



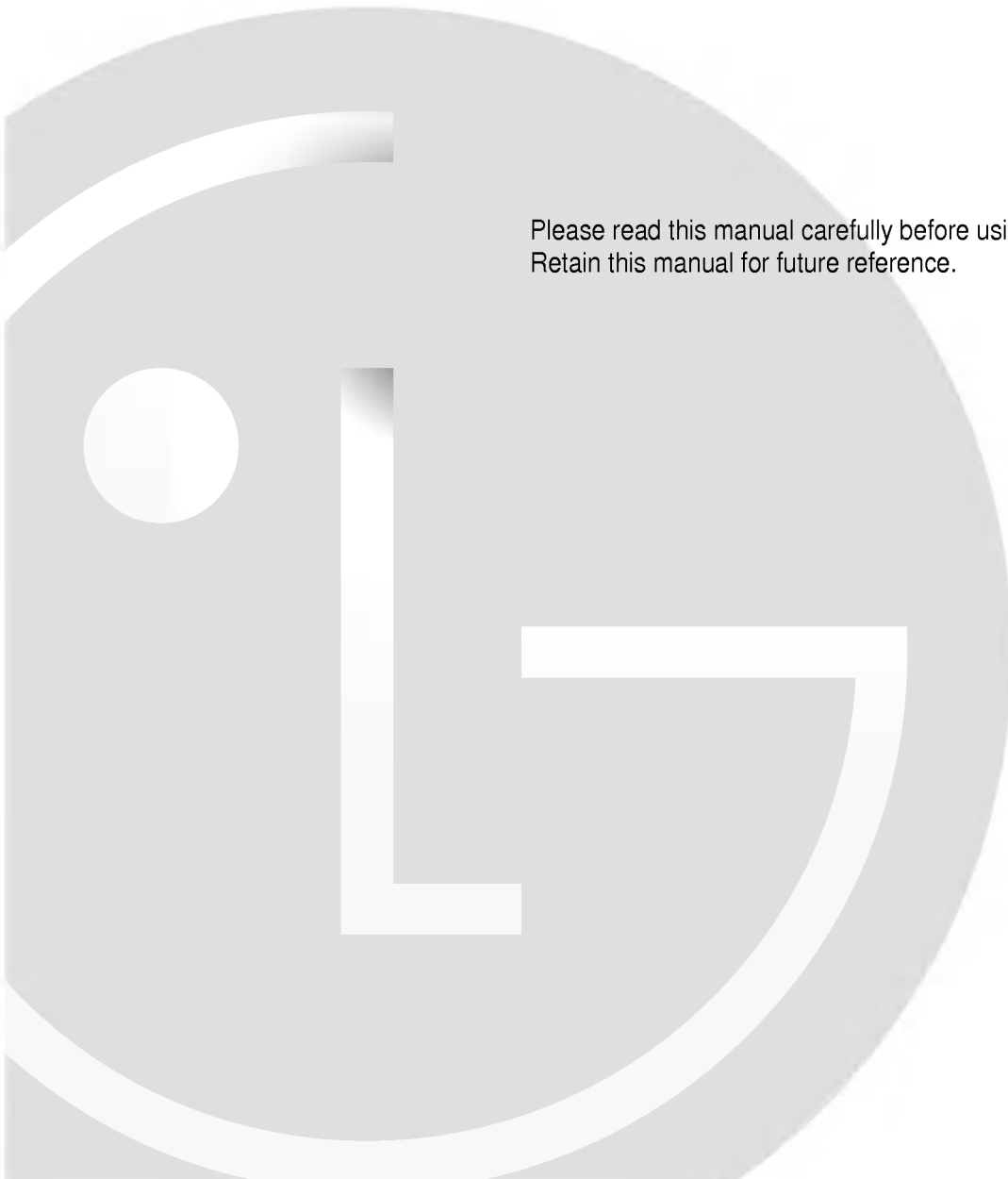
MICROWAVE/GRILL OVEN

OWNER'S MANUAL

MODEL : MH-685HD

MODEL : MH-745HD

Please read this manual carefully before using this product.
Retain this manual for future reference.



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

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 it again carefully and check the temperature of it before consumption to avoid burns (especially contents of feeding bottles and baby food jars).

