

MICROWAVEOVEN MIKROVLNNÁ TROUBA/GRILL/KOMBINACE **MIKROVLNNÁ RÚRA /GRIL/KOMBINÁCIA** HASZNÁLATI UTASÍTÁS **INSTRUKCJA OBSŁUGI** MIKROWELLENHERD

MB-4384BC MB-4384BCS

P/No: 3828W5A6090



MICROWAVE OVEN OWNER'S Please read this owner's manual the







MIKROHULLÁMÚ SÜTŐ FELHASZNÁLÓI KÉZIKÖNYVE



INSTRUKCJA OBSŁUGI KUCHENKA MIKROFALOWA



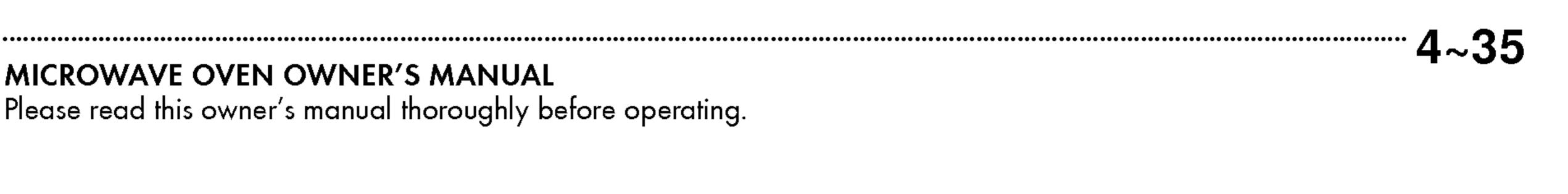
BETRIEBSANLEITUNG FÜR DEN MIKROWELLENHERD Vor der Inbetriebnahme sollte die Betriebsanleitung aufmerksam durchgelesen werden.

MANUAL	
oroughly before operating.	

MIKROVLNNÁ TROUBA/GRILL/KOMBINACE návod k obsluze Před uvedením trouby do provozu si důkladně přečtěte tento návod k obsluze

MIKROVLNNÁ RÚRA GRIL / KOMBINÁCIA NÁVOD NA OBSLUHU

Pred uvedením rúry do prevádzky si dôkladne preãítajte tento návod na obsluhu



36~67

68~99

$100 \sim 131$ -----

132~168

169~206

Precautions

Precautions to avoid possible exposure to excessive microwave energy.

You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. These safety interlocks automatically switch off any cooking activity when the door is opened; which in the case of a microwave oven could 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 food or cleaner residue to accumulate on sealing surfaces.

Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

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



Please ensure cooking times are correctly set as over cooking may result in the FOOD catching fire and subsequent damage to your oven.

When heating liquids, e.g. soups, sauces and beverages in your microwave oven, delayed eruptive boiling 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:

- Avoid using straight sided containers with narrow necks.
- 2 Do not overheat.
- through the heating time.
- 4 After heating, allow to stand in the oven for a short time, stir or shake burns (especially, contents of feeding bottles and baby food jars). Be careful when handling the container.

Warning

Always allow food to stand after being cooked by microwaves and check the temperature of them before consumption. Especially contents of feeding bottles and baby food jars.

3 Stir the liquid before placing the container in the oven and again halfway

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

How the Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves and ordinary daylight. Normally, 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 created 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 cookware, though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance

Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.

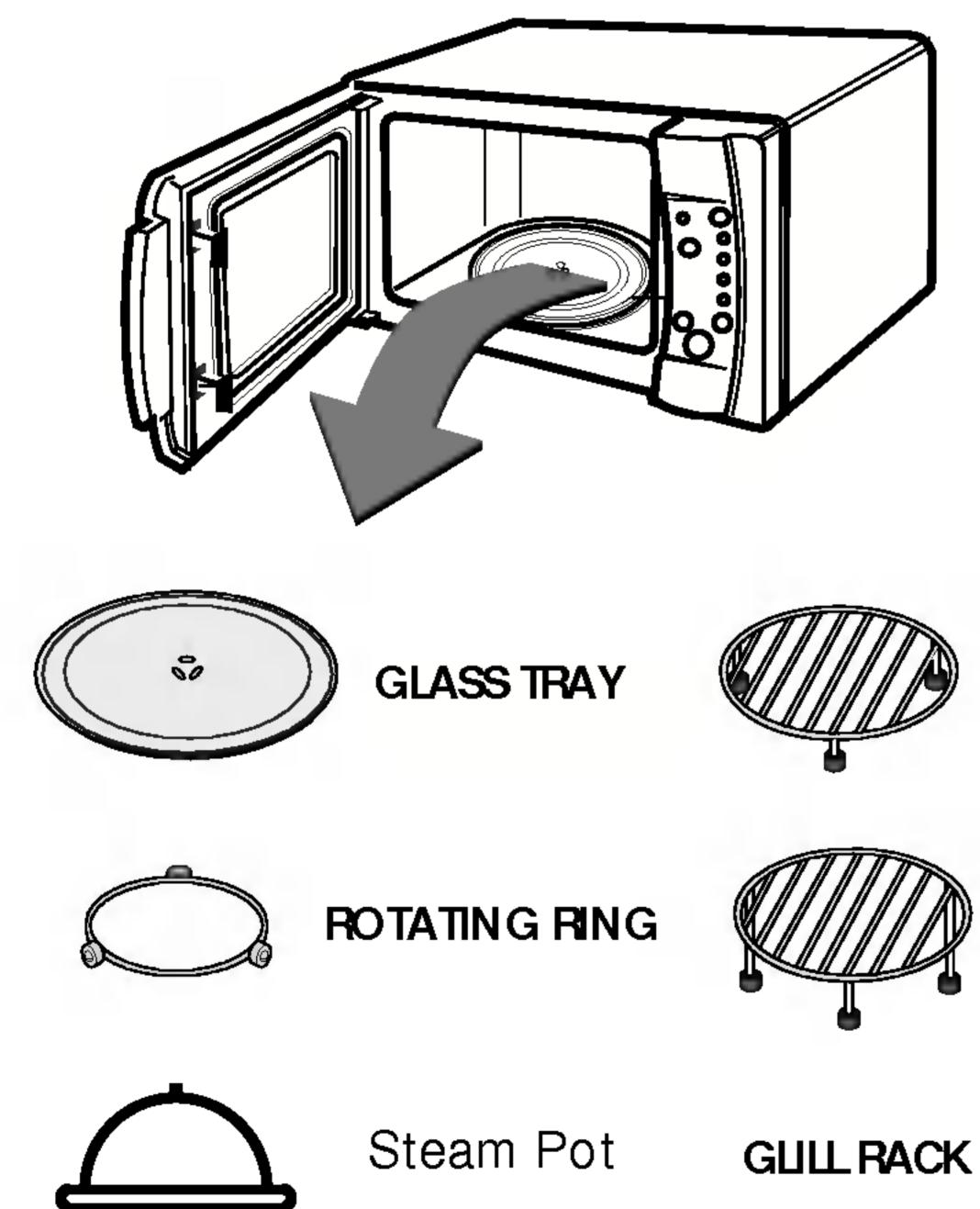
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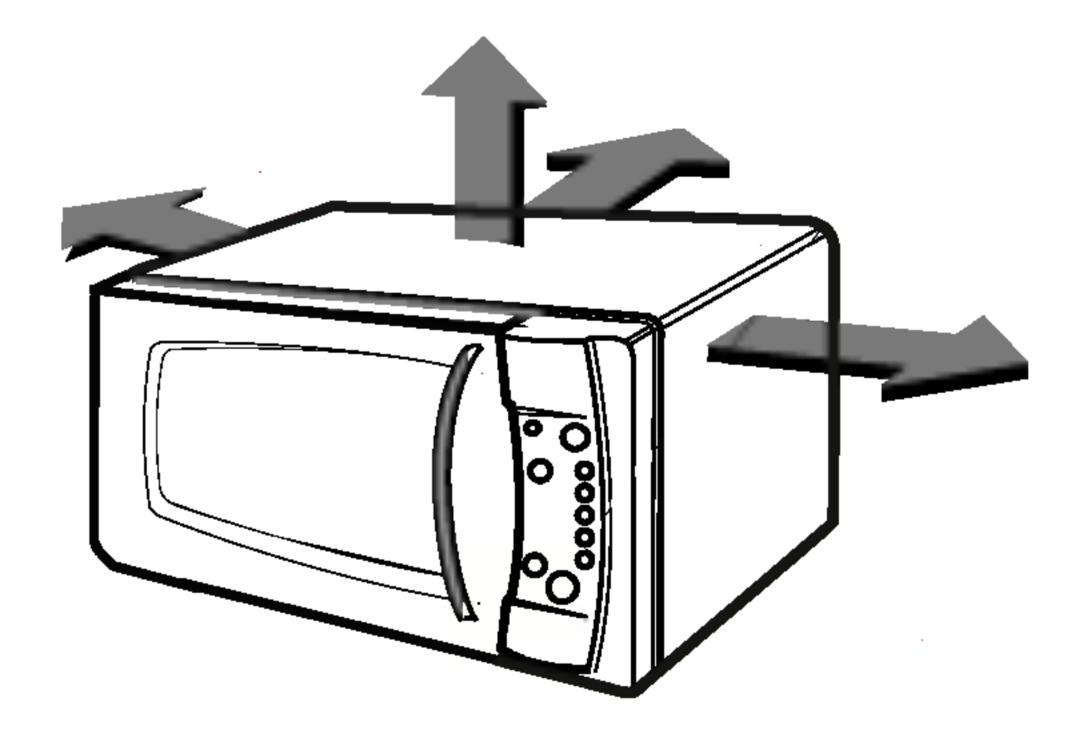
Unpacking & Installing

By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidance on where to install your oven. When unpacking your oven make sure you remove all accessories and packing. Check to make sure that your oven has not been damaged during delivery.

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



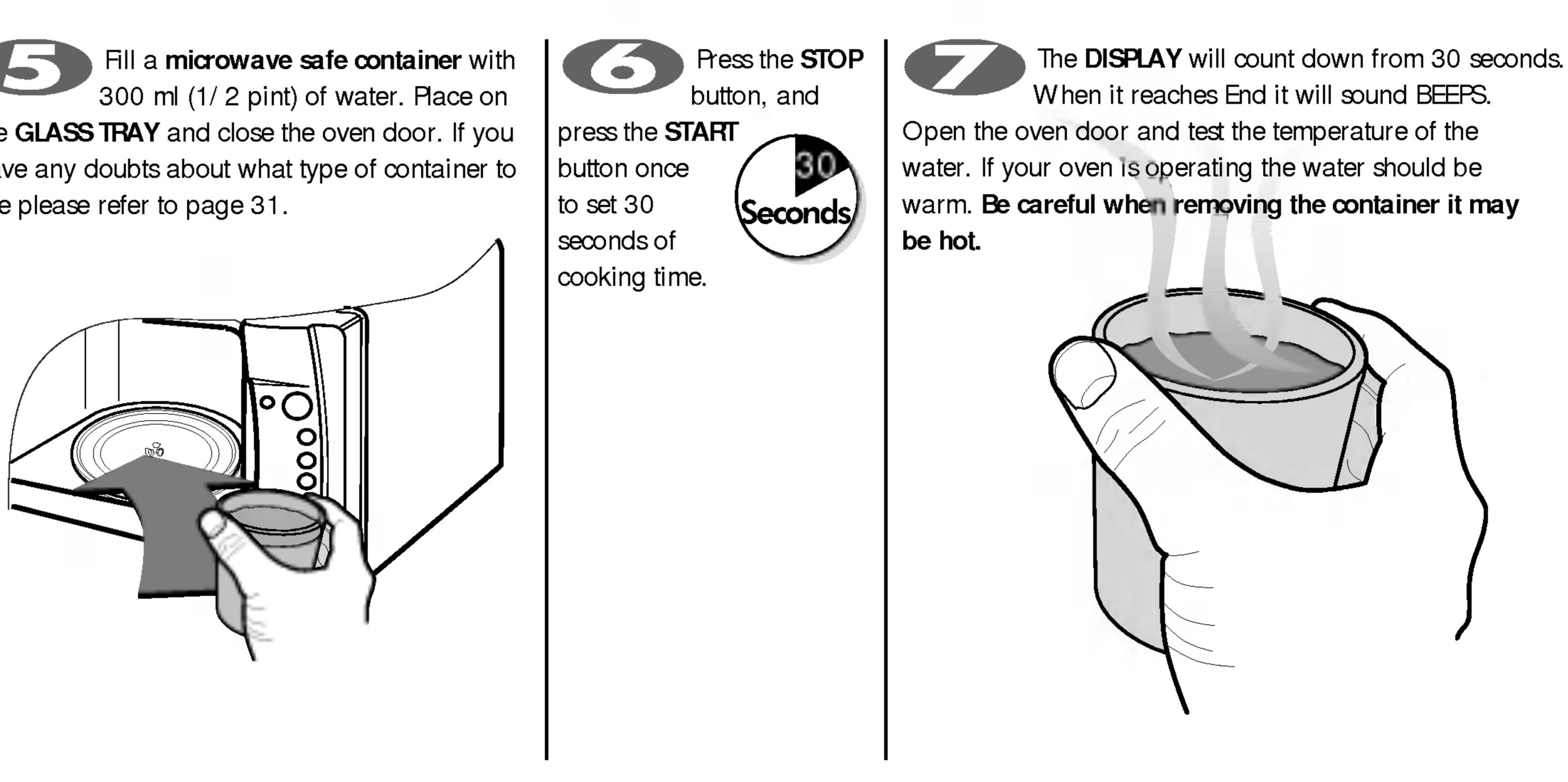
Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 30cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping. An exhaust outlet is located on top or side of the oven. Blocking the outlet can damage the oven.



THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES

Flug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.

the GLASS TRAY and close the oven door. If you have any doubts about what type of container to use please refer to page 31.





GLASS TRAY on top.

Open your oven door by pulling the **DOORHANDLE** Place the **ROTATING RING** inside the oven and place the

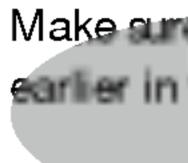
Setting the Clock

You can set either 12 hour clock or 24 hour dock. In the following example I will show you how to set the time for 14:35 when using the 24 dock. Make sure that you have removed all packaging from your oven.



When your oven is plugged in for the first time or when power resumes after a power cut, a '0' will be shown in the display; you will have to reset the clock.

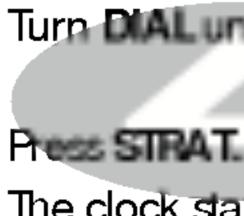
If the clock (or display) shows any strange looking symbols, unplug your oven from the electrical socket and plug it back in and reset the clock.





(If you want to use different option, Press CLOCK once more. If you want to change different option after setting dock, you have to unplug and plug it back in.)





Make are that you have correctly installed your oven as described earlier in this book.

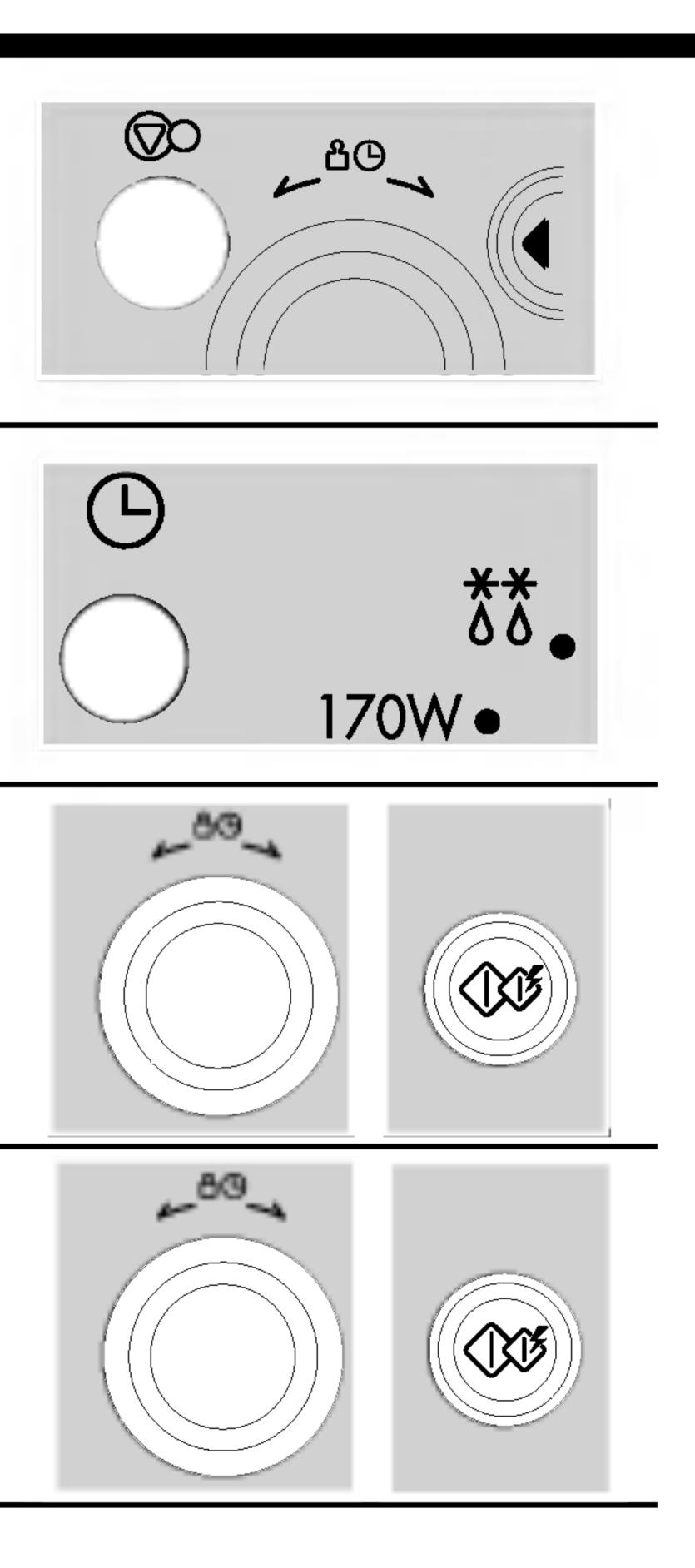
Press STOP/ CLEAR

Turn DIAL until display shows "14:00".

Press START for hour confirmation.

Turn DIAL until display shows "14:35".

The clock starts counting.



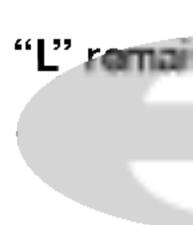


Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place.

However your child can still open the oven door.

Press and hold STOP/ CLEAR until "L" appears on the display and BEEP sounds. The CHILD LOCK is now set.

The time will disappear on the display if you have set the clock.

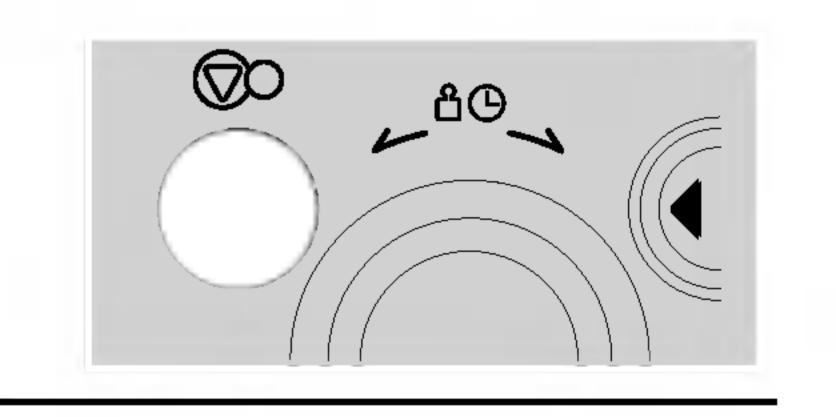


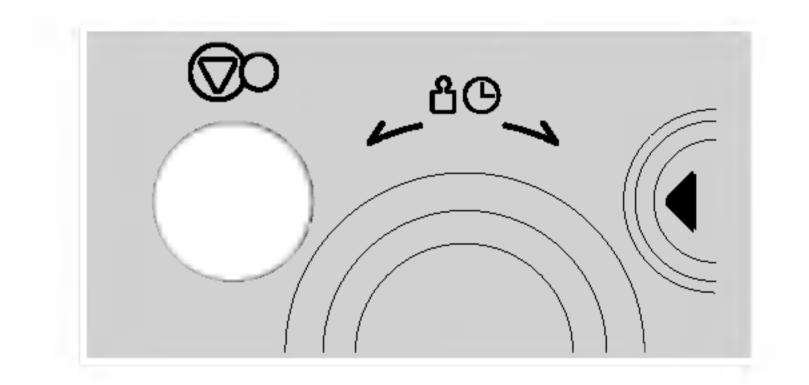
To cancel CHILD LOCK press and hold STOP/ CLEAR until "L" disappears. You will hear EEP when it's released.



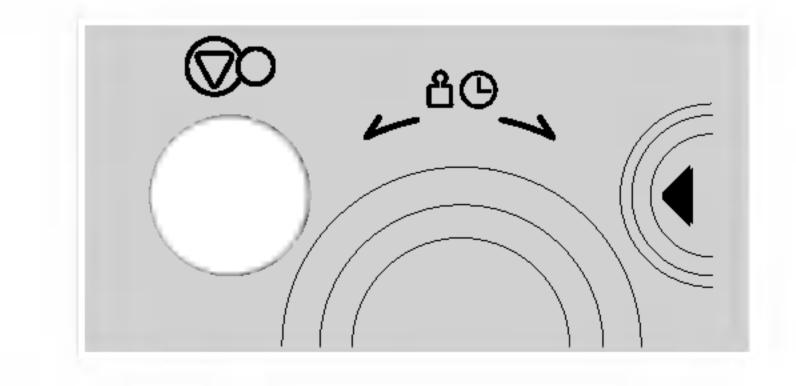
"L" remains on the display to let you know that CHILD LOCK is set.

