



MICROWAVE OVEN

OWNER'S MANUAL

MODEL : MB-1142DP
MB-1142DB

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

P/NO.: 3828W5A3050

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 oven 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 boiling 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 their temperature before consumption to avoid burns (especially, contents of feeding bottles and baby food jars).

IMPORTANT SAFETY INSTRUCTIONS

WARNING - To reduce the risk of burns, electric shock, fire, personal injuries or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.

2. Read and follow the specific **“PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY”** found on page 2 of this manual.

3. This appliance must be grounded. Connect only to properly grounded outlet.

See **“GROUNDING INSTRUCTIONS”** found on page 5 of this manual.

4. Install or locate this appliance only in accordance with the provided installation instructions.

5. Some products such as whole eggs and sealed containers; for example, closed glass jars, may explode and should not be heated in this oven.

6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.

7. As with any appliance, close supervision is necessary when used by children.

8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.

9. This appliance should be serviced only by qualified service personnel. Contact the nearest authorized service facility for examination, repair or adjustment.

10. Do not cover or block any openings on the appliance.

11. Do not store this appliance outdoors. Do not use this product near water; for example, near a kitchen sink, in a wet basement, or near a swimming pool and the like.

12. Do not immerse cord or plug in water nor allow them to get wet.

13. Keep cord away from heated surfaces.

14. Do not let cord hang over the edge of table or counter where the microwave oven is located.

15. Either-(a) When cleaning door surfaces and oven that comes together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth; or when separate cleaning instructions apply, (b) See door surface cleaning instruction on specific page or section to be included in this manual.

16. To reduce the risk of fire in the oven cavity:

a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.

c. If materials inside the oven should ignite, **KEEP OVEN DOOR CLOSED**, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

d. Do not use the oven cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

17. Do not heat any type of baby bottles or baby food containers. Uneven heating may occur and could cause personal injury.

18. Avoid heating small-necked containers such as syrup bottles.

19. Avoid using corrosive and vapors, such as sulfide and chloride.

20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.) resulting in harm to the oven and possible injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquid several times between reheatings.

SAVE THESE INSTRUCTIONS

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	MB-1142DP/MB-1142DB
Power Input	120V AC / 60Hz
Output	1,000W (IEC60705 RATING STANDARD)
Microwave Frequency	2,450MHz
Outside Dimensions	530mm(W) X 315mm(H) X 394mm (D)
Cavity Dimensions	348mm(W) X 242mm(H) X 373mm (D)
Power Consumption	1,400W (Microwave) 1,000W (Grill)

A. GROUNDING INSTRUCTIONS

For personal safety, this appliance must be properly grounded.

In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape route for the electric current.

The power cord of this appliance is equipped with a grounded three prong plug to minimize the possibility of electric shock hazard from this appliance.

The plug must be plugged into an outlet that is properly installed and grounded.

WARNING – Improper use of the grounding plug can result in a risk of electric shock.

The consumer should have it checked by a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Caution: Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal and not insulated, and the wall receptacle is grounded through the house wiring.

- Usage situations where the appliance power cord will be unplugged frequently, it is recommended not to use an adapter plug in these situations, because unplugging of the power cord causes undue strain on the adapter and leads to eventual failure of the adapter ground terminal.

NOTE:

1. A Short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used. (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

B. CIRCUITS

For safety purposes this oven must be plugged into above 15 Amp for 120V, 60Hz and above 10 Amp for 220V, 60Hz circuit. No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

C. VOLTAGE WARNING

The voltage used at the wall receptacle must be the same as specified on the oven serial plate located on the back or on the side of the oven control panel. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing damage to the oven.

Low voltage will cause slow cooking. In case your microwave oven does not perform normal operation in accordance with AC power source and voltage, unplug the power cord and then plug it back again.

D. DO NOT BLOCK AIR VENTS

All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. In this case a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled down sufficiently.

E. PLACEMENT OF THE OVEN

Your microwave oven can be placed easily in your kitchen, family room, or anywhere else in your home. Place the oven on a flat surface such as a kitchen countertop or a specially designed microwave oven cart. Do not place oven above a gas or electric range. Free air flow around the oven is important.

F. RADIO INTERFERENCE

1. Operation of the microwave oven may cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean door and sealing surfaces of the oven
 - b. Reorient the receiving antenna of radio or television.
 - c. Relocate the microwave oven with respect to the receiver.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

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 for a recipe to be conservative in giving cooking times. While undercooked food may be cooked more, overcooked food could be ruined. 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, this food will continue to cook outside of the oven as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. 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 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 the meats do not cook unevenly and do not become overcooked.

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 (2.5 cm) into food; the interior portion of thick food is 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 food that is to be microwaved is a thick square. The corners will burn long before the center 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 color. 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 flavors 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 the corners 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 center, 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 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 food 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 center of the food.

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 5F° (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 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 food to finish cooking and also helps flavors blend and develop.

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 is 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 dinnerware 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 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 colored paper products as the color may run.

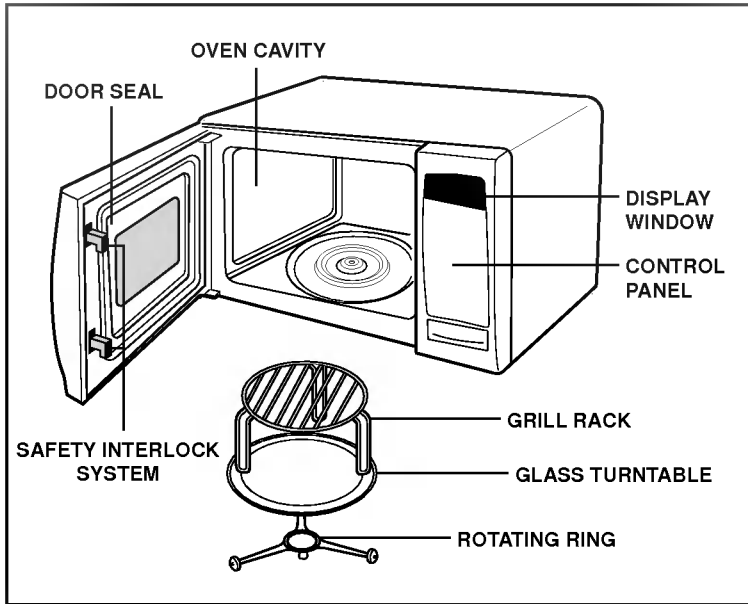
- 4. Plastic storage containers:** These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

- 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.

