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MICROWAVE/GRILL/CONVECTION OVEN

OWNER'S MANUAL

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

MC-9283JR
MC-9283JLR

P/No: 3828W5A3802

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.

Warning

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:

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

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 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 cookware, though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance

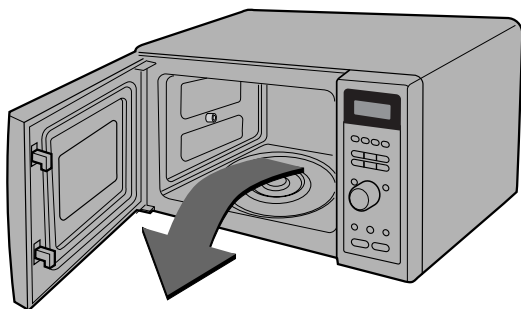
Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.

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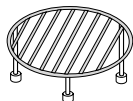
Unpacking & Installing

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.

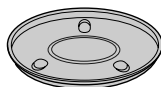
- 1** Unpack your oven and place it on a flat level surface.



HIGH RACK

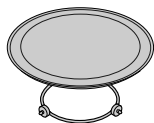


LOW RACK

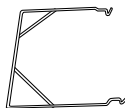


METAL TRAY

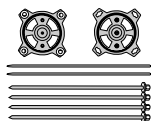
GLASS TRAY



ROTATING RING

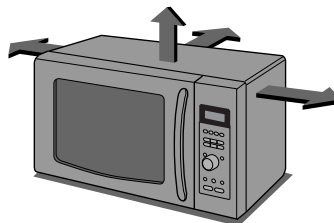


HANDLE

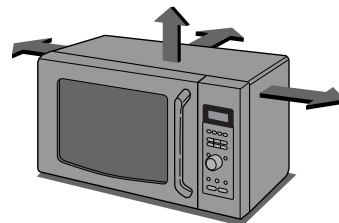


ROTISSERIE BAR

- 2** Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 20cm 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.



MC-9283JR



MC-9283JLR

THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES

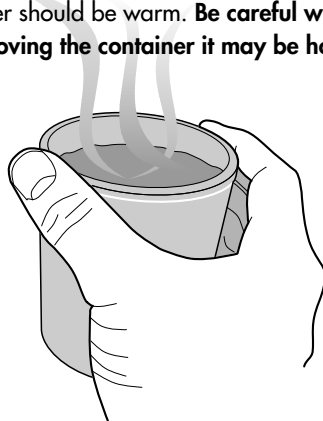
3 Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. **If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.**

6 Press the **STOP/CLEAR** button, and press the **START** button one time to set 30 seconds of cooking time.



4 Open your oven door by pulling the **DOOR OPEN HANDLE**. Place the **ROTATING RING** inside the oven and place the **GLASS TRAY** on top.

7 The **DISPLAY** will count down from 30 seconds. When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. **Be careful when removing the container it may be hot.**



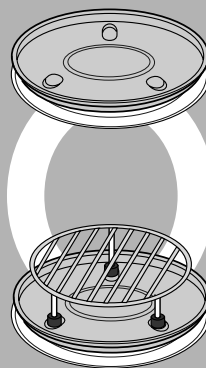
YOUR OVEN IS NOW INSTALLED

5 Fill a **microwave safe container** with 300 ml (1/2 pint) of water. Place on the **GLASS TRAY** and close the oven door. If you have any doubts about what type of container to use please refer to page 54.

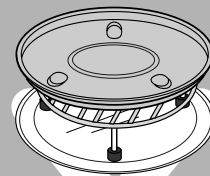


The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Correct



Incorrect



Do not operate the appliance as shown figure. As misuse will lead to sparking and damage the appliance.

Setting the Clock



When your oven is plugged in for the first time or when power resumes after a power cut, a ' : ' 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.

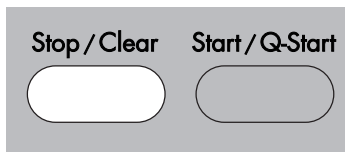
You can set either 12 hour clock or 24 hour clock.

In the following example I will show you how to set the time for 14:35 when using the 24 clock.

Make sure that you have removed all packaging from your oven.

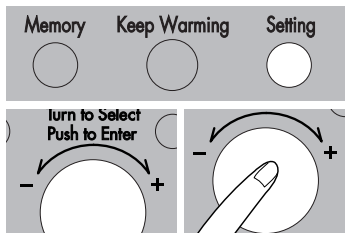
Make sure that you have correctly installed your oven as described earlier in this book.

Press **STOP/CLEAR**.



Press **SETTING** once.

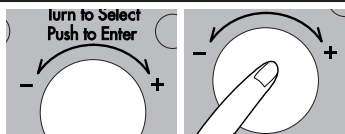
Turn **DIAL** to select the CLOCK SETTING.



Press the **DIAL** to **ENTER**.

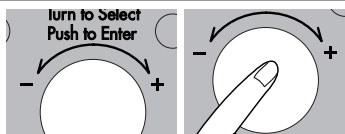
Turn **DIAL** to select the 24H.

Press the **DIAL** for hour confirmation.



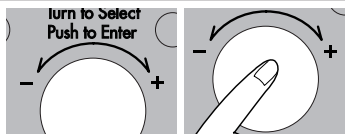
Turn **DIAL** until display shows "14:00".

Press the **DIAL** to **ENTER**.



Turn **DIAL** until display shows "14:35".

Press the **DIAL** to **ENTER**.



Setting the Scroll Speed

You can set scroll speed.
In the following example I will show you how to set Slow scroll speed.
Make sure that you have removed all packaging from your oven.

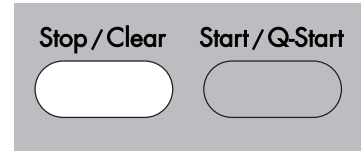


When your oven is plugged in for the first time or when power resumes after a power cut, a ' : ' will be shown in the display; you will have to reset the scroll speed.

If display shows any strange looking symbols, unplug your oven from the electrical socket and plug it back in and reset the scroll speed.

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

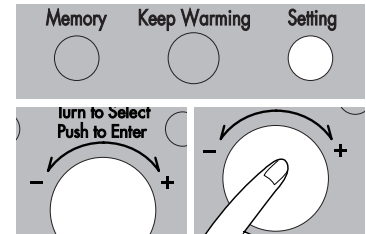
Press **STOP/CLEAR**.



Press **SETTING** once.

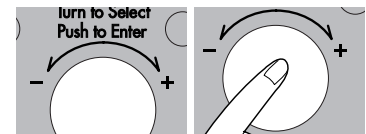
Turn **DIAL** to select the SCROLL SPEED SETTING.

Press the **DIAL** to **ENTER**.



Turn **DIAL** to select "SLOW".

Press the **DIAL** to **ENTER**.



Child Lock

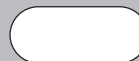


Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place. However your child can still open the oven door.

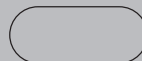
Press **STOP/CLEAR**.



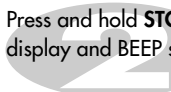
Stop / Clear



Start / Q-Start



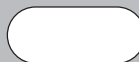
Press and hold **STOP/CLEAR** until "**CHILD LOCKED**" appears on the display and BEEP sounds.



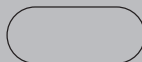
The **CHILD LOCK** is now set.

"**CHILD LOCKED**" will appear on the display.

Stop / Clear



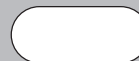
Start / Q-Start



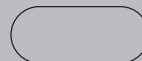
To cancel **CHILD LOCK** press and hold **STOP/CLEAR** until "**CHILD LOCKED**" disappears. You will hear BEEP when it's released.



Stop / Clear



Start / Q-Start



Micro Power Cooking

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



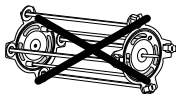
Your oven has five microwave Power settings.

POWER	%	Power Output
HIGH	100%	900W
MEDIUM HIGH	80%	720W
MEDIUM	60%	540W
DEFROST (MEDIUM LOW)	40%	360W
LOW	20%	180W

Don't Use



METAL TRAY

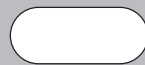


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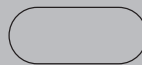
Make sure that you have correctly installed your oven as described earlier in this book.

Press **STOP/CLEAR**.

Stop / Clear



Start / Q-Start



Press **MICRO**.

Micro



Grill



Conv.

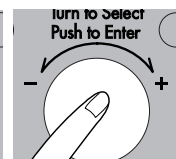
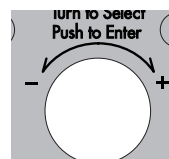


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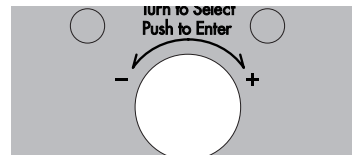


Turn **DIAL** to select the 80%(720W).

Press the **DIAL** to **ENTER**.



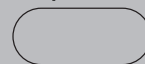
Turn **DIAL** until display shows "5:30".



Press **START**.

When cooking you can increase or decrease cooking time by turning **DIAL**.

Stop / Clear



Start / Q-Start



Micro Power Level

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	POWER LEVEL (%)	POWER OUTPUT
HIGH	<ul style="list-style-type: none"> * Boil Water * Brown minced beef * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat 	100%	900W
MEDIUM HIGH	<ul style="list-style-type: none"> * Reheating(Liquid) * Roast meat and poultry * Cook mushrooms and shellfish * Cook foods containing cheese and eggs 	80%	720W
MEDIUM	<ul style="list-style-type: none"> * Reheating(Mashed potato, Plated meal, Ready meal) * Prepare eggs * Cook custard * Prepare rice, soup 	60%	540W
DEFROST (MEDIUM LOW)	<ul style="list-style-type: none"> * All thawing * Melt butter and chocolate * Cook less tender cuts of meat 	40%	360W
LOW	<ul style="list-style-type: none"> * Soften butter & cheese * Soften ice cream * Raise yeast dough 	20%	180W



Two stage Cooking

In the following example I will show you how to cook some food in two stages. The first stage will cook your food for 11 minutes on 900W the second will cook for 35 minutes on 360W power.



During two stage cooking the oven door can be opened and food checked. Close the oven door and press **START** and the cooking stage will continue.

At the end of stage 1, BEEP sounds and stage 2 commences.

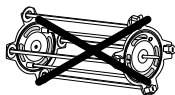
Should you wish to clear the programme press **STOP** twice.