Child Lock





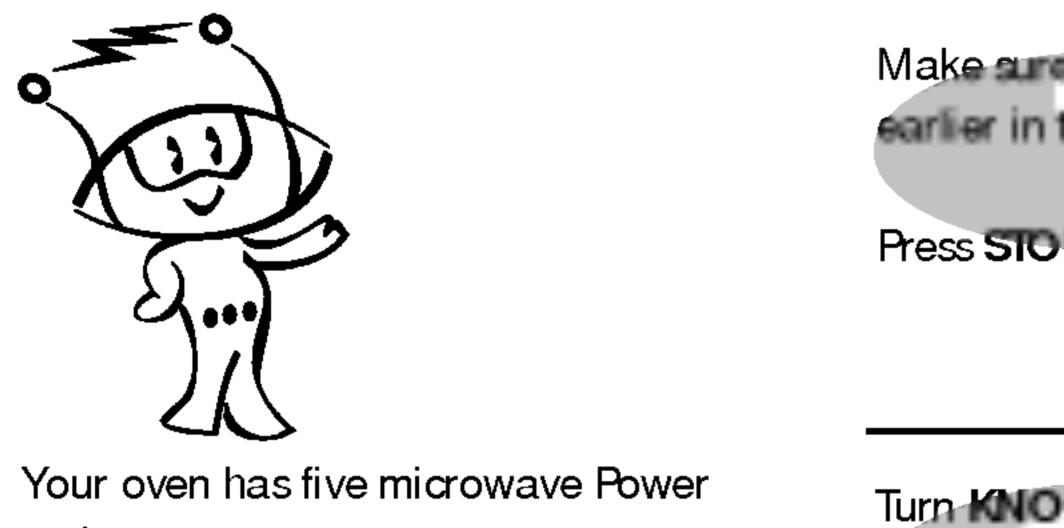




Micro Power Cooking

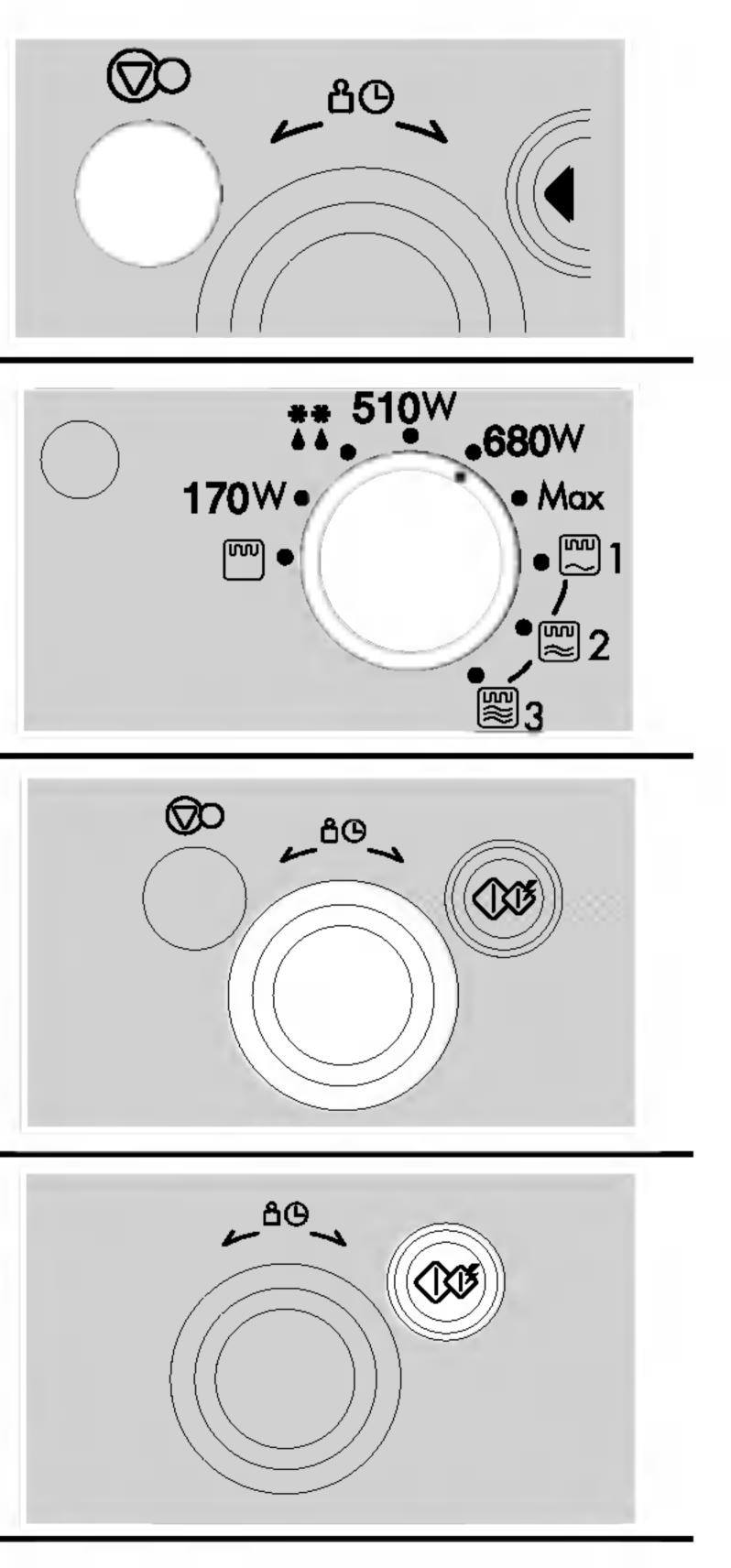
settings.

In the following example I will show you how to cook some food on 80% power for 5 minutes and 30 seconds.



Power	%	Power Output	
High Max	100%	850W	Turn DIAL
Medium High	80%	680W	
Medium	60%	510W	
Deffost Medium Low	40%	340W	Press STAF
Low	20%	170W	

e that you have correctly installed your oven as described this book. Pr CLEAR	
B to select the 80%	
until display shows "5:30".	
RE	



Your microwave oven is equipped with 5 power levels to give you maximum flexibility and control over cooking. The table below shows the examples of food and their recommended cooking power levels for use with this microwave oven.

POWER LEVEL	USE	POWERLEVEL (%)	POWERO
HIGH	* Boil Water * Brown minced beef * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat	100%	850
MEDIUM HIGH	* All reheating * Roast meat and poultry * Cook mushrooms and shellfish * Cook foods containing cheese and eggs	80%	680
MEDIUM	* Bake cakes and scones * Prepare eggs * Cook custard * Prepare rice, soup	60%	510
DEFROST/ MEDIUM LOW	* All thawing * Melt butter and chocolate * Cook less tender cuts of meat	40%	340
LOW	* Soften butter & cheese * Soften ice cream * Raise yeast dough	20%	170

Micro Power Level

OUTPUT

wo



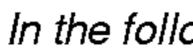
WO

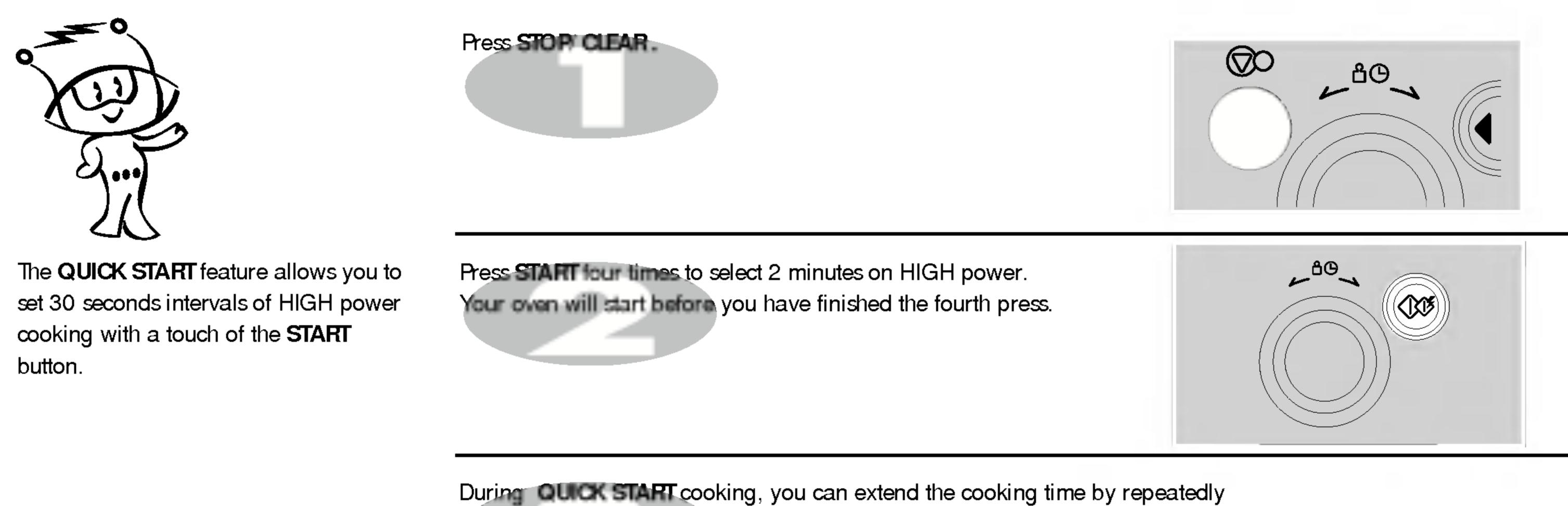
0W

W0

70W

Quick Start



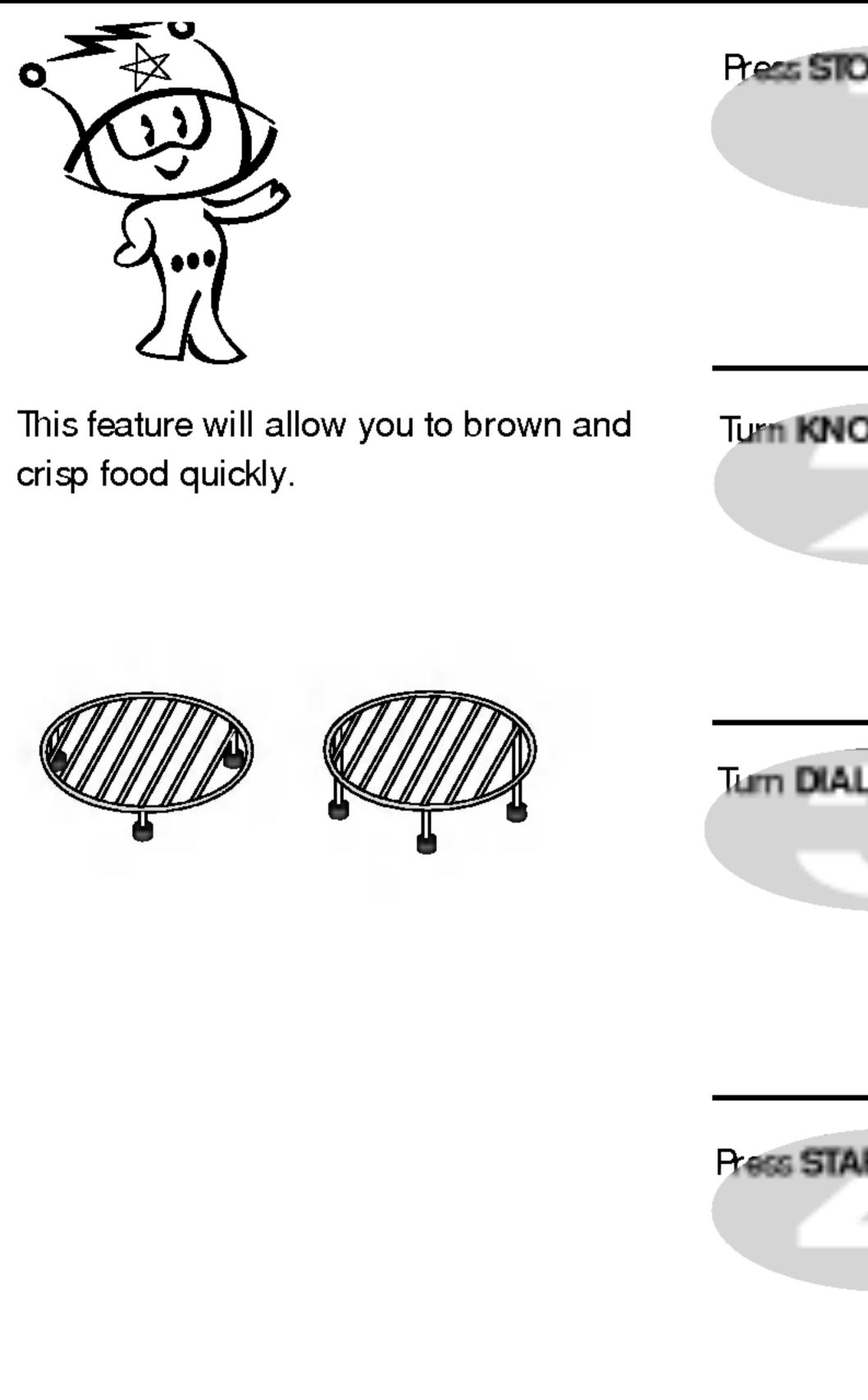




In the following example I will show you how to set 2 minutes of cooking on high power.

12

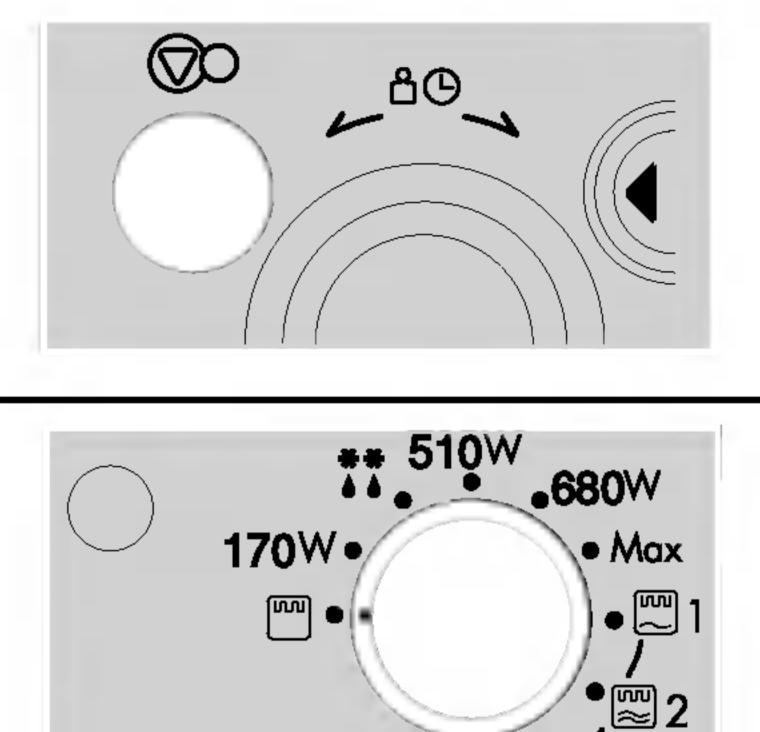
In the following example I will show you how to use the grill to cook some food for 12 minutes and 30 seconds.

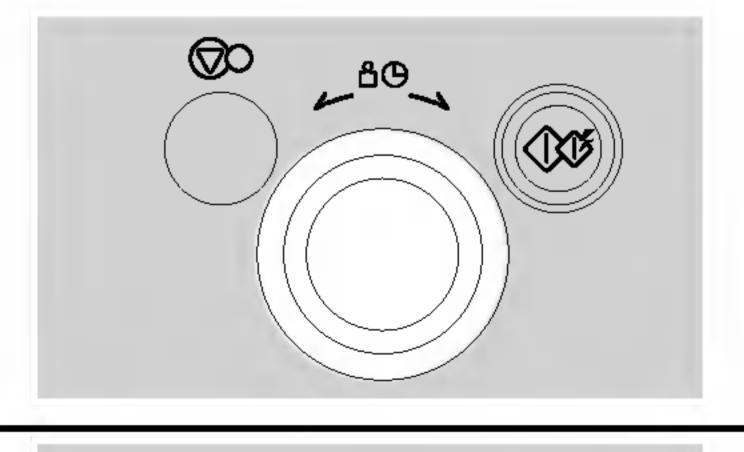


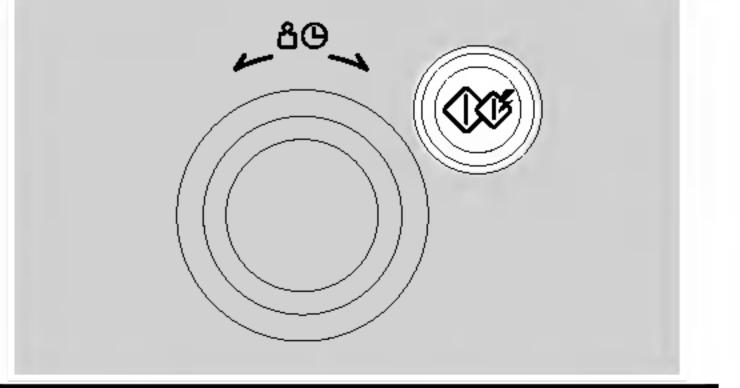
DRY CLEAR	
DB to select the grill mode.	
Luntil display shows "12:30".	
RT.	

