



# MICROWAVE OVEN

## OWNER'S MANUAL

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

# MS2147C

P/No:MFL39129806

# 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, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

- 1 Avoid using straight sided containers with narrow necks.
- 2 Do not overheat.
- 3 Stir the liquid before placing the container in the oven and again halfway through the heating time.
- 4 After heating, allow to stand in the oven for a short time, stir or shake them again carefully and check the temperature of them before consumption to avoid burns (especially, contents of feeding bottles and baby food jars).  
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*

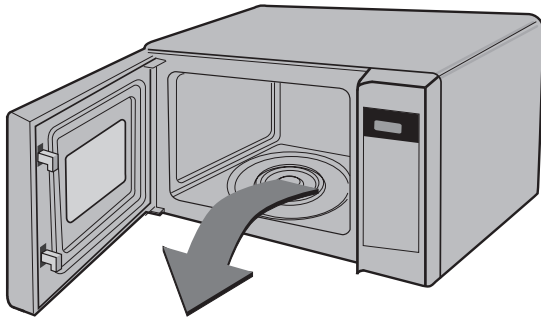
Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.

Precautions	2
Contents	3
Unpacking & Installing	4 ~ 5
Setting the Clock	6
Child Lock	7
Micro Power Cooking	8
Micro Power Level	9
Two Stage Cooking	10
Quick Start	11
Auto Cook	12 ~ 13
Auto Defrost	14 ~ 15
Quick Defrost	16 ~ 17
More or Less Cooking	18
Heating or Reheating Guide	19
Fresh Vegetable Guide	20
Important safety instructions	21 ~ 22
Microwave - safe Utensils	23
Food characteristics & Microwave cooking	24~ 25
Questions & Answers	26
Plug Wiring Information/Technical Specifications	27
Terms of Warranty & Important Notice	28

# 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.

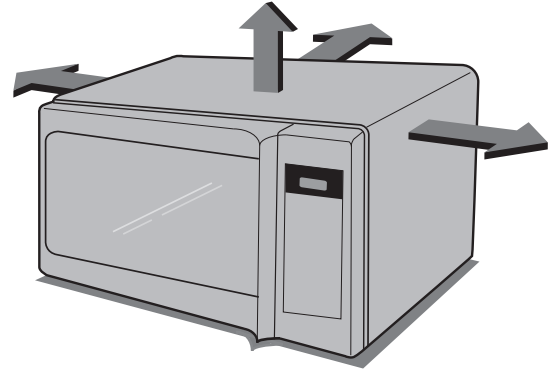


**GLASS TRAY**



**ROTATING RING**

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



**THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES**

- 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.**

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

- 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 23.



- 6** Press the **STOP/CLEAR** button, and press the **START** button 1 time to set 30 seconds of cooking time. You will hear a BEEP when you press the button.



- 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**

# Setting 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.



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

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

During clock setting the colon will flash, After setting, the colon will stop flashing.

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

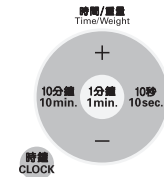
Press **STOP/CLEAR**.



Press **CLOCK** once.

(If you want to use a 12 hour clock, Press **CLOCK** once more.)

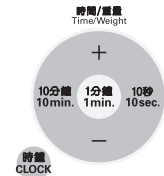
If you want to change different option after setting clock, you have to unplug and plug it back in.)



Press **10 MIN** fifteen times.

Press **1 MIN** three times.

Press **10 SEC** five times.



Press **CLOCK** or **START** to set the time.

The clock starts counting.



# 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**.



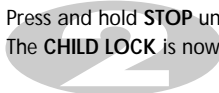
快速啟動  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

Press and hold **STOP** until “L” appears on the display and BEEP sounds. The **CHILD LOCK** is now set.



快速啟動  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

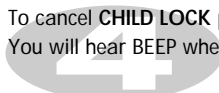
The time will disappear on the display if you have set the clock.

“L” remains displayed to let you know that **CHILD LOCK** is set.



L

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



快速啟動  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

# 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. High power is automatically selected but repeated presses of the POWER button will select different power levels.

POWER	Press POWER	%	POWER OUTPUT
HIGH MAX	<b>1</b> time	100%	800W
MEDIUM HIGH	<b>2</b> times	80%	640W
MEDIUM	<b>3</b> times	60%	480W
DEFROST MEDIUM LOW	<b>4</b> times	40%	320W
LOW	<b>5</b> times	20%	160W

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

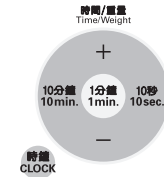
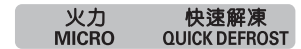
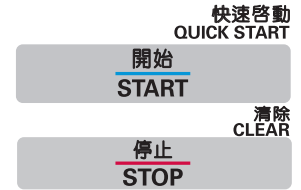
Press **STOP/CLEAR**.

Press **MICRO** twice to select 80% power.  
"640" appears on the display.

Press **1 MIN** five times.  
Press **10 SEC** three times.

Press **START/QUICK START**.

After cooking is over, End Reminder Beep Sounds per 1 minute for 5 minutes until the oven door is opened.





# 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"> <li>* Boil Water</li> <li>* Brown minced beef</li> <li>* Cook poultry pieces, fish, vegetables</li> <li>* Cook tender cuts of meat</li> </ul>	100%	800W
MEDIUM HIGH	<ul style="list-style-type: none"> <li>* All reheating</li> <li>* Roast meat and poultry</li> <li>* Cook mushrooms and shellfish</li> <li>* Cook foods containing cheese and eggs</li> </ul>	80%	640W
MEDIUM	<ul style="list-style-type: none"> <li>* Bake cakes and scones</li> <li>* Prepare eggs</li> <li>* Cook custard</li> <li>* Prepare rice, soup</li> </ul>	60%	480W
DEFROST/ MEDIUM LOW	<ul style="list-style-type: none"> <li>* All thawing</li> <li>* Melt butter and chocolate</li> <li>* Cook less tender cuts of meat</li> </ul>	40%	320W
LOW	<ul style="list-style-type: none"> <li>* Soften butter &amp; cheese</li> <li>* Soften ice cream</li> <li>* Raise yeast dough</li> </ul>	20%	160W



In the following example I will show you how to cook some food in two stages. The first stages will cook your food for 11 minutes on HIGH; the second will cook for 35 minutes on 320W.

## Two stage Cooking



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/CLEAR twice.

Press STOP/CLEAR.

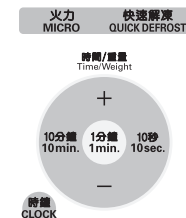


Set the power and the cooking time for stage 1.

Press MICRO once to select HIGH power.

Press 10 MIN once.

Press 1 MIN once.

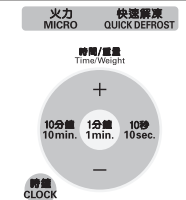


Set the power and the cooking time for stage 2.

Press MICRO four times to select 320 power.

Press 10 MIN three times.

Press 1 MIN five times.



Press START/QUICK START.



# Quick Start

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

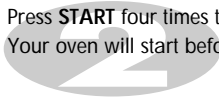


The **QUICK START** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **START** key.

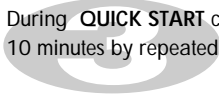
Press **STOP/CLEAR**.



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



During **QUICK START** cooking, you can extend the cooking time up to 10 minutes by repeatedly pressing the **START** key.



# Auto Cook

In the following example I will show you how to cook 0.5 kg 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 by pressing the + (MORE)/-(LESS) key.

CATEGORY	Press AUTO COOK
JACKET POTATO	<b>1</b> time
FRESH VEGETABLE	<b>2</b> times
FROZEN VEGETABLE	<b>3</b> times
RICE/PASTA	<b>4</b> times
FISH	<b>5</b> times

Press STOP/CLEAR.



快速啓動  
QUICK START

開始  
START

清除  
CLEAR

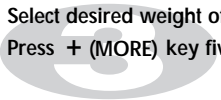
停止  
STOP

Press AUTO COOK one time.  
"AC-1" appears on the display.



自動料理 AUTO COOK    自動解凍 AUTO DEFROST

Select desired weight of potato.  
Press + (MORE) key five times to enter 0.5kg.



時間/重量  
Time/Weight



時鐘  
CLOCK

Press START/QUICK START.



