

GoldStar

MICROWAVE OVEN

OWNER'S MANUAL & COOKING GUIDE

PLEASE READ THIS OWNER'S MANUAL
THOROUGHLY BEFORE OPERATING.

MS-1735T



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

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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 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 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 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

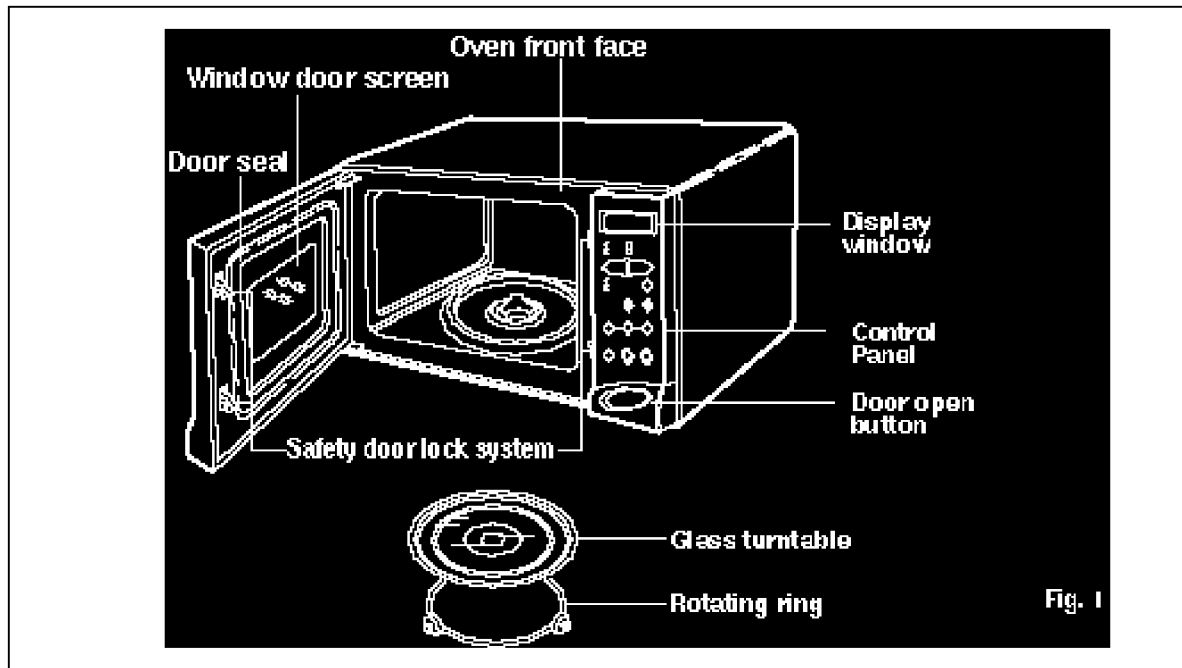
As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows :

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.

FEATURES DIAGRAM



Remove your oven and all material from the shipping carton. Your oven will be packed with the following material:

Glass turntable	1 Each
Rotating ring	1 Each
Owner's manual & cooking guide	1 Each

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

TECHNICAL SPECIFICATIONS

Power input	: 230 VAC, 50Hz
Output	: 800Watts (IEC 705 RATING STANDARD)
Microwave frequency	: 2450MHz
Outside dimensions	: 460 mm (W) × 260 mm (H) × 335 mm (D)
Cavity dimensions	: 282 mm (W) × 181 mm (H) × 323 mm (D)
Power consumption	: 1150 Watts
Net weight	: Approx. 13.5Kg (29.8 lbs)
Shipping weight	: Approx. 15Kg (33 lbs)

- Complies with E.E.C directive 82/499/E.E.C.
- Dimensions shown are approximate.
- Because we continually strive to improve our products we may change specifications without prior notice.