Grill Cooking

83







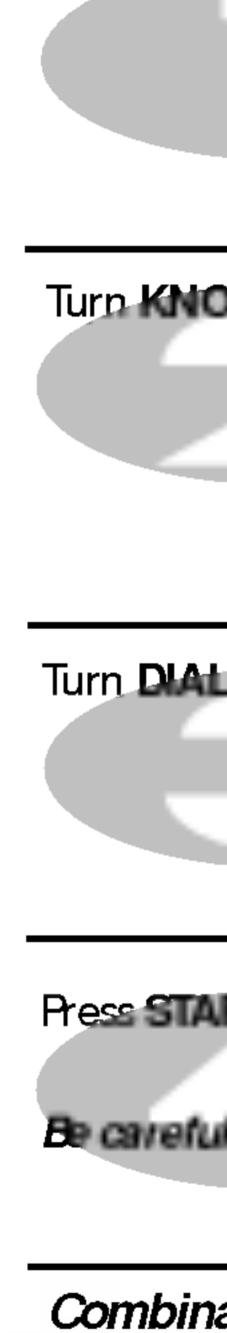
Combination Cooking

of 25 minutes.



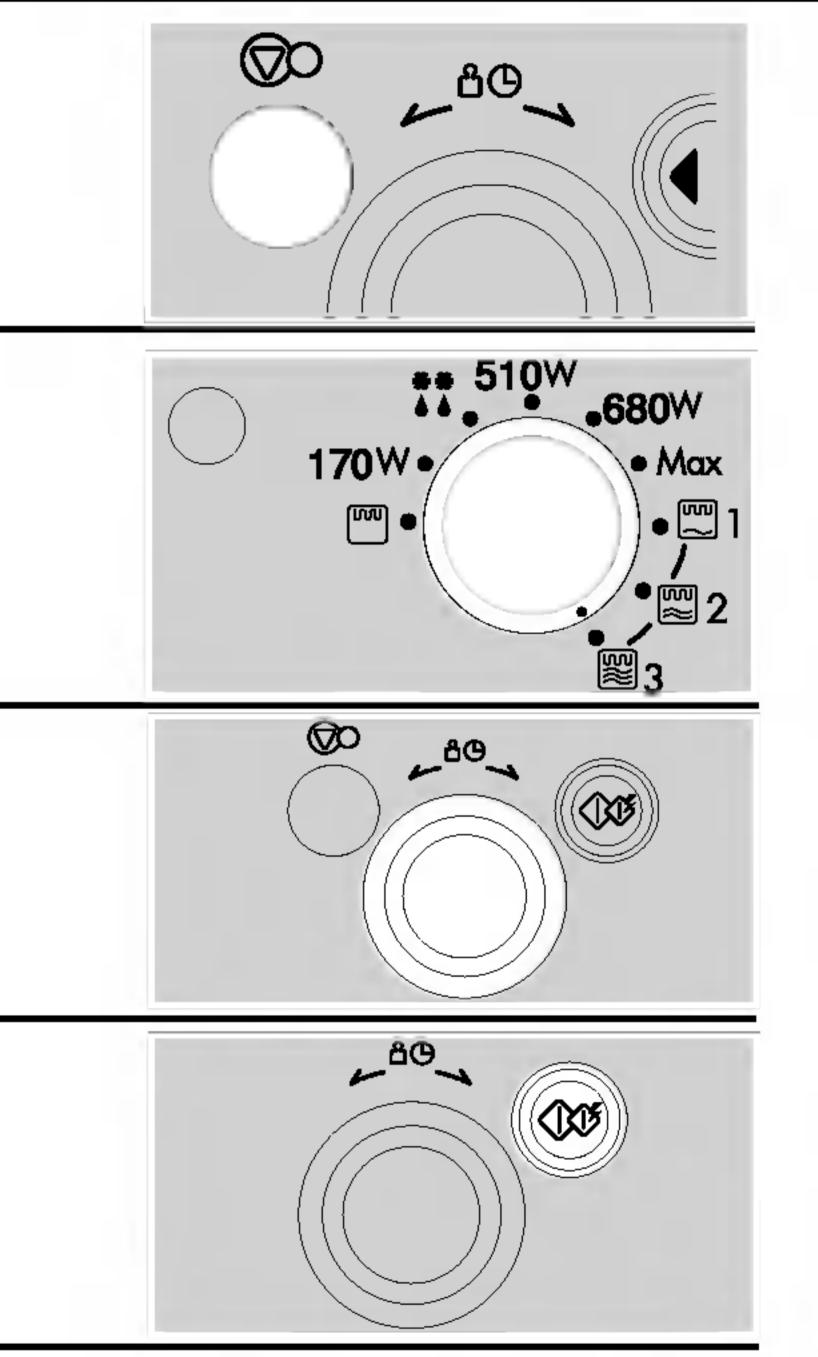
Your oven has a combination cooking feature which allows you to cook food with heater and microwave at the same time or alternately. This generally means it takes less time to cook your food.

The sheath heater grills the surface of the food while **microwave** heats inside. Moreover, preheating your oven is not necessary.



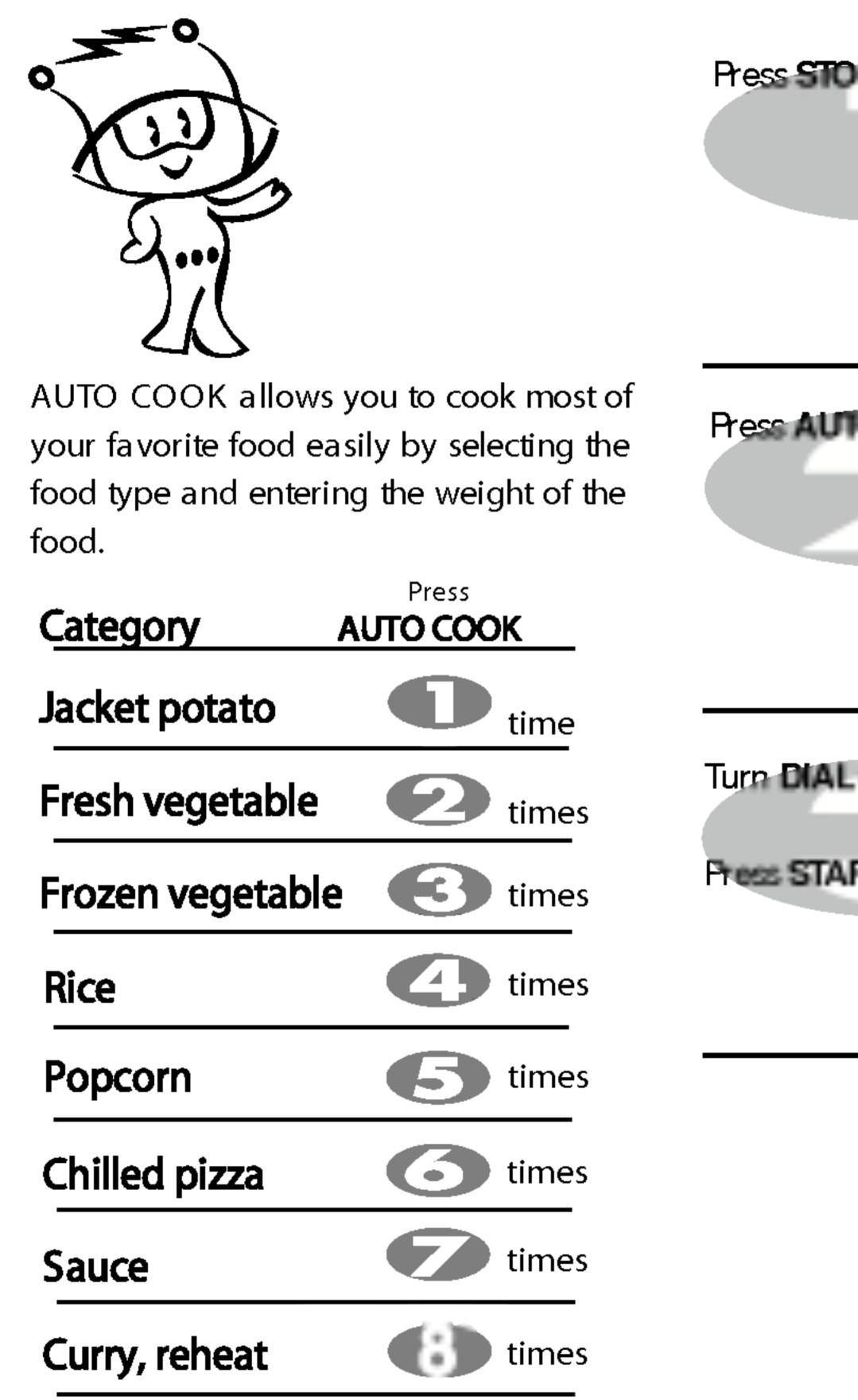
In the following example I will show you how to programme your oven with combi mode Co-3 for a cooking time

Press STOP CLEAR.		
Turn KNOB to select the	e Combi-3 mode.	
Turn DIAL until display :	shows "25:00".	
Press START. Be careful when remov	ng your food because the container	will be hot!
Combination Cookir	ng Mode	
CATEGORY	MICRO POWER (%)	HE
Co-1	20	
Co-2	40	
Co-3	60	



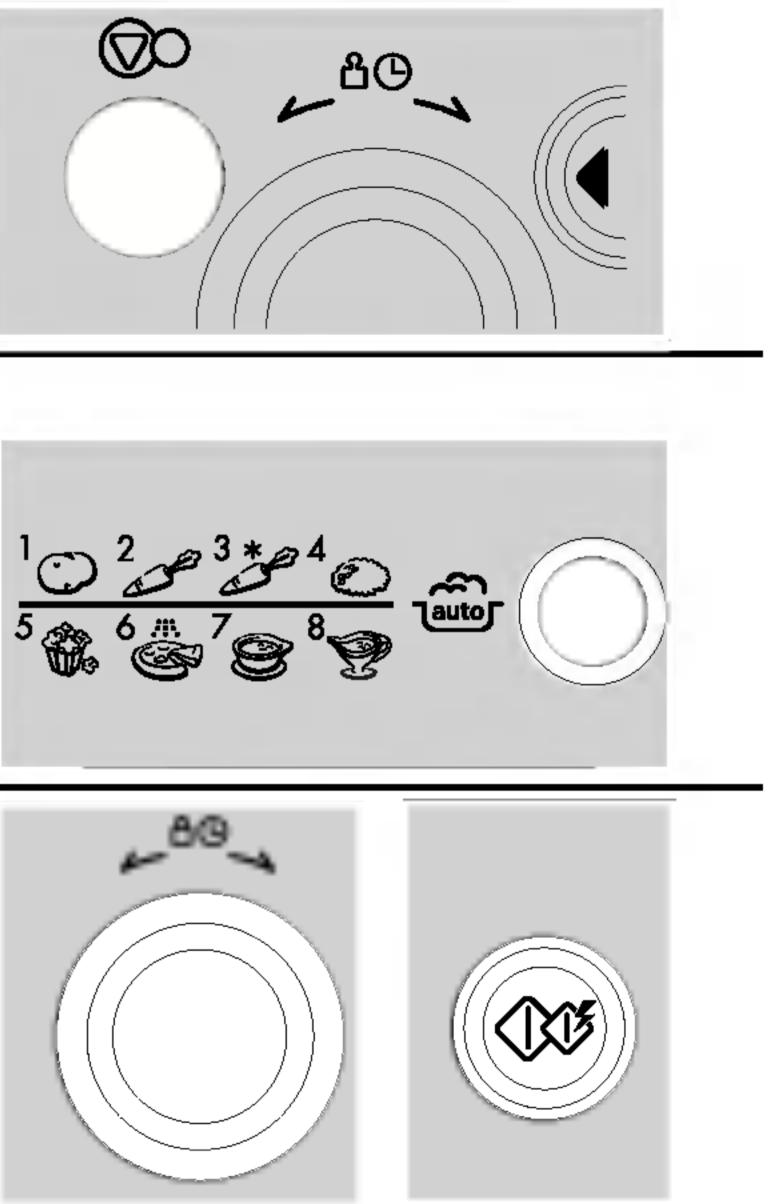
ATER POWER (%)	
80	
60	
40	

In the following example I will show you how to cook 0.6kg of fresh vegetable.