- 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.

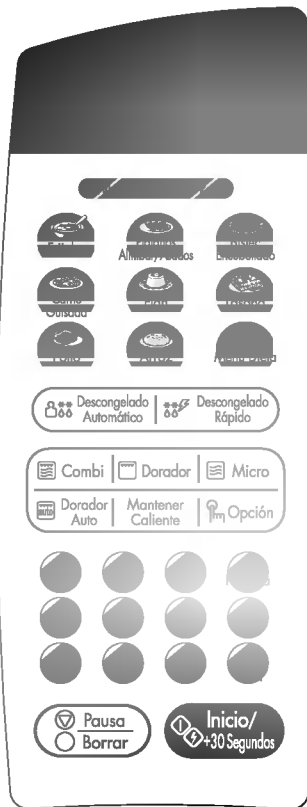
CAUTION: ITEMS WITH HIGH IRON CONTENT AND HIGH LEAD CONTENT ARE NOT SUITABLE FOR COOKING.



Your oven will be packed with the following materials:

- Grill Rack1 each
- Glass Turntable1 each
- Owner's Manual1 each
- Rotating Ring1 each

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



MB-1142DP








MB-1142DB

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

SETTING CLOCK

You can set either a 12 hour clock or a 24 hour clock. If the clock (or display) shows any strange looking symbols, unplug your oven from the electrical socket and plug it back in and reset the clock.

Example: To set 11:11hrs. by using the 12hrs. clock.



	1. Touch Pausa/Borrar .
	2. Touch Reloj twice. 12H will show in the display.
	3. Touch Inicio . 12:00 will show in the display.
	4. Enter the time by touching [1], [1], [1], and [1] . 11:11 will show in the display.
	5. Touch Inicio . The clock starts counting.

NOTE:
If you want to set the clock by using the 24 hrs. clock, Touch **Reloj** once, then **24H** will show in the display.

+ 30 MÁS (ADD 30 SECONDS)

A time-saving pad. This simplified control allows you quickly set and start microwave cooking without the need to touch INICIO.

Example: To set cooking time for 2 minutes by using +30 Más

	1. Touch Pausa/Borrar .
	2. Touch +30 Segundos 4 times. The oven begins cooking and the display shows time counting down.

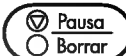





NOTE:

If you touch +30 Segundos, it will add 30 seconds, up to 10 minutes.

TIMED COOKING

This function allows you to cook for a desired time. As many foods need slower cooking (at less than HI-POWER) in order to obtain the best results, there are 10 power-levels settings in addition to the HI-POWER.

Example: To cook food on 80% Power (Power8) for 5 minutes 30 seconds

	1. Touch Pausa/Borrar .
	2. Touch Micro . INDIQUE EL TIEMPO DE COCCION will show in the display.
	3. Enter 5 minutes 30 seconds by touching [5], [3], and [0] . 5:30 will show in the display.
	4. Touch Potencia .
	5. Touch 8 . To select power level 80%. P-80 will show in the display.
	6. Touch Inicio .

NOTE:

If you do not select power level, the oven will operate at power HIGH (at the highest). To set HI-POWER cooking, skip steps 4 & 5 above.

2 STAGE TIMED COOKING

For Two Stage cooking, repeat timed cooking steps 2 through 5 on the previous page before touching the +30 Más pad for additional Time and Power program you want to add.

Auto Weight Defrost can be programmed before the first stage to defrost first and then cook.

MICROWAVE POWER LEVELS

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

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

MICROWAVE POWER LEVEL CHART

Power Level	Use
10 (High)	<ul style="list-style-type: none"> • Boiling water. • Browning ground beef. • Making candy. • Cooking poultry pieces, fish, & vegetables. • Cooking tender cuts of meat.
9	<ul style="list-style-type: none"> • Reheating rice, pasta, & vegetables.
8	<ul style="list-style-type: none"> • Reheating prepared foods quickly. • Reheating sandwiches.
7	<ul style="list-style-type: none"> • Cooking egg, milk and cheese dishes. • Cooking cakes, breads. • Melting chocolate.
6	<ul style="list-style-type: none"> • Cooking veal. • Cooking whole fish. • Cooking puddings and custard.
5	<ul style="list-style-type: none"> • Cooking ham, whole poultry, lamb. • Cooking rib roast, sirloin tip.
4	<ul style="list-style-type: none"> • Thawing meat, poultry and seafood.
3	<ul style="list-style-type: none"> • Cooking less tender cuts of meat. • Cooking pork chops, roast.
2	<ul style="list-style-type: none"> • Taking chill out of fruit. • Softening butter.
1	<ul style="list-style-type: none"> • Keeping casseroles and main dishes warm. • Softening cream cheese.

CHILD LOCK

This is a unique safety feature that prevents unwanted oven operation such as used by children. Once the child lock is set, no cooking can take place.

Example : To set the child lock



Touch and hold **Pausa/Borrar** until **BLOQUEADO** appears in the display and a single beep is heard.

When CHILD LOCK is already set, if you touch other cooking pads, the window shows **BLOQUEADO** in the display. Then you can cancel the Child Lock according to below procedure.

Example : To cancel the child lock



Touch and hold **Pausa/Borrar** until **DESBLOQUEADO** disappears in the display.

LATIN MENU

Latin menu made easy! Your oven's menu has been preprogrammed to cook food automatically. Tell the oven what you want, and then, let your microwave oven cook your selections.

