MODE** until display shows '**GC-1**'.
3. Turn the **DIAL** until display shows ‘**GC-2**’.
4. Press **START.**
5. Turn the **DIAL** until display shows ‘**25:00**’.
6. Press **START.**
   When cooking you can turn the DIAL to increase or decrease the cooking time.
   Be careful when removing your food as the container will be hot!

NOTE

- Your oven has a combination cooking feature which allows you to cook food with **Heater and Microwave.** This generally means it takes less time to cook your food.
- You can set three kinds of micro power level (GC-1: 220 W, GC-2: 330 W, GC-3: 440 W). in grill combi mode.
- For the best result use the following accessories.



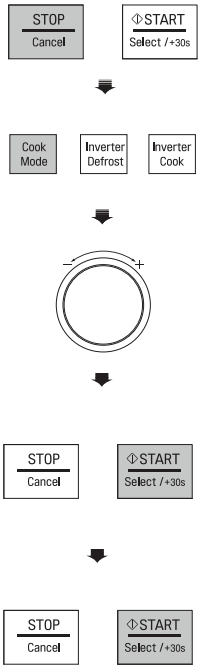
HIGH RACK

CONVECTION PREHEAT

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

Always use gloves when removing food and accessories after cooking as the oven & accessories will be very hot.

Example: To preheat the oven to a temperature of 200 °C.



1. Press **STOP/CANCEL.**
2. Press **COOK MODE** until display shows ‘180 °C’.
3. Turn the **DIAL** until display shows ‘200 °C’.
4. Press **START** for temperature confirmation.
5. Press **START.**
   Preheating will be started with displaying ‘60 °C’.It will show up the temperature.

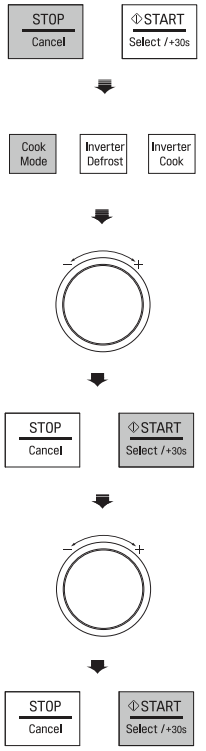
NOTE

- The convection oven has a temperature range of 40~200 °C.
- The oven has a ferment function at the oven temperature of 40 °C. You may wait until the oven is cool because you cannot use a ferment function if the oven temperature is over 40 °C.
- Your oven will take a few minutes to reach the selected temperature.
- Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature.
- Then place your food in your oven and to start cooking.

CONVECTION COOKING

The metal tray or metal rack must be used during convection cooking.

Example: To cook some food at a temperature of 200 °C for 50 minutes.



1. Press **STOP/CANCEL.**
2. Press **COOK MODE** until display shows ‘180 °C’.
3. Turn the **DIAL** until display shows ‘200 °C’.
4. Press **START** for temperature confirmation.
5. Turn the **DIAL** until display shows ‘50:00’.
6. Press **START.**
   When cooking you can turn the **DIAL** to increase or decrease the cooking time.

CAUTION

- Always use oven gloves when removing the food and accessories after cooking as the oven & accessories will be very hot.

NOTE

- If you do not set a temperature your oven will automatically select 180 °C, the cooking temperature can be changed by turning the **DIAL.**
- If you need more than 200 degrees for following your cooking recipe or package direction, add the time at 200 degrees for your preference.
- For the best result please use the following accessories.

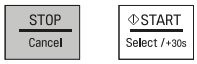


LOW RACK

CONVECTION COMBI. COOKING

In the following example, show you how to program your oven at a microwave power of 330 W and at a convection temperature of 200 °C for a cooking time of 25 minutes.

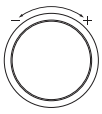
Example: To cook food at a comvection combi. mode for 25 minutes.



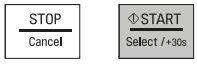
1. Press **STOP/CANCEL.**



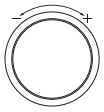
2. Press **COOK MODE** untily display shows ‘CC-1’.