快速啓動  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

FOOD CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD TEMP.	INSTRUCTIONS																	
<b>1. JACKET POTATO</b>	0.1 kg ~ 1.0 kg	–	Room	Choose medium sized potatoes 170 -200g. Wash and dry potatoes. Pierce the potatoes several times with fork. Place the potatoes on the glass turntable. Adjust weight and press start. After cooking, remove the potatoes from the oven. Let stand covered with foil for 5 minutes.																	
<b>2. FRESH VEGETABLE</b>	0.2 kg ~ 0.8 kg	Microwave-safe bowl	Room	Place vegetables in a microwave-safe bowl. Add water. Cover with wrap. After cooking, stir and allow to stand for 2 minutes. Add amount of water according to the quantity. ** 0.2kg - 0.4kg : 2 Tablespoon ** 0.5kg - 0.8kg : 4 Tablespoon																	
<b>3. FROZEN VEGETABLE</b>	0.2 kg ~ 0.8 kg	Microwave-safe bowl	Frozen	Place vegetables in a microwave-safe bowl. Add water. Cover with wrap. After cooking, stir and allow to stand for 2 minutes. Add amount of water according to the quantity. ** 0.2kg - 0.4kg : 2 Tablespoon ** 0.5kg - 0.8kg : 4 Tablespoon																	
<b>4. RICE / PASTA</b>	0.1 kg ~ 0.3 kg	Microwave-safe bowl	Room	Wash rice. Drain water. Place rice & boiling water with $\frac{1}{4}$ to 1 teaspoon salt in a deep and large bowl. <table border="1" data-bbox="727 631 1294 732"> <thead> <tr> <th colspan="2">Weight</th> <th>100g</th> <th>200g</th> <th>300g</th> <th>Cover</th> </tr> </thead> <tbody> <tr> <td rowspan="2">Water</td> <td>Rice</td> <td>180ml</td> <td>330ml</td> <td>480ml</td> <td>Yes</td> </tr> <tr> <td>Pasta</td> <td>400ml</td> <td>800ml</td> <td>1200ml</td> <td>No</td> </tr> </tbody> </table> ** Rice - After cooking, stand covered for 5 minutes or until water is absorbed. ** Pasta - During the cooking, stir several times. After cooking, stand for 1 or 2 minutes with cover. Rinse pasta with cold water.	Weight		100g	200g	300g	Cover	Water	Rice	180ml	330ml	480ml	Yes	Pasta	400ml	800ml	1200ml	No
Weight		100g	200g	300g	Cover																
Water	Rice	180ml	330ml	480ml	Yes																
	Pasta	400ml	800ml	1200ml	No																
<b>5. FISH</b>	0.1 kg ~ 0.6 kg	Microwave-safe fln dish	Refrigerated	Whole fish, steaks - Oily fish : salmon, mackerel - White fish : cod, haddock Arrange in a single layer in a large microwave-safe fln dish. Cover dish tightly with plastic wrap and pierce in several places. Place on the glass turntable. Adjust weight and press start. After cooking, remove the dish from the oven. Allow to stand for 3 minutes before serving.																	

# Auto Defrost



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

Category	Press	AUTO DEFROST
<b>MEAT</b>	<b>1</b>	time
<b>POULTRY</b>	<b>2</b>	times
<b>FISH</b>	<b>3</b>	times
<b>BREAD</b>	<b>4</b>	times

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 fish 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 poultry.

Press **STOP/CLEAR**.

Weigh 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.

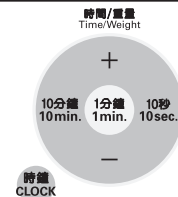


Press **AUTO DEFROST** twice to select the **POULTRY** defrosting programme. "dEF2" appears on the display window.



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

Press **+** (MORE) fourteen times to enter 1.4 Kg.



Press **START/QUICK 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 sounds) unless the door is opened.

## **AUTO WEIGHT DEFROST GUIDE**

- \* Food to be defrosted should be in a suitable microwave proof container and place uncovered on the glass turntable.
- \* If necessary, shield small areas of meat or poultry with flat pieces of aluminum foil. This will prevent thin areas becoming warm during defrosting. Ensure the foil does not touch the oven walls.
- \* Separate items like minced meat, chops and sausages as soon as possible.
- \* When BEEP, at this point remove the food from the microwave oven, turn the food over and return to the microwave oven. Press start to continue. At the end of the program, remove the food from the microwave oven, cover with foil and allow to stand until completely thawed. To thaw completely, for example joints of meat and whole chickens should STAND for a minimum of 1 hour before cooking.

<b>CATEGORY</b>	<b>WEIGHT LIMIT</b>	<b>UTENSIL</b>	<b>FOOD</b>
<b>Meat</b> <b>Poultry</b> <b>Fish</b>	0.1kg ~ 4.0kg	Microwave ware (Flat plate)	<b>Meat</b> Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger Lamp chops, Rolled roast, Sausage, Cutlets(2cm) Turn food over at beep. After defrosting, let stand for 5-15 minutes. <b>Poultry</b> Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg) Turn food over at beep. After defrosting, let stand for 20-30 minutes. <b>Fish</b> Fillets, Steaks, Whole fish, Sea foods Turn food over at beep. After defrosting, let stand for 10-20 minutes.
Bread	0.1kg ~ 0.5kg	Paper towel or flat plate	Sliced bread, Buns, Baguette, etc. Separate slices and place between paper towel or flat plate. Turn food over at beep. After defrosting, let stand for 1-2 minutes.

# 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.



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.

Press **Quick Defrost** to select the **MEAT** defrosting programme.  
The oven will start automatically.

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/QUICK START** to resume defrosting.

Your oven will not stop defrosting (even when the beep sounded) unless the door is opened.

快速启动  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

火力  
MICRO

快速解冻  
QUICK DEFROST



## ***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 BEEP, 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 5-15 minutes or until completely thawed.

<b><i>CATEGORY</i></b>	<b><i>WEIGHT</i></b>	<b><i>UTENSIL</i></b>	<b><i>INSTRUCTIONS</i></b>
<b>Minced Meat</b>	0.5kg	Microwave ware (Flat plate)	Minced meat Turn food over at beep. After defrosting, let stand for 5-15 minutes.

# More or Less Cooking

In the following example I will show you how to change the preset of Auto Cook programme for a longer or shorter cooking time.



If you find that your food is over or undercooked when using the **Auto Cook** or **Auto REHEAT** programme. You can increase or decrease cooking time by pressing the **+** (MORE) /- (LESS) key.

When manual cooking you can extend the cooking time at any point by using the **+** (MORE) /- (LESS) key. There is no need to stop the cooking process.

Press **STOP/CLEAR**.



Set the required **AUTO COOK** programmes.  
(Select weight of food)

Press **START/QUICK START**.

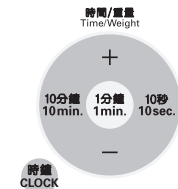


Press **+** (MORE) key

The cooking time will increase by 10 seconds for each press of the key.

Press **-** (LESS) key

The cooking time will decrease by 10 seconds for each press of the key.



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.

# Heating or Reheating Guide

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 3-3½ 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	1½-3 minutes 4½-7minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Casserole cream or cheese 1 cup 4 cups	1-2½ minutes 3½-6 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Sloppy Joe or Barbecued beef 1 sandwich (½ cup meat filling) without bun	1-2½ 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 350g	4-4½ minutes (at Medium High)	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Baked beans 1 cup	1½-3 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	2½-4 minutes 7½-11minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Rice 1 cup 4 cups	1-1½ minutes 3½-5 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	1½-2½ minutes 3½-5½ minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Soup 1 serving (8 oz.)	1½-2 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.