Example: To cook 2 cups of Frijoles (beans) simply follow the step below



1. Touch **Pausa/Borrar**.



2. Touch **Frijoles**. **PRESIONE TECLAS 1-3** will show in the display.



3. Touch **[3]**. **2 TAZAS** will show in the display.



4. Touch **Inicio**.

AUTOMATIC COOKING CHART (LATIN MENU)

Menu	Quantity	Ingredient s	Directions
Beans (Frijoles)	1 Cup 1.5 Cups 2 Cups	Ingredients for 1 Cup: 1 cup of beans 6 cups of water For 1 1/2 Cups: 1 1/2 cups of beans 7 cups of water For 2 Cups: 2 cups of beans 8 cups of water	Place water and beans in a deep bowl and cook pressing the FRIJOLE function. When Beep sounds stir. It is not necessary to cover the beans during cooking. When cooking time is complete allow 10 minutes of standing time. Ingredients for sauce: 1 tablespoon of olive oil. 1 tablespoon of parsley 2 tablespoons of chopped onion 2 chopped garlic cloves 3 tablespoons of tomato sauce Salt to taste To prepare the sauce: Mix all ingredients in a microwave safe tray and cook for 4 minutes at 100% power, then mix the sauce with the beans and cook for 5 minutes at 100% power. When cooking time finish give 10 minutes of standing time before serving. * Important: Before cooking, the beans must be immersed in water containing 2 tablespoons of sodium bicarbonate for at least 8 hours.
Plantains (Plátanos)	4 Portions	Candied plantains: 2 ripe plantains in slices 1/2 bar of butter 1/2 cup of brown sugar 1 teaspoon of vanilla 1 teaspoon of cinnamon 1/2 cup water	Place all ingredients in a microwave-safe bowl and cook uncovered in the microwave by pressing the PLÁTANOS EN ALMIBAR function. When BEEP sounds, stir the plantains. When the cooking time is complete allow 3 minutes of standing time.
		Roasted Plantains: 2 ripe plantains	Peel and cut in halves the ripe plantains and place into a microwave safe bag and close tight. Using a fork make 3 or 4 holes in the bag. Microwave by pressing the PLATANOS ASADOS function. When cooking time is complete allow 3 minutes of standing time.
Onion Beef Steaks (Bistec Encebollado)	4 Portions	4 medium size Beef Steaks 2 medium size onions 4 tablespoons of oil 2 spoons of Worcestershire sauce Salt and pepper to taste	Cut the onions in slices and microwave in a covered container by pressing the BISTEC ENCEBOLLADO function. Meanwhile, season the steaks with salt, pepper and Worcestershire sauce; when the beep sounds place in the microwave with the onions, cover and cook for the remaining time. When cooking time is complete allow 5 minutes of standing time.
Meat Stew (Carne (Guisada))	5 Portions	1/2 kilo of seasoned soft meat 1 cup of diced potatoes 2 tablespoons of oil 1/2 cup of green beans 1/2 cup of chopped carrot 2 tablespoons of chopped onion 1 tablespoon of salt 1/2 teaspoon of black pepper 1 cup of tomato sauce 1 cup of corn	Mix all ingredients in a safe microwave container and press Carne Guisada function. When BEEP sounds stir and cook for remaining time. When cooking time finishes give 5 minutes of standing time.

AUTOMATIC COOKING CHART (LATIN MENU)


Menu	Quantity	Ingredientes	Directions
Cream Caramel (Flan)	6 Portions	1 Lt. of milk 8 hole eggs 150 gr. of sugar 100 gr. of sugar 5 lemon drops 1 cinnamon stick 1 lemon peel 1 orange peel	To make cream: mix milk, 150 gr. of sugar, orange peel, lemon peel and cinnamon and cook in FLAN function. When BEEP sounds stir and let cool down. To make caramel, use another recipient and place 100g of sugar with 5 lemon drops and 2 tablespoons of water and cook in FLAN function. When BEEP sounds caramel is ready, place in little moulds. Add the eggs to the mix, stir with energy and remove, cinnamon stick, lemon and orange peel and place the mix over the caramel in the moulds, place inside microwave and cook for the remaining time in Flan function. * After standing time refrigerate at least 2 hours before serving.
Lasagna (Lasaña)	8 Portions	1 package of pre-cooked lasagna 1 can of tomato sauce 2 pounds of ground beef 4 cloth of garlic 1 chopped carrot 2 chopped onions 3 tablespoons of oil 1 tablespoon of oregano 2 pounds of mozzarella cheese in slices 1/2 glass of white wine (optional)	Place in a microwave safe tray the garlic, oil, carrots, onions, oregano and press LASANA function. When beep sounds, add the beef, tomato sauce and wine (if it is the case) and keep cooking. When second BEEP sounds make the lasagna in a microwave safe tray placing one layer of pasta, one layer of sauce and one layer of mozzarella cheese. When finish add the remaining sauce over the pasta and cook for remaining time in the microwave. Optional: 1- When cooking time finishes put in browning function for 7 minutes to give appetizing color. 2- When making the sauce add 1/2 glass of wine.

POLLO (CHICKEN)

Your oven's menu has been pre-programmed to automatically cook certain food. Just input the necessary information and then let your microwave cooks your selections.

Be sure to close the oven door before selecting categories.

Example: To cook Sopa de Pollo (chicken soup)

	1. Touch Pausa/Borrar .
	2. Touch Pollo 2 times. SOPA DE POLLO will show in the display.
	3. Touch Inicio .

NOTE:






If you don't touch Pausa/Borrar pad when the cooking is over, the oven provides you with the tone message that finished the cooking at intervals of long time.

ARROZ (RICE)

Your oven's menu has been pre-programmed to automatically cook certain food. Just input the necessary information and then let your microwave cooks your selections.

Be sure to close the oven door before selecting categories.

Example: To cook two cups of Arroz Blanco, (White Rice) simply follow the step below.

	1. Touch Pausa/Borrar .
	2. Touch Arroz once. ARROZ BLANCO will show in the display.
	3. Touch Inicio . PRESIONE TECLAS 1-3 will show in the display.
	4. Touch 3 . 2 TAZAS will show in the display.
	5. Touch Inicio .

NOTE:






If you don't touch the Pausa/Borrar pad when the cooking is over, the oven provides you with the tone message that finished the cooking at intervals of long time.

MENU DIETA (DIET MENU)

Your oven's menu has been pre-programmed to automatically cook certain food. Just input the necessary information and then let your microwave cooks your selections.

Be sure to close the oven door before selecting categories.

Example: To cook 4 Papas al Horno (Baked Potatoes), simply follow the step below.

	1. Touch Pausa/Borrar .
	2. Touch Menu Dieta , three times. PAPAS AL HORNO will show in the display.
	3. Touch Inicio . PRESIONE TECLAS 1-3 will show in the display.
	4. Touch 3 . 4 PAPAS will show in the display.
	5. Touch Inicio .