Installation

Install your oven by following three simple steps:

1. Remove all packing materials and accessories.
2. Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 30 cm of space on the top and 10cm 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 voltage household outlet. Be sure the electrical circuit is at least 10 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 AC household outlet and then plug it back in.

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

WARNING : THIS APPLIANCE MUST BE GROUNDED

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

Blue	-	Neutral
Brown	-	Live
Green and Yellow	-	Earth

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 importer and be installed by a competent person.

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Technical Specifications

	MH-685HD		MH-785HD	
	230 V AC / 50Hz	240 V AC / 50Hz	230 V AC / 50Hz	240 V AC / 50Hz
Power Input	230 V AC / 50Hz	240 V AC / 50Hz	230 V AC / 50Hz	240 V AC / 50Hz
Output	800 W (IEC705 Rating Standard)			
Microwave Frequency	2450 MHz			
Outside Dimensions	530 mm(W) X 320 mm(H) X 420 mm (D)		556 mm(W) X 325 mm(H) X 450 mm (D)	
Cavity Dimensions	348 mm(W) X 240 mm(H) X 366 mm (D)		374 mm(W) X 234 mm(H) X 406 mm (D)	
Power Consumption	*Microwave 1200 W	*Microwave 1250 W	*Microwave 1200 W	*Microwave 1250 W
	*Grill 1150 W	*Grill 1200 W	*Grill 1150 W	*Grill 1200 W
	*Combination 2300 W	*Combination 2350 W	*Combination 2300 W	*Combination 2350 W
Net Weight	Approx. 18.0 kg		Approx. 19.3 kg	
Shipping Weight	Approx. 20.0 kg		Approx. 21.3 kg	

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 undercooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times. While undercooked 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 to retain moisture.

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 they 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 foods 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, soy 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 foods will cook evenly.

Shielding: Strips of aluminum foil, which block microwaves, are sometimes 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 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.

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.

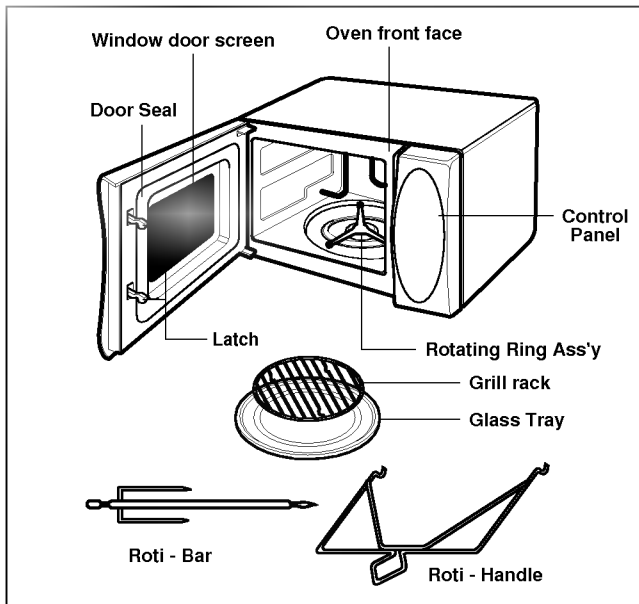
5. Plastic cooking bags: These are microwave-safe, provided they are specially made for cooking. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

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: SOME ITEMS WITH HIGH LEAD OR IRON CONTENT ARE NOT SUITABLE FOR COOKING UTENSILS.