# Fresh Vegetable

## Guide

Vegetable	Amount	Cook time (at HIGH)	Instructions	Standing Time
Artichokes (230g each)	2 medium 4 medium	4 <sup>1</sup> / <sub>2</sub> - 7 10 - 12	Trim. Add 2 tsp water and 2 tsp juice. Cover.	2-3 minutes
Asparagus, Fresh, Spears	450g	2 <sup>1</sup> / <sub>2</sub> - 6	Add 1 cup water. Cover.	2-3 minutes
Green Beans	450g	7 - 11	Add <sup>1</sup> / <sub>2</sub> cup water in 1.5 litre casserole dish. Stir halfway through cooking.	2-3 minutes
Beets, Fresh	450g	11 - 16	Add <sup>1</sup> / <sub>2</sub> cup water in 1.5 litre covered casserole dish. Rearrange halfway through cooking.	2-3 minutes
Broccoli, Fresh, Spears	450g	5 - 8	Place broccoli in baking dish. Add <sup>1</sup> / <sub>2</sub> cup water.	2-3 minutes
Cabbage, Fresh, Chopped	450g	5 <sup>1</sup> / <sub>2</sub> -7 <sup>1</sup> / <sub>2</sub>	Add <sup>1</sup> / <sub>2</sub> cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Carrots, Fresh, Sliced	200g	2 - 3	Add <sup>1</sup> / <sub>4</sub> cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Cauliflower, Fresh, Whole	450g	5 - 7	Trim. Add <sup>1</sup> / <sub>4</sub> 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 <sup>1</sup> / <sub>2</sub> cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes

Vegetable	Amount	Cook time (at HIGH)	Instructions	Standing Time
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 <sup>1</sup> / <sub>2</sub> - 2 <sup>1</sup> / <sub>2</sub>	Place mushrooms in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Parsnips, Fresh, Sliced	450g	4 - 7	Add <sup>1</sup> / <sub>2</sub> cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Peas, Green, Fresh	4 cups	6 - 9	Add <sup>1</sup> / <sub>2</sub> 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 <sup>1</sup> / <sub>2</sub> - 7 <sup>1</sup> / <sub>2</sub> 9 <sup>1</sup> / <sub>2</sub> - 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 <sup>1</sup> / <sub>2</sub> - 7 <sup>1</sup> / <sub>2</sub>	Add <sup>1</sup> / <sub>2</sub> cup water in 2 litre covered casserole dish.	2-3 minutes
Courgette, Fresh, Sliced	450g	4 <sup>1</sup> / <sub>2</sub> - 7 <sup>1</sup> / <sub>2</sub>	Add <sup>1</sup> / <sub>2</sub> 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

## WARNING

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

# Important safety instructions

## Read carefully and keep for future reference

- 1 Do not attempt to tamper with, or make any adjustments or repairs to the door, control panel, safety interlock switches or any other part of the oven. It is hazardous for anyone to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy. Repairs should only be undertaken by a qualified service technician.
- 2 Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.
- 3 Do not dry clothes in the microwave oven, which may become carbonized or burned if heated too long.
- 4 Do not cook food wrapped in paper towels, unless your cook book contains instructions, for the food you are cooking.
- 5 Do not use newspaper in place of paper towels for cooking.
- 6 Do not use wooden containers. They may heat-up and char. Do not use ceramic containers which have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Metal objects in the oven may arc, which can cause serious damage.
- 7 Do not operate the oven with a kitchen towel, a napkin or any other obstruction between the door and the front edges of the oven, which may cause microwave energy leakage.
- 8 Do not use recycled paper products since they may contain impurities which may cause sparks and/or fires when used in cooking.
- 9 Do not rinse the turntable by placing it in water just after cooking. This may cause breakage or damage.
- 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 ignition.
- 19 The appliance is not intended for use by young children or infirm persons without supervision; Young Children should be supervised to ensure that they do not play with appliance.
- 20 Liquids or other foods must not be heated in sealed containers since they are liable to explode.
- 21 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.

## **WARNING**

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

# ***Important safety instructions***

## **Read carefully and keep for future reference**

- 22 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.
- 23 The oven should be cleaned regularly and any food deposits removed
- 24 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
- 25 The microwave oven shall not be placed in a cabinet unless it has been tested in a cabinet

# 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. 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 meals 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.

# 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.

# 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 .

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

	MS2147C
Power Input	240V AC / 50 Hz
Output	800 W (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	455 mm(W) X 281 mm(H) X 345 mm(D)
Power Consumption	1200 Watts

# Terms of Warranty & Important Notice

## TERMS OF WARRANTY

Should a defect in this due to either FAULTY MATERIAL or WORKMANSHIP become apparent within the period of 1 years (extra 3 years on magnetron part) from the date of original purchase of the product, then provid LG or their above mentioned 1 years period (extra 3 years on magnetron part), such defect will be rectified, without cost to you for either labour or material, at the premises of LG or Their Authorised Service Center Subject to:

1. Particulars of the model and serial number, the date of original purchase and invoice/sales docket number being given to the authorised 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 not applying except to the serving within Australia of products purchased in Australia.

7. The authorised serviced agent will provide service during nomal business hours, Monday to Friday.

If any legislation whether Federal or State to applies to this transaction, certain non-excludable conditions may be implied and certain non-excludable rights may arise but except for such conditions, warranties and rights, all conditions and warranties which might otherwise be implied in this transaction are hereby excluded and negated.

## IMPORTANT NOTICE

1. LG ELECTRONICS AUSTRALIA PTY. LTD has arranged for authorised service centres to perform all aftersales and warranty service on its behalf.
2. The authorised 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 authorised service centre for any cause not covered by this warranty, all costs involved, including a charge for inspection and handing must be paid to the authorised servic 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.



# 微波爐

使用說明書

在使用本產品之前，請您仔細閱讀使用說明書

**MS2147C**

P/No: MFL39129806

# 預防措施

## 避免過量的微波能量外泄。

因為我們在微波爐的門裏裝了安全鎖，所以當微波爐的門開着的時候，微波爐是無法操作的。在烹煮時，微波爐的門若被打開，這些安全鎖會自動停止一切烹飪程序（活動）這可以防止你接觸到微波能。請不要擅自自行調整安全鎖。

請不要在微波爐的前面板和門之間放任何東西，或讓食物、清潔劑渣滓積聚在密封面上。

如果微波爐已被破損請勿繼續使用。在使用前，請檢查你的微波爐的門是否能完全關緊和以下任何三樣東西有沒有破損：

- (1) 門（凹損）
- (2) 門栓和鉸鏈（破損或鬆開）
- (3) 門縫和密封表面

微波爐必須由合格或廠商培訓的服務人員做調整或修理。

## 警告

請輸入正確的烹調時間，過度的烹調可導致食物着火和損壞微波爐。

在加熱或烹煮湯、醬料或飲料等液體食物時，液體可能在沒有任何跡象下延遲沸騰。要避免這種情況發生，請留意以下幾點：

- 1 避免使用“直身窄口”的容器。
- 2 加熱不可過度。
- 3 加熱之前和加熱時略加攪拌。
- 4 加熱后先把食物擱置于爐內片刻，略加攪拌后取出。食用前（尤其是嬰兒食品和奶瓶裏的飲料），請檢查食物的溫度以免燙傷。

在加熱后，請小心取出容器，以避免被燙傷。

## 警告

在加熱后一定要讓食物擱置片刻，並在食用前，檢查食物的溫度；尤其是奶瓶裏的飲料和嬰兒食品。

# 目錄

## 微波爐是如何工作的

微波是一種電磁波。與廣播、電視的電波和普通可見光相似。微波能向外傳播並在幾秒內在空氣裏消失。微波能是由磁控管產生並發射出來的。這些微波能是通過爐內的縫口進入爐腔。

在爐內的底部設有一個轉盤。

雖然微波能不能穿透爐內的金屬牆。不過它卻能穿越玻璃、陶瓷、紙張等絕緣物體，而不能被吸收。因此，這些物體是不會發熱的，而是食物的熱氣使這些物體發熱。

## 非常安全的家用電器

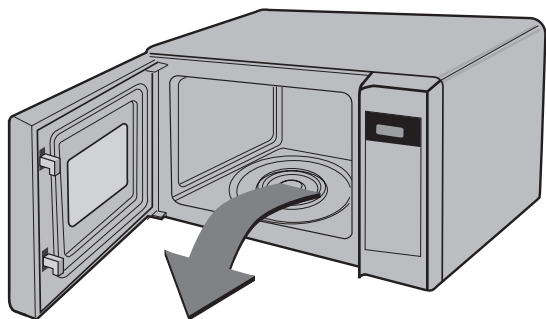
微波爐是家電裏其中一個最安全的電器產品。當微波爐的門被打開時，微波爐就會自動停止一切的烹調程序。微波能被食物吸收后，使食物產生熱量自行烹煮，並且不會遺留任何輻射物在食物裏。

預防措施	2
目錄	3
拆開包裝及安裝	4 ~ 5
設置時鐘	6
童鎖	7
微波烹調	8
微波火力級別	9
兩階段烹調	10
快速啓動	11
自動料理	12 ~ 13
自動解凍	14 ~ 15
快速解凍	16 ~ 17
加（多）或減（少）烹調	18
加熱或翻熱指導	19
新鮮蔬菜指導	20
安全守則	21 ~ 22
微波爐適用容器	23
食物特性及微波烹調	24 ~ 25
問與答	26
插頭綫路資料/技術規格	27

# 拆開包裝 及安裝

請遵照這兩頁的基本指示，閣下便可檢查微波爐是否正常運作，請特別留意在何處安裝微波爐的指引。當拆開微波爐的包裝后，請確保移除所有配件和包裝材料。請小心檢查微波爐，確保沒有在運輸途中被損毀。