AUTOMATIC COOKING CHART (POLLO)

Menu	Quantity	Ingredients	Directions
Roast Chicken (Pollo Asado)	4 Portions	4 quarts of skinless chicken Worcestershire sauce Chinese sauce parsley oil salt and pepper	Season the chicken and put in special chicken roast container for microwave and press the POLLO ASADO function; when BEEP sounds turn over the chicken. When second BEEP sounds, turn over again and cook for remaining time. When cooking time finish give 6 minutes of standing time. Note: For better taste season 8 hours before cooking time.
Chicken Soup (Sopa de Pollo)	5 Portions	1 pound of seasoned chicken breast, chunked 1/2 teaspoon of oregano 2 tablespoons of sliced onion 3 tablespoons of coriander leaf 1 cup of diced potatoes 1/2 cup of diced carrots 2 package of chicken soup with annatto seeds 1/2 teaspoon of black pepper 7 cups of water 1 tablespoon of salt	Cut all ingredients in chunks and place them in a large microwave safe bowl, add the water and press the SOPA DE POLLO function. When beep sounds add cilantro leaves and cook for the remaining time. Add salt and pepper to taste. Note: To season chicken breast use one of the packages of chicken soup with annatto seeds, salt and pepper.
Chicken Stew (Pollo Guisado)	5 Portions	1 Chopped chicken (skinless) 1 onion 1 green sweet pepper 3 garlic cloves 1/2 can of tomato sauce 1 cup of chicken consomme 2 tablespoon of oil salt and pepper to taste	Place the oil, sweet pepper, onion, garlic and chicken in microwave safe container, and press the POLLO GUIADO function. When BEEP sounds, add tomato sauce, chicken consomme and keep cooking. When second BEEP sounds, turn over the chicken and cook for the remaining time. When cooking time finishes give 8 minutes of standing time.
Chicken with Almond Cream (Pollo con Crema de Almendras)	2 Portions	2 Boneless chicken breast 1/4 Pound of butter 1/2 cup of milk cream Sliced Almonds Salt and pepper to taste	In a microwave safe container with lid, place butter and almonds, press the POLLO A LA CREMA Function; when BEEP sounds, add the chicken breasts. When second BEEP sounds turn over the chicken breasts. When third BEEP sounds add milk cream. When cooking time is complete allow 5 minutes of standing time. * If sauce do not get thicker add 2 tablespoons of fine cornflour to cream and cook for 30 more seconds. * You can substitute almonds for any dry fruit without shell such as: nuts, pistachios, marañon seeds, etc

AUTOMATIC COOKING CHART (ARROZ)

Menu	Quantity	Ingredients	Directions
Rice (Arroz Blanco)	1 Cup 1.5 Cups 2 Cups	Ingredients for 1 cup 1 cup of Rice 1 1/2 cups of water Salt 1 Teaspoon of oil or Margarine Ingredients for 1 1/2 cups 1 1/2 cups of rice 2 cups of water Salt 1/2 Tablespoon of oil or Margarine Ingredients for 2 cups 2 Cups of rice 3 cups of water Salt 1 Tablespoon of oil or Margarine	Place the rice, water, salt and oil or margarine in microwave safe container with enough capacity because rice tends to grow while cooking. Press function ARROZ, select the desired quantity and press Inicio. When first BEEP sounds, stir and continue the cooking for the remaining time. Let stand for 5 minutes after cooking.
Rice with Chicken (Arroz con Pollo)	6 Portions	2 boneless chicken breasts 1/2 cup of petit pois 1/2 of a big onion 1 cup of rice 1 medium size red sweet pepper 1/2 cup of filled olives 3 garlic cloves 2 cups of water 1/2 chopped carrot 2 branch of chopped celery salt and pepper to taste 1 chicken consomme oil	Cut in small pieces all vegetables and chicken, add salt and pepper. Place in a large microwave safe bowl with the oil and cook in the ARROZ CON POLLO function. When beep sounds, add rice. When second BEEP sounds, add water, chicken consomme, olives and keep cooking. When third BEEP sounds, stir and cook until cooking time finishes.
Rice With Vegetables (Arroz con Vegetales)	6 Portions	1/2 cup of petit pois 1/2 cup of onion 1 cup rice 1/2 green sweet pepper 1/2 cup of shopped carrot oil, salt and pepper 4 garlic cloves 1 cup of chopped green beans 1/4 cup of chopped celery 1 1/2 cup of vegetable consomme 1 chicken consomme	Place all vegetables in a microwave safe container and cook in the ARROZ CON VEGETALES. When BEEP sounds, add the rice, stir and keep cooking. When second BEEP sounds, add vegetable consomme and chicken consomme and keep cooking. When third BEEP sounds, stir and cook for remaining time.
Rice Pudding (Arroz con Leche)	6 Portions	1 cup of rice 4 cups of water 2 cups of whole milk 6 tablespoons of sugar (300 grams) 1/2 lemon peel 2 cinnamon stick 1 tablespoon of butter (60 grams)	In microwave proof container place together rice (not washed), water, cinnamon and the lemon peel, and cook pressing the ARROZ CON LECHE function. When BEEP sounds, add the sugar, and milk and cook the mix for the remaining time. When cooking time is complete. add butter and stir until creamy. Let stand for 15 minutes. * After cooking decorate with raisins, ground cinnamon or lemon peel. * Cook uncovered in a large microwave-safe container, because rice grows while cooking.

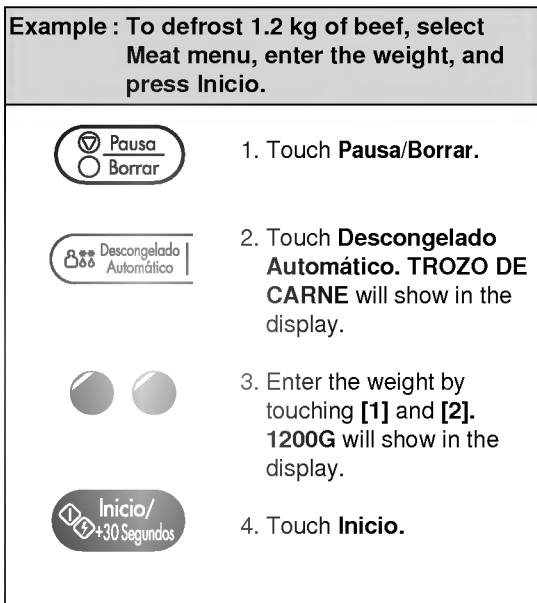
AUTOMATIC COOKING CHART (MENU DIETA)

