

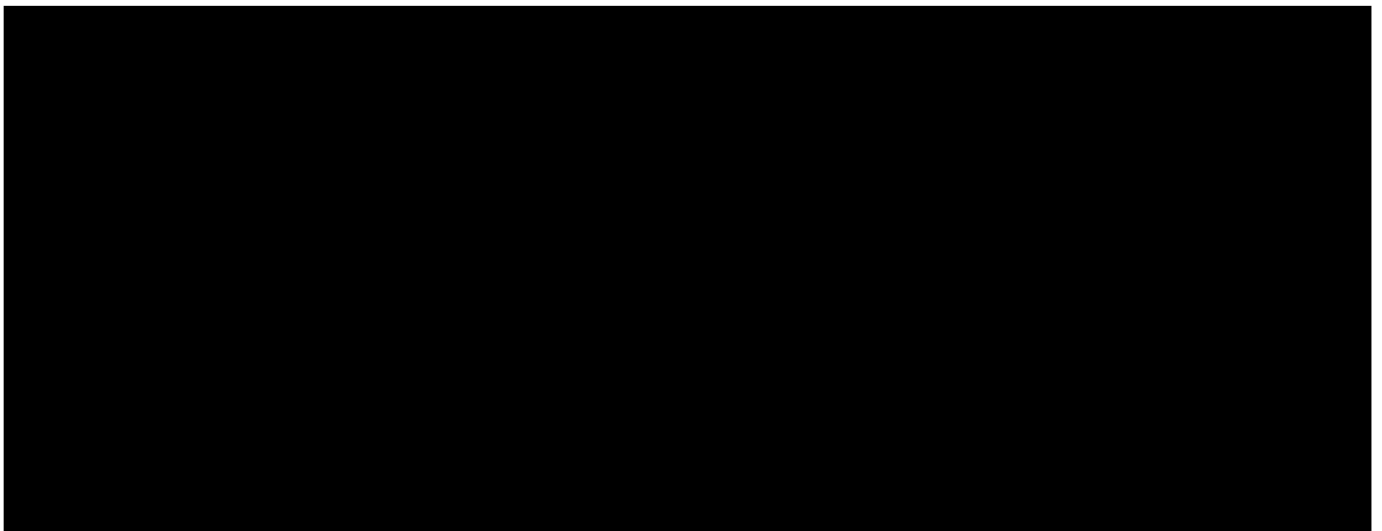
# **GoldStar**

## **MICROWAVE OVEN**

### **OWNER'S MANUAL**

PLEASE READ THIS OWNER'S MANUAL  
THOROUGHLY BEFORE OPERATING.

## **MS-2335T**



## **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**

Do not attempt to operate the oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to tamper with the safety interlocks.

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

Do not operate the 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.

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

### **WARNING**

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

### **WARNING**

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

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

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## Technical Specifications

	<b>MS-2335T</b>
Power Input	230 V AC / 50 Hz
Output	900 W (IEC 705 RATING STANDARD)
Microwave Frequency	2450 MHz
Outside Dimensions	508 mm(W) X 303 mm(H) X 374 mm (D)
Cavity Dimensions	320 mm(W) X 214 mm(H) X 330 mm (D)
Power Consumption	1350 W
Net Weight	Approx. 16 kg
Shipping Weight	Approx. 18 kg

# Installation

Install your oven by following three simple steps:

1. Remove all packing materials and accessories.
2. Place the oven at a level location of your choice but make sure there is at least 10 cm of space on the top and at the rear for proper ventilation. The side of the oven should be kept clear so there is air flow for ventilation.

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

3. Plug your oven into a standard volt household outlet. Be sure the electrical circuit is at least 13 amps and that your microwave oven is the only appliance on the circuit.

**NOTE: •If your oven does not operate properly, unplug it from the volt household outlet and then plug it back in.**

**•This appliance should not be used for commercial catering purposes.**

## WARNING: THIS APPLIANCE MUST BE EARTHED

### IMPORTANT

The wires in this mains lead are coloured in accordance with the following codes :

Blue : Neutral  
Brown : Live  
Green and 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 and yellow must be connected to the terminal which is marked with the earth symbol  $\perp$  or coloured green.

This utility article is provided with a mains cord of special performance, which in case it is damaged, must be replaced with a mains cord of the same type ; such a mains cord can be obtained from the importer and be installed by a competent person.

# Introduction

## How the Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves and ordinary daylight. Ordinarily, microwaves spread outwards as they travel through the atmosphere and disappear without effect. Microwave ovens, however, have a magnetron which is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to create microwave energy. These microwaves enter the cooking area through openings inside the oven. A turntable or tray is located at the bottom of the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed. Microwaves do not heat the 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 cook your food.

## Getting The Best Results From Your Microwave Oven

**Keeping an eye on things.** The recipes in this book have been formulated with great care, but your success in preparing them depends, of course, on how much attention you pay to the food as it cooks. Always watch your food while it cooks. Your microwave oven is equipped with a light that turns on automatically when the oven is in operation so that you can see inside and check the progress of your recipe. 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 cooking times.** To check the wattage of your oven, refer to the specifications at the beginning of this book. Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times.

For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best to be conservative with recipe cooking times. While overcooked food is ruined for good. Some of the recipes, particularly those for bread, cakes, 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 foods gradually travels inward. If the foods are left in the oven until they are cooked all the way through, the outer portions will become overcooked or even burnt. As you gain experience in using your microwave oven, you will become increasingly skillful in estimating both cooking and standing times for various foods.

## How Food Characteristics Affect Microwave Cooking

**Density of foods:** 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 foods that the outer edges do not become dry and brittle.