PRICIEAR.	
COOK twice to select Fresh vegetable.	
until display shows "0.6". π.	

Auto Cook



FOOD CATEGORY	FOOD TEMP.	UTENSILS	WEIGHT LIMIT	INSTRUCTIONS	
1. Jacket patato	Room	On Glass tray	0.1 kg ~ 1.0 kg	Choose medium sized potatoes 170-200g . Wash and dry potatoes. Pierce the potatoes several times with fork. Pla the potatoes on the glass try. Adjust weight and press start. After cook remove the potatoes from the oven. Let stand covered with foil for 5 r utes.	
2. Fresh vegetable	Room	Microwave- safe bowl	0.2 kg ~ 0.8 kg	Place vegetables in a microwave-safe bowl. Add water. Cover with wrap. After cooking, stir and allow to stand for 2 minutes. Add amount of water according to the quantity. ** 0.2kg - 0.4kg : 2 Tablespoon ** 0.5kg - 0.8kg : 4 Tablespoon	
3. Frozen vegetable	Frozen	Microwave- safe bowl	0.2 kg ~ 0.8 kg	Place vegetables in a microwave-safe bowl. Add water. Cover with wrap. After cooking, stir and allow to stand for 2 minutes. Add amount of water according to the quantity. ** 0.2kg - 0.4kg : 2 Tablespoon ** 0.5kg - 0.8kg : 4 Tablespoon	
4. Rice Roc	Room	Microwave- safe bowl	0.1 kg ~ 0.3 kg	Wash rice. Darin water. Plase rice & boiling water in a deep and large bowl.	
				Weight 100g 200g 300g Cover	
				Boiling water 200ml 400ml 600ml Yes/Vent corner	
				** Rice After cooking, stand covered for 5 minutes or until water is absorbed.	

Place oking, 5 min-

FOOD CATEGORY	FOOD TEMP.	UTENSILS	WEIGHT LIMIT	INS
5. Popcom	Room	Bag on the glass tray	100g	Use popcorn product for microwa Remove plastic overwrap. Place ur
				(Follow the package directions)
				After popping, remove bag from t CAUTINON : Product is HOT ! Open corners
6. Chilled pizza	Refrigerated	Microwave- safe bowl	0.1 kg ~ 0.4 kg	This function is for reheating leftor pizza on the flat dish. After heatir
7. Sauce	Room	Microwave- safe bowl	0.2kg ~ 0.6 kg	Pour the sauce into a microwave-s Cover with lid or plastic wrap. After heating, stir. Stand for 2 min And then stir again.
8. Curry, reheat	Room	Microwave- safe dish	0.2 kg ~ 0.8 kg	Place dish on the glass tray. After reheating, stir and then stan

ISTRUCTIONS

wave oven . unfolded bag on the glass tray.

n the oven. en bag carefully by pulling diagonally on

tover chilled pizza. Placd chilled ting, stand for 1-2 minutes

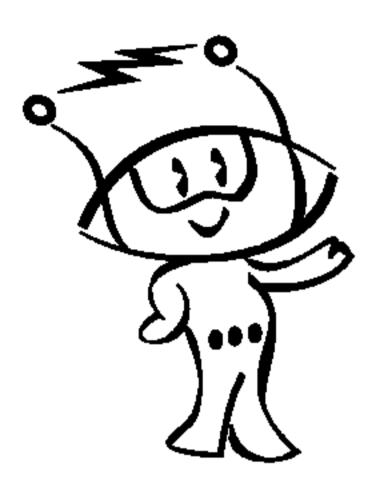
e-safe bowl.

•

inutes with cover

and for 1-2 minutes cover.

Auto Defrost



Your oven has four microwave defrost settings:- MEAT, POULTRY, FISH and **BREAD**; each defrost category has different power settings. Repeated presses of the AUTO DEFROST button will select a different setting.

Category	Press DEFROST
Meat	time
POULTRY	times
Fish	times
Bread	times

oven door.

Press AUTO DEFROST twice to select the POULTRY defrosting programme.

Press START.

During defrosting your oven will "BEEP", at which point open the oven door, turn food over and separate to ensure even making. Remove any portions that have that or shield them to help slow down that ing. After checking close the oven door and press START to resume defrosting. Your oven will not stop defrosting (even when the beep sounded) unless the door is opened.

The temperature and density of food varies, I would recommend that the food is checked before cooking commences. Pay particular attention to large joints of meat and chicken, some foods should not be completely thawed before cooking. The BREAD programme is suitable for defrosting small items such as rolls or a small loaf. These will require a standing time to allow the centre to thaw. In the following example I will show you how to defrost 1.4 Kg of frozen poultry.

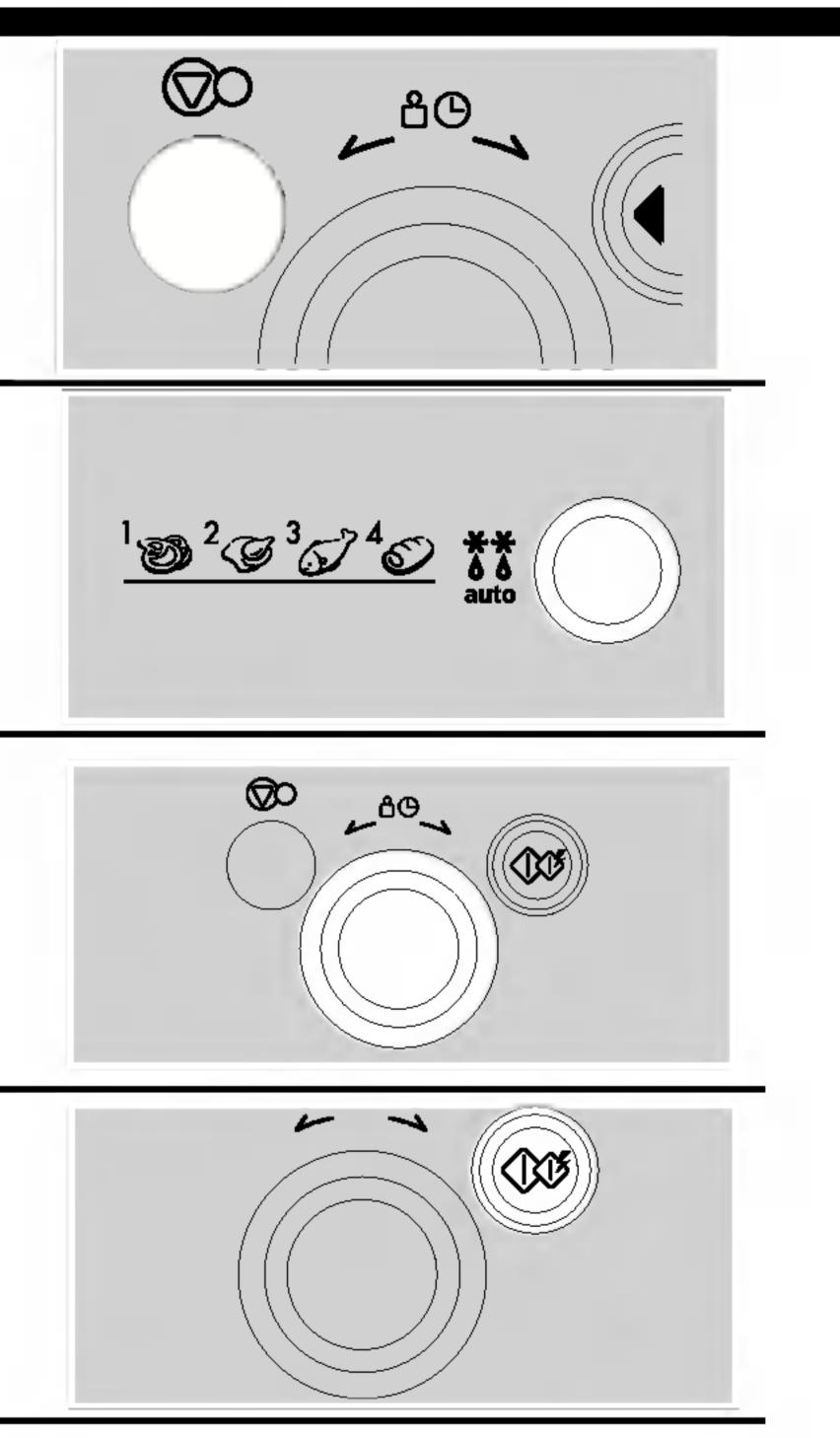
Press STOP CLEAR

Weight the food that you are about to defrost. Be certain to remove any metallic ties or wraps; then place the food in your oven and close the

Enter the weight of the frozen food that you are about to defrost.

Tum DIAL until display shows "1.4".





AUTO WEIGHT DEFROST GUIDE

- foil does not touch the oven walls.
- * Separate items like minced meat, chops, sausages and bacon as soon as possible.

Category	Weight Limit	Utens
Meat Poultry Fish	0.1 ~ 4.0 kg	Microwave w (Flat plate
Bread	0.1 ~ 0.5 kg	Paper towe or flat plate

* Food to be defrosted should be in a suitable microwave proof container and place uncovered on the glass turntable. * If necessary, shield small areas of meat or poultry with flat pieces of aluminum foil. This will prevent thin areas becoming warm during defrosting. Ensure the

When BEEP, at this piont remove the food from the microwave oven, turn the food over and return to the microwave oven. Press start to continue. At the end of the program, remove the food from the microwave oven, cover with foil and allow to stand until completely thawed. To thaw completely, for example joints of meat and whole chickens should STAND for a minimum of 1 hour before cooking.

il	Food
vare	Meat Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot Pork chops, Lamp chops, Rolled roast, Sausage, Cutlets(.2cd Turn food over at beep. After defrosting, let stand for 5-15 minutes. Poultry Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg) Turn food over at beep. After defrosting, let stand for 20-30 minutes. Fish Fillets, Steaks, Whole fish, Sea foods Turn food over at beep. After defrosting, let stand for 10-20 minutes.
el	Sliced bread, Buns, Baguette, etc. Separate slices and place between paper towel or flat plate Turn food over at beep. After defrosting, let stand for 1-2 minutes.

roast, Rump roast, Beef burger m)

Auto Roast

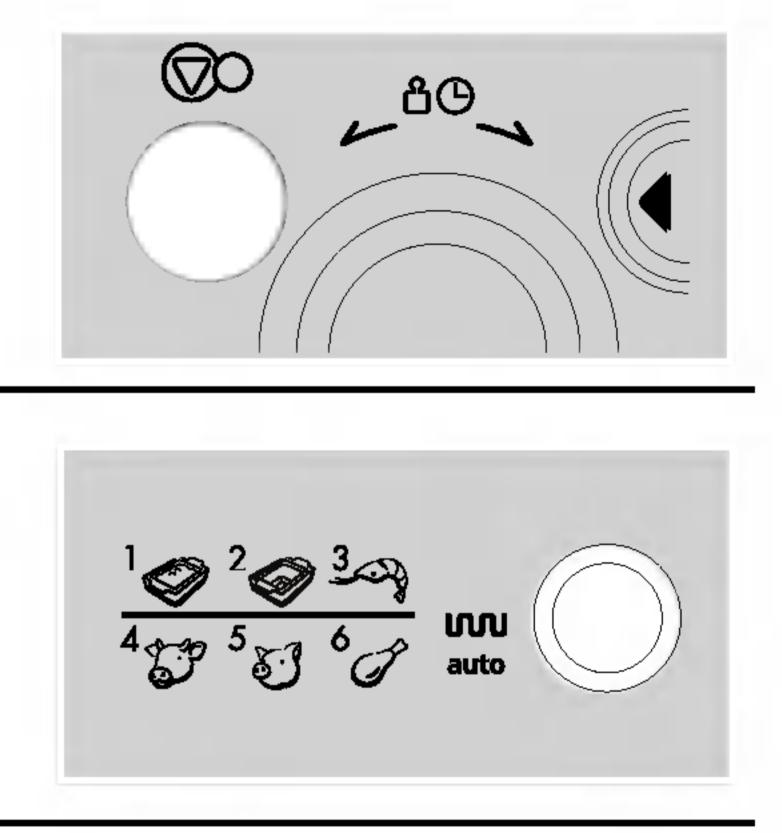


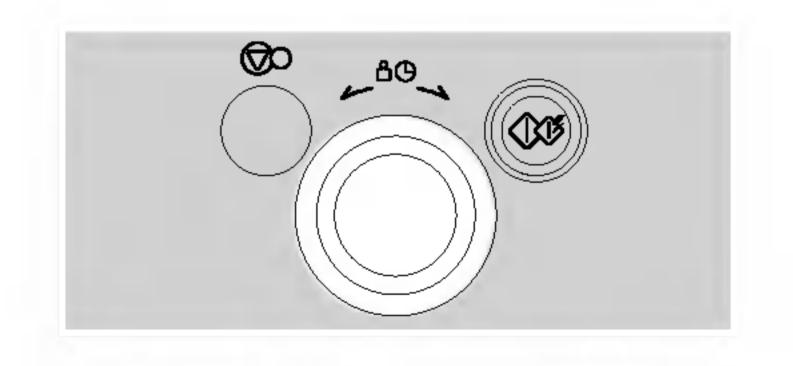
AUTO Roast allows you to cook Press AUT most of your favorite food easily by selecting the food type and entering the "Ar-5" ap weight of the food.