Menu	Quantity	Ingredients	Directions
Vegetables Soup (Sopa de Vegetales)	6 Portions	6 cups of water 1 onion 1 carrot 1 chicken or vegetable consomme 1/2 medium cabbage 1 cup of chopped green beans salt and pepper to taste 1/2 cup of chopped celery 1 green sweet pepper 1 potato 1 cilantro leave 1 tomato 4 garlic cloves	Cut all vegetables in squares. Put in a microwave safe bowl, add the water and press the SOPA DE VEGETALES function. When BEEP sounds, add cilantro and consomme and cook for the remaining time. Add salt and pepper to taste. Note: If you want more consommé reduce any vegetable in the recipe.
Steamed Fish (Pescado al Vapor)	4 Portions	4 fish fillets 1 onion 3 garlic cloves 1 laurel leave 1/2 cup of white wine 1 carrot 1 cup of water salt and pepper to taste	Add salt and pepper to fish fillets. Place all vegetables with water, wine and laurel in microwave safe container, cover and press the PESCADO ASADO function. When BEEP sounds, add the fish fillets and cook without lid. Give 4 minutes of standing time. Cooking time could vary depending on the thickness of the fish fillets.
Baked Potatoes (Papas al Horno)	2 Potatoes 3 Potatoes 4 Potatoes	Potatoes	Wash the potatoes and pierce them all around several times with a cook fork. Place in a microwave safe container and press the PAPAS AL HORNO function.
Roasted Fish (Pescado Asado)	4 Portions	1 onion 2 garlic cloves 1 tablespoon of oil (optional) 2 Pargos (Red snappers) salt and pepper to taste	Make cuts in both sides of fish, add salt and pepper to taste. Put onion and garlic in special roast container for microwave without lid and cook in the PESCADO ASADO function. When BEEP sounds, add the fish over the onions put lid and cook for the remaining time.
Scrambled Eggs (Huevos Revueltos)	5 Portions	6 eggs 1 teaspoon of margarine 1/2 cup of onion 1/2 cup of chopped tomato 1/2 chopped ham 1/2 cup of green paprika 1/2 cup of milk cream Salt and pepper to taste	Place onions, tomato, ham, paprika and margarine in a microwave safe bowl and press the "HUEVOS REVUELTOS" function. When BEEP sounds, stir and keep cooking; meanwhile mix the eggs and the milk cream. When BEEP sounds, for second time add this mix to the rest of ingredients in a buttered container and cook for the remaining time stirring every 3 minutes. * It is important to stir eggs every BEEP, if not it can result in an omelet.

AUTO WEIGHT DEFROST

The Auto Defrost by Weight feature is an accurate defrosting method for frozen meat, poultry and fish. The oven will automatically determine the defrosting time and power level. The defrosting time for each food item is determined according to the weight you enter. The oven will BEEP during the defrost cycle. At this time open the door, turn over and separate or rearrange the food. Remove any portion that has been thawed. Return frozen portions to the oven and press Inicio to resume the defrost cycle. The oven will not stop during BEEP unless the door is opened.

Example : To defrost 1.2 kg of beef, select Meat menu, enter the weight, and press Inicio.



1. Touch **Pausa/Borrar**.
2. Touch **Descongelado Automático**. **TROZO DE CARNE** will show in the display.
3. Enter the weight by touching **[1]** and **[2]**. **1200G** will show in the display.
4. Touch **Inicio**.

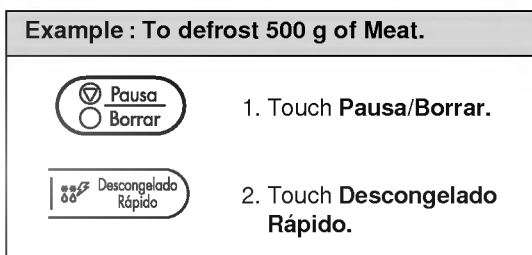
NOTE:

- The benefit of this Auto Defrost feature is the 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 closed package (wrapper) Otherwise, the wrap will hold steam and juice closed 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. The oven will BEEP twice during the defrosting cycle.

QUICK DEFROST

The QUICK DEFROST feature provides you with the quick defrosting method for 0.5 kg of meats. The oven automatically sets the defrosting time for the food. (Meats 0.5 kg only)

Example : To defrost 500 g of Meat.



1. Touch **Pausa/Borrar**.
2. Touch **Descongelado Rápido**.

AUTO DEFROST CHART

Menu	Quantity	Temperature	Process	Remarks
Meat	0.1kg ~ 2.0kg	Frozen (-18 °C)	Place the meat in a low bowl and in the microwave. Rearrange halfway during cooking. When the time is up, take out and wrap with aluminum foil. Wait for half an hour.	<ul style="list-style-type: none"> • For raw chunk meat, steaks, sliced meat, etc. • See if the food is uniformly defrosted on the halfway beep. If any part of the food thaws faster than others, cover the thawed part with aluminum foil to slow down defrosting in that area.
Poultry	0.1kg ~ 2.3kg	Frozen (-18 °C)	Place the chicken in a low bowl and in the microwave. Rearrange halfway during cooking. When the time is up, take out and wrap with aluminum foil. Wait for half an hour.	<ul style="list-style-type: none"> • For whole or chopped chicken meat, etc. • See if the food is uniformly defrosted on the halfway beep. If any part of the food thaws faster than others, cover the thawed part with aluminum foil to slow down defrosting in that area.
Fish	0.1kg ~ 2.0kg	Frozen (-18 °C)	Place the fish in a low bowl and in the microwave. Rearrange halfway during cooking. When the time is up, take out and wrap with aluminum foil. Wait for 20 minutes.	<ul style="list-style-type: none"> • For whole or chopped fish, etc. • See if the food is uniformly defrosted on the halfway beep. If any part of the food thaws faster than others, cover the thawed part with aluminum foil to slow down defrosting in that area.

DORADOR AUTOMÁTICO (AUTO GRILL)

Dorador Automático will allow you to prepare most of your favourite food by selecting the food type, and entering the weight of food by pressing numbered keys.

Example : To cook a 2 lbs whole chicken



1. Touch **Pausa/Borrar**.



2. Touch **Dorador Auto** 2 times. **POLLO ENTERO BBQ** will show in the display.



3. Touch **Inicio**. **PRESIONE TECLAS 1-2** will show in the display.



4. Touch **[1]**. **2 LIBRAS** will show in the display.



5. Touch **Inicio**.

NOTE:
If you don't press **Inicio** for 8 seconds, it will start cooking automatically.