In case of Auto Defrost cooking, you can cook the food in maximum three stages. (Auto Defrost + Stage 1 + Stage 2) Therefore you can Auto Defrost the food and cook it without resetting the oven at each stage.

Don't Use



METAL TRAY

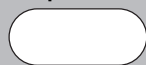


ROTISSERIE

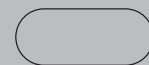
Press **STOP/CLEAR**.



Stop / Clear



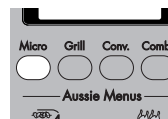
Start / Q-Start



Set the power and the cooking time **for stage 1**.

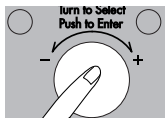
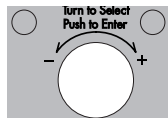
(You can omit this process for High power.)

Press **MICRO** key once to select 900W power and press the **DIAL** to ENTER.



Turn **DIAL** until display shows "11:00".

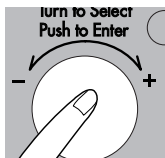
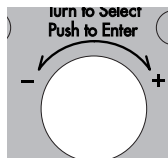
Press the **DIAL** to **ENTER**.



Set the power and the cooking time **for stage 2**.

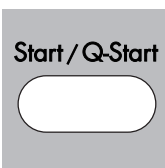
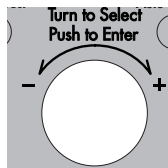
Turn **DIAL** until display shows "360".

Press the **DIAL** to **ENTER**.



Turn **DIAL** until display shows "35:00".

Press **START**.



Quick Start

In the following example I will show you how to set 2 minutes of cooking on 900W power.

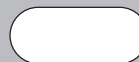


The **QUICK START** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **Q-START** button.

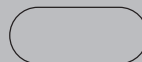
Press **STOP/CLEAR**.



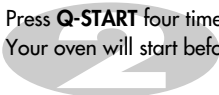
Stop / Clear



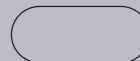
Start / Q-Start



Press **Q-START** four times to select 2 minutes on 900W power.
Your oven will start before you have finished the fourth press.



Stop / Clear



Start / Q-Start



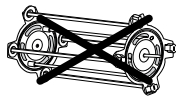
During **Q-START** cooking, you can extend the cooking time up to 99 minutes 60 seconds by repeatedly pressing the **Q-START** button.



Don't Use



METAL TRAY



ROTISSERIE

Grill Cooking

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

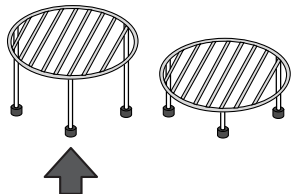


This model is fitted with a **QUARTZ GRILL**, so preheating is not needed.

This feature will allow you to brown and crisp food quickly.

The metal tray is placed between a glass tray and a grill rack at the grill mode.

The grill rack (high rack) must be used during grill cooking.



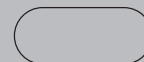
Press **STOP/CLEAR**.



Stop / Clear



Start / Q-Start



Press **GRILL**.



Micro



Grill



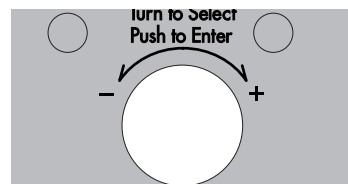
Conv.



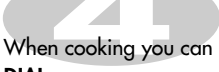
Combi



Turn **DIAL** until display shows "12:30".

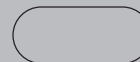


Press **START**.

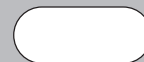


When cooking you can increase or decrease cooking time by turning **DIAL**.

Stop / Clear



Start / Q-Start



Convection Cooking

In the following example I will show you how to preheat the oven first, then cook some food at a temperature of 230 °C for 50 minutes.



The convection oven has a temperature range of 40 °C and 100 °C~250 °C (180 C is automatically available when convection mode is selected).

The oven has a ferment function at the oven temperature of 40 °C. You may wait until the oven is cool because you cannot use a ferment function if the oven temperature is over 40 °C.

Your oven will take a few minutes to reach the selected temperature.

Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature. Then place your food in your oven: then tell your oven to start cooking.

1. To preheat.

Press **STOP/CLEAR**.

Stop / Clear

Start / Q-Start

2 Press CONVECTION.

Micro

Grill

Conv.

Combi

Aussie Menus

3 Turn DIAL to select 230 C.

Turn to Select
Push to Enter

4 Press START.

Preheating will be started with displaying " PREHEAT".

Stop / Clear

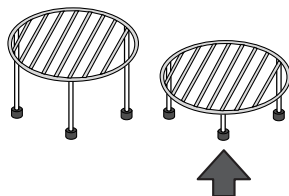
Start / Q-Start

Convection Cooking



If you do not set a temperature your oven will automatically select 180 °C, the cooking temperature can be changed by turning DIAL.

The convection rack(low rack) must be used during convection cooking.



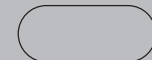
2. To cook.

Press **STOP/CLEAR**.

Stop / Clear



Start / Q-Start



Press **CONVECTION**.

Micro



Grill



Conv.

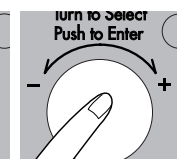
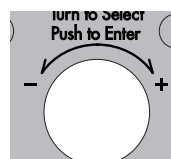


Combi

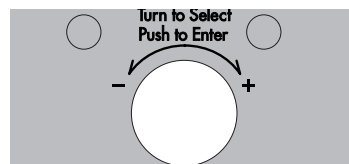


Turn **DIAL** until display shows "230 C".

Press the **DIAL** for temperature confirmation.



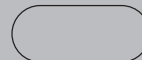
Turn **DIAL** until display shows "50:00".



Press **START**.

When cooking you can increase or decrease cooking time by turning **DIAL**.

Stop / Clear



Start / Q-Start



Combination Cooking



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.

You can set three kinds of micro power level (20%, 40% and 60%) in combi mode.

Microwave Power	
(%)	(Watts)
20	180
40	360
60	540

In the following example I will show you how to programme your oven with micro power 20% and grill for a cooking time of 25 minutes.

1. GRILL COMBINATION.

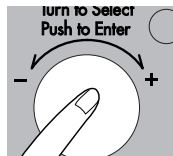
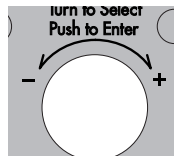
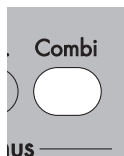
Press **STOP/CLEAR**.

Stop / Clear Start / Q-Start



Press **COMBI**.

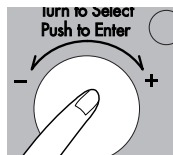
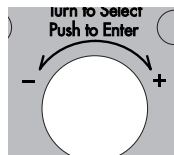
Turn **DIAL** until display shows "GRILL COMBINATION".



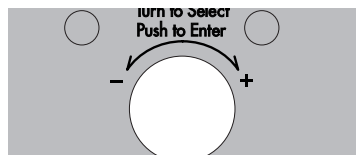
Press the **DIAL** to **ENTER**.

Turn **DIAL** to select 180W.

Press the **DIAL** to **ENTER**.



Turn **DIAL** until display shows "25:00".



Press **START**.

When cooking you can increase or decrease cooking time by turning **DIAL**.

Stop / Clear Start / Q-Start



Be careful when removing your food because the container will be hot!

In the following example I will show you how to programme your oven with micro power 60% and at a convection temperature 200 °C for a cooking time of 25 minutes.

Combination Cooking



You can set three kinds of micro power level(20%, 40% and 60%) in combi mode.

Microwave Power	
(%)	(Watts)
20	180
40	360
60	540

2. CONVECTION COMBINATION.

Press **STOP/CLEAR**.

Press **COMBI**.

Turn **DIAL** until display shows "CONVECTION COMBINATION".

Press the **DIAL** to **ENTER**.

Turn **DIAL** to select 540W.

Press the **DIAL** to **ENTER**.

Turn **DIAL** until display shows "200 C".

Press the **DIAL** for temperature confirmation.

Turn **DIAL** until display shows "25:00".

Press **START**.

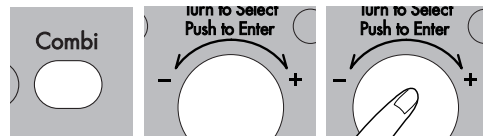
When cooking you can increase or decrease cooking time by turning **DIAL**.

Be careful when removing your food because the container will be hot!

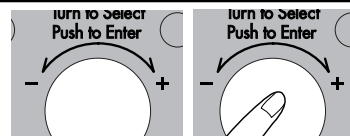
Stop / Clear Start / Q-Start



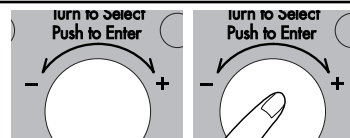
Combi



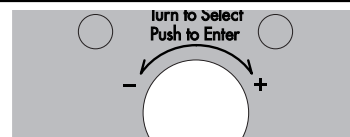
turn to Select
Push to Enter



turn to Select
Push to Enter



turn to Select
Push to Enter



Stop / Clear Start / Q-Start



Memory

This feature allows you to set and execute a frequently used single stage programme. Once the cooking programme is set, you can use it by pressing the Memory cook key. In the following example I will show you how to set the cooking programme for 10 minutes 30 seconds at power level 80%.



1. To Set

When MEMORY is set.
The cooking programme is stored in the memory of your microwave oven. Your oven will be reset, if you unplug the microwave oven from the electrical socket.
If you wish to change your MEMORY, simply enter a new cooking programme.

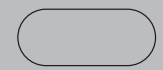
Press **STOP/CLEAR**.



Stop / Clear

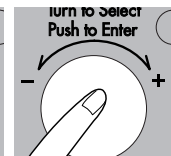
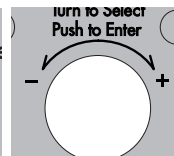
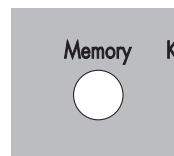


Start / Q-Start



Press **MEMORY**.

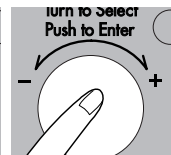
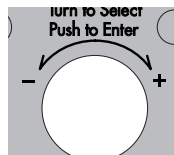
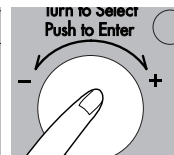
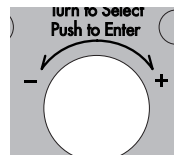
Turn the **DIAL** until display shows "MICROWAVE COOK" and then press the **DIAL** for confirmation.