Feature Diagram / Control Panel

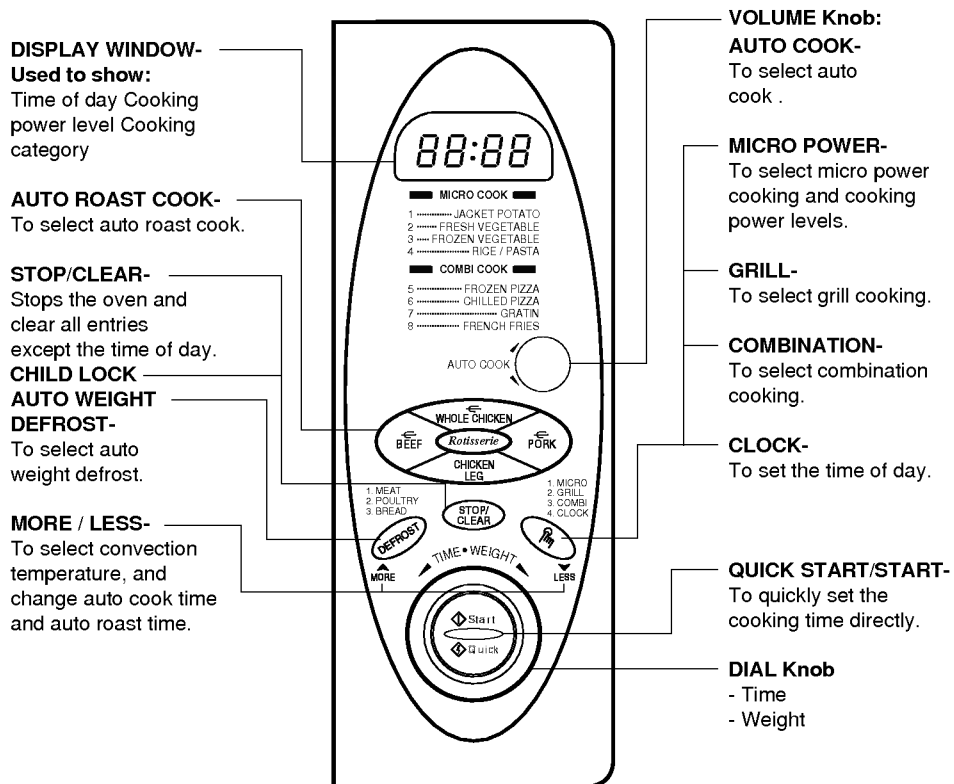


Your oven will be packed with the following materials :

- Glass Tray 1
- Rotating Ring Ass'y 1
- Owner's manual & Cook Book 1
- Grill rack 1
- Roti-Bar 1
- Roti-Handle 1

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

Do not operate the oven in microwave and combination mode with Roti-Bar or grill rack placed in the cavity when the oven is empty.



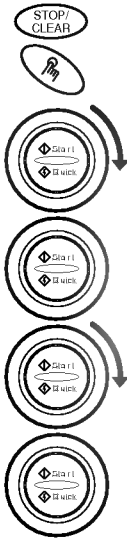
NOTE: A beep sounds when a pad on the control panel is touched, to indicate a setting has been entered.

Auto Moving Heater Guide

COOK CATEGORY		GRILL HEATER POSITION		
		• Cooking	• Cooking Stop • Door Open • Cooking End	• Next Cook Setting • Door Closed after cook is ended and food is removed
Defrost				
Microwave Cook				
Auto Cook (Micro wave)	1. Jacket Potato			
	2. Fresh Vegetable			
	3. Frozen Vegetable			
	4. Rice / Pasta	• Grill heater will not move.		
Grill Cook				
Combination Cook-1				
Auto Cook (Combi)	5. Frozen Pizza			
	6. Chilled Pizza			
	7. Gratin			
	8. French Fries	• Grill heater will move to the cooking position.	• Grill heater will move to the backside.	
Auto Roast	Chicken Leg			
	Roast Beef			
	Roast Pork			
	Whole Chicken			
Combination Cook-2		• Grill heater will move to cooking position.	• Grill heater will stay at the cooking position.	• Grill heater will move to the backside.
Combination Cook-3				• When the cook is ended, the food must be removed. • When the cook is ended and you want to cook the next cooking, the food must be removed before setting the next cooking.

Operating Instructions

Setting the Clock



1. Touch **STOP/CLEAR**.
2. Touch **CLOCK** 4 times.
3. Turn **DIAL** knob until display shows 2 hours.
4. Press **START** for hour confirmation.
5. Turn **DIAL** knob until display shows 59 minutes.
6. Press **START** again.
The clock starts counting.

Example : To set 2:59

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 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.

Child Lock

To set



1. Touch **STOP/CLEAR**.
2. Touch and hold **STOP/CLEAR** until "L" appears in the display for 7 sec.

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

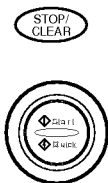
When the child lock is set, you can't input any key.