AUTOMATIC COOKING CHART (DORADOR AUTOMÁTICO)

Menu	Quantity	Ingredients	Directions
BBQ Chicken Pieces (Presas de Pollo BBQ)	3 Portions	3 Chicken breast salt and pepper to taste Chinese sauce BBQ Sauce	Season chicken with chinese sauce, salt and pepper to taste and BBQ sauce. Place chicken pieces in the grill rack, and press the POLLO BBQ EN PRESAS function and press Inicio. When BEEP sounds turn over the chicken and cook for the remaining time to brown the beefy side of the chicken. When cooking time finishes give 3 minutes of standing time. * Place a microwave / browner safe container below the grill rack to withhold liquids.
Whole BBQ Chicken (Pollo Entero BBQ)	2 pounds 3.5 pounds	1 Chicken Curry Parsley Chinese sauce Worcestershire Sauce Garlic Salt and pepper to taste	Season and marinate the chicken with ingredients at least 30 minutes. Place in a microwave / browner safe container, press the POLLO ENTERO BBQ function, select weight and press Inicio. When cooking time finishes give 5 minutes of standing time. * Do not use grill rack in this recipe.
Roasted Meat (Carne Asada)	3 Portions	3 Fresh beef steaks Garlic and parsley Chinese sauce oil Worcestershire Sauce Salt and pepper to taste	Season and marinate the beef steaks with ingredients at least 20 minutes. Place Beef Steaks over the grill rack, press the CARNE ASADA function and Inicio. When first BEEP sounds, turn over the Beef Steaks and cook for the remaining time. When cooking time finishes give 5 minutes of standing time. * Place a microwave / browner safe container below the grill rack to withhold liquids.
Pork Chops (Chuletas de Puerco Asadas)	3 Portions	3 Fresh pork chops Oil Chinese sauce Worcestershire Sauce Garlic and parsley Salt and pepper to taste	Season and marinate the pork chops with ingredients at least 20 minutes. Place the pork shops over the grill rack, press the CHULETAS DE PUERCO function and Inicio. When BEEP sounds, turn over the pork shops and cook for the remaining time. After cooking time finishes give 5 minutes of standing time. * Place a microwave / browner safe container below the grill rack to withhold liquids.
Grill Sausage (Chorizo Parrillero)	6 Portions	6 Sausages for BBQ Oil	Brush the Sausages with oil. Place the Sausage over the grill rack and press the CHORIZO PARRILLERO function. When BEEP sounds, turn around Sausages and keep cooking for the remaining time. When cooking time finishes give 3 minutes of standing time. * Place a microwave / browner safe container below the grill rack to withhold liquids.

DORADOR (GRILL COOK)

This model is fitted with a SHEATH GRILL, so preheating is not needed. This feature will allow you to brown and crisp food quickly. The grill rack must be used when cooking in Dorador function.

Example : To grill cook for 12 minutes and 30 seconds.



1. Touch **Pausa/Borrar**.



2. Touch **Dorador**.
INDIQUE EL TIEMPO DE COCCIÓN will show in the display.



3. Enter the time by touching **[1], [2], [3]** and **[0]**. **12:30** will show in the display.



4. Touch **Inicio**.

COMBINATION COOKING

This oven has a combination cooking mode which allows you to cook food with heater or microwave at the same time. Because grill heater cooks the surface of the meat while microwave cooks the 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.

Example : To combi cook with combination mode COMBI-3 for 25 minutes.



1. Touch **Pausa/Borrar**.



2. Touch **Combi** three times. **COMBI-3** will show in the display.



3. Enter the time by touching **[2], [5], [0]** and **[0]**. **25:00** will show in the display.



4. Touch **Inicio**.

COMBINATION COOKING MODE

CATEGORY	MICRO POWER (%)	HEATER POWER (%)
COMBI-1	20	80
COMBI-2	40	60
COMBI-3	60	40

OPTION

You can select ON/OFF of beeper, scroll speed control and ON/OFF of Demo.

Example 1: To turn off sound of beeper.



1. Touch **Pausa/Borrar**.



2. Touch **Opción**.
PRESIONE INICIO PARA DESACTIVAR SONIDO will show in the display.



3. Touch **Inicio**.

NOTE: To turn beep back on, repeat step 1~3.

Example 2: To change scroll speed display



1. Touch **Pausa/Borrar**.



2. Touch **Opción** twice.
VELOCIDAD DE SCROLL show in the display.



3. Touch **Inicio**.
1-RÁPIDO
2-NORMAL
3-LENTO will show in the display.



4. Touch **1**.
RÁPIDO will show in the display.



5. Touch **Inicio**.

NOTE: To change speed of scroll display back to another speed, repeat steps 1~5.

Example 3: To turn on DEMO.



1. Touch **Pausa/Borrar**.



2. Touch **Opción** three times. **PRESIONE INICIO PARA ACTIVAR DEMO** will show in the display.



3. Touch **Inicio**.

HOLD WARM

HOLD WARM will continue for up to 99 minutes until the door has been opened or Pausa/Borrar has been touched.



1. Touch **Pausa/Borrar**.



2. Touch **Mantener Caliente**.
MANTENER CALIENTE will show in the display.



3. Touch **Inicio**.
MANTENER CALIENTE will show in the display.

Your oven has a "MANTENER CALIENTE" feature that keeps the food warm after cooking is complete.

GENERAL PROCEDURE FOR COOKING MEAT

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

1. No special techniques are required. The roast should be prepared and seasoned (if desired) as for any other conventional cooking method. Meat should be thoroughly defrosted before cooking.
2. Place the meat on a microwave roasting rack or microwave-proof 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. Let 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 454g (1 lb)	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. 1/2 minute per slice	HIGH

NOTE: 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 aluminum foil during cooking cycle."

1. No special techniques are required. The poultry should be prepared as for any other conventional cooking 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 microwave-proof 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 birds during roasting helps to cook these areas evenly.

NOTE: If whole birds are stuffed, the weight of the stuffed birds should be used when calculating the cooking time.