Turn **DIAL** knob until display shows "720W".

Press the **DIAL** and turn the **DIAL** until display shows "10:30"

Press the **DIAL** to enter setting.



2. To Cook

When you cook, use it by pressing the **MEMORY** key.
Press **MEMORY** key.



Memory



Keep Warming



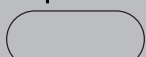
Setting



Press **START**.



Stop / Clear



Start / Q-Start



Keep Warming

In the following example I will show you how to keep warming at the temperature of 90 °C for 30 minutes.



The oven has a temperature range of 30 °C~90 °C when keep warming is selected.

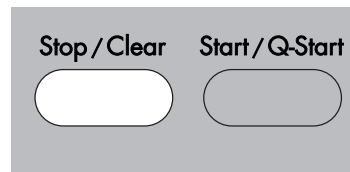
When you press keep warming, 60 °C is set initially.

If you press START directly after keep warming was pressed, 99:59 is set automatically.

Your oven will take a few minutes to reach the selected temperature.

Once it has reached correct temperature, your oven will BEEP to let you know that it has reached the correct temperature.

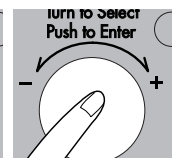
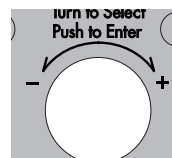
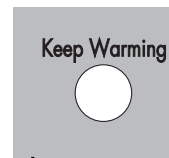
Press **STOP/CLEAR**.



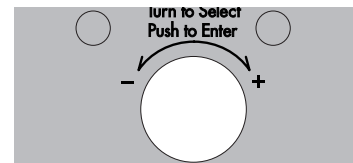
Press **KEEP WARMING**.

Turn the **DIAL** until display shows "90 C".

Press the **DIAL** for temperature confirmation.

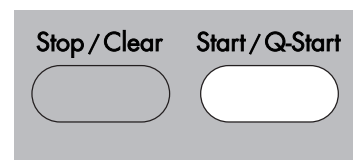


Turn **DIAL** to set keep warming time until display shows "30:00".



Press **START**.

Keep warming will be started with displaying "KEEP WARM".



Auto Defrost

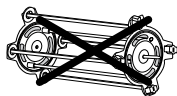


Your oven has seven microwave defrost settings:- **Minced meat, Steak/Chops, Roast lamb, Roast beef, Whole chicken, Chicken pieces and Bread**; each defrost category has different power settings.

Don't Use



METAL TRAY



ROTISSERIE

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. For example chicken pieces cooks so quickly that it is sometimes better to begin cooking while still slightly frozen. 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 1.4kg of frozen Minced Meat.

Press **STOP/CLEAR**.

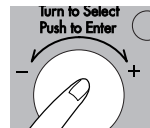
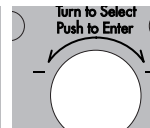
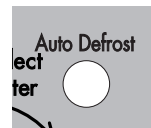
Weight the food that you are about to defrost. Be certain to remove any metallic ties or wraps; then place the food in your oven and close the oven door.

Stop / Clear

Start / Q-Start

Press **AUTO DEFROST**.

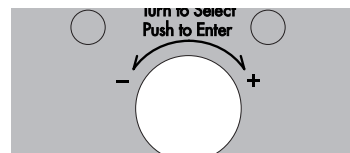
Turn **DIAL** to select the **Minced Meat** defrosting programme. "DEF1" appears on the display window.



Press the **DIAL** to **ENTER**.

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

Turn **DIAL** until display shows "1.4kg".



Press **START**.

Stop / Clear

Start / Q-Start

During defrosting your oven will "BEEP", at which point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to help slow down thawing. 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.**

AUTO WEIGHT DEFROST GUIDE

- * Food to be defrosted should be in a suitable microwave-safe plate 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 foil does not touch the oven walls.
- * Separate items like minced meat, chops, sausages and bacon as soon as possible.
When beep, remove defrosted portions. Continue to defrost remaining pieces.
 After defrosting, allow to stand until completely thawed.
- * For example joints of meat and whole chickens should STAND for a minimum of 1 hour before cooking.

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Auto Defrost	Minced Meat	0.1-2.0kg	Microwave -safe rack	Frozen	Remove the meat completely from its wrapping. Place the mince onto a microwave-safe rack over a plate or shallow dish. During the program the oven will beep. At this point remove the mince from the microwave, remove any defrosted mince to a plate, cover and set aside. Turn the frozen mince over and return to the microwave oven. Press start to continue. At the end of the program remove the mince from the microwave oven, cover with foil and allow to stand for 10-20 minutes or until completely thawed.	10-20
	Steak/ Chops	0.1-1.5kg	Microwave -safe rack	Frozen	Remove the meat completely from its wrapping. Using thin strips of foil, shield the fatty areas with the foil, making sure the foil is secure. Place the meat onto a microwave-safe rack over a plate or shallow dish. During the program the oven will beep. At this point remove the meat from the microwave, remove any defrosted steak or chops to a plate, cover and set aside. Turn the meat over and return to the microwave oven. Press start to continue. At the end of the program remove the meat from the microwave oven, cover with foil and allow to stand for 5-30 minutes or until completely thawed.	5-30

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Auto Defrost	Roast Lamb	1.0-2.0kg	Microwave -safe rack	Frozen	Remove the lamb completely from its wrapping. Using a piece of foil wrap the shank to prevent cooking. Place the lamb onto a microwave-safe rack over a plate or shallow dish. During the program the oven will beep. At this point remove the lamb from the microwave oven and turn over. Press start to continue. At the end of the program remove the lamb from the microwave oven, cover with foil and allow to stand for 10-45 minutes or until completely thawed.	10-45
	Roast Beef	1.0-2.0kg	Microwave -safe rack	Frozen	Remove the beef completely from its wrapping. Using strips of foil, shield fatty areas with foil to prevent cooking. Place the beef onto a microwave-safe rack, fat side down over a plate or shallow dish. During the program the oven will beep. At this point remove the beef from the microwave oven and turn over. Press start to continue. At the end of the program remove the beef from the microwave oven, cover with foil and allow to stand for 10-45 minutes or until completely thawed.	10-45
	Whole Chicken	1.0-2.5kg	Microwave -safe rack	Frozen	Remove the chicken completely from its wrapping. Place a thin strip of foil down the centre of the breast. Place the chicken breast side down onto a microwave-safe rack over a plate or shallow dish. During the program the oven will beep. At this point remove the chicken from the microwave oven and turn over. Press start to continue. At the end of the program remove the chicken from the microwave oven, cover with foil and allow to stand for 10-40 minutes or until completely thawed.	10-40

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Auto Defrost	Chicken Pieces	0.1 -2.0kg	Microwave -safe rack	Frozen	Remove the chicken pieces completely from its wrapping. Place the chicken. Pieces onto a microwave-safe rack over a plate or shallow dish. During the program the oven will beep. At this point remove the chicken pieces from the microwave oven and turn over. Press start to continue. At the end of the program remove the chicken pieces from the microwave oven, cover with foil and allow to stand for 5-10 minutes hour or until completely thawed.	5-10
	Bread Sliced, 1 piece=30g	1-4 pieces	On glass tray	Frozen	Separate the frozen bread into single pieces. Place in a single layer directly on the microwave turntable. At the end of the program remove the bread from the microwave oven, stand for 1/2-1 minute.	1/2-1

Quick Defrost

Use this function to thaw only 0.5kg of Minced meat very quickly.

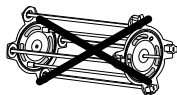
This will require a standing time to allow the center to thaw. In the following example will show you how to defrost 0.5kg of frozen minced meat.



Don't Use



METAL TRAY



ROTISSERIE

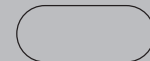
Press **STOP/CLEAR**.

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 oven door.

Stop / Clear



Start / Q-Start



Press **QUICK DEFROST** to select the **MINCED MEAT** defrosting programme.

The oven works automatically.

Q-Defrost



Turn to Select
Push to Enter



Auto Defrost



During defrosting your oven will "BEEP", at which point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to help slow down thawing. 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.

QUICK DEFROST GUIDE

Use this function to defrost quickly for minced meat.

Remove the meat completely from its wrapping. Place the mince onto a microwave-safe plate. When beeps, at this point remove the mince from the microwave oven, turn the mince over and return to the microwave oven. Press start to continue. At the end of the program remove the mince from the microwave oven, cover with foil and allow to stand 10-20 minutes or until completely thawed.

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Quick Defrost	Minced Meat	0.5kg (only)	Microwave -safe rack	Frozen	Use this function to defrost quickly for minced meat. Remove the meat completely from its wrapping. Place the mince onto a microwave-safe rack over a plate or shallow dish. During the program the oven will beep. At this point remove the mince from the microwave oven, remove any defrosted mince to a plate, cover and set aside. Turn the frozen mince over and return to the microwave oven. Press start to continue. At the end of the program remove the mince from the microwave oven, cover with foil and allow to stand for 10-20 minutes or until completely thawed.	10-20

Auto Cook

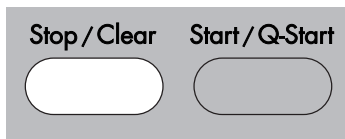
In the following example I will show you how to cook 1 pieces of Jacket Potato.



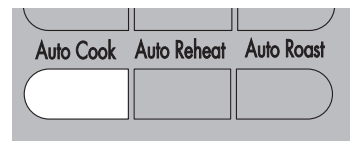
AUTO COOK allows you to cook most of your favorite food easily by selecting the food type and entering the weight of the food.

Display	Quantity
"1 5 "	1serves
"2 5 "	2serves
"3 5 "	3serves
"4 5 "	4serves
"5 5 "	5serves
"6 5 "	6serves

Press **STOP/CLEAR**.

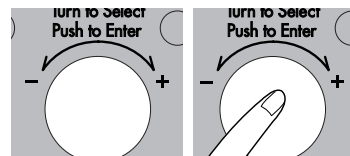
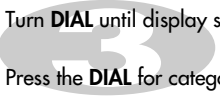


Press **AUTO COOK**.



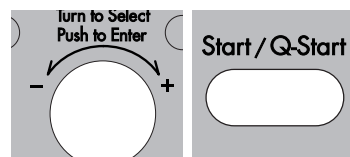
Turn **DIAL** until display shows "Ac 1".

Press the **DIAL** for category confirmation.



Turn **DIAL** until display shows "1".

Press **START**.



Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)																				
Auto Cook	Jacket Potato Potatoes (whole)	1-4 pieces (175g per piece)	On glass tray	Room	Wash and dry potatoes with paper towel. Pierce each potato 3 times with a fork. Place potatoes around the outer edge of the turntable. After cooking potatoes, wrap in foil and stand.	1 piece = 3 2 pieces = 5 3 pieces = 5 4 pieces = 7																				
	Mashed Potato	2-4 serves	Microwave -safe dish	Room	<table border="1"><tr><td>Ingredients</td><td>2 serves</td><td>3 serves</td><td>4 serves</td></tr><tr><td>Potato</td><td>450g</td><td>675g</td><td>900g</td></tr><tr><td>Hot Milk</td><td>1/2 cup</td><td>2/3 cup</td><td>3/4 cup</td></tr><tr><td>Butter</td><td>50g</td><td>75g</td><td>100g</td></tr><tr><td>Salt</td><td colspan="3">7 ground black pepper</td></tr></table> <p>Peel potatoes and cut into 2cm cubes. Place the potato into a microwave-safe dish with 2 tablespoons of water. Place a sheet of damp paper towel directly onto the surface and cover the dish with lid or plastic wrap loosely. After cooking allow potatoes to stand. Drain. Mash the potatoes until smooth. Stir in hot milk and butter. Season with salt and pepper.</p>	Ingredients	2 serves	3 serves	4 serves	Potato	450g	675g	900g	Hot Milk	1/2 cup	2/3 cup	3/4 cup	Butter	50g	75g	100g	Salt	7 ground black pepper			1-3
	Ingredients	2 serves	3 serves	4 serves																						
	Potato	450g	675g	900g																						
Hot Milk	1/2 cup	2/3 cup	3/4 cup																							
Butter	50g	75g	100g																							
Salt	7 ground black pepper																									
Fresh Vegetables Carrots, Broccoli, Cauliflower, Zucchini, Beans, Peas	0.2-0.8kg	Microwave -safe dish	Room	Prepare vegetables. Cut vegetables into even size pieces. Wash the vegetables and arrange in microwave-safe dish just large enough to contain the vegetables so they are no more than 2-3 layers deep. Add 2 tablespoons of water. Cover with lid or plastic wrap loosely. If cooking more than 1 kind of vegetable, place the harder vegetables around the outer edge of the dish with the softer vegetables in the centre. After cooking, stir and stand with cover.	2-3																					
Frozen Vegetables Mixed vegetables, Carrots, Broccoli, Cauliflower, Beans,Peas	0.2-0.8kg	Microwave -safe dish	Frozen	Separate the vegetables into single pieces. Arrange the vegetables in a microwave-safe dish just large enough to contain them so they are no more than 2 layers deep. Add 2 tablespoon water. Cover with lid or plastic wrap loosely. If cooking more than 1 kind of vegetable, place the harder vegetables around the outer edge of the dish with the softer vegetables in the centre. After cooking, stir and stand with cover.	1-2																					

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)																								
Auto Cook	Fresh Soup	2-6 serves	Microwave -safe dish	Room	Pumpkin Soup																									
					<table><tr><th>Ingredients \ Serves</th><th>2 serves</th><th>4 serves</th><th>6 serves</th></tr><tr><td>Pumpkin</td><td>500g</td><td>750g</td><td>1kg</td></tr><tr><td>Brown onion</td><td>1/2 small</td><td>1 small</td><td>1 medium</td></tr><tr><td>Chicken stock</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr><tr><td>Cream</td><td>2 tbs</td><td>1/4 cup</td><td>1/3 cup</td></tr><tr><td>Ground nutmeg, Salt & ground black pepper</td><td colspan="3">To taste</td></tr></table>	Ingredients \ Serves	2 serves	4 serves	6 serves	Pumpkin	500g	750g	1kg	Brown onion	1/2 small	1 small	1 medium	Chicken stock	2 cups	3 cups	4 cups	Cream	2 tbs	1/4 cup	1/3 cup	Ground nutmeg, Salt & ground black pepper	To taste			
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Cream	2 tbs	1/4 cup	1/3 cup																											
Ground nutmeg, Salt & ground black pepper	To taste																													
<p>Peel & remove the seeds from the pumpkin. Finely chop the onion. Place the pumpkin, onion and stock into a heatproof, microwave-safe bowl. Cover with lid or two layers of plastic wrap loosely. After cooking, blend or process to desired consistency. Stir in cream, nutmeg and season with salt and pepper.</p>																														
<p>For potato leek soup, replace the pumpkin with desire potatoes & replace the onion with leek.</p>																														
					<p>For carrot & sweet potato soup, replace the pumpkin with equal quantities of carrot and sweet potato. Omit the cream. Replace the nutmeg with ground cumin.</p>																									
	Bacon 1 thick rasher=80g 1 thin rasher=45g	1 thick rasher (or 2 thin rashers)/ 2 thick rashers (or 4 thin rashers)	Microwave -safe plate	Refrigerated	Remove the rind from the bacon and cut the rasher in half crossways. Place between 2 sheets on non-recycled paper towel on a microwave-safe plate. After cooking check the result. If you like the bacon a little more cooked, return to the microwave and cook in for 20 seconds at a time on 100% power.																									

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)																								
Auto Cook	Fish Fillets fresh	0.2-0.6kg	Microwave -safe plate	Refrigerated	Place each fish fillet onto a square of baking paper, tuck the tail end under. Drizzle with fresh lemon or lime juice and season with salt and pepper. Wrap each fillet in the paper forming a parcel. Place the fish in a single onto a microwave-safe plate. After cooking allow to stand 2-3 mins before carefully unwrapping the parcel to serve.	2-3																								
	Casserole	1-4 serves	Microwave -safe deep & large bowl	Refrigerated	<div><div><u>Tuna & Noodle</u></div><table><tr><th>Ingredients \ Serves</th><th>1 serve</th><th>2 serves</th><th>3 serves</th><th>4 serves</th></tr><tr><td>Noodles(pasta), boiled</td><td>140g</td><td>280g</td><td>420g</td><td>560g</td></tr><tr><td>Cream of Mushroom Soup</td><td>140g</td><td>280g</td><td>420g</td><td>560g</td></tr><tr><td>Can or equivalent, Starkist Chunk Light Tuna, in spring water, drained</td><td>60g</td><td>120g</td><td>180g</td><td>240g</td></tr><tr><td>Milk</td><td>125ml</td><td>250ml</td><td>375ml</td><td>500ml</td></tr></table><p>Combine cream of mushroom soup, tuna and milk in microwave-safe a deep and large bowl. Add boiled noodles and stir thoroughly. Cover with wrap or glass lid. Halfway through the oven will beep and display stir. Press start to continue cooking. At the end of the cooking time, stand and stir.</p></div>	Ingredients \ Serves	1 serve	2 serves	3 serves	4 serves	Noodles(pasta), boiled	140g	280g	420g	560g	Cream of Mushroom Soup	140g	280g	420g	560g	Can or equivalent, Starkist Chunk Light Tuna, in spring water, drained	60g	120g	180g	240g	Milk	125ml	250ml	375ml	500ml
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Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)																																																
Auto Cook	Beef Stroganoff					2-3																																																
	<table><tr><th>Ingredients \ Serves</th><th>1 serve</th><th>2 serves</th><th>3 serves</th><th>4 serves</th></tr><tr><td>Rump steak, cubed</td><td>250g</td><td>500g</td><td>750g</td><td>1000g</td></tr><tr><td>Plain flour</td><td>2tbsp</td><td>1/4cup</td><td>1/3</td><td>1/2cup</td></tr><tr><td>Small onion, finely chopped</td><td>1/2</td><td>1</td><td>1</td><td>1</td></tr><tr><td>Tomato puree</td><td>2 ts</td><td>1tbsp</td><td>1 1/2tbsp</td><td>2tbsp</td></tr><tr><td>Beef stock</td><td>125ml</td><td>200ml</td><td>250ml</td><td>375ml</td></tr><tr><td>Red wine</td><td>60ml</td><td>60ml</td><td>60ml</td><td>60ml</td></tr><tr><td>Mushroom, sliced</td><td>25g</td><td>50g</td><td>75g</td><td>100g</td></tr><tr><td>Sour cream</td><td>75ml</td><td>150ml</td><td>200ml</td><td>300ml</td></tr><tr><td colspan="5">Salt, Pepper</td></tr></table> <p>Toss steak with plain flour, salt and pepper in a flat dish until coated. Place steak, left flour, chopped onion, puree, beef stock, red wine and mushroom into a microwave-safe deep & large dish. Cover with wrap or glass lid. Halfway through the oven will beep and display stir. Press start to continue cooking. At the end of the cooking time, stand and stir.</p>					Ingredients \ Serves	1 serve	2 serves	3 serves	4 serves	Rump steak, cubed	250g	500g	750g	1000g	Plain flour	2tbsp	1/4cup	1/3	1/2cup	Small onion, finely chopped	1/2	1	1	1	Tomato puree	2 ts	1tbsp	1 1/2tbsp	2tbsp	Beef stock	125ml	200ml	250ml	375ml	Red wine	60ml	60ml	60ml	60ml	Mushroom, sliced	25g	50g	75g	100g	Sour cream	75ml	150ml	200ml	300ml	Salt, Pepper			
Ingredients \ Serves	1 serve	2 serves	3 serves	4 serves																																																		
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Sour cream	75ml	150ml	200ml	300ml																																																		
Salt, Pepper																																																						
	White Rice	0.1-0.4kg	Microwave -safe bowl	Rice : Room Water : Room	<table><tr><td>Rice</td><td>0.1kg</td><td>0.1kg</td><td>0.2kg</td><td>0.4kg</td></tr><tr><td>Tap water</td><td>1 cup</td><td>1 1/2cup</td><td>2 1/3 cup</td><td>2 2/3cup</td></tr></table> <p>Wash the rice under cold water until the water runs clear. Place the rice and water in a microwave-safe rice cooker or 3-litre bowl. Cover with lid or double layer of plastic wrap loosely. After cooking allow the rice to stand without removing the lid or wrap. After standing stir with a fork to separate the grains.</p> <p>Replace the water with stock for more flavour.</p>	Rice	0.1kg	0.1kg	0.2kg	0.4kg	Tap water	1 cup	1 1/2cup	2 1/3 cup	2 2/3cup	3-5																																						
Rice	0.1kg	0.1kg	0.2kg	0.4kg																																																		
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Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)															
Auto Cook	Porridge	1-4 servings	Microwave -safe bowl	Oats : Room Milk : Cold	<table><tr><td></td><td>1 serve</td><td>2 serves</td><td>3 serves</td><td>4 serves</td></tr><tr><td>Oats</td><td>1/3 cup</td><td>2/3 cup</td><td>1 cup</td><td>1 1/3 cup</td></tr><tr><td>Cold Milk</td><td>3/4 cup</td><td>1 1/2 cup</td><td>2 1/4 cup</td><td>3 cup</td></tr></table>		1 serve	2 serves	3 serves	4 serves	Oats	1/3 cup	2/3 cup	1 cup	1 1/3 cup	Cold Milk	3/4 cup	1 1/2 cup	2 1/4 cup	3 cup	Place the oats and milk in a deep 3-litre heatproof microwave-safe bowl. Cook uncovered. The oven will beep, stir the oats well and press start to continue. After cooking, stir well and top with brown sugar or honey.
						1 serve	2 serves	3 serves	4 serves												
					Oats	1/3 cup	2/3 cup	1 cup	1 1/3 cup												
					Cold Milk	3/4 cup	1 1/2 cup	2 1/4 cup	3 cup												
	Dry Pasta	1-4 cups	Microwave -safe bowl	Water : hot tap water (60°C)	Place into a microwave-safe large bowl. Pour hot tap water into a bowl. Cooked uncovered. The oven will beep, stir well and press start to continue. After cooking, stir and stand.	<table><tr><td>Pasta</td><td>1 cup</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr><tr><td>Hot tap water(60°C) (1 cup=250ml)</td><td>2 1/3 cups</td><td>4 cups</td><td>5 1/2 cups</td><td>6 1/2 cups</td></tr></table>	Pasta	1 cup	2 cups	3 cups	4 cups	Hot tap water(60°C) (1 cup=250ml)	2 1/3 cups	4 cups	5 1/2 cups	6 1/2 cups					
Pasta	1 cup	2 cups	3 cups	4 cups																	
Hot tap water(60°C) (1 cup=250ml)	2 1/3 cups	4 cups	5 1/2 cups	6 1/2 cups																	
	Fresh Pasta Tortellini Ravioli Fettuccine	1-4 cups	Microwave -safe bowl	Water : hot tap water (60°C)	Place into a microwave-safe large bowl. Pour hot tap water into a bowl. Cooked uncovered. The oven will beep, stir well and press start to continue. After cooking, stir and stand.	<table><tr><td>Pasta</td><td>1 cup</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr><tr><td>Hot tap water(60°C) (1 cup=250ml)</td><td>2 1/3 cups</td><td>4 cups</td><td>5 1/2 cups</td><td>6 1/2 cups</td></tr></table>	Pasta	1 cup	2 cups	3 cups	4 cups	Hot tap water(60°C) (1 cup=250ml)	2 1/3 cups	4 cups	5 1/2 cups	6 1/2 cups					
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Hot tap water(60°C) (1 cup=250ml)	2 1/3 cups	4 cups	5 1/2 cups	6 1/2 cups																	
	Frozen Pasta Tortellini Ravioli	1-4 cups	Microwave -safe bowl	Water : hot tap water (60°C)	Place into a microwave-safe large bowl. Pour hot tap water into a bowl. Cooked uncovered. The oven will beep, stir well and press start to continue. After cooking, stir and stand.	<table><tr><td>Noodles</td><td>1 cup</td><td>2 cups</td><td>3 cups</td><td>4 cups</td></tr><tr><td>Hot tap water(60°C) (1 cup=250ml)</td><td>2 1/3 cups</td><td>4 cups</td><td>5 1/2 cups</td><td>6 1/2 cups</td></tr></table>	Noodles	1 cup	2 cups	3 cups	4 cups	Hot tap water(60°C) (1 cup=250ml)	2 1/3 cups	4 cups	5 1/2 cups	6 1/2 cups					
Noodles	1 cup	2 cups	3 cups	4 cups																	
Hot tap water(60°C) (1 cup=250ml)	2 1/3 cups	4 cups	5 1/2 cups	6 1/2 cups																	