To cancel the child lock



1. Touch and hold **STOP/CLEAR** until "L" disappears in the display for 7 sec.

Quick Start



1. Touch **STOP/CLEAR**.
2. Touch **START** 4 times to select 2 minutes on high micro power.

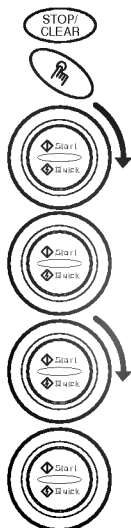
NOTE: During **QUICK START** cooking, you can extend **QUICK START** cooking time.

Example : 2 minutes cooking on Hi Power.

One of the most useful time savers. The **QUICK START** feature allows you to get 30 seconds cooking at High Power with a touch of the **QUICK START** key.

Operating Instructions

Micro Power Cooking



1. Touch **STOP/CLEAR**.
2. Touch **MICRO**.
3. Turn **DIAL** knob until display shows 80%.
4. Press **START** for select cook times.
5. Turn **DIAL** knob until display shows 5:30.
6. Press **START**.

Example :

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

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

To initiate power, touch MICRO POWER pad.

Hi Power is automatically available when power is selected.

Continuous pressing of the MICRO POWER pad will select different power as detailed.

MICROWAVE POWER LEVEL TABLE

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

Operating Instructions

Auto Weight Defrost

Function	Category	Wt. limit	Utensil	Food Temp	Instrucitons
Auto Weight Defrost	1. Meat	0.1~4.0kg	Low plate	Frozen	During the defrosting process the oven will BEEP, then turn food over.
	2. Poultry	0.1~4.0kg	Low Plate		During the defrosting process the oven will BEEP, then turn food over.
	3. Bread	0.1~0.5kg	Low plate or Paper towel		During the defrosting process the oven will BEEP, the turn food over.

Defrost 1 ; Meat

1. Measure the weight of frozen food you wish to cook and place in the oven and close door.



2. Touch **STOP/CLEAR**.

3. Touch **DEFROST** once to select meat defrosting programme.



4. Turn **DIAL** knob until display shows 0.4kg.



5. Press **START**.

Example :

To defrost 0.4kg of meat.

Your microwave oven controls different output powers automatically during defrost cycle.

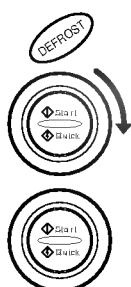
Programme by setting the weight of food (Meat, Poultry, Bread) selecting the Auto Weight Defrost function.

NOTE :

1. This oven can defrost from 0.1kg to 4.0kg.
2. Basic defrost quantity is 0.1kg.

Defrost 2 ; Poultry

1. Steps 1 and 2 are the same as "Defrost 1", above.



2. Touch **DEFROST** twice to select poultry defrosting programme.

3. Turn **DIAL** knob until display shows 1.4kg.

4. Press **START**.

Example:

To defrost 1.4kg of poultry.

NOTE:

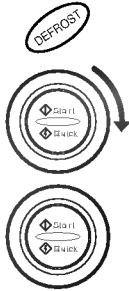
1. This oven can defrost from 0.1kg to 4.0kg.
2. Basic defrost quantity is 0.1kg.

- The oven may be programmed to accept stage 1 or stage 1 & 2 cooking instructions after defrosting. However as temperature and density of frozen food varies, we would recommend that the food is checked before cooking commences. This is particularly important for joints of meat and chicken.
- The oven will beep during the DEFROST cycle. At this time, open the door, and turn over, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portion to the oven and touch START to resume the defrost cycle. The oven will not STOP during the BEEP unless the door is opened.

Operating Instructions

Defrost 3 ; Bread

1. Steps 1 and 2 are the same as "Defrost 1".



2. Touch **DEFROST** 3 times to select bread defrosting programme.

3. Turn **DIAL** knob until display shows 0.3kg

4. Press **START**.

Example:

To defrost 0.3kg of bread.