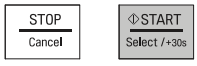


3. Turn the **DIAL** until display shows ‘CC-2’.

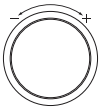


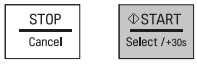
4. Press **START.**
Turn the **DIA**L until display shows ‘200 °C’.





5. Press **START.**
Turn the **DIAL** until display shows ‘25:00’.





6. Press **START.**
When cooking you can turn the **DIAL** to increase or decrease the cooking time.
Be careful when removing your food as the container will be hot!

CAUTION

- Always use oven gloves when removing the food and accessories after cooking as the oven & accessories will be very hot.

NOTE

- You can set three kinds of micro power level (CC-1: 220 W, CC-2: 330 W, CC-3: 440 W).
- For the best result use the following accessories.



LOW RACK

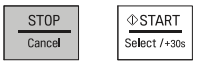
CHILD LOCK

This is a unique safety feature that prevents unwanted oven operations. Once the CHILD LOCK is set, no cooking can take place.

To set the child lock



1. Press **STOP/CANCEL.**



2. Press and hold **STOP/CANCEL** until ‘Loc’ appears in the display and tip are heard.
If the time of day was already set, the time of day will appear on the display window after 1sec.

If the CHILD LOCK was already set and you touch another pad, the word Loc shows in the display. You can cancel the CHILD LOCK according to below procedure.

To cancel the child lock



Press and hold **STOP/CANCEL** until ‘Loc’ disappears in the display.

After the CHILD LOCK is turned off, the oven will operate normally.

INVERTER COOK

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.

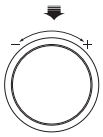
Example: To cook 0.3 kg Cheese Sticks



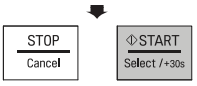
1. Press **STOP/CANCEL.**



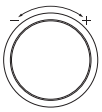
2. Press **INVERTER COOK** until display shows '1'.



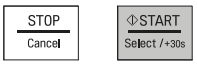
3. Turn the **DIAL** until display shows '1-2'.



4. Press **START.**



5. Turn the **DIAL** until display shows '0.3 kg'.



6. Press **START.**

INVERTER COOK MENU INSTRUCTIONS

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
1-1	**Baguette/ Croissant**	0.1 - 0.3 kg (50 - 100 g/ piece)	Frozen	1. Place frozen bread on the Low rack. Choose the menu and weight, press start.	Low rack
1-2	**Cheese Sticks**	0.2 - 0.4 kg	Frozen	1. Brush cheese sticks with oil. 2. Place food on the Crisp tray on the High rack. Choose the menu and weight, press start. 3. When BEEP, turn food over and press start to continue cooking.	Crisp tray on the High rack
1-3	**Chicken Nuggets**	0.2 - 0.3 kg	Frozen	1. Place chicken nuggets on the Crisp tray on the High rack. Choose the menu and weight, press start. 2. When BEEP, turn food over and press start to continue cooking.	Crisp tray on the High rack
1-4	**Frozen Lasagna**	0.3 kg	Frozen	1. Remove tray from outer carton and remove protective film. 2. Place food on the Low rack. Choose the menu, press start. After cooking, stand covered for 2 minutes.	Low rack
1-5	**Frozen Pizza (Thick)**	0.5 kg	Frozen	1. Remove thick-crust pizza from all packaging. 2. Place food on the Crisp tray on the Low rack. Choose the menu, press start.	Crisp tray on the Low rack
1-6	**Frozen Pizza (Thin)**	0.2 - 0.4 kg	Frozen	1. Remove all packaging. 2. Place food on the Crisp tray on the Low rack. Choose the menu and weight, press start.	Crisp tray on the Low rack
1-7	**Salmon Fillets**	0.2 - 0.6 kg	Frozen	1. Choose salmon fillets of 200 g and 2,5 cm thick each. Brush salmon fillets with oil and season as desired. 2. Place food on the Crisp tray on the High rack. Choose the menu and weight, press start. 3. When BEEP, turn food over and press start to continue cooking.	Crisp tray on the High rack