**1** 拆開包裝材料並將微波爐放在平穩的表面。

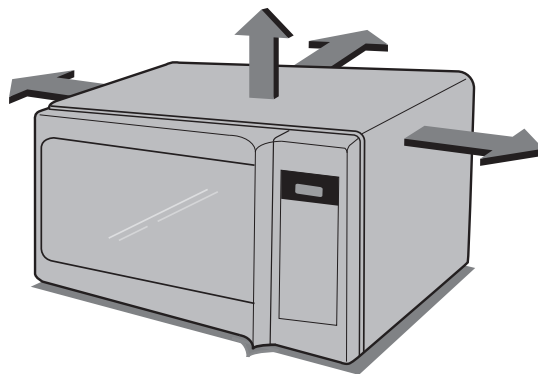


玻璃轉盤



旋轉圈

**2** 將微波爐放在平穩的位置，該位置要有85釐米以上，頂部最少留有30釐米的空間，及在背後留有10釐米的空間做通風之用。爐門正面應和邊沿表面留有最少8釐米的距離，以防止翻倒。排氣口位于微波爐頂部或爐旁，若排氣口被阻塞，會損毀微波爐。



本微波爐不可用于商業用途



**3** 將微波爐插頭插入標準的家居插座中，插座中不可插入其他電器。若微波爐運作不正常，請從插座中拔出插頭，然後再次插入插頭。

**4** 拉開門柄，打開爐門，將旋轉圈放入爐內。並將玻璃轉盤放在上面。

**5** 將300毫升的水，倒入微波爐專用的容器中，並將容器放在玻璃轉盤上，然後關閉爐門。若你不確定什麼容器可在微波爐內使用，請參閱第23頁。

**6** 按下 **停止/清除** 鍵

然後按下 **開始/快速啟動** 鍵一次

設定30秒的烹煮時間。當您按下 **開始/快速啟動** 鍵時，您將聽見嗶的一聲響，您的微波爐將自動啟動。



**7** 顯示屏會由30秒鐘倒數計時，當到達0時，微波爐會發出嗶聲。請開啓爐門，檢查水溫。若微波爐在正常工作，水應該是溫的。當移走容器時，請務必小心，因容器可能很熱。



您的微波爐已被安裝妥當



# 設置 時鐘



當首次接通微波爐電源或當停電后電力恢復時，在顯示屏會出現‘0’字樣，您便需要重設時鐘。

若時鐘（或顯示屏）出現特別的符號，請從電源插座中拔出插頭並重新插回插頭，重設時鐘。

在設定時鐘時，會出現閃爍的冒號符號，當設定完畢后，冒號會停止閃爍。

您可以設置12小時或24小時制的時鐘。  
在下列例子中，我們會示範如何使用24小時制設置14:35的時間。  
請確保從微波爐內移除所有包裝材料。

請確保按照本說明書正確安裝微波爐。

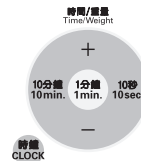
按下 **停止/清除** 鍵。

清除  
CLEAR

停止  
STOP

按下 **時鐘** 鍵。

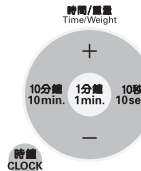
（如果您想使用12小時制的時鐘，請再按一次 **時鐘** 鍵  
如果您想在設定時鐘后改變不同的選項，必須拔出插頭並重新插上插頭。）



按下 **10分鐘** 15次。

按下 **1分鐘** 3次。

按下 **10秒** 5次。



按下 **時鐘** 或 **開始/快速啟動** 設置時間。

時鐘開始計時。

時鐘  
CLOCK

快速啟動  
QUICK START

開始  
START

# 童鎖



您的微波爐已設安全設施,可防止意外開啓微波爐。當童鎖一旦被設定,任何功能都不可使用及不能進行煮食。但是孩子們依然可以打開爐門。

按下 **停止/清除** 鍵。



快速啓動  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

保持按下 **停止/清除** 鍵直至“L”在顯示屏出現並聽見嗶聲響。

現在已設定**童鎖**功能。

若您已設定時鐘,時間會在顯示屏消失。



快速啓動  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

“L”會持續在顯示屏出現,令您知道已經設定**童鎖**功能。



L

若要取消**童鎖**功能,請持續按下 **停止/清除** 鍵,直至“L”消失。



快速啓動  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

當兒童鎖被解除,您會聽到嗶聲。

# 微波 烹調



您的微波爐設有5段微波火力。微波火力以預設為最高火力，但重復按下**火力**鍵，可選擇不同的火力水平。

火力	按下 火力	%	火力 輸出
高 最大	<b>1</b> 次	100%	800瓦
中 高	<b>2</b> 次	80%	640瓦
中	<b>3</b> 次	60%	480瓦
解凍 中低	<b>4</b> 次	40%	320瓦
低	<b>5</b> 次	20%	160瓦

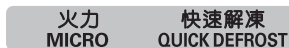
在下列例子中，我們將示範使用80%的火力，烹煮5分30秒的方法。

請確保按照本說明書正確安裝微波爐。

按下 **停止/清除** 鍵。



按下 **火力** 鍵 2次，選擇80%的火力。  
“640” 將出現在顯示屏上。



按下 **1分鐘** 5次。  
按下 **10秒** 3次。



按下 **開始/快速啟動** 鍵。

當烹調結束時，您將在5分鐘內每隔1分鐘聽見一次嗶聲響。  
直至微波爐爐門打開。



# 微波火力 級別

您的微波爐有5種微波火力級別供選擇，能讓您在烹調過程中有最大的自由度和控制度。  
以下的表格為您舉了一些例子，讓您參考如何運用不同的微波火力級別來烹調食物。

火力級別	用途	火力級別 (百分比)	輸出火力
高 最大	<ul style="list-style-type: none"><li>* 燒開水</li><li>* 烤塊狀牛肉</li><li>* 烹調切片家禽類，魚類，蔬菜類</li><li>* 烹調嫩肉</li></ul>	100%	800瓦
中高	<ul style="list-style-type: none"><li>* 翻熱</li><li>* 烤肉類和家禽類</li><li>* 烹調蘑菇和貝類食物</li><li>* 烹調包含奶酪和雞蛋的食物</li></ul>	80%	640瓦
中	<ul style="list-style-type: none"><li>* 烘烤蛋糕和烤餅</li><li>* 烹調雞蛋</li><li>* 烹調奶油蛋羹</li><li>* 烹調米飯，湯</li></ul>	60%	480瓦
解凍 中低	<ul style="list-style-type: none"><li>* 融化</li><li>* 融化黃油和巧克力</li><li>* 烹調少量嫩肉</li></ul>	40%	320瓦
低	<ul style="list-style-type: none"><li>* 軟化黃油和奶酪</li><li>* 軟化冰淇淋</li><li>* 發酵生麵團</li></ul>	20%	160瓦



# 兩階段 烹調



在兩階段烹調過程中，可以打開微波爐門檢查食物烹調情況。然後關上爐門並按 **開始/快速啟動** 鍵，烹調階段將繼續進行。

在一階段結束後，將聽見嗶聲。  
第二階段將開始。

若您想清除設定的程序，請按兩次 **停止/清除** 鍵。

在下列例子中將為您介紹如果對食物進行兩階段烹調。第一階段使用高火力烹調11分鐘；第二階段使用280的火力烹調35分鐘。

按下 **停止/清除** 鍵。

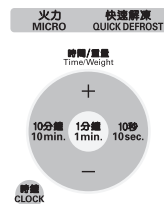


設定第一階段的火力和烹調時間。

按下 **火力** 鍵1次選擇高火力。

按下 **10分鐘** 1次。

按下 **1分鐘** 1次。

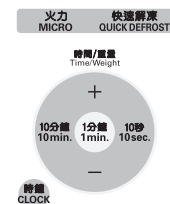


設定第二階段的火力和時間。

按下 **火力** 鍵4次選擇320的火力。

按下 **10分鐘** 3次。

按下 **1分鐘** 5次。



按下 **開始/快速啟動** 鍵。



# 快速 啓動

在下列例子中將為您介紹如何設定2分鐘的高火力烹調時間。



快速啓動的作用是使您在按開始/快速啓動 鍵后可以設定時間間隔為30秒的高火力烹調。

按下 **停止/清除** 鍵。



快速啓動  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

按下 **開始/快速啓動** 鍵4次以選擇2分鐘的高火力。  
您的微波爐將在您結束第4次按鍵之前啓動。



快速啓動  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

在**快速啓動**烹調過程中，您可以重復按下 **開始/快速啓動** 鍵以延長烹調時間至10分鐘。



快速啓動  
QUICK START

開始  
START

清除  
CLEAR

停止  
STOP

# 自動料理



自動料理使您可以通過選擇食物種類輕易的烹調您最喜歡的食物並通過按 **+加(多)** / **-減(少)** 鍵來輸入食物的重量。

種類	按自動料理
炸薯條	<b>1</b> 次
新鮮蔬菜	<b>2</b> 次
冷凍蔬菜	<b>3</b> 次
米飯/意大利麵	<b>4</b> 次
爆米花	<b>5</b> 次