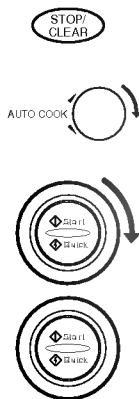
The bread programme is suitable for defrosting small items e.g. rolls or a loaf of bread.

These will require standing time to allow the centre to throw out.

NOTE:

This oven can defrost from 0.1kg to 0.5kg.

Auto Cook



1. Touch **STOP/CLEAR**.

2. Turn **VOLUME** knob until display shows AC-6.

3. Turn **DIAL** knob until display shows 0.4kg.

4. Press **START**.

Example :

To cook 400g of Chilled pizza.

Auto cook allows you to prepare most of your favorite food by selecting the food type, and turning the weight of the food by the **DIAL**.

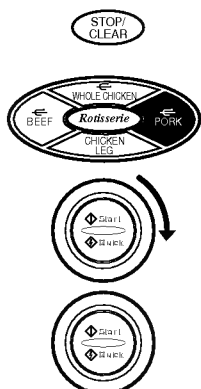
Operating Instructions

• Auto Cook Programming

Function	Category	Wt. limit	Utensil	Food Temp	Instructions
Micro Cook	1. Jacket potato	0.1~1.0 kg	Paper towel	Room	Pierce potatoes several times with fork. After cooking, let stand for 5 min. Covered with thin foil.
	2. Fresh Vegetable	0.2~0.8 kg	Casserole	Room	Place in a microwave-safe bowl or casserole. Add 30cc water per 0.2 kg. Cover with plastic wrap. Let stand covered for 2~3 min.
	3. Frozen Vegetable	0.2~0.8 kg	Casserole	Frozen	Place in a microwave-safe bowl or casserole. Cover with plastic wrap. Let stand for 2~3 min.
	4. Rice/Pasta	0.1~0.3 kg	Casserole	Dry rice + boiling water	Place rice & boiling water with 1/4 to 1 teaspoon salt in a deep and large bowl. No cover. When beeps, stir and replace into the oven and press start. *Rice-After cooking, stir rice and let stand for 5 to 10 min.(covered) *Pasta-After cooking, rinse pasta with cool water. *Rice & Pasta*Water 100g.....300 ml 200g.....600 ml 300g.....900 ml
Combi Cook	5. Frozen Pizza	0.1~0.5 kg	Grill rack	Frozen	This function is for cooking frozen pizza. Remove all packages and place on the rack. After cooking, let stand for 1 to 2 minutes.
	6. Chilled Pizza	0.1~0.4 kg	Grill rack	Refrig.	This function is for reheating leftover chilled pizza. Place chilled pizza on the rack. After cooking, let stand for 1 to 2 minutes.
	7. Gratin	0.5~1.2 kg	9" pie plate (pyrex) or Gratin dish	Room	Use this key to cook for home made Gratin>(*sample of home made gratin*) After cooking, let stand for 3 to 5 minute. ** Potato Gratin ** • 400g potatoes • 100g onions(cut into thin slices) • 350g white sauce • 100g mozzarella cheese • 3 slices of bacon • 2/3 tablespoon butter • 1/2 tablespoon dry bread crumb • "A"- black pepper, 1 teaspoon salt, 1 tablespoon butter(melted) ** white sauce ** 3 tablespoon butter, 5 tablespoon flour, 2 1/2 cups of milk. Place butter in a large bowl. Microwave at HIGH until butter melts. Add flour and microwave for 2 min. at HIGH. Add milk, salt and black pepper. Microwave at HIGH for 15 min covered. (During cooking time, stir 2 or 3 times.) Makes 1000g ** Method ** 1. Bake potatoes with Jacket Potato Function. 2. Peel and slice into small size. 3. Add "A" into 2. 4. Combine onions and butter in a bowl and cover. 5. Cook "4" ; Microwave at HIGH for 2 min. or until the onions cooked. 6. Place white sauce, potatoes, onions and bacon in a flan dish. 7. Sprinkle with mozzarella cheese, bread crumb, grated cheese and butter. 8. Place "7" on the glass tray.(No cover)
	8. French fries	0.2~0.4 kg	9" pie plate (pyrex)	Frozen	Spread potato preproducts out on Heat-safe dish on the rack on turntable. No cover. For best results, cook in a single layer. After cooking, let stand for 3 to 5 minutes.