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
2-1	**Grape leaf**	1.0 kg	Room	**Ingredients** 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 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. After cooking, serve with sour cream or as desired.	Microwave-safe bowl
2-2	**Kabsa**	2.0 kg	Room	**Ingredients** 1/4 cup butter 1.2 kg chicken, cut into 8-10 pieces 1 large onion, finely chopped 3 garlic cloves, minced 1/4 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) 1/4 cup raisins 1/4 cup slivered almond, toasted 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.	Microwave-safe bowl

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
2-3	**Kafta**	0.2~0.4 kg	Room	**Ingredients** 500 g beef minced 1 cup parsley chopped or grated 1 onion chopped 2 breads sliced ½ teaspoon all-spices ¼ teaspoon paprika powder ¼ teaspoon cinnamon powder Salt and pepper as per taste 1. Combine all ingredients in a large bowl, and mix well. 2. Divide and shape into small sausages(100 g/ each one, about 1.5 cm). 3. Place food in the Crisp tray on the High rack. Choose menu and weight, press start. 4. When BEEP, turn food over and press start to continue cooking. 5. After cooking, remove from the oven and stand.	Crisp tray on the High rack
2-4	**Rice Pudding**	0.7 kg	Room	**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 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, 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.	Microwave-safe bowl (deep glass pot)
2-5	**Lasagna**	1	Room	**Ingredients** 9 lasagna sheets 500 g spaghetti sauce 600 g cheese sauce 300 g grated mozzarella cheese 30 g grated parmesan cheese **For Cheese sauce :** 60 g butter 50 g plain flour Pinch ground nutmeg 500 ml milk 20 g grated parmesan cheese 1. Melt butter in small saucepan. Add flour and nutmeg, stirring until smooth. 2. Gradually add milk and stir until it boils and thickens. 3. Reduce heat and add parmesan cheese. Stir until cheese melts well. 1. Cook lasagna sheets according to package directions and drain. 2. Spread about 125 g spaghetti sauce in a 26 x17 cm baking dish. 3. Layer 3 lasagna sheets, 300 g cheese sauce, 125 g spaghetti sauce, 100 g mozzarella cheese. Repeat layering. 4. Finally layer remaining lasagna sheets, spread 125 g spaghetti sauce, sprinkle with 100 g mozzarella cheese and 30 g parmesan cheese. 5. Place baking dish on the Low rack. Choose the menu, press start.	26 x 17 cm baking dish on the Low rack

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
2-6	**Potato Gratin**	1.5 kg	Room	**Ingredients** 1 kg potatoes 1 garlic clove 20 g butter 300 g cream 100 g grated cheese Nutmeg, salt and pepper to taste 1. Peel and wash potatoes then cut into 5 mm slices. Rub inside of a baking dish with garlic clove and butter. 2. Place half of potatoes in the baking dish and season. Fill with remaining potatoes and season as desired. Then pour cream and cheese over the top. 3. Place the baking dish on the Low rack. Choose the menu, press start.	20 x 20 cm baking dish on the Low rack
2-7	**Ratatouille**	1.5 kg	Room	**Ingredients** 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 1. Add all ingredients in a deep and large 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
2-8	**Stuffed Zucchini**	1.2 kg	Room	**Ingredients** 4 round zucchinis of about 200 g each 500 g ground beef 2 tablespoons olive oil Salt and pepper to taste 1. Cut tops off zucchini to form hats and seed them, taking care not to pierce flesh or skin. Then sprinkle each zucchini with salt and pepper. 2. Stuff zucchinis with ground beef and replace hats. 3. Place food on the Crisp tray on the Low rack and drizzle with olive oil. Choose the menu, press start.	Crisp tray on the Low rack