INTRODUCTION

1. HOW MICROWAVE OVEN WORKS

Microwaves are a form of energy similar to radio and television waves and to ordinary daylight. Everything emits microwaves the kitchen sink, a coffee pot even people. But ordinarily, microwaves spread outwards as they travel through the atmosphere and disappear without effect. Our microwave oven, however, is constructed in such a way as to take advantage of microwave energy. Electricity is converted into microwave energy by the magnetron tube, and microwaves are then sent into the Cooking Area through openings at the side of 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. Although microwave ovens have been in operation since the mid-50's, there has yet to be one injury reported from their use. And incidentally, by the time the microwave energy has been converted into heat in the process of making your food hot, the microwaves are completely spent. Thus, there is NO 'residue' of any kind in food that has been cooked by microwaves.

2. 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 as 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 you 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 drawings 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 iccold 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 for a recipe to be conservative in giving cooking times for while undercooked food may always be cooked a bit more, overcooked food is ruined for good. However, 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.

3. HOW FOOD CHARACTERISTICS AFFECT MICROWAVE COOKING

Density of foods: Light, porous food such as cakes and bread 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. Shield edge with foil or microwave at a low power level.

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 microwaves are attracted by moisture, relatively dry foods such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered so as to retain steam.

Bone and fat content of foods: Bones conduct heat and large amounts of fat attract microwave energy. Therefore, care must be taken when cooking bony or fatty cuts of meat that the meats do not cook unevenly and do not become overdone.

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 having 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 microwave most successfully.

4. SPECIAL TECHNIQUES IN MICROWAVE COOKING

Browning: Meats and poultry that are cooked for 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 and 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:

Greaseproof 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 aluminium 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.

5. MICROWAVE SAFE UTENSILS

Never use metal or metal trimmed utensils in your microwave oven. Microwaves cannot penetrate metal. They will bounce off any metal oven, object in the oven they are deflected by the metal walls 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. Do not however, use delicate tumblers, wine glasses and the like in the oven as these are likely to shatter as food warms up.

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.

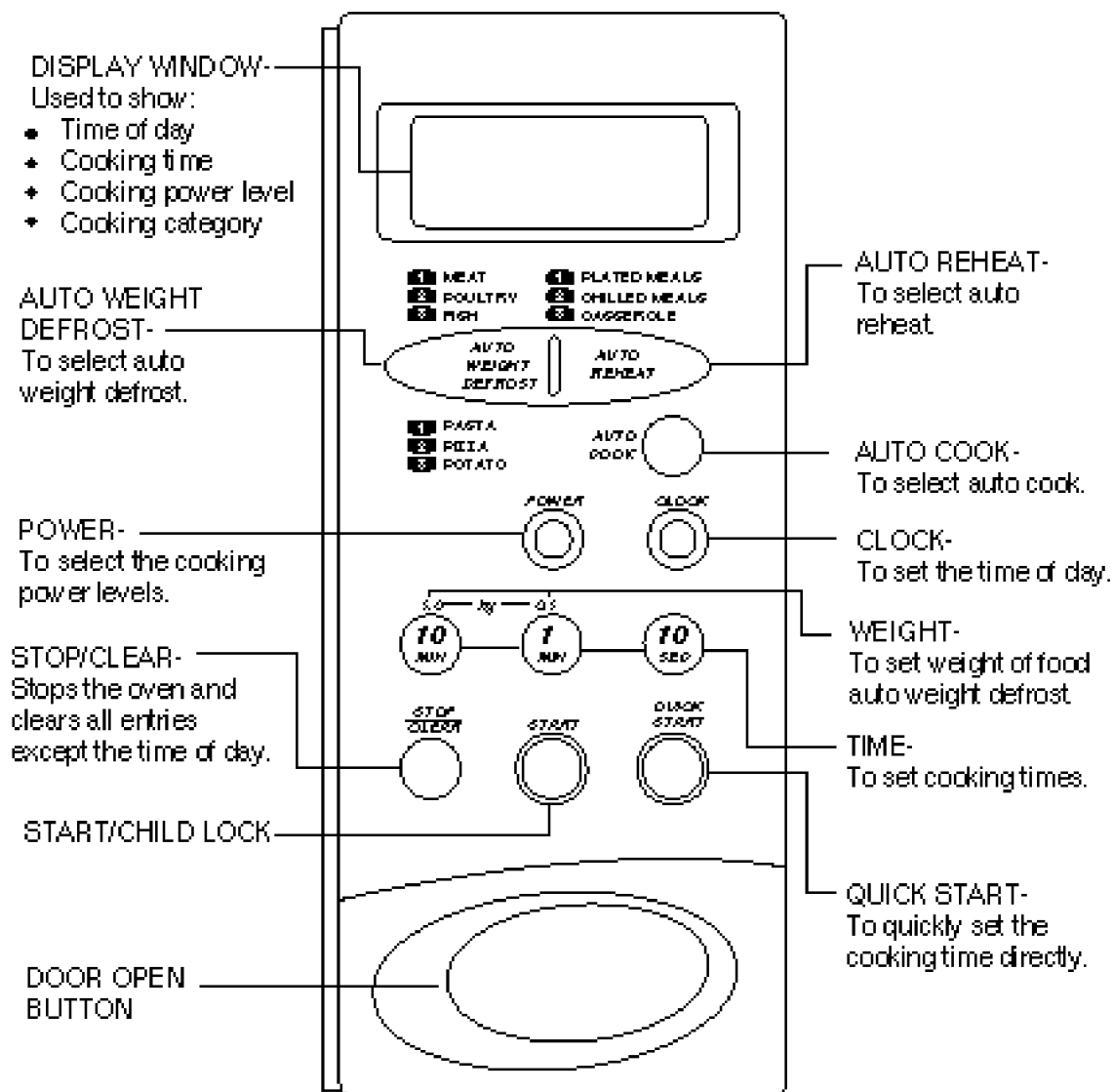
4. Plastic storage containers: These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