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

**Moisture content of foods:** Since the heat generated from microwaves tends to evaporate moisture, relatively dry foods such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered.

**Bone and fat content of foods:** Bones conduct heat and fat cooks more quickly than meat. Therefore, care must be taken when cooking bony or fatty cuts of meat that the meats do not cook unevenly and do not become overcooked.

# Introduction

**Quantity of foods:** 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 foods:** Microwaves penetrate only about 1 inch (2.5cm) into foods. The interior portion of thick foods are cooked as the heat generated on the outside travels inward. In other words, only the outer edge of any food is actually cooked by microwave energy; the rest is cooked by convection. It follows then that the worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm. Round thin foods and ring shaped foods cook successfully in the microwave.

## Special Techniques In 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 to achieve an appetizing colour. The most commonly used browning sauces are Worcestershire sauce, soya sauce and barbecue sauce. Since relatively small amounts of browning sauces are added to foods, the original flavour of recipes are not altered.

**Covering:** A cover traps heat and steam which causes food to cook more quickly. You may either use a lid or microwave clingfilm with a corner folded back to prevent splitting.

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

**Wrapping in greaseproof or paper towel:**

Sandwiches and many other foods containing prebaked bread should be wrapped prior to microwaving to prevent drying out.

**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, foods are stirred for the purpose of blending. Microwaved foods, however, are 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 foods, 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, are sometimes placed over the corners or edges of square and rectangular food to prevent those portions from overcooking. Never use too much foil and make sure the foil is tightly secured to the dish or it may cause 'arcing' in the oven.

**Elevating:** Thick or dense foods are often 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 both yolks and whites of eggs, clams and oysters and many whole vegetables and fruits.

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

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

# Introduction

## Microwave-Safe Utensils

**Never use metal or metal trimmed utensils in your microwave oven.** Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning.

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

**Testing utensils for microwave use:** Place the utensil in question next to a glass bowl filled with water in the microwave oven.

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

**1. Dinner plates:** Many kinds of dinner-ware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test. Do not use your microwave oven to warm dinner plates. There must be food on the plate while it is in the microwave oven.

**2. 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.

**3. Paper:** Paper plates and containers are convenient and safe to use in your microwave oven, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the colour may run.

**4. 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.

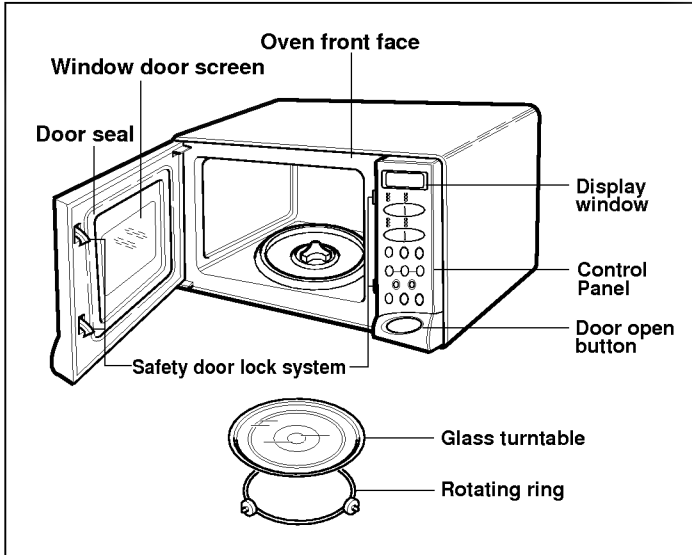
**5. Plastic cooking bags:** These are microwave-safe, provided they are specially made for cooking. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

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

**7. Pottery, stoneware and ceramic:** Containers made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

**CAUTION: HIGH IRON CONTENT, HIGH LEAD CONTENT, SOME ITEMS NOT FOR COOKING.**

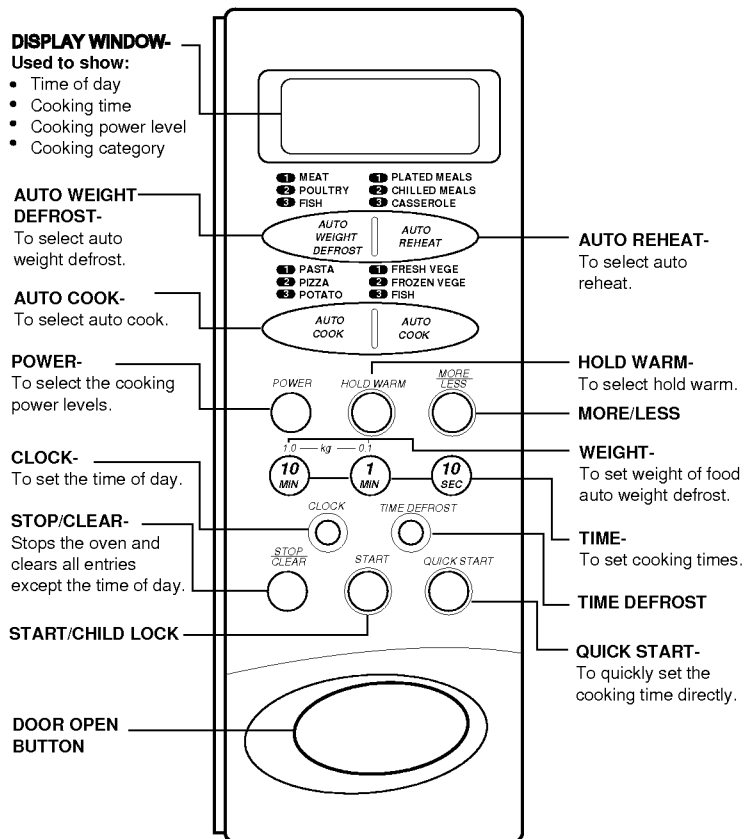
# Features Diagram / Control Panel



Your oven will be packed with the following materials:

- Glass Turntable -----1
- Owner's Manual -----1
- Rotating Ring -----1

This microwave oven is designed for household use only. It is not recommended for commercial purposes.