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
2-9	**Bobotie**	1.3 kg	Room	**Ingredients** 200 ml milk 2 slices of bread 750 g minced beef 1 chopped onion(medium size) 2 tablespoons grated fresh ginger 3 garlic cloves grated 1 tablespoon apricot jam 30 ml lemon juice ¼ cup of blanched almonds 2 teaspoons medium(or hot) curry powder 1 teaspoon turmeric 2 teaspoons salt 4 bay or lemon leaves 3 eggs 1. Soak the bread in 100 ml milk. Mix it with the minced beef. 2. Mix all the other ingredients except remaining milk, oil, eggs and bay leaves. 3. Heat oil in a pan and cook mixture until turn lightly browned. Put them into a 1.5 L casserole and set aside. 4. Beat eggs with remaining milk and pour over meat. 5. Place casserole on the Low rack in the oven. Choose the menu, press start. 6. After cooking, remove from the oven. Serve with plain or saffron rice.	1.5 L casserole On the Low rack
2-10	**Braai-Lamb Chops**	0.2 - 0.6 kg	Refrigerated	1. Choose lamb chops of 100-150 g weight and 1.5-2.0 cm thickness each. Season with salt and pepper or as desired. 2. Place food on the High rack on a drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.	High rack on a drip dish
2-11	**Braai-Steak**	0.2 - 0.6 kg	Refrigerated	1. Choose steak of 200 g weight and 2.5 cm thickness each. Season with salt and pepper or as desired. 2. Place food on the Rack on a drip dish. Choose the menu and weight, press start. When BEEP, turn food over and press start to continue cooking.	High rack on a drip dish

<table>
<tr><th>Code</th><th>Menu</th><th>Weight Limit</th><th>Initial Temperature</th><th>Instructions</th><th>Utensil</th></tr>
<tr><td>2-12</td><td>Couscous</td><td>0.1 - 0.4 kg</td><td>Room</td><td>
Ingredients
<table>
<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 Table-spoon</td><td colspan="2">2 Tablespoons</td><td>3 Table-spoons</td></tr>
</table>
Vegetable mixture
1. Put couscous, water and butter in a large microwave-safe bowl and mix well. Cover with plastic wrap and vent.
2. Place food in the oven. Choose the menu and weight, press start.
3. After cooking, stand for 15~20 minutes.
4. With a fork, fluff the couscous and mix the couscous with some of the vegetable sauce.

※ Vegetable mixture
15 pealed pearl onions or 2 cups sliced onions
15 oz can chick peas
2 large boiled potatoes cubed
1 sliced carrots
1/2 cup chopped cilantro
1/4 cup chopped parsley
2 tablespoons minced garlic
1 teaspoon paprika
1/4 teaspoon nutmeg
1/2 teaspoon salt
1/2 teaspoon black pepper
2 cans tomato sauce
1 chicken broth
1 ½ cups water
2 tablespoons butter

1. Cook onions and butter for 5 minutes until caramelized.
2. Add carrots and garbanzo beans and cook for another 5 minutes, and add garlic, cilantro, parsley, potatoes and 1/2 tsp salt and mix vegetables.
3. In a large 4 quart sauce pan bring tomato sauce and 1 1/2 cup of water to a simmer.
4. Add seasonings and spices to the sauce then add vegetable mixture to tomato sauce and simmer for 10-12 minutes.
</td><td>Microwave-safe bowl</td></tr>
</table>

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
2-13	**Chicken Tikka**	0.2~0.4 kg	Room	**Ingredients** 4 chicken breasts, cut into cubes 1 cup natural yogurt 1 tablespoon ground cumin 1 tablespoon garam masala powder 1 teaspoon ground coriander 1 lemon juice 8 garlic cloves, finely chopped 1 inch grated ginger, finely chopped ¼ teaspoon red food color 1 lemon Salt and pepper to taste 1. Mix the spices, coloring, lemon juice, ginger and garlic up into a paste with a little water. 2. Stir in well with the yogurt to make a tandoori marinade. 3. Marinate the chicken in the marinade for 2-3 hours. 4. Skewer the pieces of chicken using wooden skewers. Note that the skewers pass the center of pieces. 5. Place skewers on the High rack on a drip dish. 6. Choose the menu and weight, press start. 7. When BEEP, turn food over and press start to continue cooking. 8. After cooking, remove from the oven and stand.	High rack On a drip dish
2-14	**Curry Chicken**	1.5 kg	Room	**Ingredients** 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 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.	Microwave-safe bowl