Operating Instructions

Auto Roast



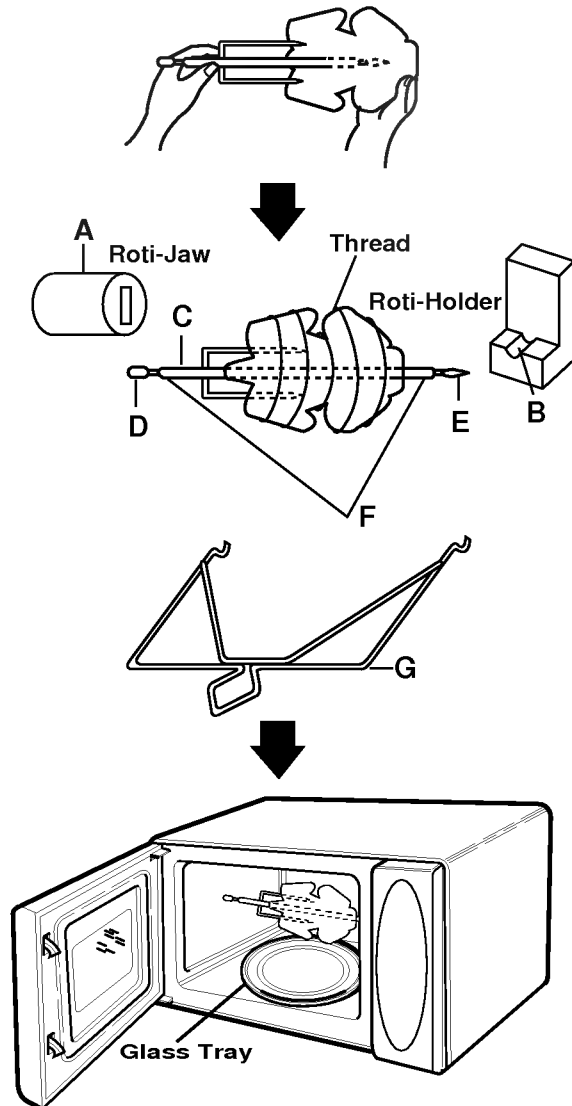
1. Touch **STOP/CLEAR**.
2. Touch **ROAST PORK**.
3. Turn **DIAL** knob until display shows 0.5kg.
4. Press **START**.

Example :
To cook 500g of Roast Pork.

Function	Category	Wt. limit	Utensil	Food Temp	Instrucitons
Auto Weight Defrost	1. Roast Beef	0.5~1.5kg	Roti-bar	Frozen	Pierce beef with the Roti-bar and brush melted margarine or butter on the beef. If needed, tie the beef with thread to the bar. Place a heat proof drip dish on the glass tray. After cooking, let stand covered with foil for 10 minutes.
	2. Roast Pork	0.5~1.5kg	Roti-bar	Frozen	Pierce pork with the Roti-bar and brush melted margarine or butter on the pork. If needed, tie the pork with thread to the bar. Place a heat proof drip dish on the glass tray. After cooking, let stand covered with foil for 10 minutes.
	3. Whole Chicken	0.8~1.3kg	Roti-bar	Frozen	Pierce whole chicken with the Roti-bar and tie the chicken with thread to the bar. Brush melted margarine on the chicken. Place a heat proof drip dish on the glass tray. After cooking, let stand covered with foil for 10 minutes.
	4. Chicken Legs	0.2~0.8kg	Metal rack	Frozen	Wash and dry chicken legs. Arrange thick portions toward the center of the rack. Brush with melted butter or seasoning, if desired. When BEEP, turn over immediately. After cooking, let stand covered with foil 2 to 3 minutes.

Operating Instructions

Cooking Chicken using the ROTISSERIE



1. Position the fully defrosted chicken on the spit, ensuring that the roti-bar runs centrally through the chicken. And tie the chicken with thread to the bar, if necessary.

NOTE: IT IS VERY IMPORTANT TO FULLY DEFROST THE CHICKEN BEFORE COOKING, FAILURE TO DO SO MAY RESULT IN THE CHICKEN BEING UNDERCOOKED.