**NOTE:** A beep sounds when a pad on the control panel is touched, to indicate a setting has been entered.



# Operating Instructions

## Setting Clock

<b>STOP /CLEAR</b>	1. Touch <b>STOP/CLEAR</b> .
<b>CLOCK</b>	2. Touch <b>CLOCK</b> .
<b>10 MIN 1 MIN</b>	3. Enter HOUR. Touch <b>10 MIN</b> twice and touch <b>1 MIN</b> nine times.
<b>CLOCK</b>	4. Touch <b>CLOCK</b> .
<b>10 MIN 1 MIN</b>	5. Enter MINUTES. Touch <b>10 MIN</b> five times and touch <b>1 MIN</b> nine times.
<b>CLOCK</b>	6. Touch <b>CLOCK</b> again. The <b>CLOCK</b> starts counting.

Example is to set time to 13:59. When your oven is plugged in for the first time or when power re-sumes after a power interruption, the numbers in the display reset to 0.

**NOTE:** If the **CLOCK** (or **DISPLAY**) shows any abnormality, unplug the oven from the AC outlet, plug it back in and then reset the **CLOCK**.

This is a 24 hour clock.

## Time and Power Cooking

<b>STOP /CLEAR</b>	1. Touch <b>STOP/CLEAR</b> .
<b>POWER</b>	2. Touch <b>POWER</b> twice to select power level 80%.
<b>1 MIN 10 SEC</b>	3. Enter 5 minutes 30 seconds by touching <b>1 MIN</b> five times and <b>10 SEC</b> three times.
<b>START</b>	4. Touch <b>START</b> .

**EXAMPLE :** To cook on 80% power for 5 minutes 30 seconds.

The oven has five power settings, incorporating the most widely used power levels.

**NOTE :** HI POWER is automatically if you do not select the power level.

Two short and one long tone sounds and the word End shows in the display window when the cooking time is over. The oven shuts itself off.

# Operating Instructions

## Two Stage Cooking

**First stage (11 minutes, power = 80%)**

<b>STOP /CLEAR</b>	1. Touch <b>STOP/CLEAR</b> .
<b>POWER</b>	2. Touch <b>POWER</b> once. 100% appears in the display, then when you press 80% is displayed.
<b>10 MIN 1 MIN</b>	3. Enter TIME by touching <b>10 MIN</b> once and <b>1 MIN</b> once.

Two stage cooking lets you programme two cooking stages in advance, each stage with a different power level and time setting.

When **START** is pressed, the oven begins the first stage and automatically proceeds to the second stage.

**Second stage (32 minutes, power = 40%)**

<b>POWER</b>	4. Touch <b>POWER</b> 4 times.
<b>10 MIN 1 MIN</b>	5. Enter TIME by touching <b>10 MIN</b> 3 times and <b>1 MIN</b> 2 times.
<b>START</b>	6. Touch <b>START</b> .

Two beeps sound between stages.

When both stages are over, two short and one long tone sounds and **End** is displayed in the window.

**NOTE :** To stir, turn over or re-arrange food, you can open the door anytime during cooking. This will not change the setting, press **START** to continue.

**NOTE:** To alter power level to your requirements proceed as detailed below:

Power	Pad Power	Percent (%)
High	Touch once	100
Medium high	Touch twice	80
Medium	Touch 3 times	60
Defrost/Medium low	Touch 4 times	40
Low	Touch 5 times	20
High	Touch 6 times	100

# Operating Instructions

## Auto Weight Defrost

<b>STOP /CLEAR</b>	1. Touch <b>STOP/CLEAR</b> .	<p>The Auto Weight Defrost by weight feature is an accurate defrosting method for frozen Meat, Poultry and Fish in the range 0.1 kg to 2.9 kg.</p> <p>The example is to defrost 0.4 kg of Meat.</p> <p>To select Meat, poultry or Fish press Auto Weight Defrost 1, 2 or 3 times respectively.</p>
<b>AUTO WEIGHT DEF.</b>	2. Touch <b>AUTO WEIGHT DEFROST</b> once to select Meat defrosting. <b>DEF1</b> will be displayed.	
<b>0.1 kg</b>	3. Enter <b>WEIGHT</b> of frozen food. To enter 0.4kg press <b>0.1kg</b> 4 times.	
<b>START</b>	4. Touch <b>START</b> . Defrosting begins.	

## AUTO WEIGHT DEFROST SEQUENCE LIST

SEQUENCE	FOOD	MIN./MAX. FOOD
<b>1 MEAT</b>	<ul style="list-style-type: none"> <li>● <b>BEEF</b> ----- Ground beef, Round steak. Cubes for stew, Tenderloin steak Pot roast, Rio roast, Rump roast, Chuck roast, Hamburger patty.</li> <li>● <b>LAMB</b> ----- Chops(2.5 cm thick), Rolled roast.</li> <li>● <b>PORK</b> ----- Chops(1.2 cm thick), Hot dogs, Spareribs, Country-style ribs, Rolled roast, Sausage.</li> <li>● <b>VEAL</b> ----- Cutlets(450 g, 1.2 cm thick)</li> </ul>	<b>0.1/2.9kg</b>
<b>2 POULTRY</b>	<ul style="list-style-type: none"> <li>● <b>CHICKEN</b> ----- Whole(under 2 kg), Cut up Breasts(boneless)</li> <li>● <b>CORNISH HENS</b> ----- Whole</li> <li>● <b>TURKEY</b> ----- Breast(under 2.5 kg)</li> </ul>	<b>0.1/2.9kg</b>
<b>3 FISH</b>	<ul style="list-style-type: none"> <li>● <b>FISH</b> ----- Fillets, Steaks, Whole</li> <li>● <b>SHELLFISH</b> ----- Crabmeat, Lobster tails, Shrimp, Scallops</li> </ul>	<b>0.1/2.9kg</b>