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)				
Auto Cook	Instant Noodles (1 packet= approx. 85g)	1 packet	Microwave -safe bowl	Water : Boiling water	Place broken Noodle cake into a microwave-safe large bowl. Pour BOILING water into a bowl. Cooked uncovered. The oven will beep, stir well and press start to continue. After cooking, stir and stand.					
					<table><tr><td>Noodles</td><td>1 packet</td></tr><tr><td>Boiling water (1 cup=250ml)</td><td>2 cups</td></tr></table>	Noodles	1 packet	Boiling water (1 cup=250ml)	2 cups	
	Noodles	1 packet								
Boiling water (1 cup=250ml)	2 cups									
	Cake Packet Cake Mix	1 packet (340-350g)	Microwave -safe dish	Room	Prepare the cake following the microwave instructions on the side of the packet, ignoring the cooking instructions. Place the cake, uncovered, onto a microwave-safe rack or upturned plate about 2cm off the turntable. At the end of the cooking time, remove the cake from the microwave oven, cover with a plate or piece of foil and stand or until the sticky centre portion is completely cooked.					
	Brownies	1 packet (600g) or About 10 serves	Microwave -safe dish	Room	<table><tr><td>100g butter 100g soft brown sugar 25g cocoa, sifted 50g self-raising flour, sifted 1 egg 1 table spoon milk 25g walnuts, finely chopped 25g raisin</td><td>Icing 100g plain chocolate 1 table spoon black coffee walnut halves to decorate</td></tr></table> <ol style="list-style-type: none">Place the butter in a basin and melt on Microwave 100% for 1 - 1 1/2 minutes.Mix together the sugar, cocoa and flour. Beat together the egg and milk. Stir into the flour mixture, together with the butter, walnuts and raisins.Spread in a greased and base-lined shallow dish measuring 18 x 28cm/ 7 x 11 in. Cook uncovered. At the end of the cooking time, remove the brownies from the microwave. Stand or until cooled.For the icing, place the chocolate and coffee in a basin and cook on full for 3-4 minutes.Spread the icing over the cake. When almost set cut the brownies into squares and top each portion with a piece of walnut.	100g butter 100g soft brown sugar 25g cocoa, sifted 50g self-raising flour, sifted 1 egg 1 table spoon milk 25g walnuts, finely chopped 25g raisin	Icing 100g plain chocolate 1 table spoon black coffee walnut halves to decorate			
100g butter 100g soft brown sugar 25g cocoa, sifted 50g self-raising flour, sifted 1 egg 1 table spoon milk 25g walnuts, finely chopped 25g raisin	Icing 100g plain chocolate 1 table spoon black coffee walnut halves to decorate									

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Auto Cook	Pudding Self-saucing sponge pudding	1 packet (250-260g) Or Home made	Microwave -safe dish	Room	125g plain flour 60g caster sugar 2 tablespoon baking powder 2 tablespoon cocoa powder 1/2 cup chopped pecans 1/2 cup milk 40g butter 1 egg 1. Grease a heat-proof, microwave bowl or pie dish with canola spray. 2. Sift flour, sugar, baking powder, cocoa into a bowl, stir in the nuts. 3. Place the butter in a bowl and melt for 1 minute. Combine milk, egg and melted butter and mix into dry ingredients. Pour into dish. 4. Combine brown sugar and cocoa and sprinkle over the pudding batter. Pour boiling water carefully over the pudding. 5. Place the pudding, uncovered, onto a microwave safe rack or upturn plate about 2cm off the turntable. 6. After cooking, remove the pudding from the oven, cover with a plate or piece of foil and stand or until the sticky centre portion is completely cooked.	Topping : 180g brown sugar 2 tablespoon cocoa powder 1 cup boiling water
	Stewed Fruit	0.2-1.0kg	Microwave -safe dish	Room	Peel core and roughly chop the fruit. Sprinkle the fruit with 2-4 tsp caster sugar. Cover with a lid or plastic wrap. At the end of the cooking time, allow to stand.	
	Potato Wedges	0.2-0.5kg	Metal tray on low rack	Frozen	Spread frozen potato wedges out on the metal tray on the low rack. For the best results, cook in a single layer. After cooking, remove from the oven and stand.	

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Auto Cook	French Fries	0.2-0.5kg	Metal tray on high rack	Frozen	Spread frozen potato products out on the metal tray on the high rack. For the best results, cook in a single layer. After cooking, remove from the oven and stand.	
	Gratin	0.5-1.2kg	Low rack on metal tray	Room	Use this key to cook home made Gratin. Place food on the low rack on the metal tray. <u>* Potato Gratin *</u> Ingredients 400g potatoes 2/3 tablespoon butter 350g white sauce Salt, black pepper 100g onions(cut into thin slices) 3 slices of bacon 80g shredded mozzarella cheese (White Sauce) 3 tablespoon butter, 5 tablespoon flour, 2 1/2 cups of milk. Place butter in a large bowl. Microwave at HIGH until butter melts. Add flour and microwave for 2 minutes at HIGH. Add milk, salt and black pepper. Microwave at HIGH for 15 minutes. (During cooking, stir several times.) Method 1. Bake potatoes with Jacket Potato Function. And then peel and slice into small size. Add salt, pepper. 2. Combine onions and butter in a bowl. Microwave at HIGH for 2 minutes. 3. Place one third of the white sauce in gratin dish. Add potatoes, onions and bacon. Cover with the rest of the white sauce. 4. Sprinkle with cheese. Place on the low rack on the metal tray. After cooking, stand before serving.	

Auto Reheat

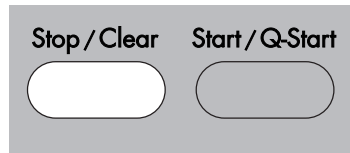
In the following example I will show you how to cook 1 serve of Dinner Plate.



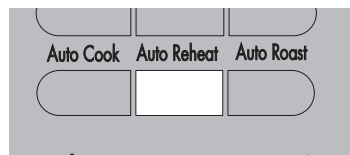
AUTO REHEAT cooking make food reheating convient and easy to use. The oven has been pre-programmed to automatically reheat food

Your oven has eleven **AUTO REHEAT** settings: Dinner Plate, Soup, Sauce, Casserole, Rice, Risotto, Pie, Beverage, Frozen Muffin, Fresh Muffin.

Press **STOP/CLEAR**.

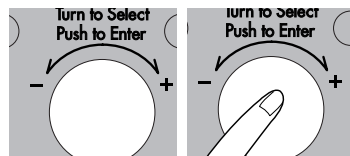
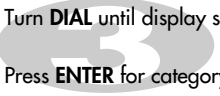


Press **AUTO REHEAT**.