在下面例子中為您示範如何烹調0.5千克的薯條。

按下 **停止/清除** 鍵。



按下 **自動料理** 鍵1次。

“Ac-1” 將出現在顯示屏上。



選擇想要烹調的馬鈴薯的重量。

按下 **+加(多)** 鍵5次以輸入0.5千克。



按下 **開始/快速啟動** 鍵。





食物種類	重量限制	容器	食物溫度	說明																	
1.炸薯條	0.1千克-1.0千克	-	室溫	選擇中等大小的馬鈴薯170-200克。 清洗后晾乾。用叉子刺數次后放在玻璃轉盤上。調整重量並按開始/快速啟動鍵。烹調結束後，把馬鈴薯從爐內取出。用箔蓋上等待5分鐘。																	
2.新鮮蔬菜	0.2千克-0.8千克	微波爐適用的碗	室溫	將蔬菜放在微波爐適用的碗內。加水蓋上蓋子。烹調結束後，攪拌並等待2分鐘。根據烹調的數量加水。  ** 0.2千克 - 0.4千克：2 大湯匙 ** 0.5千克 - 0.8千克：4 大湯匙																	
3.冷凍蔬菜	0.2千克-0.8千克	微波爐適用的碗	冷凍的	把蔬菜放在微波爐適用的碗裏。加水，蓋上蓋子。烹調結束後，攪拌並等待2分鐘。根據烹調的數量加水。  ** 0.2千克 - 0.4千克：2 大湯匙 ** 0.5千克 - 0.8千克：4 大湯匙																	
4.米飯/ 意大利麵	0.1千克-0.3千克	微波爐適用的碗	室溫	洗米后加水。 把米和開水放在一個深的大碗裏。 <table border="1" data-bbox="710 632 1348 739"> <thead> <tr> <th colspan="2">重量</th> <th>100克</th> <th>200克</th> <th>300克</th> <th>蓋子</th> </tr> </thead> <tbody> <tr> <td rowspan="2">開水</td> <td>米飯</td> <td>180毫升</td> <td>330毫升</td> <td>480毫升</td> <td>加蓋/通風</td> </tr> <tr> <td>意大利麵</td> <td>400毫升</td> <td>800毫升</td> <td>1200毫升</td> <td>不加蓋</td> </tr> </tbody> </table> ** 米飯 - 烹調結束後在微波爐內蓋上等待5分鐘直至水被完全吸收。 ** 意大利麵 - 烹調時要攪動幾次。烹調結束後蓋上蓋子悶1至2分鐘。用涼水過麵。	重量		100克	200克	300克	蓋子	開水	米飯	180毫升	330毫升	480毫升	加蓋/通風	意大利麵	400毫升	800毫升	1200毫升	不加蓋
重量		100克	200克	300克	蓋子																
開水	米飯	180毫升	330毫升	480毫升	加蓋/通風																
	意大利麵	400毫升	800毫升	1200毫升	不加蓋																
5.爆米花	0.1千克-0.6千克	微波爐適用的盤子	室溫	將爆米花放在微波爐內。 移動塑料包裝紙。將摘開的袋子放在玻璃轉盤上。 (依據包裝物說明) 烹調結束後，把包裝袋從微波爐內取出。 警告：爆米花會很熱！通過拉對角小心打開包裝袋。																	

# 自動 解凍



本微波爐有4種微波解凍設定：  
肉類，家禽，魚類和麵包；  
每種解凍的類別都有不同的火力  
設定。重複按下 **自動解凍** 鍵  
以選擇不同的設定。

種類	按 自動解凍
肉類	<b>1</b> 次
家禽	<b>2</b> 次
魚類	<b>3</b> 次
麵包	<b>4</b> 次

食物的溫度和密度各不相同，建議在烹煮之前，先檢查食物的特性，請特別注意大塊的肉類和雞肉。有一些食物在烹煮之前，不應完全解凍。例如魚類較易熟透，所以在烹煮之前，魚身應稍微冰鮮，效果可能更佳。

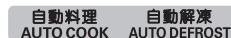
下列例子中，我們將示範解凍1.4千克的家禽。

按下 **停止/清除** 鍵。

先將解凍的食物稱重。請先確保去除所有的金屬帶和包裝紙，  
再將食物放入微波爐內，然後關上爐門。

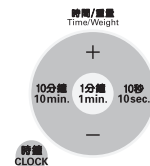


按 **自動解凍** 鍵2次來選擇家禽解凍的程序，在顯示屏上  
會出現“dEF2”字樣。



輸入需要解凍食物的重量。

按下 **+加(多)** 鍵 14次來輸入1.4千克。



按下 **開始/快速啓動** 鍵。



在解凍期間，微波爐會發出嗶聲。（在解凍任何階段開啓爐門），請翻轉和分開食物以確保均勻解凍。移去解凍后的肉塊或蓋着它們以緩解解凍速度。檢查完畢后，請關閉爐門並按下 **開始/快速啓動** 鍵恢復解凍過程，除非你打開爐門，否則微波爐會繼續進行解凍程序（即使發出嗶聲）。

## 自動解凍向導

- \* 被解凍的食物應放在微波爐適用的容器內，然後不蓋蓋子放在玻璃轉盤上。
- \* 若有必要的話，請用平整的鋁箔把肉或家禽裹起來。這樣可以防止在解凍過程中較薄的部分變熱。確保金屬薄片不要接觸到爐壁。
- \* 其他種類的食物，如切塊的肉，排骨，香腸和熏肉也是這樣。
- \* 當微波爐發出嗶聲時，把食物從微波爐內取出，翻轉食物然後放回微波爐。重新開始繼續烹調。解凍程序結束時，再把食物從微波爐內取出，用金屬薄片蓋上等待直至解凍完全。為了完全解凍，在烹調前應將肉和整只雞繼續放置等待至少1個小時。

種類	重量限制	容器	食物
肉類 家禽 魚類	0.1千克 - 4.0千克	微波爐器皿 (平的餐具)	<p>肉類 切塊的牛肉，魚排，燉肉，牛排，燉熟的肉，燉熟的牛肉，牛肉夾饅，羊排， 包着金箔的肉，香腸，炸肉排（2釐米） 聽見一聲嗶時，請翻轉食物。 解凍結束後，等待5 - 15分鐘。</p> <p>家禽 整只雞，雞蛋，雞腿，雞胸，火雞胸（2.0千克以下） 聽見一聲嗶時，請翻轉食物。 解凍結束後，等待20 - 30分鐘。</p> <p>魚類 魚片，魚排，整只魚，海類食品。 聽見一聲嗶時，請翻轉食物。 解凍結束後，等待10 - 20分鐘。</p>
麵包	0.1千克 - 0.5千克	紙巾或平的 餐具	<p>切片的麵包，麵包圈，法國棍子麵包等等。 個別的切片麵包放在紙巾和平的餐具之間。 聽見一聲嗶時，請翻轉食物。 解凍結束後，等待1 - 2分鐘。</p>

# 快速 解凍

使用此功能可以快速解凍0.5千克的肉餡。這將使食物的中心部分在標準時間內解凍。  
在下列例子中我們將示範將0.5千克的冷凍肉餡解凍。



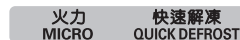
按下 **停止/清除** 鍵。

先將解凍的食物稱重。請先確保除去所有的金屬帶和包裝紙，  
再將食物放微波爐內，然後關上爐門。



按下 **快速解凍** 鍵選擇肉類解凍程序。

微波爐會自動啟動。



在解凍期間，微波爐會發出嗶聲，（在解凍任何階段開爐門），請翻轉和分開食物以確保均勻解凍。移去解凍后的肉塊或蓋着它們以減緩解凍速度。檢查完畢后，請關閉爐門並按 **開始/快速啟動** 鍵恢復解凍過程。