2. Insert the end of the roti-bar (D) into the roti-jaw (A) on the left side of the oven wall. Push it to the left, rotating the roti-bar slightly until the roti-bar fits into the roti-jaw (A).
3. Support the other end of the roti-bar (E) on the hollow of the roti-holder (B).
4. Carefully place the heat proof glass ware in the microwave oven, on the glass turntable.
5. After closing the oven door, press **STOP/CLEAR** followed by whole chicken. Now turn **DIAL** knob the weight of the chicken using the **WEIGHT** button and press **START**.
6. After cooking, hold the roti-bar at both side (F) with the handle (G) and lift up the right end slightly, and pull out from the right end.

NOTE:

1. The rotisserie cooking is convenient for grilling of meat and poultry. All the surface of the food will become even brown without overturning.
2. The rotisserie cooking can used in microwave mode, combination mode, grill mode, auto cook.
3. The roti-bar is for rotisserie cooking only. After rotisserie cooking is finished remove the roti-bar and store with other accessories.

CAUTION

1. **AFTER COOKING, THE GLASS TRAY WILL BECOME EXTREMELY HOT.**
2. It is recommended to remove the grease from the **GLASS TRAY** every time before cooking. Hot grease on the **GLASS TRAY** may cause smoke.



Touch
WHOLE CHICKEN.



Turn **DIAL** knob to desired the weight.



Press **START.**

Operating Instructions

More(▲) and Less(▼)



1. Touch **STOP/CLEAR**.



2. Turn **VOLUME** knob to select desired Auto Cook programme.



3. Turn **DIAL** knob desired weight.



4. Press **START**.

To set More



5. Touch **MORE** during cooking time.
(1 min. will increase)

To set Less



5. Touch **LESS** during cooking time.
(1 min. will decrease)

Example :

To adjust the Auto Cooking time for longer.

By using the More or Less keys, all of the cook programmes can be adjusted to cook food for a longer or short time.

If you are satisfied with the result of Cook program, you don't need to use More or Less keys.

Grill Cooking



1. Touch **STOP/CLEAR**.



2. Touch **GRILL** twice to select grill cooking.



3. Turn **DIAL** knob to select desired time.

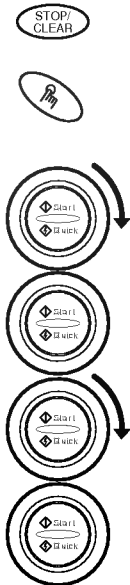


4. Press **START**.

The grill rack must be used during grill cooking.

Operating Instructions

Combination Cooking



1. Touch **STOP/CLEAR**.
2. Touch **COMBI** 3 times to select combination cooking.
3. Turn **DIAL** knob until display shows Co-2.
4. Press **START** for select cook times.
5. Turn **DIAL** knob until display shows 30:00.
6. Press **START**.

Example :

To programme Combi-2 for a cooking time of 30 minutes.

This oven has a combination cooking mode which allows you to cook food with heater and microwave at the same time. Because heater cooking grills the surface of the meat while microwave cooking reaches inside, the total cooking time in the combination mode is generally shorter than the two stages separately. Moreover, preheating of the oven is not necessary.

NOTE :

1. At Combi-1 cooking, when the cooking is ended or stopped, the grill heater will **move backside**.
2. At Combi-2 & 3 cooking, when the cooking is ended or stopped, the grill heater will remain cooking position.
3. At Combi-2 & 3 cooking, when the cooking is ended and the door is open, you have to remove foods before the door is closed.
4. Combination Table

Combination Mode	1	2	3
Micro Power Level	20 %	40 %	60 %
Grill Heater Position	Low	High	High

Other Helpful Instructions

For Best Results:

1. When determining the time for a particular food, begin by using minimum time and checking condition occasionally. 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 certain 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 & BAKER®, paprika, and browning agents such 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 microwave-safe.
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 assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray can be washed by hand or in the dishwasher.
2. Keep the outside of the oven clean.
Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings.
To clean control panel, open the door to prevent oven from accidentally starting, and wipe 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 seal 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 over cooking may result in FIRE and subsequent DAMAGE to the OVEN.