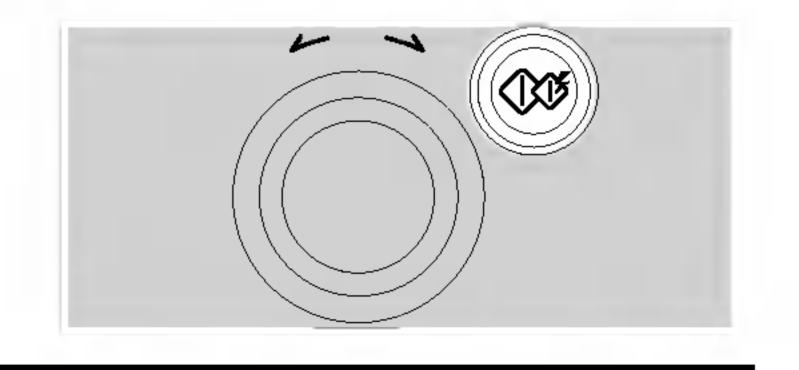
C ategory	Press AUTO ROAST	
Gratin	time	Turn DIAL
Lasagna	times	
Grilled shrimps	E times	
Roast beef	4 times	Press STAF
Roast pork	5 times	
Chicken pieces	6 times	

In the following example I will show you how to cook 0.6kg of Roast Pork.

Press STOP CLEAR.	
Press AUTO ROAST fifth to select Roast Pork. "Ar-5" appears on the display.	
Turn DIAL until display shows "0.6".	
Press STARI	







CATEGORY	WEIGHTLIMIT	UTENSIL	FOOD TEMP.	INSTRUCTIO
1. Gratin	0.5 kg ~ 1.2 kg	Low tray	Room	Use this key to cook home made Gratins. Plac After cooking, remove from oven and stand 1
				* Potato Gratin *
				Ingredients
				400g potatoes 100g onions(cut into thin slices)
				2/3 tablespoon butter 3 slices of bacon
				350g white sauce
				80g shredded mozzarella cheese
				Salt, black pepper
				(White Sauce)
				3 tablespoon butter, 5 bablespoon flour, 2.5
				Place butter in a large bowl. Microwave at H
				mincrowave for 2 minutes at HIGH. Add mill
				HIGH for 15 minutes. (During cooking, stir se
				Method
				1. Bake potatoes with Jacket Patato Functior
				Add salt, pepper.
				2. Combine onionsand butter in a bowl. Mici
				3. Place one third of the white sauce in gratir
				Cover with the rest of the white sauce.
				Sprinkle with cheese. Place on low rack on
				2-3 minutes.



ace food on the low rack. d 1-2 minutes.

2.5 cups of milk t HIGH until butter melt. Add flour and hilk, salt and black pepper. Microwave at r several times.)

ion, And then peel and slice into small size.

icrowave at HIGH for 2 minutes. tin dish. Add potatoes, onions and bacon.

on the glass tray. After cooking, stand for

CATEGORY	WEIGHT LIMIT	UTENSIL	FOOD TEMP.	INSTRUCTIO
2. Lasagne	0.3 kg ~ 0.6kg	Low rack	Refrigerated	REMOVE CARTON & PROTECTIVE FILM ON DI Place on the low rack. After cooking, remove minutes
3. Grilled shrimps	0.1 kg ~ 0.6kg	High rack	Refrigerated	Clean and dry. Place on the high rack. The oven will beep, turn food over and press s After cooking, remove from the oven. And se
4. Roast beef	0.5 kg ~ 1.5 kg	Low rack	Refrigerated	Brush the beef with melted margarine or but metal tray, The oven will beep, turn food ove After cooking, stand covered with foil for 10
5. Roast pork	0.5 kg ~ 1.5 kg	Low rack	Refrigerated	Brush the beef with melted margarine or but metal tray, The oven will beep, turn food over After cooking, stand covered with foil for 10 r
6. Chiken pieces	0.2 kg ~ 0.8 kg	High rack	Refrigerated	Wash and dry skin. Brush the chicken legs wit Place on the high rack on the metal tray. The over and press start to continue. After cooking, stand covered with foil for 2-5



DINNER. Ve from the oven and let stand for 1-2

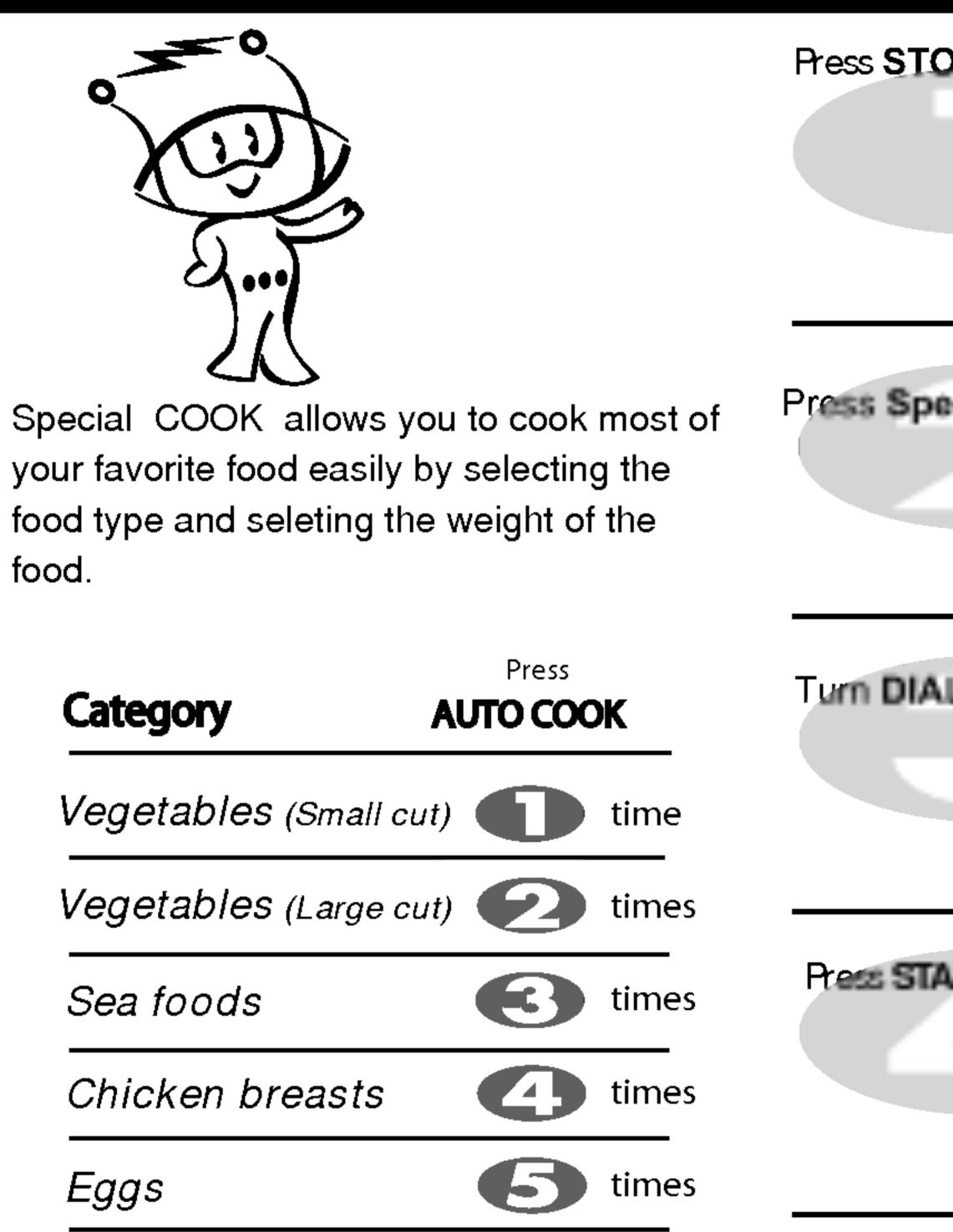
ss start to continue. serve.

outter. Place on the low rack on the over and press start to continue. 0 minutes before serving.

utter. Place on the low rack on the ver and press start to continue. 0 minutes before serving.

with melted margarine or butter. he oven will beep, turn food

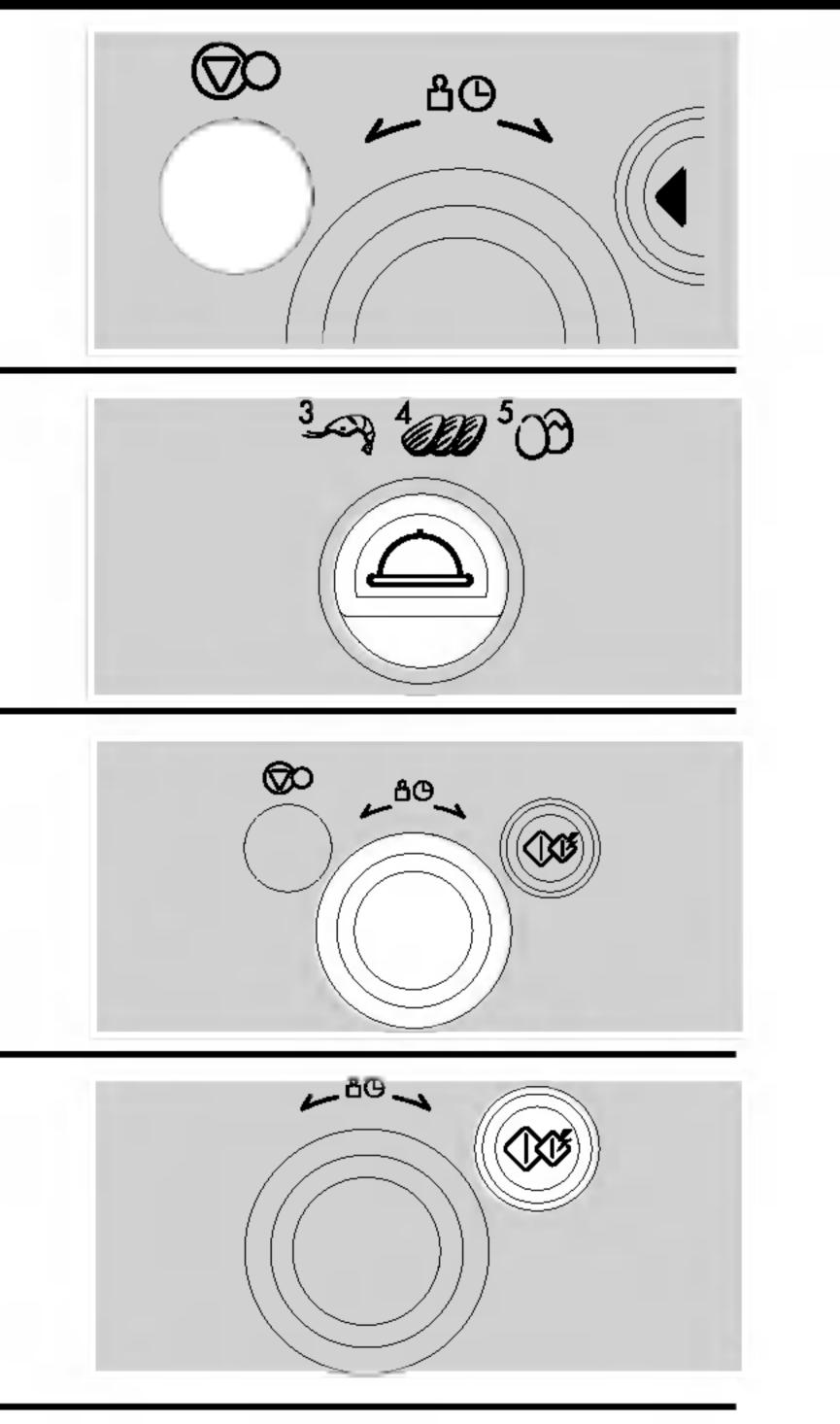
-5 minutes .



of special food

OP/CLEAR .	
cial Cook of time to select food type	
L select weight of food	
NFT.	