除非你打開爐門，否則微波爐會繼續進行解凍程序（即使發出嗶聲）。

## 快速解凍向導

使用這個功能可以迅速解凍肉餡。

將肉完全從包裝紙中取出。把肉餡放入微波爐適用的容器中。當聽見嗶聲時，把它從微波爐中取出並翻轉過來，然後再放入微波爐中，按開始鍵繼續。在程序結束時，把肉餡取出，用金屬箔蓋上等待5 - 15分鐘直至完全解凍。

種類	重量	容器	說明
肉餡	0.5千克	微波爐適用器皿 (平的餐具)	肉餡 聽見嗶聲時翻轉食物。 解凍結束後，等待5 - 15分鐘。

# 加(多)或減(少) 烹調

在下面例子中，將為您示範如何改變目前的自動料理程序來以使烹調時間延長或縮短。



當使用自動料理或自動翻熱程序時，您發現食物烹調過度或煮的欠熟時，您可以通過按

**+ 加(多) / - 減(少)** 鍵來增加或減少烹調時間。

按照說明書烹調時，您可以通過按 **+ 加(多) / - 減(少)** 鍵在任何時候來延長烹調時間。無需停止烹調程序。

按下 **停止/清除** 鍵。



設定需要的自動料理程序。  
(選擇食物的重量)

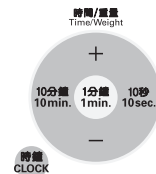
按下 **開始/快速啓動** 鍵。

按下 **+ 加(多)** 鍵。

每按一次按鍵烹調時間將增加10秒。

按下 **- 減(少)** 鍵。

每按一次按鍵烹調時間將減少10秒。



# 加熱或翻熱 指導

為了使微波能夠均勻加熱或翻熱，遵循以下指導是非常重要的。為了確定翻熱時間應稱量食物的重量。為了達到最佳效果，把食物環形排列起來。室溫下的食物要比冷凍的事物更易加熱，灌裝的食物應從罐頭中取出放到微波爐適用的容器中。如果用一個微波爐適用的蓋子或通風的塑料包裝物蓋上，食物的加熱效果會更好。為了避免被蒸汽燙傷請小心將食物取出。請使用下面的指導圖表進行加熱烹調食物。

類別	烹調時間 (高火力)	特別說明
肉片 3片 (0.5釐米厚)	1~2分鐘	把肉片放在微波爐適用的盤子上，用塑料包裝物裹上並留出通氣孔。 •注意：肉汁或醬油可以幫助烹煮出嫩滑可口的肉。
雞塊 1塊雞胸 1個雞腿和雞大腿	2~3分鐘 3~3 <sup>1</sup> / <sub>2</sub> 分鐘	把雞塊放在微波爐適用的盤子上。 用塑料包裝物包上並留出通氣孔。
魚片 (170-230克)	1~2分鐘	把魚片放在微波爐適用的盤子上。 用塑料包裝物包上並留出通氣孔。
烤寬麵條 1人份(300克)	4~6分鐘	把寬麵條放在微波爐適用的盤子上。 用塑料包裝物包上並留出通氣孔。
砂鍋菜 1杯 4杯	1 <sup>1</sup> / <sub>2</sub> ~3分鐘 4 <sup>1</sup> / <sub>2</sub> ~7分鐘	烹煮 放在微波爐適用的砂鍋中蓋蓋烹調。 烹調過程中途攪拌一次。
冰淇淋或奶酪 1杯 4杯	1~2 <sup>1</sup> / <sub>2</sub> 分鐘 3 <sup>1</sup> / <sub>2</sub> ~6分鐘	烹煮 放在微波爐適用的砂鍋中蓋蓋烹調。 烹調過程中途攪拌一次。
烤牛肉 1個三明治 ( <sup>1</sup> / <sub>2</sub> 杯肉餅餡) 沒有麵包	1~2 <sup>1</sup> / <sub>2</sub> 分鐘	分開翻熱餅餡和麵包。 烹煮 放在微波爐適用的砂鍋中蓋蓋烹調。 攪拌。按照下表指導加熱麵包。

類別	烹調時間 (高火力)	特別說明
馬鈴薯泥 350克	4~4 <sup>1</sup> / <sub>2</sub> 分鐘 (中高火)	烹煮 放在微波爐適用的砂鍋中蓋蓋烹調。 烹調過程中途攪拌一次。
烤豆子 1杯	1 <sup>1</sup> / <sub>2</sub> ~3分鐘	烹煮 放在微波爐適用的砂鍋中蓋蓋烹調。 烹調過程中途攪拌一次。
混沌或意大利面 1杯 4杯	2 <sup>1</sup> / <sub>2</sub> ~4分鐘 7 <sup>1</sup> / <sub>2</sub> ~11分鐘	烹煮 放在微波爐適用的砂鍋中蓋蓋烹調。 烹調過程中途攪拌一次。
米飯 1杯 4杯	1~1 <sup>1</sup> / <sub>2</sub> 分鐘 3 <sup>1</sup> / <sub>2</sub> ~5分鐘	烹煮 放在微波爐適用的砂鍋中蓋蓋烹調。 烹調過程中途攪拌一次。
三明治或麵包 1卷	15~30秒	用紙巾包裹起來放在玻璃轉盤上。
蔬菜 1份 4份	1 <sup>1</sup> / <sub>2</sub> ~2 <sup>1</sup> / <sub>2</sub> 分鐘 3 <sup>1</sup> / <sub>2</sub> ~5 <sup>1</sup> / <sub>2</sub> 分鐘	烹煮 放在微波爐適用的砂鍋中蓋蓋烹調。 烹調過程中途攪拌一次。
湯 1人份(8盎司)	1 <sup>1</sup> / <sub>2</sub> ~2分鐘	烹煮 放在微波爐適用的砂鍋中蓋蓋烹調。 烹調過程中途攪拌一次。

# 新鮮蔬菜 指導

蔬菜	量	烹調時間 (火力)	說明	等待 時間
朝鮮薊 (各230克)	2分鐘 4分鐘	4½~7 10~12	削去多餘部分，加入兩茶匙水和兩茶匙汁，加蓋。	2~3分鐘
新鮮 蘆筍條	450克	2½~6	加入一杯水 加蓋	2~3分鐘
青豆	450克	7~11	在1.5公升砂鍋中加入1/2杯水 烹調中途請攪拌。	2~3分鐘
新鮮甜菜	450克	11~16	在1.5公升砂鍋中加入1/2杯水，烹調 中途請翻動並調整食物位置。	2~3分鐘
新鮮青花菜 含梗	450克	5~8	將新鮮青花菜放在烤盤上。 加入1/2杯水	2~3分鐘
新鮮高麗菜 切碎	450克	5½~7½	在1.5公升砂鍋中加入1/2杯水 烹調中途請攪拌。	2~3分鐘
胡蘿蔔，甘 蘭菜（切片）	200克	2~3	在1.5公升砂鍋中加入1/4杯水 烹調中途請攪拌。	2~3分鐘
新鮮花椰菜 全類	450克	5~7	削去多餘部分。在1.5公升砂鍋中加入 1/4杯水。 烹調中途請攪拌。	2~3分鐘
新鮮花類 新鮮芹菜 切片	2杯 4杯	11~16	切片。在1.5公升砂鍋中加入 1/2杯水。 烹調中途請攪拌。	2~3分鐘

蔬菜	量	烹調時間 (火力)	說明	等待 時間
新鮮玉米	2根	4~8	除去玉米殼，在1.5公升烤盤中加入 兩大湯匙水，加蓋。	2~3分鐘
新鮮蘑菇 切片	230克	1½~2½	將蘑菇放在1.5公升加蓋的砂鍋中， 烹調中途請攪拌。	2~3分鐘
新鮮歐洲蘿蔔 切片	450克	4~7	在1.5公升加蓋砂鍋中加入1/2杯水 烹調中途請攪拌。	2~3分鐘
新鮮 綠豌豆	4杯	6~9	在1.5公升加蓋砂鍋中加入1/2杯水 烹調中途請攪拌。	2~3分鐘
烤全顆地瓜 (每顆 170~230克)	中顆2顆 中顆4顆	4~9 6~12	用叉子刺地瓜數次，放在兩張紙巾 上。烹調中途請攪拌。	2~3分鐘
烤全顆馬鈴薯， (每顆 170~230克)	2顆 4顆	5½~7½ 9½~14	用叉子刺馬鈴薯數次，放在兩張 紙巾上。烹調中途請攪拌。	2~3分鐘
新鮮 菠菜葉	450克	4½~7½	在2公升加蓋砂鍋中加入1/2杯水	2~3分鐘
新鮮胡瓜 切片	450克	4½~7½	在1.5公升加蓋砂鍋中加入1/2杯水 烹調中途請攪拌。	2~3分鐘
新鮮 全顆胡瓜	450克	6~9	刺洞，放在兩張紙巾上。 烹調中途請翻動胡瓜，重新擺放。	2~3分鐘