- The benefit of this Auto Weight Defrost feature is automatic setting and control of defrosting, but just like conventional defrosting you must check the foods during the defrosting time.
- For best results, remove fish, shellfish, meat and poultry from its original paper or plastic package (wrapper). 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 shallow glass baking dish or microwave roasting rack to catch drippings.
- Food should still be somewhat icy in the center when removed from the oven.
- When it is difficult to remove the wrap from the food, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at the beginning of the defrost cycle. Then remove the food from oven, and remove the wrap from food.

# Operating Instructions

## Auto Reheat Cooking

**STOP  
/CLEAR**

1. Touch **STOP/CLEAR**.

2. Place food in the oven and close the door.

**AUTO  
REHEAT**

3. Select suitable reheating category corresponding to your food, by pressing **AUTO REHEAT**.

Auto Reheat cooking makes food reheating convenient and easy to use.

The oven has been pre-programmed to automatically reheat food.

The oven begins cooking, without need to press **START**.

No	Category	Ingredients	Instruction
1	PLATE MEALS	300g curry & rice	Place the food in a plate and cover with plastic wrap.
2	CHILLED MEALS	300g sweetcorn	Place the food in a plate and cover with plastic wrap.
3	CASSEROLE	300g casserole	Heat the casserole in its own package.

## More and Less

**STOP  
/CLEAR**

1. Touch **STOP/CLEAR**.

**AUTO  
COOK**

2. Touch **AUTO COOK** and select what you want.

**MORE  
/LESS**

3. Touch **MORE/LESS** once.  
+ sign will be display.

**EXAMPLE** : To cook more.

By using the More or Less keys, all of the Auto Cook/Auto Reheat programmes can be adjusted to cook food for a longer or shorter time.

If you are satisfied with cooking performance there is no need for More or Less. Oven begins cooking without need to press **START**.

**NOTE** : When you use More/Less key you have to touch button within 2 seconds after selecting Auto Cook.

- Touch once : MORE (+)
- Touch twice : LESS (-)

# Operating Instructions

## Auto Cook

**STOP  
/CLEAR**

1. Touch **STOP/CLEAR**.

2. Place food in the oven and close the door.

**AUTO  
COOK**

3. Touch **AUTO COOK** the same number of times as the category desired.

Auto Reheat cooking makes food reheating convenient and easy to use.

The oven has been pre-programmed to automatically reheat food.

The oven begins cooking, without need to press **START**.

No	Category	Ingredients	Instruction
1	PASTA	200g pasta 750ml water 15ml oil 1 tsp salt	Place all ingredients in a bowl and cover with a lid.
2	PIZZA	200g pizza(room)	Put pizza on a plate. No cover.
3	POTATO	500g potatoes	Wash the potatoes and pierce with a fork. Place them on 2 sheets of paper towel. No cover.

No	Category	Ingredients	Instruction
1	FRESH VEGETABLE	500g carrot 60ml water	Slice the carrot in 1/2 inch thick. Place the carrot and water in a bowl and cover with plastic wrap.
2	FROZEN VEGETABLE	400g mixed frozen vegetable 60ml water	Place all ingredients in a bowl and cover with plastic wrap.
3	FISH	500g salmon steak dotted with butter	Place the salmon on a plate and cover with plastic wrap.

## Time Defrost

**STOP  
/CLEAR**

1. Touch **STOP/CLEAR**.

**TIME  
DEFROST**

2. Touch **TIME DEFROST**.

**1 MIN  
10 SEC**

3. To enter time press **1 MIN** 7 times and **10 SEC** 3 times.

**START**

4. Touch **START**.

**EXAMPLE :** To set defrosting for 7 minutes 30 seconds.

The **TIME DEFROST** system is a defrosting method for frozen meat, poultry and fish.

You can set required defrosting time for each food item by yourself.

# Operating Instructions

## Quick Start

**STOP /CLEAR** // 1. Touch **STOP/CLEAR**.

**QUICK START** // 2. Touch **QUICK START** 4 times.

**NOTE** : During **QUICK START** cooking, you can extend **QUICK START** cooking time up to 99 minutes 59 seconds.

**EXAMPLE** : 2 minutes cooking on Hi Power.

This is a useful time saver. The **QUICK START** feature allows up to 99 minutes 59 seconds on High Power by setting in intervals of 30 seconds.

## Hold Warm

**STOP /CLEAR** // 1.Touch **STOP/CLEAR**.

**HOLD WARM** // 2.Touch **HOLD WARM**.

**START** // 3. Touch **START**.  
"Hold" remains in the display.

The oven has a **HOLD WARM** feature that keeps the food warm after cooking.

**HOLD WARM** will continue up to 60 minutes if **STOP/CLEAR** is not touched.

**HOLD WARM** is used without any time or power setting.

## Child Lock

To set

**STOP /CLEAR** // 1.Touch **STOP/CLEAR**.

**START** // 2.Touch and hold **START** until "L" appears in the display and a single beep is heard.

3. "L" remains in the display.