Special Cook



FOOD CATEGORY	FOOD TEMP.	UTENSILS	WEIGHT LIMIT	INS
1. Vegetables (Small cut)	Room Water :300ml Romm	Steam water bowl Steam plate Steam cover	0.2 kg ~ 0.8 kg	Clean the vegetables and cut into water into steam water bowl. Place Place the prepared vegetables on T Place steam water bowl on the cer After steaming, stand for 3-5 minu -Sliced carrots, sliced potatoes, per and broccoli florets, Tomatoes (sr
2. Vegetables (large cut)	Room Water :300ml Romm	Steam water bowl Steam plate Steam cover	0.2 kg ~ 0.8 kg	Clean the vegetables and cut into water into steam water bowl. Place Place the prepared vegetables on Place steam water bowl on the ce After steaming, stand for 3-5 minu -Potato cut into half, Cabbage cut Whole cauliflower, corn on the ce
3. Seafood	Refrigerated Water :300ml Romm	Steam water bowl Steam plate Steam cover	0.1 kg ~ 0.6 kg	Clean the food. Pour 300ml tap wa Place steam plate on the steam w Place the prepared food on the ste Place steam water bowl on the cer After steaming, stand for 3-5 minu -Fish fillets, fish steak, whole fish, s

ISTRUCTIONS

to similar sized pieces. Pour 300ml tap ace steam plate on the steam water bowl.

on the steam plate, Cover with steam cover. center of the glass tray.

nutes in the oven.

pepper, courgettes, cauliflower florets (small size).

nto similar sized pieces. Pour 300ml tap lace steam plate on the steam water bowl. on the steam plate, Cover with steam cover. center of the glass tray. inutes in the oven.

ut into quarters cob

water into the steam water bowl. water bowl.

steam plate, Cover with steam cover.

center of the glass tray.

nutes in the oven.

, shrimp, crab, clam

FOOD CATEGORY	FOOD TEMP.	UTENSILS	WEIGHT LIMIT	INS
4. Chicken breasts	Refrigerated Water :300ml Romm	Steam water bowl Steam plate Steam cover	0.2 kg ~ 0.8 kg	Clean the food. Pour 300ml tap v Place steam plate on the steam v Place the prepared chicken on th Place steam water bowl on the c After steaming, stand for 3-5 min -Chicken breasts, Turkey breasts
5. Eggs	Refrigerated Water :300ml Romm	Steam water bowl Steam plate Steam cover	2 ~ 9 eggs	Pour 300ml tap water into the ste Place steam plate on the steam v Place the eggs on the steam plate Place steam water bowl on the ce After steaming, stand for 3-5 min

ISTRUCTIONS

o water into the steam water bowl. n water bowl. the steam plate, Cover with steam cover.

e center of the glass tray.

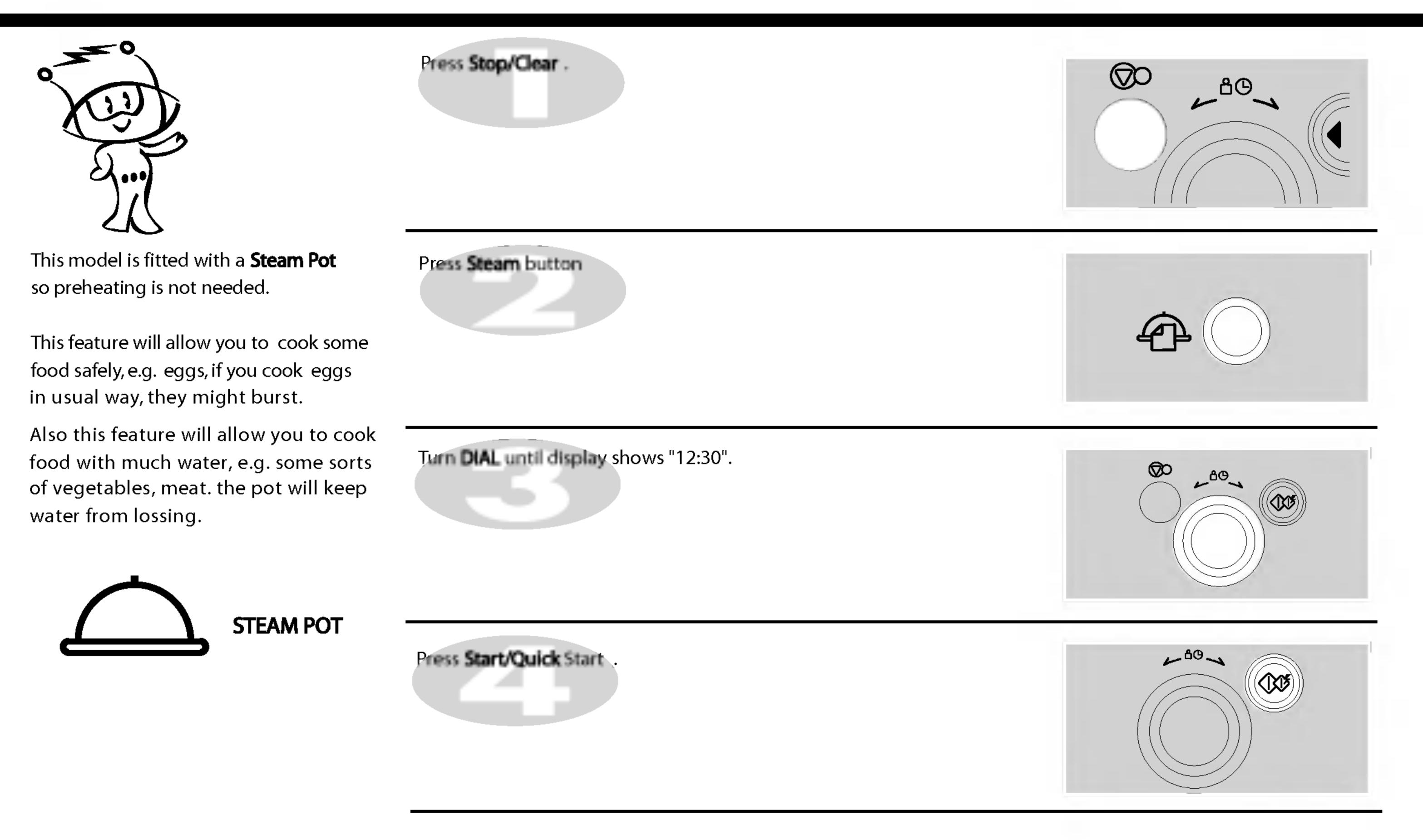
ninutes in the oven.

ts

steam water bowl. n water bowl. late, Cover with steam cover. e center of the glass tray. ninutes in the oven.

Steam Cook

In the following example I will show you how to use the steam to cook some food for 12 minutes and 30 seconds.



Heating or Reheating Guide

ltem	Cook time (at HIG H)	Special Instructions	ltem	<i>Cook time (at HIGH)</i>	
Sliced meat	1~2 minutes	Place sliced meat on microwavable plate.	Mashed potatoes		000
3 slices		Cover with plastic wrap and vent.	1 cup	2 ¹ /2~3 ¹ /2 minutes	Stir or
(0.5cm thick)		Note: Gravy or sauce helps to keep meat juicy.	4 cups	6~9 minutes	
Chicken pieces			Baked beans		
1 breast	2~3 minutes	Place chicken pieces on microwavable plate.	1 cup	1 ¹ /2~3 minutes	
1 leg and thigh	3~3 ¹ /2 minutes	Cover with plastic wrap and vent.	·		Stir or
Fish fillet	1~2 minutes	Place fish on microwavable plate.	Ravioli or pasta in sauce		
(170-230g)		Cover with plastic wrap and vent.	1 cup	2 ¹ /2~4 minutes	000
· · · · · · · · · · · · · · · · · · ·			4 cups	7 ¹ /2~11 minutes	
Lasagne	4~6 minutes	Place lasagne on microwavable plate.			<u> </u>
1 serving(300g)		Cover with plastic wrap and vent.	Rœ		
			1 cup	$1 \sim 1^{1/2}$ minutes	
Casserole		COOK covered in microwavable casserole dish.	4 cups	3 ¹ /2~5 minutes	Stir or
1 cup	4 ¹ /2~7minutes	Stir once halfway through cooking.			
4 cups			Sandwich roll or bun	45.00 seconds	14/
Casserole			1 roll	15~30 seconds	vvrap
cream or cheese			Vegetables		
1 cup	$1 \sim 2^{1}/2$ minutes	COOK covered in microwavable casserole dish.	1 cup	1 ¹ /2~2 ¹ /2 minutes	
4 cups		Stir once halfway through cooking.	4 cups	3 ¹ /2~5 ¹ /2 minutes	
Sloppy Joe or			Soup		
Barbecued beef	$1 \sim 2^{1}/2$ minutes	Reheat filling and bun separately.	1 serving (8 oz.)	1 ¹ /2~2 minutes	
1 sandwich		COOK covered in microwavable casserole dish.			Stir or
(¹ / 2 cup meat filling)		Stir once. Heat bun as directed in chart below.			
without bun					

To heat or reheat successfully in the microwave, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwavable container. The food will be heated more evenly if covered with a microwavable lid or vented plastic wrap. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

Special Instructions OK covered in microwavable casserole dish. once halfway through cooking. OK covered in microwavable casserole dish. once halfway through cooking.

OK covered in microwavable casserole dish. once halfway through cooking.

OK covered in microwavable casserole dish. once halfway through cooking.

ap in paper towel and place on glass tray.

OK covered in microwavable casserole dish. once halfway through cooking.

OK covered in microwavable casserole dish. once halfway through cooking.

Vegeta ble	Amount	<i>Cook time (at HIGH)</i>	Instructions	Standing Time	Vegetable	Amount	<i>Cook time (at HIGH)</i>	Indructiono	Standing Time
Artichokes (230g each)	2 medium 4 medium		Trim. Add 2 tsp water and 2 tsp juice. Cover.	2~3 minutes	Corn, Fresh	2 ears	4~8	Husk. Add 2 tbsp water in 1.5 litre baking dish. Cover.	2~3 minutes
Asparagus, Fresh, Spears	450g	2 ¹ /2 ~ 6	Add 1 cup water. Cover.	2~3 minutes	Mushrooms, Fresh, Sliced	230g	1 ¹ /2~2 ¹ /2	Place mushrooms in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Green Beans	450g	7~11	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking.	2~3 minutes	Parsnips, Fresh, Sliced	450g	4~7	Add ¹ /2 cup water in 1.5 litre covered casserole dish. Stir halfway through	2~3 minutes
Beats, Fresh	450g	11~16	Add ¹ / 2 cup water in 1.5 litre covered	2~3 minutes	3 minutes			cooking.	
			casserole dish. Rearrange halfway through cooking.		Peas, Green, Fresh	4 cups	6~9	Add ¹ /2 cup water in 1.5 litre covered casserole dish. Stir halfway through	2~3 minutes
Broccoli, Fresh,	450g	5~8	Race broccoli in baking dish.	2~3 minutes				cooking.	
Spears			Add 1/2 cup water.		Sweet Potatoes	2 medium		Pierce potatoes several times with fork.	2~3 minutes
Cabbage, Fresh, Chopped	450g	5 ¹ /2~7 ¹ /2	Add ¹ /2 cup water in 1.5 litre covered casserole dish. Stir halfway through	2~3 minutes	Whole Baking (170~230g each)	4 medium	6~ 12	Place on 2 paper towels. Turn over halfway through cooking.	
enepped			cooking.			1 1		Pierce potatoes several times with fork.	2~3 minutes
Carrots, Fresh,	200g	2~3	Add ¹ /4 cup water in 1.5 litre covered	2~3 minutes	Whole Baking (170~230g each)	1 '	91/2~14	Place on 2 paper towels. Turn over halfway through cooking.	
Siced			casserole dish. Stir halfway through cooking.		Spinach, Fresh, Leaf	450g	4 ¹ /2 ~ 7 ¹ /2	Add ¹ /2 cup water in 2 litre covered casserole dish.	2~3 minutes
Cauliflower, Fresh, Whole	450g	5~7	Trim. Add ¹ /4 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes	Courgette, Fresh, Sliced	450g	4 ¹ /2 ~ 7 ¹ /2	Add ¹ /2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Fresh, Howerettes Celery, Fresh, Sliced	2 cups 4 cups	11 ~ 16	Sice. Add ¹ /2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes	Courgette, Fresh, Whole	450g	6~9	Pierce. Place on 2 paper towels. Turn courgette over and rearrange halfway through cooking.	2~3 minutes

Fresh Vegetable Guide

Grill Cooking Guide

Directions for grilling meat on grill

- Trim excess fat from meat. Cut fat, making sure you do not cut into the lean. (This will stop the fat curling.)
- Arrange on the rack. Brush with melted butter or oil.
- Halfway through, turn the meat over.

ltem	Weight	Approx. cooking time (in minutes)	
Lamb chops (2.5cm (1") thick)	230g x 2	25-32	
Sausages (2.5cm (1") thick)	230g	13-16	
Fish fillets 1 cm (¹ /2") thick 1.5cm (¹ /2") thick	230g 230g	17-21 20-24	

Directions for grilling fish and seafood

Race fish and seafood on the rack. Whole fish should be scored diagonally on both sides before grilling. Brush fish and seafood with melted butter, margarine or oil before and during cooking. This helps stop the fish drying out. Grill for times recommended in the chart. Whole fish and fish steaks should be carefully turned over halfway through grilling time. If desired thick fillets can also be turned halfway.