5. Plastic cooking bags: 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 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 that 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.

CONTROL PANEL



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

Fig 2

OPERATING INSTRUCTIONS

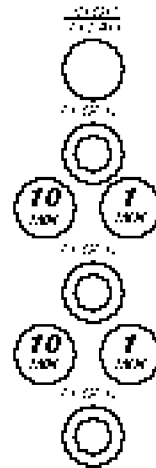
This microwave oven has been designed to be as simple to use as possible. The SELF INSTRUCTION display will guide you through every step.

1. SETTING THE 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 0.

Example: To Enter Time Of 05:25

1. Touch STOP/CLEAR.
2. Touch CLOCK.
3. Touch "10 MIN" once and touch "1 MIN" three times.
4. Touch CLOCK.
5. Touch "10 MIN" twice and touch "1 MIN" five times.
6. Touch CLOCK again. The clock starts counting.



If the clock (or display) shows any abnormality, unplug the oven from the AC outlet, plug it back in and then reset the clock.

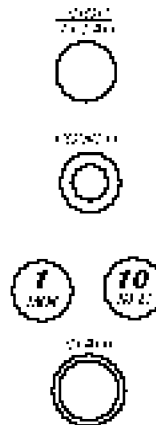
2. TIME AND POWER COOKING

The oven has five power settings, incorporating the most commonly used power levels. To initiate power, touch POWER pad.

HI power is automatically available when power is selected. Continuous pressing of the POWER pad will select different power as detailed.

EXAMPLE: If you want to cook food on 80% Power for 5 minutes 30 seconds.

1. Touch STOP/CLEAR.
2. Touch "POWER" twice to select power level 80. Display shows (80%)
3. Touch "1 MIN" five times and "10 SEC" three times.
4. Touch START. Two short and one long tones sound and the word "End" shows in the display window when the cooking time is over. Then the oven shuts itself off.



NOTE: 1. If you do not select the power level, the oven will operate at power HIGH. To set HI POWER cooking, skip steps 2 to 3 above.