To cancel the child lock

**START** // 1. Touch and hold **START** until "L" disappears in the display.

2.The time of day returns to the display window.

This is a unique safety feature that prevents accidental running of the oven. Once the child lock is set, no cooking can take place and no key inputted.

## Microwave Power Levels

**MICROWAVE POWER LEVEL TABLE**

Power Level	Output (of watts)	Use
HIGH	100 %	<ul style="list-style-type: none"> <li>• Boil water.</li> <li>• Brown minced beef.</li> <li>• Cook fresh fruits &amp; vegetables.</li> <li>• Cook fish meat &amp; poultry.</li> <li>• Preheat browning dish.</li> <li>• Heat precooked food.</li> <li>• Sauté onions, celery &amp; green pepper.</li> </ul>
M-HIGH	80 %	<ul style="list-style-type: none"> <li>• All reheating.</li> <li>• Roast meat &amp; poultry.</li> <li>• Cook mushrooms &amp; shellfish.</li> <li>• Cook foods which contain cheese &amp; eggs.</li> </ul>
MEDIUM	60 %	<ul style="list-style-type: none"> <li>• Bake cakes, scones. .</li> <li>• Prepare eggs.</li> <li>• Cook meat, poultry.</li> <li>• Cook custard.</li> <li>• Prepare rice, soup.</li> </ul>
DEFROST / MEDIUM LOW	40 %	<ul style="list-style-type: none"> <li>• All thawing.</li> <li>• Melt butter &amp; chocolate.</li> <li>• Cook less tender cuts of meats.</li> </ul>
LOW / WARM	20 %	<ul style="list-style-type: none"> <li>• Soften butter &amp; cheese.</li> <li>• Soften ice cream.</li> <li>• Raise yeast dough.</li> </ul>

## General Procedure for Cooking Meat

**"WARNING: Do not use aluminium foil during cooking cycle."**

1. No special techniques are required. The roast should be prepared and seasoned (if desired) as for any other conventional method. Meat should be thoroughly defrosted before cooking.
2. Place the meat on a microwave roasting rack or ovenproof plate and place on the turntable.
3. Cook according to the cooking chart using the longer time for small joints and the shorter time for large joints. Use the longer time for thicker chops.
4. Turn the meat once halfway through the cooking time.
5. STAND for 5-10 minutes wrapped in foil after cooking. The standing time is very important as it 'finishes off' the cooking time.
6. Ensure meat, especially pork, is thoroughly cooked before eating.

### MEAT COOKING CHART-MICROWAVE COOKING

Cut	Cooking Time per 1 lb (448g)	Microwave power
<b>Beef</b>		
Topside/Silverside-Rare	8 1/2-9 minutes	M-HIGH
-Medium	9-10 minutes	M-HIGH
-Well done	11-12 1/2 minutes	M-HIGH
Beefburgers	7-9 minutes	MEDIUM
Minced meat (to brown for casserole)	6-8 minutes	M-HIGH
Sausages 2	2-3 minutes	HIGH
4	4-5 minutes	HIGH
8	5-7 minutes	HIGH
<b>Lamb</b>		
Leg, fillet, shoulder.	13-16 minutes	M-HIGH
<b>Pork</b>		
Loin, leg	12-15 minutes	M-HIGH
Bacon	Approx. 1 minute per slice	HIGH

**N.B.** The above timings should be regarded as a guide only to allow for individual tastes and preferences. The timings may vary due to the shape, cut and composition of the meat.

## General Procedure for Cooking Poultry

**"WARNING: Do not use aluminium foil during cooking cycle."**

1. No special techniques are required. The poultry should be prepared as for any other conventional method. Season if desired.
2. Poultry should be thoroughly defrosted, ensuring giblets and any metal clamps are removed.
3. Prick the skin and lightly brush with vegetable oil unless self basting.
4. All poultry should be placed on a microwave roasting rack or an ovenproof plate and placed on the turntable.
5. Cook according to the instructions, in the cooking chart turning the bird over halfway through the cooking time.  
Poultry items, because of their shape have a tendency to cook unevenly, especially in very bony parts. Turning the bird during roasting helps to cook these areas evenly.

**N.B.** If whole birds are stuffed, the weight of the stuffed bird should be used when calculating the cooking time.

6. STAND for 5-10 minutes wrapped in foil after cooking before carving. The standing time is very important as it 'finishes off' the cooking time



## General Procedure for Cooking Poultry

7. Ensure poultry is thoroughly cooked before eating. Whole poultry is cooked when the juices run clear from the inside thigh when it is pierced with a sharp knife. Poultry portions should be pierced with a sharp knife through the thickest part to ensure that the juices are clear and the flesh is firm.

### POULTRY COOKING CHART-MICROWAVE COOKING

Bird	Cooking Time per 1 lb (448g)	Microwave Power
<b>CHICKEN</b> Whole Breast (boned) Portions	10-12 minutes 9-11 minutes 10-12 minutes	M-HIGH M-HIGH M-HIGH
<b>Turkey</b> Whole	9-12 minutes	M-HIGH

**N.B.** The above timings should be regarded as a guide only to allow for individual tastes and preferences .  
Timings may vary due to shape and composition of the food.

## General Procedure for Cooking Fish

**"WARNING: Do not use aluminium foil during cooking cycle."**

1. Arrange fish in a large shallow non metallic dish or casserole.
2. Cover with pierced microwave plastic film or casserole lid.
3. Place the dish on the turntable.
4. Cook according to the instructions in the cooking chart. Flakes of butter can be added to the fish if desired.
5. STAND as directed in the cooking chart before serving.
6. After standing time ensure the fish is thoroughly cooked. The fish should be opaque and flake easily.