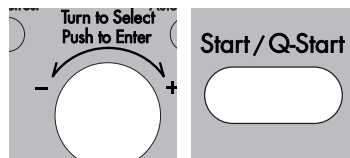
Turn **DIAL** until display shows "rh 1".

Press **ENTER** for category confirmation.



Turn **DIAL** until display shows "1S".

Press **START**.



Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Auto Reheat	Dinner Plate	1 serve	Microwave -safe plate	Refrigerated		2
					1 serve	
					Meat or chicken	
					Mashed potato	
					Vegetable, cooked	200g
					Arrange the food on a microwave-safe plate. Cover loosely with plastic wrap. After reheating, allow to stand.	
	Soup	1-4 cups (1 cup=250ml)	Microwave -safe bowl	Room	When reheating 1 or 2 serves soup place into individual microwave-safe cups or bowls and cover with plastic wrap loosely. When reheating 3-4 serves of soup place into 1 large heatproof, microwave-safe bowl. Cover loosely with two layers of plastic wrap. After heating stir well and stand before serving. Note : If reheating soup from the fridge add extra 2-5 minutes (depending on serving size) on 60% power.	1-2
	Sauce	1-4 cups (1 cup=250ml)	Microwave -safe bowl	Room	When reheating 1 or 2 serves sauce place into individual microwave-safe cups or bowls and cover with plastic wrap loosely. When reheating 3-4 serves of sauce place into 1 large heatproof, microwave-safe bowl. Cover loosely with two layers of plastic wrap. After heating stir well and stand before serving. Note : If reheating sauce from the fridge add extra 2-5 minutes (depending on serving size) on 60% power.	1-2
	Casserole	1-4 cups	Microwave -safe dish	Room	Place the casserole into a microwave-safe, heatproof dish. Cover with a lid or double layer of plastic wrap loosely. After reheating stir well and stand before serving. Note : If reheating casserole from the fridge add extra 2-6 minutes (depending on serving size) on 60% power.	2-3

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Auto Reheat	Rice	1-4 cups	Microwave -safe dish	Refrigerated	Place the cooked rice into a microwave-safe, heatproof dish. Cover with a lid or double layer of plastic wrap loosely. After reheating stir well and stand before serving. Note : If reheating rice from the fridge add extra 2-6 minutes (depending on serving size) on 60% power.	1
	Risotto	1-4 cups	Microwave -safe dish	Room	Place the cooked risotto into a microwave-safe, heatproof dish. Cover with a lid or double layer of plastic wrap loosely. After reheating stir well and stand before serving. Note : If reheating risotto from the fridge add extra 2-6 minutes (depending on serving size) on 60% power.	1
	Pie (meat pie, 1pie=190g)	1- 4 pieces	Microwave -safe plate	Room	Place pie(s) between two sheets of non recycled paper towel on a microwave-safe plate. After reheating, stand. Note:If reheating pies from the fridge add extra 2-6 minutes (depending on serving size) on 60% power.	1
	Beverage (1cup=250ml)	1-4 cups	Microwave -safe cup	Room	Make sure the cup is microwave-safe. Place a wooden skewer or paddle pop stick into each cup to break the beverage surface. Heat uncovered. After heating stir well before serving.	–
	Frozen Muffin (1 muffin= 75-80g)	1- 4 pieces	On glass tray	Frozen	Space the muffins evenly around the outer edge of the microwave turntable. After reheating, stand.	–
	Fresh Muffin (1 muffin= 75-80g)	1- 4 pieces	On glass tray	Room	Space the muffins evenly around the outer edge of the microwave turntable. After reheating, stand.	–

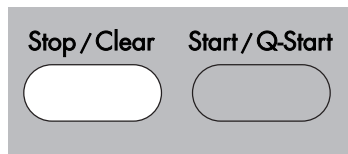
Auto Roast

In the following example I will show you how to cook 1.4kg of Roast Beef.

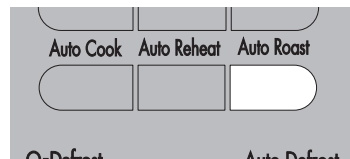


AUTO ROAST cook allows you to cook most of your favorite food easily by selecting the food type and entering the weight of the food.

Press **STOP/CLEAR**.

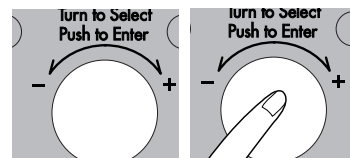
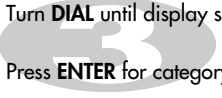


Press **AUTO ROAST**.



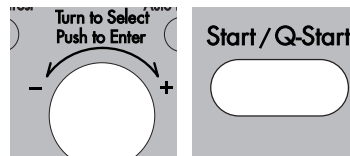
Turn **DIAL** until display shows "Ar 1".

Press **ENTER** for category confirmation.



Turn **DIAL** until display shows "1.4kg".

Press **START**.



Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Auto Roast	Roast Beef	0.5-1.8kg	Rotisserie over metal tray	Refrigerated	Brush both sides of the beef with olive oil and season with salt and pepper. Pierce the meat with the roti-bar. Note that the bar pass through the meat completely. Tie the meat with a cotton thread and insert the bar into the roti-holder over the metal tray in the oven. At the end of the cooking time loosely cover the meat with foil and allow to stand before serving.	15-20
	Roast Pork	0.5-1.8kg	Rotisserie over metal tray	Refrigerated	Brush both sides of the pork with olive oil and season with salt and pepper. Pierce the meat with the roti-bar. Note that the bar pass through the meat completely. Tie the meat with a cotton thread and insert the bar into the roti-holder over the metal tray in the oven. At the end of the cooking time loosely cover the meat with foil and allow to stand before serving.	15-20
	Roast Lamb	0.5-1.8kg	Rotisserie over metal tray	Refrigerated	Brush both sides of the lamb with olive oil and season with salt and pepper. Pierce the meat with the roti-bar. Note that the bar pass through the meat completely. Tie the meat with a cotton thread and insert the bar into the roti-holder over the metal tray in the oven. At the end of the cooking time loosely cover the meat with foil and allow to stand before serving.	15-20
	Roast Chicken Pieces	0.2-0.8kg	Low rack on metal tray	Refrigerated	Pierce the skin with a fork. Brush the chicken pieces with melted margarine or butter. Place on the low rack on the metal tray. After cooking, stand covered with foil before serving.	1-2

More or Less Cooking

In the following example I will show you how to change the preset AUTO COOK programmes for a longer or shorter cooking time.



If you find that your food is over or undercooked when using the AUTO COOK programme, you can increase or decrease cooking time by turning DIAL.

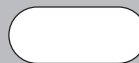
When cooking with auto and manual function, you can lengthen or shorten the cooking time at any point by turning DIAL.

There is no need to stop the cooking process.

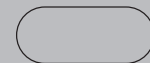
Press **STOP/CLEAR**.



Stop / Clear



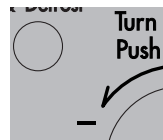
Start / Q-Start



Set the required **AUTO COOK** programme.

Select weight of food.

Press **START**.



Turn to
Push to

Start / Q-Start

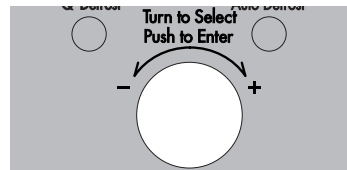


Turn **DIAL** clockwise.

The cooking time will increase by **10** seconds for each turning DIAL.

Turn **DIAL** counterclockwise.

The cooking time will decrease by **10** seconds for each turning DIAL.



Turn to Select
Push to Enter

In the following example I will show you how to cook 1.0kg of chicken.

Aussie Menus



Aussie Menus allows you to cook most of your favorite food easily by selecting the food type and entering the weight of the food.

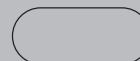
Press **STOP/CLEAR**.

1

Stop / Clear



Start / Q-Start



Press **CHICKEN**.

2

Aussie Menus



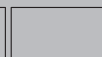
4

1.Kebab



2.Pizza

3.Chicken

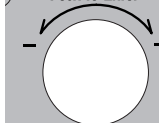


Turn **DIAL** until display shows "1.0kg".

Press **START**.

3

Turn to Select
Push to Enter



Start / Q-Start



Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Aussie Menus	Kebab	0.2-1.0kg	Rotisserie over metal tray	Refrigerated	<p><u>Meat Kebab</u></p> <p>600g meat 2 Spoonfuls of olive oil</p> <p>1 Big onion Salt, Pepper</p> <p>Cut the meat into the small and equal pieces. Grate the onion and separate its juice. Mix the onion juice and olive oil. Then cover the pieces of meat with the olive oil and onion juice for 3-4 hours.(You should add the salt after cooking the meat). Fix the meat pieces into the wooden skewers. Note that the skewers pass the meat center.Insert the bar into the roti-holder over the metal tray in the oven. After cooking, remove from the oven.</p> <p><u>Chicken Kebab</u></p> <p>600 g Pieces of chicken 2 Spoonfuls olive oil Salt</p> <p>1 Big onion 2 Spoonfuls saffron</p> <p>Cover the pieces of chicken with onion juice, saffron, salt and olive oil about 3-4 hours. Fix the chicken pieces into the wooden skewers. Note that the skewers pass the meat center.Insert the bar into the roti-holder over the metal tray in the oven. After cooking, remove from the oven.</p>	1-2