2. To alter power to your requirements proceed as detailed below:

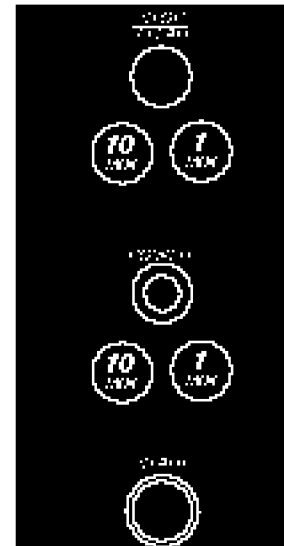
POWER	PAD POWER	PERCENT %
High	Touch once	100
Medium high	Touch twice	80
Medium	Touch 3 times	60
Defrost/Medium low	Touch 4 times	40
Low/Warm	Touch 5 times	20
High	Touch 6 times	100

3. TWO STAGE COOKING

The oven will cook automatically on a combination of power/time.

EXAMPLE: 11 minutes on High.
32 minutes on 40%.

1. Touch STOP/CLEAR.
2. To select cooking time of 11 mins for stage 1.
Touch "10 MIN" once.
Touch "1 MIN" once.
*Hi power is automatically selected.
3. To select power for stage 2.
Touch "POWER" 4 times. 
4. To select cooking time of 32 mins for stage 2.
Touch "10 MIN" 3 times.
Touch "1 MIN" twice.
5. Touch "START".



NOTE:

1. Programme 1 illuminates until programme 2 is activated.
2. At any time the door can be opened, food checked, oven reactivates when door is closed and "START" pressed.
3. Press "STOP/CLEAR" twice to clear the programme.
4. *Hi power is set automatically therefore no need to programme.

4. AUTO WEIGHT DEFROST

Your microwave oven controls different output powers automatically during defrost cycle. Programme by setting the weight of food (Meat, Poultry, Fish) and selecting the Auto Weight Defrost function.

NOTE:

1. This oven can defrost from 0.1 kg to 2.9 kg.
2. Basic defrost quantity is 0.1 kg.
3. The oven may be programmed to accept stage 1 and/or stage 1 & 2 cooking instructions after defrosting cycle. Due to the many variables associated with defrosting e.g. some foods are deeper frozen than others, defrosted foods should be checked, and in some instances may require further defrosting, prior to cooking, therefore we urge caution with dense foods (joints) and in particular chicken.

1. Defrost 1; Meat

(Touch "AUTO WEIGHT DEFROST" once.)

EXAMPLE; To defrost 0.4 kg of 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 "AUTO WEIGHT DEFROST" once to select meat defrosting programme.
4. Select desired cooking weight of frozen food i.e. 0.4 kg.
Touch "0.1 kg" 4 times.
5. Touch "START".

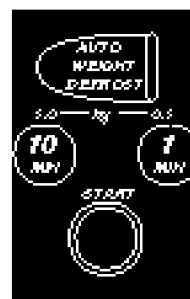


2. Defrost 2; Poultry

(Touch "AUTO WEIGHT DEFROST" twice.)

EXAMPLE; To defrost 1.4 kg of poultry.

1. 1 and 2 steps are the same as "DEFROST 1", above.
2. Touch "AUTO WEIGHT DEFROST" twice to select poultry defrosting programme.
3. Select desired cooking weight of frozen food i.e. 1.4 kg.
Touch "1.0 kg" once.
Touch "0.1 kg" 4 times.
4. Touch "START".



3. Defrost 3; Fish

(Touch "AUTO WEIGHT DEFROST" three times.)

EXAMPLE; To defrost 2.0 kg of fish.

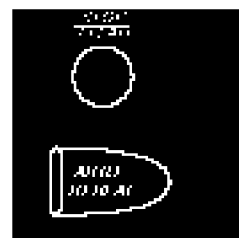
1. 1 and 2 steps are the same with "DEFROST 1".
2. Touch "AUTO WEIGHT DEFROST" 3 times to select fish defrosting programme.
3. Select desired cooking weight of frozen food i.e. 2.0 kg.
Touch "1.0 kg" twice.
4. Touch "START".