### FRESH FISH COOKING CHART

Fish	Cooking time per 1 lb (448g)	Microwave setting	Method	Standing time
Fish fillets	4-6 minutes	HIGH	Add 1-2X15 ml(1-2 tbsp) milk	2-3 minutes
Cod/Haddock steaks	5-7 minutes	HIGH	Add 1-2X15 ml(1-2 tbsp) milk	3-4 minutes
Lemon Sole fillets	2 1/2-4 minutes	HIGH	Add 1-2X15 ml(1-2 tbsp) milk	2-3 minutes
Dover Sole	4-6 minutes	HIGH	Add 1-2X15 ml(1-2 tbsp) milk	2-3 minutes
Whole Mackerel cleaned and prepared	4-6 minutes	HIGH		3-4 minutes
Whole Trout, cleaned and prepared	5-7 minutes	HIGH		3-4 minutes
Salmon steaks	5-6 minutes	HIGH	Add 1-2X15 ml(1-2 tbsp) milk	3-4 minutes

## Reheating

### GENERAL GUIDELINES

**"WARNING: Do not use aluminum foil during cooking cycle."**

Foods reheated in the microwave oven taste freshly cooked, not reheated. When reheating in the microwave the following general guidelines should be followed.

1. Foods should only be reheated once.
2. Foods should be thoroughly defrosted before reheating, where applicable.
3. Reheat following the instructions in the reheating chart. Ensure foods are stirred during the cooking time wherever possible.
4. STAND for 3-4 minutes before serving. This will allow the food to 'finish off' heating.
5. Ensure food is piping hot before eating, ie. steam should be visibly emitted from all parts. If food is not piping hot return to the oven for further heating. For foods that cannot be stirred, e.g. lasagne, the centre should be cut with a knife to test that it is will heated through.

### REHEATING CHART

Before reheating food in your microwave oven always remove metal dishes or tins and place into a suitable microwave container.

Item	Quantity	Microwave Setting	Time	Method
Baked beans	224g(8 oz)	HIGH	2-4 minutes	Cover. Stir halfway through the cooking time. Stand 2 minutes.
	448g (1 lb)	HIGH	3-5 minutes	
Soup	420g(15 oz)	HIGH	4-5 minutes	Cover. Stir halfway through the cooking time Stand 2 minutes.
	210g(7 1/2 oz)	HIGH	2 1/2-3 minutes	
Tinned vegetables	330g(12 oz)	HIGH	2-3 minutes	Cover. Stir halfway through the cooking time.
Tinned rice pudding	420g(15 oz)	HIGH	3-4 minutes	Cover. Stir halfway through the cooking time.
Chicken portions, chops, hamburger	2 servings	M-HIGH	3 1/2-5 minutes	Cover loosely. Turn over halfway through the cooking time. Stand 3-5 minutes.
Meat slice, beef, ham, turkey or pork	1 or more servings	M-HIGH	2-5 minutes per serving	Cover with gravy or microwave plastic wrap. Check after 1 minute. Stand 3-5 minutes.
Chicken casserole	Single portion	HIGH	2-4 minutes	Cover. Stand 3-5 minutes
	224g(8 oz) for 4 people	M-HIGH	7-12 minutes	
Sponge pudding	4 servings	HIGH	1-1 1/2 minutes	Cover. Stir twice during heating. Stand 5 minutes.
Fruit crumble	4 servings	HIGH	3-4 minutes	Cover. Stand 3-5 minutes.
custard	500 ml(1 pt)	M-HIGH	3-4 minutes	Cover. Stand 3-5 minutes.
	250 ml(1/2pt)	M-HIGH	1 1/2-2 1/2 minutes	Cover. Stir halfway through the cooking time. Stand 2 minutes.
Plated meal of meat and vegetables	Average 2 servings	HIGH	3-5 minutes	Cover. Stand 2-3 minutes.

All these times are approximate and will depend on starting temperature, container and portion size.

**N.B. CARE MUST BE TAKEN WHEN REHEATING SUCH ITEMS AS CHRISTMAS PUDDING AND MINCE PIES.**

Desserts need to be reheated carefully as sugary filling, eg. jam, mincemeats attract microwave energy, and get very hot, although the pastry or cake may remain cool. A very short standing time after reheating should be allowed for the internal temperature to stabilize.

## Frozen Convenience Foods

1. Pies with a top crust should have several slits made around the centre of the crust with a sharp knife to allow steam to escape during cooking.
2. Cook according to the instructions in the frozen convenience food chart.
3. STAND foods as directed after cooking. This will allow the food to 'finish off' cooking.
4. Ensure food is piping hot before eating. ie. steam should be visibly emitted from all parts. If food is not piping hot return to the oven for further heating. For foods that cannot be stirred eg. lasagne the centre should be cut with a knife to test it is heated through.