6. Let 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

Poultry	Cooking Time per 454g (1 lb)	Microwave Power
CHICKEN Whole Breast (boned) Portions	9 1/2-12 minutes 8-10 minutes 9-11 minutes	M-HIGH(80%) M-HIGH(80%) M-HIGH(80%)
Turkey Whole	8 1/2-11 1/2 minutes	M-HIGH(80%)

NOTE: 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 aluminum 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. Let 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 454g (1 lb)	Microwave setting	Method	Standing time
Fish fillets	4-6 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) lemon juice	2-3 minutes
Cod/Haddock steaks	5-7 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) lemon juice	3-4 minutes
Lemon Sole fillets	2 1/2-4 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) lemon juice	2-3 minutes
Dover Sole	4-6 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) lemon juice	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) lemon juice	3-4 minutes

Vegetable	Amount	Cook Time at HIGH	Instructions	Standing time
Artichokes (8 oz. each)	2 medium 4 medium	5-7 9-11	Trim. Add 2 tsp. Water and 2 tsp. of juice. Cover.	2-3 minutes
Asparagus, Fresh, spears	450g	6-8	Add 2 tbsp. of water in 1-qt. covered casserole.	2-3 minutes
Beans, green & wax	450g	8-9	Add 2 tbsp. of water in 1-qt. casserole. Stir halfway through cooking.	2-3 minutes
Beets, Fresh,	450g	14-18	Add 1/4 cup of water in 1-qt. covered casserole. Rearrange halfway through cooking.	2-3 minutes
Broccoli, Fresh, spears	450g	4-6	Place broccoli in baking dish. Add 2 tbsp. of water.	2-3 minutes
Cabbage, Fresh, Chopped	450g	5-6	Add 1/4 cup of water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Carrots, Fresh, sliced	2 cups	3-4	Add 2 tbsp. of water in 1 1/2 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Cauliflower, Fresh, whole	450g	6-8	Trim. Add 2 tbsp. of water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Fresh, flowerets	2 cups	4-5	Slice. Add 2 tbsp. of water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Celery, Fresh, sliced	4 cups	6-8		2-3 minutes
Corn, Fresh	2 ears	9-11	Husk. Add 2 tbsp. of water in 1-qt. baking dish. Cover.	2-3 minutes
Mushrooms, Fresh, sliced	225g	3-4	Place mushrooms in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Parsnips, Fresh, sliced	450g	5-7	Add 2 tbsp. of water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Peas, Green, Fresh	4 cups	5-7	Add 2 tbsp. of water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Potatoes, sweet, whole (6-8 oz. each)	2 medium 4 medium	6-8 8-10	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes
Potatoes, white whole baking (6-8 oz. each)	2 potatoes 4 potatoes	5-8 8-11	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes 2-3 minutes
Spinach, Fresh, leaf	450g	5-6	Add 2 tbsp. of water in 1-qt. covered casserole.	2-3 minutes
Squash, Acorn or buttemut. Fresh	1 medium	6-8	Cut squash in half. Remove seeds. Place in 8x8-inch baking dish. Cover.	2-3 minutes
Zucchini Fresh, sliced	450g	7-9	Add 2 tbsp. of water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Zucchini Fresh, whole	450g	6-8	Pierce. Place on 2 paper towels. Turn zucchini over and rearrange halfway through cooking.	2-3 minutes

General Guidelines

1. Trim excess fat from meat. Slash fat, making sure you do not cut into the lean. (This will stop the fat curling.)
2. Use only microwave and heat-safe cooking utensils.
3. Cover food with wax paper, plastic wrap or lids during microwave time.
4. After microwaving, remove the cover and drain the juice.
5. To get better and quick browning, arrange on the rack that comes with your oven.

Food	Quantity	Cooking time and microwave setting	Browning time	Method
Beef Hamburger patties, 4 oz. each, 1/2-inch (115g, 1.2 cm ea) thick	2 patties 4 patties	2 1/2-3 1/2min., HIGH 3-4 min., HIGH	5-7 minutes 7-9 minutes	Turn over halfway through microwaving. Drain after microwaving. Place directly on grill rack. Turn over halfway through browning.
Meat loaf	500-900g	18-23min., 80%	8-11 minutes	Use a Pyrex glass dish. Drain after cooking. Do not use browning grill.
Sirloin steak. 8 oz, 3/4 to 1-inch thick (230g 1.8~2.5 cm)	1 to 2	3 1/2-4 1/2 min., 80%	13-15minutes	Turn over halfway through microwaving. Drain after microwaving and brush with melted butter before browning. Place directly on grill rack. Turn over halfway through browning.
Tenderloin steak, 8 oz, 1-inch thick (230g 2.5cm)	2, Rare 2, Med 2, Well	2-3 min., 80% 3-5 min., 80% 5-7 min., 80%	13-15 minutes 13-15 minutes 13-15 minutes	Same as above.
Lamb Lamb chops, 1-inch thick (2.5 cm)	450-700g	5-7 min., 80%	13-15 minutes	Same as above.
Veal Veal cutlets or loin chop 8oz, 1/2 to 3/4-inch thick (230g 1.3~1.8 cm)	1 to 2	4-6 min., 80%	13-15 minutes	Same as above.
Pork Pork chops, 8 oz, 1/2 to 3/4-inch thick (230g 1.3~1.8cm) Center cut ham slice, precooked	1 to 2 450-700g	4 1/2-6 1/2 min., 80% 4 1/2-6 1/2 min., 80%	13-15 minutes 12-14 minutes	Same as above. Brush with honey or brown sugar glaze before microwaving. Turn over halfway through microwaving. Drain after microwaving and brush with honey or brown sugar glaze before browning. Place directly on grill rack to brown. Turn over halfway though browning.