5. AUTO REHEAT COOKING

Most microwave ovens require the selection of the power level and time for cooking or reheating. Your new oven makes reheating convenient and enables you to reheat foods, "AUTO REHEAT" provides three preset categories for reheating.

1. Touch "STOP/CLEAR".
2. Select suitable reheating category corresponding to your food from REHEATING FOOD LIST. Touch "AUTO REHEAT" the same number of times as the category number desired. (1; PLATED MEALS, 2; CHILLED MEALS, 3; CASSEROLE).



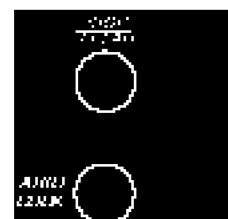
NO	CATEGORY	INGREDIENTS	INSTRUCTION
1	PLATED MEALS	300g curry & rice	Place the food in a plate and cover with plastic wrap.
2	CHILLED MEALS	300g sweetcorn	Place the food in a plate and cover with plastic wrap.
3	CASSEROLE	300g casserole	Heat the casserole in its own package.

6. AUTO COOK

Auto cook allows you to cook most of your favorite food without having to select cooking times and power levels.

The oven will be automatically starts after you select food category.

1. Touch "STOP/CLEAR".
2. Touch "AUTO COOK" the same number of times as the category number desired. (1; PASTA, 2; PIZZA, 3; POTATO).



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.

7. QUICK START COOKING

One of the most useful time savers.

The "QUICK START" feature allows you to get 30 seconds and 1 minute cooking at HIGH POWER with a touch of "QUICK START" key.

It is possible to get up 99 minutes 59 seconds at HIGH power with the repetitive pressing of the key.

EXAMPLE; 2 minutes cooking on High Power.

1. Touch "STOP/CLEAR".
2. To select 2 minutes on high.
Touch "QUICK START" 4 times.



NOTE; During "QUICK START" cooking, you can extend "QUICK START" cooking time up to 99min 59 sec.

8. CHILD LOCK

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 set

1. Touch "STOP/CLEAR".
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

1. Touch and hold "START" until "L" disappears in the display.
2. The time of day returns to the display window.



MICROWAVE POWER LEVELS

Your microwave oven is equipped with up to five power levels to give you maximum flexibility and control over cooking speed. When your cooking programme is completed a beeper automatically sounds. The table below will give you some idea of which foods are prepared all each of the various power levels.

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.

AUTO WEIGHT DEFROST GUIDE

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

Your oven allows you to defrost meat, poultry and fish automatically.

To achieve the best results for auto weight defrost it is advised that the guidelines in the chart below are followed. Food not listed in the chart below or which does not fall into the weight limits can be defrosted manually. When oven 'beeps' food should be separated rearranged or turned over where possible. Any thawed portions should be removed. If door is not opened during the 'beep' the oven will continue defrosting. Foods should be placed on a microwave rack or plate.

Always make sure that food is thoroughly defrosted before cooking.

Food	Setting	Weight of Food	Procedure
Beef/pork/ lamb joints	DEF 1	0.1 ~ 5.9 lbs (0.1 ~ 2.9kg)	Shield the edges with foil strips about 2.5cm wide. when oven 'beeps' turn over and shield the warm portions. After defrost time wrap in foil and stand for 1-2 hours.
Steak/chops/ sausages/ bacon	DEF 1	0.1 ~ 5.9 lbs (0.1 ~ 2.9kg)	Shield thin ends of chops or steak with foil. Position the food with thinner parts in the centre in a single layer. When oven 'beeps' turn over separate and rearrange and shield the warm portions. After defrost time stand for 5-20 minutes.
Minced beef	DEF 1	0.1 ~ 5.9 lbs (0.1 ~ 2.9kg)	When oven 'beeps' break up and remove warm portions. After defrost time stand for 5-20 minutes.
Whole chicken	DEF 2	0.1 ~ 5.9 lbs (0.1 ~ 2.9kg)	Remove from original wrapper shield wing and leg tips with foil. Place breast side up. When oven 'beeps' turn over and shield the warm portions. After defrost time, wrap in foil and stand for 1-2 hours. After defrost time place in cold water to remove giblets if necessary.
Chicken pieces	DEF 2	0.1 ~ 5.9 lbs (0.1 ~ 2.9kg)	Shield the edges with foil. When oven 'beeps' turn over and shield the warm portions. After defrost time wrap in foil and stand for 5-20 minutes.
Fish fillets	DEF 3	0.1 ~ 5.9 lbs (0.1 ~ 2.9kg)	If possible do not layer fish, place in a single layer. When oven 'beeps' turn over separate and rearrange steaks and shield if needed. After defrost time stand for 5-10 minutes.
Fish whole	DEF 3	0.1 ~ 5.9 lbs (0.1 ~ 2.9kg)	If possible do not layer fish place in a single layer. When oven 'beeps' turn over, separate and shield if needed. After defrost time stand for 5-10 minutes.