**"WARNING: Do not use aluminum foil during cooking cycle."**

### FROZEN CONVENIENCE FOODS COOKING AND REHEATING CHART MICROWAVE

Food	Quantity	Method	Defrosting on DEFROST	Cooking time and microwave setting	Comments
<b>Meat</b>					
Frozen meat individual boiling bag meals	284g(10 oz)	Puncture bag. Place on plate.	6-7 minutes Stand 3 minutes	4-5 minutes HIGH	Stand 2 minutes.
Roast meat in gravy	100g(4 oz)	Remove from foil container or puncture bag. place on plate	4-5 minutes	2-3 minutes HIGH	Separate slices after defrosting if possible. Stand 2-3 minutes.
Plate dinner for one	Meat, potato and 2 veg.	Place on plate cover with microwave plastic wrap.	7-8 minutes Stand 4 minutes	3-4 minutes HIGH	Stand 2-3 minutes.
<b>Fish</b>					
Cod steaks	2x165g (5 1/2 oz)	Place on plate.	5-6 minutes Stand 4 minutes	3-4 minutes HIGH	Turn over halfway through defrosting. Stand 2-3 minutes.
Boiling-in-bag smoked haddock	175g(6 oz)	Puncture bag. Place on plate.	5-6 minutes Stand 4 minutes	4-5 minutes HIGH	Turn over halfway through defrosting. Separate fillets after defrosting. Stand 2-3 minutes.
Boiling-in-bag kippers	200g(8 oz)	Puncture bag. Place on plate.	3-4 minutes Stand 4 minutes	2 1/2-3 1/2 minutes HIGH	Turn over halfway through defrosting. Separate fillets after defrosting. Stand 2-3 minutes
Fish steak in sauce boil-in-bag	170g(6 oz)	Puncture bag. Place on plate.	3-4 minutes Stand 4 minutes	3-4 minutes HIGH	Turn over halfway through defrosting. Stand 4 minutes.

## Fresh Vegetable Chart

Vegetable	Quantity	Method	Minutes HIGH	Standing time
Artichokes globe	2 medium	Add 65ml (1/8 pt) water and 1 X 5ml (1 tsp) salt. Cover with a lid or microwave plastic wrap.	6-8 minutes	3 minutes
Asparagus	336g(12 oz)	Add 65ml (1/8 pt) water. Stir after 3 minutes. Cover with a lid or microwave plastic wrap.	3-5 minutes	3 minutes
Aubergines	1 medium	Peel and slice. Add 65ml (1/8 pt) water and 1/4 X 5ml plastic wrap.	4-6 minutes	3 minutes
Beans, broad	448g(1 lb)	Add 125ml (1/4 pt) water. Stir after 4 minutes. Cover with a lid or microwave plastic wrap.	7-9 minutes	3 minutes
Beetroot	4 medium	Cover with water. Cover with a lid or microwave plastic wrap.	18-22 minutes	3-5 minutes
Broccoli	224g(8 oz)	Remove tough part of stalk, spilt tender end. Add 4 X 15ml (4 tbsp) water. Cover with a lid or microwave plastic wrap.	4-6 minutes	3 minutes
Brussels sprouts	224g(8 oz)	Add 3 X 15ml (3 tbsp) water. Stir after 3 minutes. Cover with a lid or microwave plastic wrap.	4-6 minutes	3 minutes
Cabbage	1 medium	Wash, remove outer leaves, quarter and chop. Add 3 X 15ml (3 tbsp) water. Cover with a lid or microwave plastic wrap.	7-9 minutes	2 minutes
Carrots	224g	Peel, slice. Add 2 X 15m (2 tbsp) water. Cover with a lid or microwave plastic wrap.	5-7 minutes	3 minutes
Cauliflower	224g(8 oz)	Cut into florets. Add 2 X 15ml (2 tbsp) water. Cover with a lid or microwave plastic wrap.	4-6 minutes	3 minutes
Celery	448g(1 lb)	Add 65ml (1/8 pt) water. Cover with a lid or microwave plastic wrap.	7-9 minutes	3 minutes
Corn on the cob	2 ears	Peel Back husks, remove silk leave husk intact or wrap in greaseproof paper. Brush ears with melted butter. Replace husks and fasten with string or wrap in microwave plastic wrap.	4-5 minutes	5 minutes
	4 ears		7-9 minutes	5 minutes
	6 ears		10-13 minutes	5 minutes
Courgettes	2 medium	Cut into thin slices. Add 28g (1 oz) butter. Stir after 4 minutes. Cover with a lid or microwave plastic wrap.	6-8 minutes	3 minutes
Leeks	224g(8 oz)	Slice. Add 28g (1 oz) butter. Cover with lid or microwave plastic wrap.	3-4 minutes	3 minutes
Mushrooms	224g(8 oz)	Add 28g (1 oz) butter. Cover with a lid or microwave plastic wrap.	3-4 minutes	2 minutes
Onions	2 large	Slice. Add 65ml (1/8 pt) water. Cover with a lid or microwave plastic wrap.	3-6 minutes	3 minutes
Parsnips	4 medium	Dice. Add 65ml (1/8 pt) water. Cover with a lid or microwave plastic wrap.	8-10 minutes	3 minutes
Peas	280(10 oz)	Shell. Add 2X15ml (2 tbsp) water. Stir after 3 minutes. Cover with a lid or microwave plastic wrap.	4-5 minutes	3 minutes
Potatoes, baked	2 medium	Pierce skin, wrap in paper towel.	7-9 minutes	5-10 minutes
	4 medium		10-14 minutes	5-10 minutes
boiled	224g(8 oz)	Peel, cut into quarters. Add 2 X 15ml (2 tbsp) water. Cover with a lid or microwave plastic wrap.	6-8 minutes	3 minutes
new	224g(8 oz)		5-7 minutes	3 minutes
Spinach	280g(10 oz)	Wash removed thick stems. Add 2 X 15ml (2 tbsp) water. Cover with a lid or microwave plastic wrap.	3-5 minutes	2 minutes
Spring greens	224g(8 oz)	Wash and shred leaves. Add 2 X 15ml (2 tbsp) water. Cover with a lid or microwave plastic wrap.	5-6 minutes	2 minutes
Swede	224g(8 oz)	Peel, dice. Add 2 X 15ml (2 tbsp)water. Cover with a lid or microwave plastic wrap.	4-6 minutes	2 minutes
Tomatoes	4 large	Clean, peel, halve. Add 1-1/2 X 15ml (1-1/2 tbsp) water. Cover with a lid or microwave plastic wrap.	5-6 minutes	2 minutes
Turnips	224g(8 oz)	Wash, peel and dice. Add 65ml (1/8 pt) water. Stir after 5 minutes. Cover with a lid or microwave plastic wrap.	7-9 minutes	3 minutes