<table>
<tr><th>Code</th><th>Menu</th><th>Weight Limit</th><th>Initial Temperature</th><th>Instructions</th><th>Utensil</th></tr>
<tr><td>2-15</td><td>Dal Tadka</td><td>0.2 - 0.4 kg</td><td>Room</td><td>
Ingredients
<table>
<tr><td>Dal (soaked for 2 hours)</td><td>0.2 kg</td><td>0.3 kg</td><td>0.4 kg</td></tr>
<tr><td>Water</td><td>400 ml</td><td>600 ml</td><td>800 ml</td></tr>
<tr><td>Oil</td><td>2 Tablespoons</td><td>2½ Tablespoons</td><td>3 Tablespoons</td></tr>
<tr><td>Salt</td><td colspan="3">To taste</td></tr>
</table>
Spices
Cumin seed
Chili powder
Turmeric powder
Curry leaves

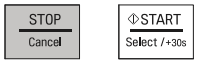
1. Combine all ingredients in a microwave-safe bowl and add spices to your preference.
2. Place food in the oven. Choose menu and weight, press start. Stir at least twice during cooking.
</td><td>Microwave-safe bowl</td></tr>
<tr><td>2-16</td><td>Veg. Biryani</td><td>1.0 kg</td><td>Room</td><td>
Ingredients
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 chilies, chopped
1 teaspoon ginger garlic paste
1 ½ teaspoon red chili 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

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 to cook. Stir at least twice during cooking.
</td><td>Microwave-safe bowl</td></tr>
</table>

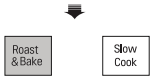
ROAST & BAKE

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.

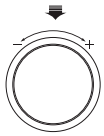
Example: To cook 1.0 kg Roast Beef



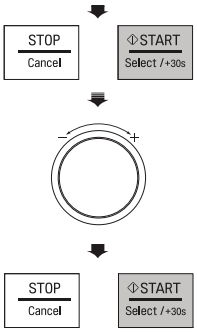
1. Press **STOP/CANCEL**.



2. Press **ROAST & BAKE** until display shows '1'.



3. Turn the **DIAL** until display shows '4'.



4. Press **START.**
5. Turn the **DIAL** until display shows '1.0 kg'.
6. Press **START.** When cooking you can increase or decrease the cooking time by turning the **DIAL.**

ROAST & BAKE MENU INSTRUCTIONS

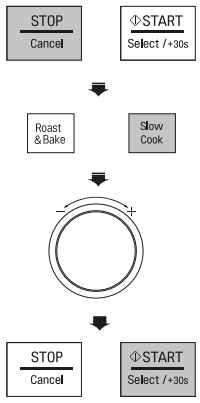
Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
1	**Baked Potatoes**	0.2 - 1.0 kg (180 - 220 g/ each)	Room	1. Wash potatoes and dry with a paper towel. 2. Pierce each potato 8 times with a fork. 3. Place food on the Low rack. Choose the menu and weight, press start. 4. After cooking, stand covered with an aluminum foil for 5 minutes.	Low rack
2	**Cookies**	1	Room	**Ingredients** 80 g brown sugar 80 g butter, softened 1 egg, lightly beaten 180 g all - purpose flour, sifted 1/2 teaspoon baking powder 1/2 teaspoon baking soda 100 g mini chocolate chips 1. Mix brown sugar and softened butter. Gradually add egg and stir until light and fluffy. Add flour, baking powder, baking soda and chocolate chips and mix well. 2. Drop dough by tablespoon onto the High rack and Low rack covered with an aluminum foil. Cookies should be spaced 2 cm apart. 3. Place the High rack and Low rack in the oven. Choose the menu, press start. 4. After cooking, remove from the oven and let them cool.	High rack + Low rack

Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
3	**Fresh Pizza**	1	Room	**Ingredients** Dough: 120 g all - purpose or bread flour 1 teaspoon active dry yeast 1/3 teaspoon salt 1 teaspoon sugar 70 ml warm water 1 teaspoon extra-virgin olive oil, plus little for coating Topping: 3 tablespoons pizza sauce 30 g sausage, sliced 1/2 onion, sliced 2 fresh mushrooms, sliced 1/2 fresh pepper 100 g shredded mozzarella cheese 1. Combine all Ingredients for Dough in a large mixing bowl. 2. Knead with an electric mixer to make smooth and elastic dough. 3. Roll dough out and place dough on the Crisp tray. Spread pizza sauce. Top with toppings and cheese. 4. Place the Crisp tray on the Low rack. Choose the menu, press start.	Crisp tray on the Low rack
4	**Roast Beef**	0.5 - 1.5 kg	Refrigerated	1. Brush beef with melted butter or oil and season as desired. 2. Place food on the Low rack on a drip dish. Choose the menu and weight, press start. 3. When BEEP, drain juices and turn food over immediately. And then press start to continue cooking. 4. After cooking, stand covered with an aluminum foil for 10 minutes.	Low rack on a drip dish
5	**Roast Chicken**	0.8 - 1.8 kg	Refrigerated	1. Brush chicken with melted butter or oil and season as desired. 2. Place whole chicken breast-side down on the Low rack on a drip dish. Choose the menu and weight, press start. 3. When BEEP, drain juices and turn food over immediately. And then press start to continue cooking. 4. After cooking, stand covered with an aluminum foil for 10 minutes.	Low rack on a drip dish
6	**Roast Lamb**	0.5 - 1.5 kg	Refrigerated	1. Brush lamb with melted butter or oil and season as desired. 2. Place food on the Low rack on a drip dish. Choose the menu and weight, press start. 3. When BEEP, drain juices and turn food over immediately. And then press start to continue cooking. 4. After cooking, stand covered with an aluminum foil for 10 minutes.	Low rack on a drip dish

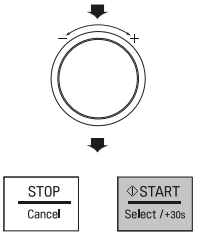
Code	Menu	Weight Limit	Initial Temperature	Instructions	Utensil
7	**Roast Vegetables**	0.2 - 0.3 kg	Room	**Ingredients** Eggplants, cut into 1-2 cm thickness Zucchinis, cut into 1-2 cm thickness Onions, cut into wedges Sweet peppers, cut in half lengthwise and discard seeds Whole cherry tomatoes Mushrooms, cut in half 1. Brush vegetables with melted butter or oil and season as desired. 2. Place food on the Crisp tray on High rack. Choose the menu and weight, press start. 3. When BEEP, turn food over and press start to continue cooking.	Crisp tray on the High rack
8	**Small Cakes**	1	Room	**Ingredients** 120 g sugar 120 g butter, softened 2 egg, lightly beaten 150 g all - purpose flour, sifted 1 teaspoon baking powder 10~13 ea paper muffin cups (50 mm base X 30 mm height) 1. Mix sugar and softened butter. Gradually add eggs and stir until light and fluffy. Add flour and baking powder and mix well. Evenly fill paper muffin cups with batter. (25~30 g per each) 2. Place muffin cups on the Crisp tray on the Low rack. Choose the menu, press start. 3. After cooking, remove from the oven and let them cool.	Paper muffin cups on the Crisp tray on the Low rack

SLOW COOK

Example : To show how to cook Food drying



1. Press **STOP/CANCEL.**
2. Press **SLOW COOK** until display shows '2'.
3. Turn the **DIAL** until display shows ‘60 °C’.
4. Press **START.** ‘10:00’ will show in the display.