Hints

Baste with oil or melted butter. Thin items should be placed on the grill rack. Thick items can be placed on to a drip tray. Turn food over after half the cooking time.

Turn frequently.

Brush with melted butter and turn over halfway through cooking.

ltem	Weight	Approx. cooking time (in minutes)	Hints
Fish steaks 2.5 cm (1") thick	230g	24-28	Brush with melted butter and turn over halfway through cooking.
Whole fish	225-350g each 450g	16-20 24-28	Allow extra time for thick and oily fish.
Scallops Prawns uncooked	450g 450g	16-20 16-20	Baste well during cooking.

WARNING

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

- 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. It is hazardous for anyone to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy. 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 ceramic 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.

Important safety instructions Read carefully and keep for future reference

- times are allowed they may overheat and burn.
- Be certain to place the oven so the front of the door is 8 cm or more 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. for heating or cooking.
- 16 If the oven door or door seals are damaged, the oven must not be
- 17 If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.
- 18 When food is heated or cooked in disposable containers of plastic, the possibility of ignition.
- safe way and understands the hazards of improper use.
- are liable to explode.

10 Small amounts of food require shorter cooking or heating time. If normal

behind the edge of the surface on which it is placed, to avoid accidental

Note though that in some cases food should be covered with plastic film,

operated until it has been repaired by a qualified service technician.

paper or other combustible materials, check the oven frequently due to

19 Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a

20 Liquids or other foods must not be heated in sealed containers since they

Microwave-safe Utensils

Never use metal or metal trimmed utensils in your microwave oven

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning. Most heat resistant non metallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in your microwave oven. Hace 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.

Dinner plates

Many kinds of dinner-ware are microwave-safe. If in doubt consult the manufacturer's literature or perform the microwave test.

Glassware

Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

Plastic storage containers

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

Paper

Paper plates and containers are convenient and safe to use in 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. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.

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.

Plastic microwave cookware

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

Pottery, stoneware and ceramic

Containers made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

CAUTION

Some items with high lead or iro

Utensils should be checked to en microwave ovens.

Some items with high lead or iron content are not suitable for cooking

Utensils should be checked to ensure that they are suitable for use in

Keeping an eye on things

The recipes in the book have been formulated with great care, but your success in preparing them depends 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 food. Directions given in recipes to elevate, stir, and the like should be thought of as the minimum steps recommended. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors affecting microwave cooking times

Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times. For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. 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 overcooked food is ruined for good. Some of the recipes, particularly those for bread, cake, and custards, recommend that food be removed from the oven when they are slightly undercooked. This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the oven as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. You will become increasingly skilful in estimating both cooking and standing times for various foods.

Density of food

Light, porous food such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when microwaving porous food that the outer edges do not become dry and brittle.

Height of food

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

Food characteristics & Microwave cooking

Moisture content of food

Since the heat generated from microwaves tends to evaporate moisture, relatively dry food such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered to retain moisture.

Bone and fat content of food

Bones conduct heat and fat cooks more quickly than meat. Care must be taken when cooking bony or fatty cuts of meat that they do not cook unevenly and do not become overcooked.

Quantity of food

The number of microwaves in your oven remains constant regardless of how much food is being cooked. Therefore, the more food you place in the oven, the longer the cooking time. Remember to decrease cooking times by at least one third when halving a recipe.

Shape of food

Microwaves penetrate only about 2.cm into food, the interior portion of thick foods are cooked as the heat generated on the outside travels inward. Only the outer edge of food in cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm. Pound thin foods and ring shaped foods cook successfully in the microwave.

Covering

A cover traps heat and steam which causes food to cook more quickly. Use a lid or microwave cling film with a corner folded back to prevent splitting.

Browning

Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Foods that are cooked for a shorter period of time may be brushed with a browning sauce such as worcestershire sauce, soy sauce or barbecue sauce to achieve an appetizing colour. Since relatively small amounts of browning sauces are added to food the original flavour of the recipe is not altered.

Covering with greaseproof paper

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.

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.

Food characteristics & Microwave cooking

Stirring

Stirring is one of the most important of all microwaving techniques. In conventional cooking, food is stirred for the purpose of blending. Microwaved food, however, is stirred in order to spread and redistribute heat. Always stir from the outside towards the centre as the outside of the food heats first.

Turning over

Large, tall foods such as roasts and whole chickens should be turned so that the top and bottom will cook evenly. It is also a good idea to turn cut up chicken and chops.

Placing thicker portions facing outwards

Since microwaves are attracted to the outside portion of food, it makes sense to place thicker portions of meat, poultry and fish to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the food will cook evenly.

Shielding

Strips of aluminium foil (which block microwaves) can be placed over the corners or edges of square and rectangular foods to prevent those portions from overcooking. Never use too much foil and make sure the foil is secured to the dish or it may cause 'arcing' in the oven.

Bevating

Thick or dense foods can be elevated so that microwaves can be absorbed by the underside and centre of the foods.

Piercing

Foods enclosed in a shell, skin or membrane are likely to burst in the oven unless they are pierced prior to cooking. Such foods include yolks and whites of eggs, clams and oysters and whole vegetables and fruits.

Testing if cooked

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

Standing time

Foods are often allowed to stand for 3 to 10 minutes after being removed from the 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.



To Clean Your Oven

- Keep the inside of the oven dean Food spatters or spilled liquids stick to oven walls and between seal and door can be washed by hand or in the dishwasher.
- 2 Keep the outside of the oven dean
- 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 POW DERS OR STEELAND PLASTIC PADS.

33

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 doth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray

Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press STOP/ CLEAR after cleaning.

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

Metal parts will be easier to maintain if wiped frequently with a damp cloth.

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

A There may be several reasons why the oven light will not glow. Light bulb has blown Door is not closed

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

- A No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.
- Q Why does the beep tone sound when a pad on the Control Panel is touched?
- A The beep tone sounds to assure that the setting is being properly entered.

Q Will the microwave oven be damaged if it operates 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 corn in a microwave oven?

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

 - 2 Prepackaged commercial microwave popcorn that contains specific

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 THE CORN CATCHING FIRE

CAUTION

NEVER USE A BROWN PAPER BAG FOR POPPING CORN. NEVER ATTEMPT TO POPLEFTOVER KERNELS.

correctly, and to see what might cause variations in cooking time. prevent overcooking, the most common problem in getting used to a with a conventional cooker.

Questions & Answers

Popcorn-popping utensils designed specifically for microwave cooking. times and power outputs needed for an acceptable final product.

Q Why doesn't my oven always cook as fast as the cooking guide says? A Check your cooking guide again to make sure you've followed directions Cooking guide times and heat settings are suggestions, chosen to help 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 food condition, lust as you would do

Plug wiring information/ Technical Specifications

Warning

This appliance must be earth

The wires in this mains lead are colored in accorda following codes BLUE ~ Neutral BROWN ~ Live GREEN & YELLOW ~ Earth

As the colours of the wires in the mains lead of this not correspond with the coloured markings identify in your plug proceed as follows:

The wire which is colored BLUE must be connected which is marked with the letter N or Colored BLAC

The wire which is colored BROWN must be connected terminal which is marked with the letter Lor colored

The wire which is colored GREEN & YELLOW or G connected to the terminal which is marked with the

If the supply cord is damaged, it must be replaced I manufacturer or its service agent or a similarly qua order to avoid a hazard;

Techni	cal S
ne	
Power Input	
Output	850
Microwave Frequency	
s Outside Dimension	507
Power Consumption	
Microwave	
Grill	
Combination	
in	

Specification

MB-4384BC/MB-4384BCS
230 V AC /50Hz
0 W (IEC60705 rating standard)
2450 MHz
mm(W) X 283mm(H) X 435mm(D)
1250 Watts
1000 Watts
2200 Watts

<English>

X Disposal of your old appliance

- 1. When this crossed-out wheeled bin symbol is attached to a product it means the product is covered by the European Directive 2002/96/EC.
- 2. All electrical and electronic products should be disposed of separately from the municipal waste stream via designated collection facilities appointed by the government or the local authorities.
- 3. The correct disposal of your old appliance will help prevent potential negative consequences for the environment and human health.
- 4. For more detailed information about disposal of your old appliance, please contact your city office, waste disposal service or the shop where you purchased the product.

<Czech>

Likvidace starých spotřebičů

- 1. Pokud je u výrobku uveden symbol pojízdného kontejneru v přeškrtnutém poli, znamená to, že na výrobek se vztahuje směrnice Evropské unie číslo 2002/96/EC.
- 2. Všechny elektrické a elektronické výrobky by měly být likvidovány odděleně od běžného komunálního odpadu prostřednictvím sběrných zařízení zřízených za tímto účelem vládou nebo místní samosprávou.
- 3. Správný způsob likvidace starého elektrického spotřebiče pomáhá zamezit možným negativním dopadům na životní prostředí a zdraví.
- 4. Bližší informace o likvidaci starého spotřebiče získáte u místní samosprávy, ve sběrném zařízení nebo v obchodě, ve kterém jste výrobek zakoupili.

<Slovak>

🕱 Likvidácia vášho starého prístroja

- 1. Keď sa na produkte nachádza tento symbol prečiarknutej smetnej nádoby s kolieskami, znamená to, že daný produkt vyhovuje európskej Smernici č. 2002/96/EC.
- 2. Všetky elektrické a elektronické produkty by mali byť zlikvidované oddelene od komunálneho odpadu prostredníctvom na to určených zberných zariadení, ktoré boli ustanovené vládou alebo orgánmi miestnej správy.
- 3. Správnou likvidáciou starých zariadení pomôžete predchádzať potenciálnym negatívnym následkom pre prostredie a ľudské zdravie.
- 4. Podrobnejšie informácie o likvidácii starých zariadení nájdete na miestnom úrade, v službe na likvidáciu odpadu alebo u predajcu, kde ste tento produkt zakúpili.



<Hungarian>

X Régi eszközök ártalmatlanítása

- 1. A termékhez csatolt áthúzott, kerekes szeméttároló jel jelöli, hogy a termék a 2002/96/EC EU-direktíva hatálya alá esik.
- 2. Minden elektromos és elektronikai terméket a lakossági hulladéktól elkülönítve kell begyűjteni, a kormány vagy az önkormányzatok által kijelölt begyűjtő eszközök használatával.
- 3. Régi eszközeinek megfelelő ártalmatlanítása segíthet megelőzni az esetleges egészségre vagy környezetre ártalmas hatásokat.
- 4. Ha több információra van szüksége régi eszközeinek ártalmatlanításával kapcsolatban, tanulmányozza a vonatkozó környezetvédelmi szabályokat, vagy lépjen kapcsolatba az üzlettel, ahol a terméket vásárolta.

<Polish>

X Utylizacja starych urządzeń

- 1. Kiedy do produktu dołączony jest niniejszy przekreślony symbol kołowego pojemnika na śmieci, oznacza to, że produkt jest objęty dyrektywą 2002/96/EC.
- niezależnie od odpadów miejskich, z wykorzystaniem przeznaczonych do tego miejsc składowania wskazanych przez rząd lub miejscowe władze. potencjalnie negatywnemu wpływowi na zdrowie i środowisko.
- 2. Wszystkie elektryczne i elektroniczne produkty powinny być utylizowane 3. Właściwy sposób utylizacji starego urządzenia pomoże zapobiec
- 4. Aby uzyskać więcej informacji o sposobach utylizacji starych urządzeń, należy skontaktować się z władzami lokalnymi, przedsiębiorstwem zajmującym się utylizacją odpadów lub sklepem, w którym produkt został kupiony.

<German>

Entsorgung von Altgeräten

- 1. Wenn dieses Symbol eines durchgestrichenen Abfalleimers auf einem Produkt angebracht ist, unterliegt dieses Produkt der europäischen Richtlinie 2002/96/EC.
- 2. Alle Elektro- und Elektronik-Altgeräte müssen getrennt vom Hausmüll über dafür staatlich vorgesehenen Stellen entsorgt werden.
- 3. Mit der ordnungsgemäßen Entsorgung des alten Geräts vermeiden Sie Umweltschäden und eine Gefährdung der persönlichen Gesundheit.
- 4. Weitere Informationen zur Entsorgung des alten Geräts erhalten Sie bei der Stadtverwaltung, beim Entsorgungsamt oder in dem Geschäft, wo Sie das Produkt erworben haben.