ALL VEGETABLES SHOULD BE COOKED IN A COVERED DISH

## Other Helpful Instructions

### For Best Results:

1. When determining the time for a particular food, begin by using minimum time and checking occasionally to see if the food is cooked. It is easy to overcook food because microwaves cook very quickly.
2. Small quantities of food or foods with low water content may dry out and become hard if cooked too long.
3. Do not use the oven for drying kitchen towels or paper products. They may burn.
4. Break eggs before cooking them in the microwave.
5. For food items such as apples, potatoes, egg yolks, chicken livers, etc., be sure to pierce the skin or membrane to prevent bursting of the food while cooking in the oven.

### Defrosting Frozen Foods:

1. Foods that have been frozen can be placed directly in the oven for thawing. (Be sure to remove any metallic ties or wraps.)
2. Defrost according to the Defrost Guide found in this Manual.
3. For areas of the food thawing faster than others, shield if necessary.  
This helps slow down or stop the defrosting process.
4. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly that it is sometimes better to begin cooking while still slightly frozen.
5. It may be necessary to increase or decrease the cooking time in some recipes, depending on the starting temperature of the foods.

### NOTE:

Air from the vent may become warm during cooking. This is normal.

### Browning:

There are a few foods which are not cooked long enough in the microwave oven to brown and may need additional colour.

Coatings such as SHAKE & BAKE®, paprika, and browning agents such as kitchen bouquet® or Worcestershire sauce may be used on chops, meat patties or chicken parts.

Roasts, poultry or ham, cooked for 10-15 minutes or longer, will brown nicely without extra additives.

### Cooking Utensils:

1. Most glass, ceramic glass and heat resistant glassware utensils are excellent.
2. Most paper napkins, towels, plates, cups, cartons, and cardboard are convenient utensils. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.
3. Some plastic dishes, cups, containers, and wraps may be used in the microwave oven. Follow the manufacturer's instructions or information given in the cooking guide when using plastics in the microwave oven.
4. Metal utensils and utensils with metallic trim should not be used in the microwave oven.

### To Clean Your Oven:

1. Keep the inside of the oven clean,  
Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to ensure a tight seal. Remove greasy spatters with a sudsy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray can be washed by hand or in the dishwasher.
2. Keep the outside of the oven clean.  
Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings.  
To clean control panel, open the door to prevent oven from accidentally starting, and wipe with a damp cloth followed immediately by a dry cloth. Press STOP/CLEAR after cleaning.
3. If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.
4. The door and door seals should be kept clean.  
Use only warm, soapy water, rinse then dry thoroughly. DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS.  
Metal parts will be easier to maintain if wiped frequently with a damp cloth.

## Safety Precautions

1. Do not attempt to tamper with, or make any adjustments or repairs to the door, control panel, safety interlock switches or any other part of the oven. Repairs should only be undertaken by a qualified service technician.
2. Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.
3. Do not dry clothes in the microwave oven, which may become carbonized or burned if heated too long.
4. Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking.
5. Do not use newspaper in place of paper towels for cooking.
6. Do not use wooden containers. They may heat-up and char.  
Do not use metal containers or crockery containers which have metallic (e.g. gold or silver) inlays. Always remove metal twist ties.  
Metal objects in the oven may arc, which can cause serious damage.
7. Do not operate the oven with a kitchen towel, a napkin or any other obstruction between the door and the front edges of the oven, which may cause microwave energy leakage.
8. Do not use recycled paper products since they may contain impurities which may cause sparks and/or fires when used in cooking.
9. Do not rinse the turntable by placing it in water just after cooking. This may cause breakage or damage.
10. Small amounts of food require shorter cooking or heating time. If normal times are allowed they may overheat and burn.
11. Be certain to place the oven so the front of the door is 8cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.
12. Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetable.
13. Do not cook eggs in their shell. Pressure will build up inside the egg which will burst.
14. Do not attempt deep fat frying in your oven.
15. Remove the plastic wrapping from food before cooking or defrosting. Note though that in some cases food should be covered with plastic film, for heating or cooking, as detailed in microwave cook books.
16. The oven must never be used if the door sealing is not in good working order.
17. When liquids are cooked in microwave units, they may be overheated above their boiling point without visible bubbling. When the container is removed, the shock may cause the sudden formation of steam bubbles. A fountain of hot liquid can spring up out of the container explosively.
18. If smoke is observed keep the oven door closed and switch off or disconnect the oven from the power supply.
19. When food is heated or cooked in disposable containers of plastic, paper or other combustible materials look at the oven frequently to check if the food container is deteriorating.

**WARNING**—Please ensure cooking times are correctly set as overcooking may result in FIRE and subsequent DAMAGE to the OVEN.

## Questions And Answers

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

A. There may be several reasons why the oven light will not glow.

- Light bulb has blown.
- Door is not closed.

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

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

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

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

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

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

Q. Why do eggs sometimes pop?

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

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

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

Q. Is it possible to pop popcorn in a microwave oven?

A. Yes, if using one of the two methods described below:

- (1) Popcorn-popping utensils designed specifically for microwave cooking.
- (2) Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

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

OVERCOOKING COULD RESULT IN AN OVEN FIRE.

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

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

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



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