5. Turn the **DIAL** until display shows ‘5h00’.
6. Press **START.** When cooking you can increase or decrease the cooking time by turning the **DIAL.**

SLOW COOK MENU INSTRUCTIONS

<table>
<tr><th>Function</th><th>Range</th><th>Step</th><th>Default</th><th>Instructions</th><th>Utensil</th></tr>
<tr><td>1. Slow Cook</td><td>130 °C (HIGH) / 110 °C (LOW)</td><td>-</td><td>130 °C (HIGH)</td><td>This function maintains a relatively low temperature compared to other cooking methods(such as baking, boiling and frying) for many hours allowing unattended cooking of pot roast, stew and other suitable dishes.
110 °C (LOW) Setting
The low setting gently simmers food for an extended period of time without overcooking or burning. No stirring is required when using this setting.
130 °C (HIGH) Setting
The high setting will cook food in approximately half the time required for the low setting. Some foods may boil when cooked on the high setting, so it may be necessary to add extra liquid.
Occasional stirring of stews and casseroles will improve flavour distribution. Searing and browning before slow cooking is not necessary, but this will help to seal in the juices and flavours and keeps the meat tender.
Slow cook guide
<table>
<tr><td rowspan="2">Traditional cooking time</td><td colspan="2">Slow cooker cooking time (without searing)</td><td colspan="2">Slow cooker cooking time (with searing)</td></tr>
<tr><td>110 °C(Low)</td><td>130 °C(High)</td><td>110 °C(Low)</td><td>130 °C(High)</td></tr>
<tr><td>35 to 60 minutes</td><td>6 to 9 hrs</td><td>3 to 4 hrs</td><td>4 to 6 hrs</td><td>2 to 3 hrs</td></tr>
<tr><td>1 to 3 hours</td><td>8 to 9 hrs</td><td>4 to 6 hrs</td><td>5 to 6 hrs</td><td>3 to 4 hrs</td></tr>
</table></td><td>Heatproof glass dish with cover on turntable</td></tr>
<tr><td>2. Food Drying</td><td>40 °C ~ 90 °C</td><td>10 °C</td><td>70 °C</td><td>With this function, you can dry fruit, veggies, and beef into healthy and nutritional snacks and tasty jerky without chemicals and preservatives. Place baking paper on tray and spread food into a single layer.
Food dry guide
<table>
<tr><th>Food type</th><th>Preparation</th><th>Set temp</th><th>Time</th><th>Use</th></tr>
<tr><td>Bananas</td><td>Slice into 5~6 mm thick</td><td>70 °C</td><td>5~8hrs</td><td>Snacks, baby food, granola, cookies and banana bread</td></tr>
<tr><td>Figs</td><td>Remove stems and halve</td><td>70 °C</td><td>8~9hrs</td><td>Fillings, cakes, puddings, breads and cookies</td></tr>
<tr><td>Kiwi</td><td>Peel, slice into 8~12 mm thick</td><td>70 °C</td><td>5~8 hrs</td><td>Snacks</td></tr>
<tr><td>Mangos</td><td>Remove skin, slice into 6~10 mm thick</td><td>70 °C</td><td>6~9 hrs</td><td>Snacks, cereals, baked goods</td></tr>
<tr><td>Pineapple</td><td>Peel, core, slice into 8~12 mm thick</td><td>70 °C</td><td>6~9 hrs</td><td>Snacks, baked goods, baked granola</td></tr>
<tr><td>Tomatoes</td><td>Wash and slice 6mm circles</td><td>70 °C</td><td>6~9 hrs</td><td>Soups, stews, paste or sauce</td></tr>
<tr><td>Mushroom</td><td>Clean with soft brush or cloth. Don’t wash</td><td>60 °C</td><td>4~8 hrs</td><td>Rehydrate for soups, meat dishes, omelettes or frying</td></tr>
<tr><td>Beef jerky</td><td>Marinate sliced meats (5~6 mm thick)in store-bought or your own recipe for 6 to 8hours in the refrigerator</td><td>80 °C</td><td>6~9 hrs</td><td>Snack</td></tr>
</table></td><td>Heatproof glass dish with cover on turntable</td></tr>
<tr><td>3. Proof</td><td>40 °C</td><td>-</td><td>40 °C</td><td>How to make yogurt
• Pour a 1000 ml milk into a proper heat-resistant bowl with cover.
• Boil it to proper temperature (up to 60~70 °C) and then cool down to about 40 °C
• Add 150 ml natural yogurt into a bowl and stir well.
• Place covered bowl in the oven.
• Choose the menu, and set cook time 5~8 hours.
How to raise yeast dough
• Place the dough in a proper heat-resistant bowl and cover with baking wrap or damp cloth.
• Place the bowl in the oven.
• Choose the menu, and set cook time to about 40 minutes until the dough has doubled in volume.</td><td>Metal tray on Low rack</td></tr>
<tr><td>4. Keep Warm</td><td>80 °C
70 °C
60 °C</td><td>10 °C</td><td>70 °C</td><td>Heat from the top and bottom elements are used to maintain set temperature. You can use this function to keep food warm until ready to serve.</td><td>Heatproof glass dish on Low rack</td></tr>
</table>