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
Beef		
Topside/Silverside-Rare	8 1/2-9 minutes	M-HIGH (80%)
-Medium	9-10 minutes	M-HIGH(80%)
-Well done	11-12 1/2 minutes	M-HIGH(80%)
Beefburgers	7-9 minutes	MEDIUM(60%)
Minced meat (to brown for casserole)	6-8 minutes	M-HIGH(80%)
Sausages 2	2-3 minutes	HIGH
4	4-5 minutes	HIGH
8	5-7 minutes	HIGH
Lamb		
Leg, fillet, shoulder.	13-16 minutes	M-HIGH(80%)
Pork		
Loin, leg	12-15 minutes	M-HIGH(80%)
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.

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
CHICKEN Whole Breast (boned) Portions	10-12 minutes 9-11 minutes 10-12 minutes	M-HIGH(80%) M-HIGH(80%) M-HIGH(80%)
Turkey Whole	9-12 minutes	M-HIGH(80%)

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

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

GENERAL GUIDELINES

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 well 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 (80%)	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 (80%)	2-5 minutes per serving	Cover with gravy or microwave plastic wrap. Check after 1 minute. Stand 3-5 minutes.
Chicken casserole	Single portion 224g(8 oz) for 4 people	HIGH	2-4 minutes	Cover. Stand 3-5 minutes Stand 5 minutes.
		M-HIGH (80%)	7-12 minutes	
Sponge pudding	4 servings	HIGH	1-1 1/2 minutes	Cover. Stir twice during heating. Stand 5 minutes.
Fruit crumble custard	4 servings 500 ml(1 pt)	HIGH	3-4 minutes	Cover. Stand 3-5 minutes. Cover. Stand 3-5 minutes.
		M-HIGH (80%)	3-4 minutes	
Plated meal of meat and vegetables	250 ml(1/2pt) Average servings	M-HIGH (80%)	1 1/2-2 1/2 minutes	Cover. Stir halfway through the cooking time. Stand 2 minutes. Cover. Stand 2-3 minutes.
		HIGH	3-5 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

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

GENERAL PROCEDURE

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. lasagna the centre should be cut with a knife to test it is heated through.

FROZEN CONVENIENCE FOODS COOKING AND REHEATING CHART MICROWAVE

Food	Quantity	Method	Defrosting on DEFROST	Cooking time and microwave setting	Comments
Meat					
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.
Fish					
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 15ml (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 4 ears 6 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 7-9 minutes 10-13 minutes	5 minutes 5 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 4 medium	Pierce skin, wrap in paper towel.	7-9 minutes 10-14 minutes	5-10 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 and more enjoyable cooking, please read your cooking guide thoroughly.

Note: The turntable may rotate in either direction.

For Best Results:

1. When determining the time for a particular food, begin by using minimum time and checking occasionally for required cooking results. It is easy to overcook food because microwave 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 Auto Weight Defrost Guide found in this Manual.
3. For areas of the food thawing faster than others, cover with small pieces of aluminium foil. 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 paprika, and browning agents such as 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

Cooking Utensils:

Most glass, glass ceramic and heat resistant glassware utensils are excellent. Those with metallic trim must not be used in microwave oven.