Food	Quantity	Cooking time and microwave setting	Browning time	Method
Pork Sausage patties, fresh	2 to 4 pieces	3-5 min., HIGH	5-8 minutes	Add 2 tablespoons water to sausage and cover with plastic wrap.
Links, fresh	4 to 6 pieces	5-7 min., HIGH	5-8 minutes	Turn over halfway through microwaving. Drain. Place directly on grill rack to browning. Don't cover. Turn over halfway through browning.
Precooked Links	2 to 4 pieces 4 to 6 pieces 6 to 8 pieces	1-1 1/2 min., HIGH 1 1/2-3 min., HIGH 3-5 min., HIGH	5-8 minutes 5-8 minutes 5-8 minutes	Use glass dish without cover. Turn over halfway through microwaving. Place directly on rack to brown. Turn over halfway through browning.
Poultry Chicken pieces	1/2 kg	5-6 1/2 min., HIGH	10-14 minutes	Arrange chicken, skin side up in 9-inch (20.5cm) low plate. Cover with wax paper. Turn over halfway through microwaving. Drain after microwaving and brush with melted butter. Place directly on grill rack to brown. Don't cover. Turn over halfway through browning.
Whole chicken	1.3-2.0 kg	6-9 min., 80%	24-30 minutes	Arrange chicken breast down, cover with wax paper. Turn breast up halfway through microwaving. Drain and brush with melted butter before browning. Do not use rack. Turn over halfway through browning.
Fish Fish fillet, 1/2-inch thick	1/2 kg 1 kg	3-4 min., HIGH 5-7 min., HIGH	10-14 minutes 10-14 minutes	Arrange fish in low plate and cover with wax paper. Drain after microwaving and then brush with melted butter. Place directly on grill rack to brown.
Fresh steaks, 1-inch thick	1 kg	3-5 min., HIGH	10-14 minutes	Arrange fish in low plate and cover with wax paper. Turn over halfway through microwaving. Drain after microwaving and brush with melted butter. Place directly on grill rack to brown. Turn over halfway through browning.
Whole fish	250-300g 675-900g	5-7 min., 80% 7-9 min., 80%	10-14 minutes 10-14 minutes	Same as above.

General Guidelines

1. The combination method allows you to take advantage of the speed and moisture retention on microwave cooking and crisping and browning effect of hot, dry all.
2. Use only microwave and heat-safe cooking utensils.
3. To get better and quick browning, arrange the food on the rack that comes with your oven.

Food	Quantity	Cooking Mode	Combination Cooking time	Method
Beef Hamburger patties, 4 oz. each, 1/2-inch thick	2 patties 4 patties	Combi-1	14-18 minutes 19-23 minutes	Arrange patties on microwave and heat-safe plate. Place on grill rack. Drain and turn over halfway through cooking.
Rump roast, rolled	0.5 to 1.3kg	Combi-3	25-30 minutes per Kg RARE(135 °F) 31-35 minutes per Kg MEDIUM(145 °F) 36-40 minutes per Kg WELL(155 °F)	Place roast fat side down on a heat-safe pie plate. Add desired seasonings and place on turntable. Shield if necessary. Drain and turn over halfway through cooking. When done, remove from oven and let stand covered with foil for 15 minutes. (Temperature may rise about 10°F)
Lamb Lamb roast, rolled, boneless	0.5 to 1.3kg	Combi-3	25-30 minutes per Kg RARE(135 °F) 31-35 minutes per Kg MEDIUM(145 °F) 36-40 minutes per kg WELL(155 °F)	Place roast fat side down on a heat-safe pie plate. Brush lamb with marinade and desired seasonings such as rosemary, thyme or marjoram. Drain and turn over halfway through cooking. After cooking, remove from oven and let stand covered with foil for 15 minutes. (Temperature may rise about 10°F)
Pork Chops	2 chops (230g x 2) 4 chops (230g x 4)	Combi-1 Combi-1	22-28 minutes 32-40 minutes	Brush chops with desired seasonings and place directly on grill rack on turntable. Cook until no longer pink or until internal temperature reaches 170 °F. Turn over halfway through cooking. Remove from oven and let stand, covered for 5 minutes. (Temperature may rise about 10 °F)

Food	Quantity	Cooking Mode	Combination Cooking time	Method
Pork Loin roast, rolled, boneless	0.5 to 1.3kg	Combi-3	40~45 minutes per Kg. (170°F)	Place roast fat side down on a heat-safe pie plate. Add desired seasonings and place on turntable. Shield if necessary. Drain and turn over halfway through cooking. When done remove from oven and let stand covered with foil for 15 minutes. (Temperature may rise about 10°F)
Chicken Breasts, boneless	Half breast (200g) Whole breast (300~400g)	Combi-1 Combi-1	16~20 minutes 20~24 minutes	Wash and dry poultry. Remove skin and place breasts thickest portion to outside on grill rack. Place grill rack on turntable. Brush with butter and seasonings if desired. Rearrange halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered for 3 to 5 minutes.
Cut up fryer	1.0 to 1.3kg	Combi-1	35~45 minutes	Wash and dry poultry. Arrange pieces on grill rack with thickest section to the outside. Brush with butter and seasonings if desired. Place on grill rack on turntable. Rearrange halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven, cover and let stand covered for 3 to 5 minutes.
Whole chicken	0.8 to 1.3kg	Combi-3	50~60 minutes	Wash and dry poultry. Place breast down on microwave on a heat-safe pie plate. Brush with butter and seasonings if desired. Do not use rack. Place on turntable. Turn chicken over halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 10 minutes.
Cornish Hens	whole (500~700g)	Combi-3	40~50 minutes	Wash and dry poultry. Tie wings to body of hen and the legs to tail. Place hens breast side up on microwave heat-safe pie plate. Brush with butter and seasonings if desired. Place on turntable. Turn over, discard drippings and shield bone ends of drumsticks with foil halfway through cooking if needed. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 5 minutes. (Temperature may rise about 10°F) Temperature in breast should be about 185°F before serving.

Food	Quantity	Cooking Mode	Combination Cooking time	Method
Turkey Breasts, boneless	1.0 to 1.3 kg	Combi-1	30~40 minutes per Kg	Place turkey breast on grill rack. Brush with butter and seasonings if desired. Place on turntable. Drain and turn over halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 10 minutes. (Temperature may rise about 10°F) Temperature in breast should be about 185°F before serving.
Drumsticks	0.5 to 1.0 kg	Combi-1	35~40 minutes	Wash and dry poultry. Place pieces with thickest portion to outside on grill rack. Brush with butter and seasonings if desired. Place on turntable. Turn over halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 5 minutes.

For Best Results:

1. When determining the cooking time for a particular food, begin by using the minimum time and checking occasionally for doneness. 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 to 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 it 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 vents may become warm during cooking. This is normal.

Browning:

enough in the microwave oven to brown and may need additional color.

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 assure a tight seal. Remove greasy spatters with a sudsy cloth then rinse and dry. Do not use harsh detergents 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 the control panel, open the door to prevent oven from accidentally starting, and wipe with a damp cloth followed immediately by a dry cloth. Press Pausa/Borrar 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.

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 arcs, 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 that 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 over cooking may result in FIRE and subsequent DAMAGE to the OVEN.

Q. What is 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 have 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 cooking time. Use your own judgement along with the cooking guide suggestions to test for doneness, just as you would do with a conventional cooking.