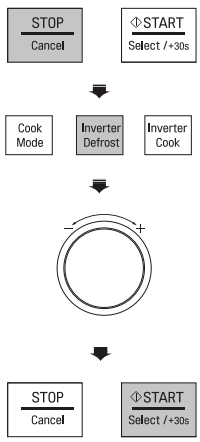
INVERTER DEFROST

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 getthe best defrost results. Four defrosting levels are provided.

(**MEAT /POULTRY / FISH / BREAD)**

Example: To defrost 1.2 kg of meat



1. Press **STOP/CANCEL.**
2. Press **INVERTER DEFROST** until display shows 'dEF1'.
3. Turn the **DIAL** until display shows '1.2 kg'.
4. Press **START.** Defrosting starts.

NOTE:

When you press the **START** button, the display changes to 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** to resume the defrost cycle.

- Remove fish, 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.

INVERTER DEFROST MENU INSTRUCTIONS

Category	Food to be Defrosted
Meat (dEF1) 0.1 - 4.0 kg	**Beef** Ground beef, Round steak, Cubes for stew, Tenderloin steak, Pot roast, Rib roast, Rump roast, Chuck roast, Hamburger patty **Lamb** Chops, Rolled roast **Veal** Cutlets (0.5 kg, 20 mm thick) Turn food over at BEEP. After defrosting, let stand for 5 - 15 minutes.
Poultry (dEF2) 0.1 - 4.0 kg	**Poultry** Whole, Cut-up, Breast (boneless) **Cornish Hens** Whole **Turkey** Breast Turn food over at BEEP. After defrosting, let stand for 30 - 60 minutes.
Fish (dEF3) 0.1 - 4.0 kg	**Fish** Fillets, Whole Steaks Turn food over at BEEP. After defrosting, let stand for 5 - 10 minutes.
Bread (dEF4) 0.1 - 0.5 kg	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.

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.

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.

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. 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

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/CANCEL after cleaning.

3 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the 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.

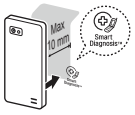
USING THE SMART DIAGNOSIS™ FUNCTION

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 closed, press and continue to hold the STOP/Cancel button for 3 seconds so that 'Loc' appears on the display. Continue to hold the STOP/Cancel button for a further 5 seconds until '5' appears in the display. (so, the STOP/Cancel 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.
Why appears the word 'Cool' or remaining cooking timein the display with fan noise after microwave cooking 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/Cancel 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

MJ396****		
Power Input		230 V~ 50 Hz
Microwave Output Power.		Max. 1100 watt (IEC60705 rating standard)
Microwave Frequency		2450 MHz
Outside Dimension		544 mm(W) X 327 mm(H) X 525 mm(D)
Power Consumption	Microwave	1350 watt
	Grill	950 watt
	Convection	1850 watt
	Grill Combi.	1450 watt
	Convection Combi.	1900 watt

*** In 1100 W and 900 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

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

You can download a owner's manual at http://www.lg.com


LG
Life's Good