## 警告

請確定所設定的烹調時間無誤，設定

烹煮時間過長可能引起燃燒、並進一步

對微波爐造成損害。

# 安全守則

## 請謹慎閱讀並加以保存，以備參考只用

- 1 切勿撥動微波爐爐門、控制板、安全連鎖開關或其它任何部分或嘗試任何形式的調整或修理。包括拆除任何提供微波爐輻射防護的外罩，均可能造成傷害。維修作業應由符合資格的技术人員進行。
- 2 空的微波爐切勿進行操作。當不使用微波爐時，請在爐內放置一杯清水。如微波爐意外啓動，水便能將微波能量吸收。
- 3 切勿將微波爐用作烘乾衣物，若衣物被長時間加熱，將會導致衣物被炭化甚至燒毀。
- 4 不可用紙巾包裹食物進行烹調，除非您的食譜中包含這種食物的烹調說明。
- 5 烹調時不可用報紙替代紙巾。
- 6 切勿使用木制器皿，它們也許會在加熱後升溫燒焦。切勿使用鑲嵌金屬物質（如金或銀）的陶瓷器皿。必須出去所有的金屬線，因為微波會令金屬產生弧光，可導致微波爐嚴重損毀。
- 7 切勿將廚房用毛巾、餐巾等阻礙爐門和微波爐前沿之間的位置以避免洩漏微波能量。
- 8 切勿使用循環再生紙產品，以免當中含有雜質，會導致在烹調過程中產生火花。
- 9 烹調食物完畢後，切勿立即將轉盤放入水中清洗否則會使轉盤破裂或損壞。
- 10 烹調少量食物時，所需的烹調或翻熱時間也較短。若使用一般的烹調時間，會使食物過熱或燒焦。
- 11 請確保門的正前方距離放置邊緣最少8釐米及其以上的空間，以防止電器意外側翻。
- 12 烹調食物前，請先將馬鈴薯、蘋果等水果或蔬菜的表皮刺孔。
- 13 煮雞蛋時請先去殼，否則壓力會在殼內形成，令雞蛋爆開。
- 14 切勿嘗試在微波爐內油炸食品。
- 15 烹調或解凍前應先將包裹食物的保鮮膜除去，但在某些翻熱或烹調的過程中，食物則應以微波爐適用的保鮮紙包裹著。
- 16 如果爐門的封條已壞，切勿使用微波爐，直至有資格的技术人員將微波爐維修妥當。
- 17 如發現微波爐冒煙，請關閉電源或拔掉電源插頭，並報出微波爐爐門關閉以熄滅火焰。
- 18 拋棄式的塑料，紙類或其他可燃材料容器仍可能起火，如使用此種容器加熱或烹調，過程中請經常檢查微波爐情況。
- 19 兒童需接受正確且足夠的教導，了解微波爐的安全使用方法及可能傷害，才可容許兒童獨自使用微波爐。
- 20 液體或其他食物不要在密封容器內加熱，因這樣很可能發生爆炸。
- 21 微波加熱飲料會導致延遲性噴濺沸騰，因此當處理容器時，應特別小心。餵食瓶和嬰孩食物罐內食物會被攪拌或搖動，應在使用之前檢查溫度，以免燙傷。

## 警告

請確定所設定的烹調時間無誤，設定烹煮時間過長可能引起燃燒、並進一步對微波爐造成損害。

# 安全守則

請謹慎閱讀並加以保存，以備參考只用

- 22 帶殼的雞蛋和煮過熱的雞蛋不能在微波爐中加熱，因為可能會引起爆炸，即使微波爐已經停止加熱。
- 23 微波爐應當正確的清理，應去除全部食物殘渣。
- 24 如沒有保持爐體的清潔，可能會導致表面腐蝕，從而影響使用壽命甚至有可能造成危險。
- 25 微波爐不可以置於櫥櫃內，除非已經測試過。

# 微波爐 適用容器

在微波爐內切勿使用金屬或金屬修邊的容器

微波不能穿透金屬，在微波爐內，微波會從金屬物反彈形成弧光就像閃電等危險現象一樣。

大部分防熱的非金屬煮食器具，都可安全在微波爐內使用。但是，他們當中可能有些物料不適用於微波爐內。若您有任何疑問由一個簡單的方法可測試容器是否能安全在微波爐內使用：請將有懷疑的容器放在盛滿水的玻璃碗中，將微波爐設定在HIGH（在高效率）約一分鐘。若水變熱但容器仍然清涼，即表示它適合在微波爐內使用。但是，若水溫沒有改變而容器則變得溫熱，表示微波被容器完全吸收。那麼，便不適合在微波爐內使用。你可能已有許多容器，能在微波爐內安全使用，請檢查下列名單。

## 餐盤

大部分的餐具都適合在微波爐內使用。若有懷疑，請參閱製造商說明書或進行上述微波測試。

## 玻璃器皿

若玻璃是防熱的專用的微波爐器皿，即代表它能安全在微波爐內使用。這包括所有能在焗爐內使用的強化玻璃器皿，但是不要使用易碎的玻璃水杯或者酒杯。因食物變熱時玻璃可能碎裂。

## 塑料容器

可以做迅速加熱食物之用，但不要在焗爐內長時間使用。因熱力傳到食物上，最終會令塑料熔解。

## 紙張

只要烹煮時間較短，食物脂肪和水分不多，紙盤是可以安全及方便的使用，在微波爐內的。用紙巾包裹食物或放在焗盤下烤焗諸如香腸等多油脂食物，是非常方便和有效的方法。一般而言，切勿使用有顏色的紙張，因為它會褪色。一些可循環再用的紙張當中也許會有雜質，可能在微波爐能造成弧光或火焰。

## 塑料烹調袋

只要它是為煮食而設計的專用塑料烹調袋也可在微波爐內安全使用。但是切記在烹調袋上割一裂口，能讓蒸汽走出。

切勿使用非微波爐專用的塑料袋作烹煮用途，因為他們會熔解和爆裂。

## 微波爐專用塑料器皿

不同形狀和尺寸的微波爐專用器皿，都可在市場找到。你現有的大部分容器都可以使用，不需額外添置新器皿。

## 陶器、石器和陶瓷器皿

上述容器都可在微波爐內安全使用，但必須經過測試才可安全使用。

## 警告

容器若含高度的鉛和鐵成份，便不適合做烹調器皿使用。應小心檢查容器，能確保它們能安全在微波爐中使用。

# 食物特性及 微波烹調

## 經常檢視食物

儘管食譜的指引已經過審慎制定，但成功的烹調還需要依靠你對烹調中食物的注意程度。在烹調過程中，請經常檢查食物。在您使用微波爐時爐內所配備的燈泡將自動亮起，以讓您檢視微波爐內部及食物的烹調程度。食譜內的指示，如將食物攪起，攪拌等程序應視為最少的建議步驟。若發現食物未被均勻烹調你只需自行做出適當的調節來改正問題即可。

## 影響微波烹調時間的因素

多種因素均可影響烹調時間。食譜中材料的溫度大大影響烹調時間。例如：一個用雪藏牛油，牛奶及蛋來焗制的蛋糕所需要的時間在很大程度上會較使用室溫中的材料要長。書中所有食譜均提供烹調時間的範圍。一般來說，較低的時間範圍內你會發現食物仍未熟透。有些時候，你可以根據個人喜好將食物的烹調時間稍微超過所建議的最長時間。由於過份烹調會損壞食物，所以此書的指導準則提示建議的烹調時間，並做出較保守的估計。某些食譜，特別是焗制麵包、蛋糕及蛋奶，在稍微未煮透的情況下便要從爐中取出。這並非不適合。只要讓蛋糕停放一會（一般都是加蓋）留存在食物表面的熱能會逐步傳到食物的內部。並為離開微波爐的食物延續烹煮過程。如果食物一直被微波烹調到熟透，食物的外層會被過份烹調甚至燒焦。您對各類食物的烹調及停放的預計時間將會熟能生巧。