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)																																		
Aussie Menus	Chilled Pizza	0.2-0.6kg	Low rack on metal tray	Refrigerated	This function is for reheating leftover chilled pizza. Place chilled pizza on the low rack on the metal tray. After cooking, take food out immediately. Stand.																																			
	Fresh Pizza	0.7-1.2kg	Metal tray on low rack	Room	<table><tr><td>Batter</td><td>1.0kg</td><td>0.7kg</td><td>The others</td><td>1.0kg</td></tr><tr><td>Dry yeast(g)</td><td>4.5</td><td>3.5</td><td>Tomato puree (tablespoon)</td><td>4</td></tr><tr><td>All-purpose flour(g)</td><td>235</td><td>180</td><td>Canned tomatoes(g)</td><td>300</td></tr><tr><td>Water, tepid(ml)</td><td>120</td><td>90</td><td>Sliced sausage(g)</td><td>50</td></tr><tr><td>Sugar(g)</td><td>5</td><td>4</td><td>Ham, precooked(g)</td><td>80</td></tr><tr><td>Salt(g)</td><td>3</td><td>2.5</td><td>Shredded mozzarella cheese(g)</td><td>160</td></tr><tr><td>Vegetable oil (tablespoon)</td><td>12/3</td><td>1 1/2</td><td></td><td></td></tr></table> <ol style="list-style-type: none">Combine a flour, yeast, sugar, salt and warm water.Add oil and knead the batter well. And stand for 15-25 minutes on Convection 40°C After finishing, knead again.Drain the juice of canned tomatoes.Grease the oil on the metal tray. Spread the batter on the metal tray. And prick the surface of the batter with a fork.Place the tomato puree and canned tomatoes.Place the other ingredients on the pie.Sprinkle shredded mozzarella cheese on the pizza.Choose the menu and press start without food.The oven will beep at the end of the preheating period. Open the door and place the prepared food on the low rack on the glass turntable. Press start to continue cooking.After cooking, remove food from the oven and serve.	Batter	1.0kg	0.7kg	The others	1.0kg	Dry yeast(g)	4.5	3.5	Tomato puree (tablespoon)	4	All-purpose flour(g)	235	180	Canned tomatoes(g)	300	Water, tepid(ml)	120	90	Sliced sausage(g)	50	Sugar(g)	5	4	Ham, precooked(g)	80	Salt(g)	3	2.5	Shredded mozzarella cheese(g)	160	Vegetable oil (tablespoon)	12/3	1 1/2		
Batter	1.0kg	0.7kg	The others	1.0kg																																				
Dry yeast(g)	4.5	3.5	Tomato puree (tablespoon)	4																																				
All-purpose flour(g)	235	180	Canned tomatoes(g)	300																																				
Water, tepid(ml)	120	90	Sliced sausage(g)	50																																				
Sugar(g)	5	4	Ham, precooked(g)	80																																				
Salt(g)	3	2.5	Shredded mozzarella cheese(g)	160																																				
Vegetable oil (tablespoon)	12/3	1 1/2																																						

Function	Menu	Weight Limit	Utensil	Initial Temperature	Instructions	Standing Time (minutes)
Aussie Menus	Frozen Pizza	0.1-0.6kg	Low rack on metal tray	Frozen	This function is for cooking frozen pizza. Remove all package and place on the low rack on the metal tray. After cooking, stand.	1-2
	Whole Chicken	0.8-2.4kg	Rotisserie over metal tray	Refrigerated	Brush the chicken with melted margarine or butter. Pierce the chicken with the roti-bar. Note that the bar pass through the meat completely. Tie its feet, wings and body with a cotton thread and insert the bar into the roti-holder over the metal tray in the oven. At the end of the cooking time loosely cover the chicken with a foil and allow to stand before serving	5-10

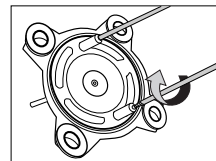
Rotisserie Assembly



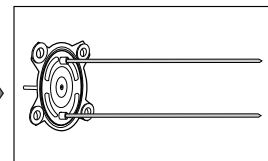
CAUTION

Rotisserie is not a toy.
Keep the Rotisserie away
from the child.

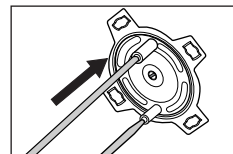
Barbecue bars into the left plate



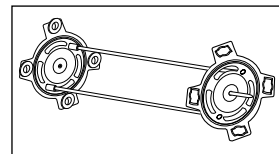
Screw the barbecue bar
clockwise into the left plate



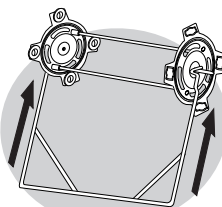
Assemble the right plate



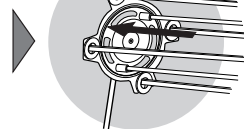
Push barbecue bars into right plate.



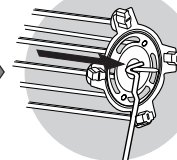
Assemble skewers



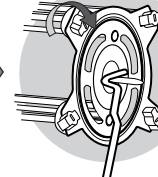
Install the handle on the
rotisserie.



Insert the pointed edge of
the skewer into hole on
the left plate.



Insert the other edge
of the skewer into a
hole on the right plate.



Turn it clockwise until it's
fixed. Repeat 4 times until
rotisserie is assembled.

Rotisserie

Installation & Cooking



CAUTION

Rotisserie is not a toy.
Keep the Rotisserie away
from the child.

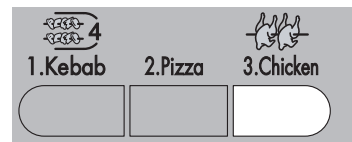
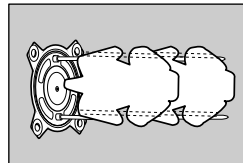
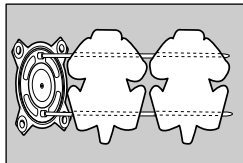
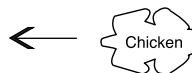
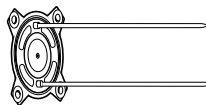
Chicken



Press **CHICKEN** of **AUSSIE MENUS**.

Turn **DIAL** in order to set weight.

Prepare foods with the rotisserie.



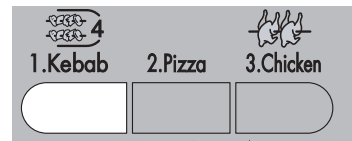
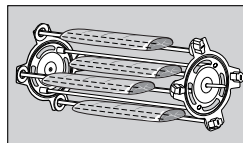
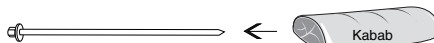
Kebab



Press **KEBAB** of **AUSSIE MENUS**.

Turn **DIAL** in order to set weight.

Clean the work space, before inserting the kabab.

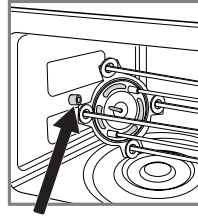


Rotisserie

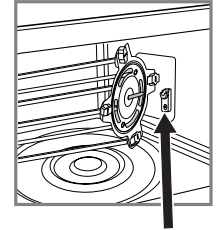
Installation & Cooking



Insert the shaft of left plate into the shaft of motor.



Put the shaft of right plate on the holder of rotisserie.



To Clean ROTISSERIE & METAL TRAY

When cooking is completed, separate the ROTISSERIE from the food. Take care when handling both ROTISSERIE & metal tray and food stuff as it is very hot. During cooking it is normal for the ROTISSERIE & metal tray to be stained from the food. Simply clean the ROTISSERIE & metal tray with a warm soapy water and a soft cloth. If the ROTISSERIE & metal tray remain stained after washing, Utensils in hot soapy water for a few minutes. Do not use metal scouring pads. They will scratch the surface .

Press **START**.

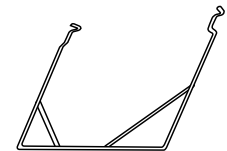
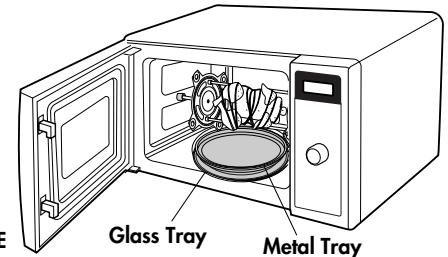
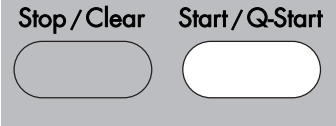
After cooking hold the rotisserie bar of both side with the handle and lift up the right end slightly and pull out from the left end.

NOTE:

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

CAUTION

1. **DO NOT USE THE METAL TRAY AND ROTISSERIE WITH NO LOAD, IT WILL BE DAMAGED THE OVEN.**
2. **AFTER COOKING, THE METAL TRAY WILL BECOME EXTREMELY HOT.**
3. It is recommended to remove the grease from the turntable every time before cooking. Hot grease on the turntable may cause smoke.



Heating or Reheating Guide

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.

Item	Cook time (at HIGH)	Special Instructions
Sliced meat 3 slices (0.5cm thick)	1~2 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap and vent. • Note: Gravy or sauce helps to keep meat juicy.
Chicken pieces 1 breast 1 leg and thigh	2~3 minutes 3~3 1/2 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.
Fish fillet (170-230g)	1~2 minutes	Place fish on microwavable plate. Cover with plastic wrap and vent.
Lasagne 1 serving(300g)	4~6 minutes	Place lasagne on microwavable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1 1/2~3 minutes 4 1/2~7 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Casserole cream or cheese 1 cup 4 cups	1~2 1/2 minutes 3 1/2~6 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Sloppy Joe or Barbecued beef 1 sandwich (1/2 cup meat filling) without bun	1~2 1/2 minutes	Reheat filling and bun separately. COOK covered in microwavable casserole dish. Stir once. Heat bun as directed in chart below.

Item	Cook time (at HIGH)	Special Instructions
Mashed potatoes 350 g	6~7 minutes (at Medium)	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Baked beans 1 cup	1 1/2~3 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	2 1/2~4 minutes 7 1/2~11 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Rice 1 cup 4 cups	1~1 1/2 minutes 3 1/2~5 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Sandwich roll or bun 1 roll	15~30 seconds	Wrap in paper towel and place on glass tray.
Vegetables 1 cup 4 cups	1 1/2~2 1/2 minutes 3 1/2~5 1/2 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Soup 1 serving (8 oz.)	1 1/2~2 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Plated meal 1 serving (Meat 125g Mashed Potato 150g Carrots, cooked 150g)	12~13 1/2 minutes (at Medium)	COOK covered in microwavable plate.