Any utensil used for microwave cooking must be capable of withstanding very high temperatures, from the food. There are many heat resisting utensils, of paper or plastic, available which can be used in both microwave and conventional ovens.

Many traditional cooking utensils are, of course, perfectly satisfactory. To find out whether pottery, stoneware or porcelain items (cooking utensils and serving dishes, etc.) are safe, check them in the oven. Place the empty container in the oven and turn on the power for one minute. If the container becomes very hot (be careful not to burn your fingers) it is not suitable.

Metal containers and deep trays are not suitable. They reflect energy away from the food. Foil lined cartons are similarly, unsuitable.

Place the utensil in question next to a glass measure filled with water in the microwave oven.

Set the microwave to maximum power for 1 minute, if the water heats up, but the utensil remains cold to 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.

NOTE: To ensure even cooking of food that has thin and thick sections, shield the thinner pieces with aluminium foil. Make certain, however, that the foil is at least 2.5 cm away from the sides of the oven.

CLEANING AND CARE

BE SURE THE OVEN IS TURNED OFF BEFORE CLEANING.

Keep the oven interior surfaces clean and dry. As a general rule, clean the oven every day, unless it has not been used.

INTERIOR WALLS

Remove any crumbs and food remains between the door and oven using a damp cloth. This area has to be particularly well cleaned to ensure the door is shut properly. Remove any grease splashes with a soapy cloth, then rinse and dry. Do not use any cleaning cloth or pad, or cleaning agent that is abrasive because this could scratch and damage the painted surface of the oven.

NEVER POUR WATER INTO THE OVEN.

DOOR

The door and door seals should be kept clean. Use only warm, soapy water to 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.

EXTERIOR

The outer cabinet is painted metal. Clean with mild soap and warm water, rinse and dry with a soft cloth. Do not spill water in the vents. If the power lead becomes soiled wipe it with a damp cloth. ALWAYS ENSURE THAT THE DOOR SEALING SURFACES ARE CLEAN.

ROTATING RING

The rotating ring should be removed and cleaned in hot soapy water at least once a week to prevent grease restricting the rotation of the wheels.

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, pay attention to the oven.

WARNING—Please ensure cooking times are correctly set as over cooking 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. ■ Light bulb has blown.
■ Door is not closed.

Q. Why is steam coming out of the air exhaust vent and / or why is water dripping from the bottom of the door?

- A. Steam is normally produced during cooking operations. The microwave has been made to vent this steam out of the side vent, occasionally this steam condenses on the door and water then drips out at the bottom of the door. This is quite normal and safe.

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

- A. No. The metal screen reflects the energy to the oven cavity.
The holes, or ports are made to allow light to pass; they do not let microwave energy through.

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

- A. Yes. Never run it empty.

Q. Why do eggs sometimes pop?

- A. When baking, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking. Never cook eggs without piercing their shells.

Q. Why is standing time recommended after the cooking operation has been completed?

- A. Standing time is very important. With microwave cooking, the heat is in the food, not in the oven. Many foods build-up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. Standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.

Q. Why does my oven not always cook as fast as the microwave cooking guide says?

- A. Check your cooking guide again, to make sure you've followed directions exactly; and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, to help prevent over-cooking . . . the most common problem in getting used to a microwave oven. Variations in the size, shape and weights and dimensions could require longer cooking time. Use your own judgement along with the cooking guide suggestions to check whether the food has been properly cooked just as you would do with a conventional cooker.

Q. Why do sparks and crackling (arcing) occur in the oven?

- A. There may be several reasons why sparks and crackling within cavity (arcing) happens.
- You are using dishes with metal parts or trim (silver or gold).
 - You have left a fork or other metal utensil in the oven.
 - You are using a large amount of metal foil.
 - You are using a metal twist-tie.

MEMO

A large rectangular area with a solid black border, containing 20 horizontal dotted lines for writing.



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