## 食物的密度

輕巧爾多孔的食物，如蛋糕及麵包所需的烹調時間，會較重而密度高的食物如烤肉及包子茶要短。使用微波爐時，你必須小心處理多孔的食物，以免食物的表層因變幹爾碎裂。

## 食物的高度

高身食物的上層部分，特別是燒烤食物，比較低的部分會更快被煮熟。因此，在烹調過程中，最好將高身食物翻轉數次。

## 食物中的水分

由於微波發出的熱能會將水分蒸發，所以較乾的食物如烤肉及某些蔬菜，在烹調前應先加蓋以保存水分。

## 附有骨頭和脂肪的食物

骨頭能導熱，而脂肪比肉類更快被煮熟。當烹調附有骨頭或脂肪的肉類時要留心食物是否被均勻烹煮或過份烹調。

## 食物的數量

微波爐中的微波數量不會因食物的數量而有所增減。故此，烹調較多食物時所需的時間也較長。謹記一點，若將食物數量減半時烹調時間至少要減去三分之一。

## 食物的形狀

微波只會滲入食物內部約2.5釐米的深度，厚身食物得內部，全靠食物表面的熱能，由外到內來加熱煮熟。厚方形狀的食物是最難被微波煮熟的。因為當食物的中心位置仍是暖時，邊角部分已被燒焦。圓而薄的食物及環狀食物可圓滿的被微波煮熟。

## 加蓋

蓋子能保存住熱力及蒸汽，並將食物迅速煮熟。將蓋子或微波爐專用的保鮮紙一角折起，可防止爆炸情況發生。

## 脆焦成金黃色

肉類及家禽在經過15分鐘或以上的烹調後，憑其本身的脂肪燃燒便能稍微轉為金黃色，用較短的時間烹調食物，可以塗上醬油，如辣醬油、或油或燒烤醬以增加令人垂涎的色澤。由於只是塗上較少量的醬油，食譜原來的味道將不會受影響。

## 蓋上防油紙

防油紙能有效的防止食物濺污微波爐，並保存食物的熱能。但由於它不像蓋子或保鮮紙那樣密封，因此會令食物略微變幹。

## 安排位置及預留空間

將個別食物，如焗馬鈴薯、迷你蛋糕及冷盤，平均擺放在微波爐內，並預留相同空間最理想是繞成一圈，使食物被均勻加熱，切勿將食物重疊擺放。

# 食物特性及 微波烹調

## 攪拌

攪拌是微波烹食中最重要的一個環節。在傳統的烹調中，攪拌的用處在於混合食物。但用微波煮食攪拌則能將熱能擴散及重新分配。由於外圍的食物將先被加熱，所以攪拌程序應由外至內進行。

## 翻轉

應將大而高深的食物如烤肉及雞全只翻轉，以便食物的底部和頂部能被均勻煮透。切件雞肉及排類，亦應加以翻轉烹調。

## 較厚的部分向外

由於食物的外部吸收微波，照理應將肉類、家禽及魚類較厚的部分放在烤碟邊沿。這樣做法，較厚的部分會得到更多的微波能量，食物便能被均勻加熱。

## 覆蓋

將錫紙（能阻隔微波）包裹方形或長方形食物的角位或邊位，以防被過度烹調。切勿使用過多的錫紙，確保錫紙是緊包裹著，否則會引起弧光。

## 擱起

將過厚或密度高的食物擱起，微波就能傳送至食物的底部及中心位置。

## 刺孔

被殼、皮或薄膜包裹的食物，除非在烹煮前已被刺孔，否則會引起爆炸。此類食物包括蛋黃及蛋白、蚌、蠔、蔬菜及水果。

## 測試煮透程度

微波能將食物快速煮熟，所以必須經常監視。有些食物需留在微波爐內直至完全煮熟，但大多數食物包括肉類及家禽還在未被完全煮熟時，便可從微波爐中取出，讓它們在停放時間內完成烹調程序。在停放時間內食物的內在溫度將提升5°F (3°C) 至 15 °F (8°C) 不等。

## 停放時間

從微波爐取出食物後應再停放3至10分鐘，除非食物質地乾燥（如某類蛋糕、餅乾）一般來說，在停放時間應蓋好食物以保存熱能。停放時間內讓食物完成烹調過程並有助調味料的混合及變得更芳香。

## 清理你的微波爐

### 1 保持微波爐內部清潔

食物濺出或溢出的汁液將黏附在微波爐的內壁上及封條和爐門表面之間，這時應以濕布，直接將溢出物抹去。碎屑及溢出物會吸收微波能量，並延長烹煮時間。用濕布拭爐門與門框中的碎屑抹去便能確保此位置的密封度。先用浸泡了肥皂的布來清理油性濺出物，然後待幹。切勿使用刺鼻的洗滌劑或腐蝕性的清潔用品。玻璃轉盤可用手洗或用洗碗碟機來清洗。

### 2 保持微波爐外部清潔

用肥皂水及清水來清理微波爐外部，再用軟布或紙巾擦幹機身。要防止爐內的操作零件被損壞，切勿讓水從通風口滲入。當清理控制板時應先將爐門打開，以防止微波爐被意外啓動；用濕布抹乾淨後，立刻用幹抹布擦幹控制板。清潔後在按“停止/清除”鍵清除輸入。

### 3 如果蒸汽在路門的內部或外部四周凝結，可用軟布將面抹淨。

當微波爐在高溫環境下使用時此現象可能會出現，但並不代表本微波爐的功能失效。

### 4 必須保持爐門及門封條清潔。但只可用溫肥皂水進行清潔，並徹底弄幹。

切勿使用帶有研磨性的物質，如清潔劑或鋼絲刷及白潔布等清潔微波爐。若經常用濕布清潔，可使金屬零件較易于保養。

問 若微波爐燈泡不發光，出了什麼問題？

答 也許有數種原因令燈泡不發光。

燈膽燒毀

問 微波能否穿越爐門的玻璃？

答 不可以。在爐門的微孔只可讓光穿透，微波不可穿越微孔。

問 當按下控制板的軟墊時，為何發出嘩聲？

答 嘩聲是代表是當輸入所有設定。

問 微波爐內是空的，當啟動微波爐時是否會造成損燬？

答 會，切勿啟動空置的微波爐或在沒有玻璃轉盤時使用微波爐。

問 為何雞蛋有時會爆炸？

答 當進行烤焗或水煮蛋時，蒸汽在蛋黃的薄膜累積，最後會因過熱而爆炸，為防止爆炸情況，請先戳穿蛋黃，才可烹煮。切勿連殼烹煮雞蛋。

問 當微波烹煮後，為何推介使用停放時間？

答 微波烹煮完畢後，在停放時間內，食物內部依然在烹煮，若能讓食物停放一段時間，可讓熱力均勻分佈，烹調效果更佳。停放時間要視乎食物的密度而定。

問 可否在微波爐內進行爆米花？

答 使用下列敘述其中一種即可。

- (1) 爆米花專用的微波爐器皿
- (2) 預先包好的爆玉米花套裝，內說明爆玉米花所需的時間和效率。

請嚴格遵守製造商所規定的爆玉米花的指引，當進行爆玉米花時，請在微波爐前看守著，若經過建議時間，玉米花仍未爆開，請終止烹調，若過渡烹調會令玉米花起火。

警告

切勿使用棕色紙袋，作為爆米花之用。

切勿嘗試爆開剩餘的核仁。

問 為何我的烹調時間不像烹調書所說的時間那麼快？

答 請再檢查說明書的指引，看看自己是否正確操作，並找出烹調時間不同的原因。食譜的建議和效率設定，只是建議性質，以防止出現過渡烹調的情況。過度烹調，是使用微波爐時遇到的最普遍的問題。食物不同的尺寸、形狀、重量和寬厚度，都需要不同的烹調時間。請使用個人經驗和判斷，結合食譜的建議，測試食物的狀態，就像使用傳統的烹食爐具一樣。

# 插頭綫路資料 / 技術規格

## 警告

### 本電器必須接駁地綫


電源綫內的電綫會根據下列提示著色。

藍色 ~ 中綫  
棕色 ~ 火綫  
綠色和黃色 ~ 地綫

當本微波爐的主電源綫內的電綫顏色與插頭綫柱的顏色並不相符時，請按下列進行：

藍色電綫必須連接到標有字母N或黑色綫柱上。

棕色電綫必須連接到標有字母L或紅色綫柱上。

綠色和黃色或綠色電綫，必須連接到標有字母E或刻有  的綫柱上。

若電源綫損燬，必須由製造商或其代理或符合資格的技术人員進行維修以防發生意外。

### 技術規格

	MS2147C
電力輸入	240 V a.c. / 50Hz
輸出功率	800 瓦 (IEC60705 評級標準)
微波頻率	2450MHz
外部尺寸	455 毫米 (闊) X 281 毫米 (高) X 345 毫米 (深)
耗電量	1200 瓦