Fresh Vegetable Guide

<i>Vegetable</i>	<i>Amount</i>	<i>Cook time (at HIGH)</i>	<i>Instructions</i>	<i>Standing Time</i>
Artichokes (230g each)	2 medium 4 medium	4 1/2 ~ 7 10 ~ 12	Trim. Add 2 tsp water and 2 tsp juice. Cover.	2~3 minutes
Asparagus, Fresh, Spears	450g	2 1/2 ~ 6	Add 1 cup water. Cover.	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
Beets, Fresh	450g	11 ~ 16	Add 1/2 cup water in 1.5 litre covered casserole dish. Rearrange halfway through cooking.	2~3 minutes
Broccoli, Fresh, Spears	300g	3 1/2 ~ 4	Place broccoli in baking dish. Add 1/4 cup water.	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 cooking.	2~3 minutes
Carrots, Fresh, Sliced	200g	2 ~ 3	Add 1/4 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	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
Fresh, Flowerettes Celery, Fresh, Sliced	2 cups 4 cups	11 ~ 16	Slice. Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes

<i>Vegetable</i>	<i>Amount</i>	<i>Cook time (at HIGH)</i>	<i>Instructions</i>	<i>Standing Time</i>
Corn, Fresh	2 ears	4 ~ 8	Husk. Add 2 tbsp water in 1.5 litre baking dish. 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
Parsnips, Fresh, Sliced	450g	4 ~ 7	Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Peas, Green, Fresh	4 cups	6 ~ 9	Add 1/2 cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2~3 minutes
Sweet Potatoes Whole Baking (170~230g each)	2 medium 4 medium	4 ~ 9 6~ 12	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2~3 minutes
White potatoes, Whole Baking (170~230g each)	2 potatoes 4 potatoes	5 1/2 ~ 7 1/2 9 1/2 ~ 14	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2~3 minutes
Spinach, Fresh, Leaf	450g	4 1/2 ~ 7 1/2	Add 1/2 cup water in 2 litre covered casserole dish.	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
Courgette, Fresh, Whole	450g	6 ~ 9	Pierce. Place on 2 paper towels. Turn courgette over and rearrange halfway through cooking.	2~3 minutes

Defrosting

Tips

Defrosting meats tips & techniques

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

- You can defrost meats in their original wrapping as long as no metal is present. Remove any metal rings, twist ties, wire or foil.
- Place meat in a microwave-safe plate to catch juices.

- Defrost meats only as long as necessary. Separate items like chops, sausages and bacon as soon as possible. Remove defrosted portions and continue to defrost remaining pieces.
- Whole pieces of meat are ready for standing time as soon as a fork can be pushed into the centre of the meat using moderate pressure. The centre will still be icy. Allow to stand until completely thawed.

MEAT & POULTRY DEFROSTING TABLE

Food	Weight	Defrosting time (minutes)	Standing time (minutes)	Procedure
BEEF				
Minced beef	500g	7-8	5-10	1. Remove wrapping from meat. 2. Place frozen meat on a microwave-safe plate. 3. Defrost at 40% power level.
Steak, sirloin	450g	4-6	5-10	
Roast, loin(boneless)	1000g	9-14	10-15	
PORK				
Mince	500g	7-8	5-10	3. Defrost at 40% power level.
Chops	450g	4-5	5-10	
Roast, loin(boneless)	1000g	9-14	10-15	

Food	Weight	Defrosting time (minutes)	Standing time (minutes)	Procedure
POULTRY				
Whole Chicken	1000g	14-17	10-15	4. Turn over after half the time and continue defrosting.
Breasts.(with bone)	450g	4-6	5-10	
Drumsticks	450g	7-8	5-10	
Thighs	450g	7-8	5-10	
Wings	450g	5-7	5-10	
FISH & SEAFOOD				
Whole fish	450g	5-7	5-10	
Fish filets	500g	6-8	5-10	
Shrimp	250g	3-5	5-10	

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.

Item	Weight	Approx. cooking time (in minutes)	Hints
Beefburgers	50g x 2 100g x 2	13-16 19-23	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.
Beefsteaks (2.5cm (1") thick)			
Rare	230g x 2	18-20	
Medium	230g x 2	22-24	
Well	230g x 2	26-28	
Lamb chops (2.5cm (1") thick)	230g x 2	25-32	Turn frequently.
Sausages	230g	13-16	

Directions for grilling fish and seafood

Place 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.

Item	Weight	Approx. cooking time (in minutes)	Hints
Fish fillets			Brush with melted butter and turn over halfway through cooking.
1 cm (1/2") thick	230g	17-21	
1.5cm (1/2") thick	230g	20-24	
Fish steaks			
2.5 cm (1") thick	230g	24-28	
Whole fish	225-350g each 450g	16-20 24-28	Allow extra time for thick and oily fish.
Scallops	450g	16-20	Baste well during cooking.
Prawns uncooked	450g	16-20	

Important safety instructions

Read carefully and keep for future reference

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 use the oven for the purpose of dehumidification. It can be the cause of serious damage of safety. (ex. Operating the microwave oven with the wet newspapers, clothes, toys, pet or portable electric devices, etc.)
- 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.
- 10 Small amounts of food require shorter cooking or heating time. If normal times are allowed they may overheat and burn.
- 11 Be certain to place the oven so the front of the door is 8 cm 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.
- 16 If the oven door or door seals are damaged, the oven must not be operated until it has been repaired by a qualified service technician.
- 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, paper or other combustible materials, check the oven frequently due to the possibility of the food container is deteriorating.
- 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 safe way and understands the hazards of improper use.
- 20 Liquids or other foods must not be heated in sealed containers since they are liable to explode.
- 21 Do not operate the oven, if the door seals and adjacent parts of the microwave oven are faulty, until the oven has been repaired by a qualified service technician.
- 22 Check the utensils are suitable for use in microwave ovens before use.
- 23 Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, unless wearing thick oven gloves, as they will become hot. Before clearing make sure they are not hot.

Important safety instructions

Read carefully and keep for future reference

- 24 Only use utensils that are suitable for use in microwave ovens.
 - 25 When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
 - 26 If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
 - 27 Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
 - 28 The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
 - 29 Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
 - 30 Details for cleaning door seals, cavities and adjacent parts.
 - 31 The oven should be cleaned regularly and any food deposits removed.
 - 32 Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
 - 33 Only use the temperature probe recommended for this oven (for appliances having a facility to use a temperature-sensing probe).
 - 34 If heating elements are provided, during use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
 - 35 The appliance is not intended for use by young children or infirm persons without supervision.
 - 36 Young Children should be supervised to ensure that they do not play with appliance.
 - 37 If the appliance is supplied from a cord extension set or an electrical portable outlet device, the cord extension set on electrical portable outlet device must be positioned so that it is not subject to splashing or ingress of moisture.
 - 38 The microwave oven must be operated with the decorative door open.
 - 39 This connection may be achieved by having the plug accessible or by incorporation a switch in the fixed wiring in accordance with the wiring rules.
 - 40 Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

WARNING: 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 safe way and understands the hazards of improper use.

WARNING: Accessible parts may become hot during use. Young children should be kept away.

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.

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.

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 iron content are not suitable for cooking utensils.

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

Food characteristics & Microwave cooking

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.

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 is 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. Round 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. Food 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.

Elevating

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

1 Keep the inside of the oven clean

Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray can be washed by hand or in the dishwasher.

2 Keep the outside of the oven clean

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

3 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.

4 The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly.

DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS.

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

5 Do not use any steam cleaner

Questions & Answers

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

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

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

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

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

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

Q Will the microwave oven be damaged if it operates 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
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 THE CORN CATCHING FIRE.

CAUTION

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

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

- A Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, 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 food condition, just as you would do with a conventional cooker.

**Q Why is the Cooling fan operated after some cooking?
Is the oven wrong?**

- A When the oven inside is hot, the cooling fan is automatically operating to cool down the oven for short time. This is not fault.

Plug wiring information/ Technical Specifications

Warning

This appliance must be earthed

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

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

The wire which is colored BLUE must be connected to the terminal which is marked with the letter N or Colored BLACK.

The wire which is colored BROWN must be connected to the terminal which is marked with the letter L or colored RED.

The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or $\frac{1}{1}$.

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard;

Technical Specification

	MC-9283JR/MC-9283JLR
Power Input	230 /240V ~ 50Hz
Output	900 W (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	574 mm(W) X 376 mm(H) X 505 mm(D)
Power Consumption	
Microwave	1350 Watts
Grill	1350 Watts
Combination	1700 Watts
Convection	1700 Watts

If the supplied flexible mains cord of this appliance is damaged, it must be replaced using the special mains cord part number 2B72234L

Terms of Warranty & Important Notice

TERMS OF WARRANTY

Should there be a defect in this product due to either FAULTY MATERIAL or WORKMANSHIP become apparent within the first 2 years from the date of original purchase of this product. Then the defect will be rectified without cost to you for either labour or materials at the premises of LG or their Authorized Service Centre (additionally we will cover the magnetron for an additional 3 years. Note: This is the part only not part and labour) Subject to:

1. Particulars of the model and serial number, the date of original purchase and invoice/sales docket number being given to the authorized service centre when a claim under warranty is made. Purchase receipt must be produced.
2. All (a) damage resulted from incorrect installation or misuse other than in accordance with the operating instructions issued by the Company (b) consequential damage being excluded from this Warranty.
3. The Warranty being rendered invalid if the product is misused or if any unauthorized alteration, modification, or substitution of the product is defaced or altered.
4. Costs of transportation both ways to and from the authorized service centre being are paid by the owner if it is necessary to return the product or any part to an authorized service centre.
5. A charge being accepted by the owner for travelling expenses incurred in connection with warranty service at the user's home.
6. The warranty only applies to the products purchased in Australia.
7. The authorized serviced agent will provide service during normal business hours, Monday to Friday.

Except for those terms that cannot by law be excluded, all terms other than those expressly contained in this warranty statement are excluded. To the extent permitted by law, LG excludes all liability (whether in contract, tort or otherwise) for any consequential, special, incidental or indirect loss or damage including loss of profit, loss or impairment of privacy of conversations, work stoppage or loss or impairment of data arising out of the use or inability to use the Product.

IMPORTANT NOTICE

1. LG ELECTRONICS AUSTRALIA PTY. LTD has arranged for authorized service centres to perform all after-sales and warranty service on its behalf.
2. The authorized service centre can accept no responsibility for damage in transit to and from his premises.
3. If the product or any parts returned to an authorized service centre for any cause not covered by this warranty, all costs involved, including a charge for inspection and handling must be paid to the authorized service centre.
4. Changes not covered by the terms of this Warranty must be borne by the owner. Such charges may arise through the cost of any service all where (a) the product is found to be in good installation, or (b) maladjustment of user controls, or failure to follow operating instructions, mains supply defects or external inference has occurred.
5. No retailer has authority to vary the terms of the above warranty.

Warranty

Complete the details on this form and retain in the event of warranty service being required (purchase receipt attached).

PURCHASER'S NAME

ADDRESS

CITY

STATE

POST CODE

MODEL NO

SERIAL NO

DATE OF PURCHASE

INVOICE/SALES DOCKET NO

RETAILER'S NAME

ADDRESS

CITY

STATE

POST CODE

FOR WARRANTY SERVICE PLEASE CONTACT

LG Service on 1800-643-156.



LG Electronics Australia
2 Wonderland Drive
Eastern Creek NSW 2766
(ABN : 98 064 531 264)

LGEAP

