



MICROWAVE/GRILL/CONVECTION OVEN

OWNER'S MANUAL

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

MC-8483NL
MC-8483NLR

P/No: 3828W5A4054

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.

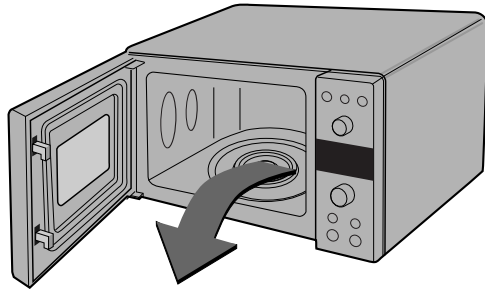
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Unpacking & Installing

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

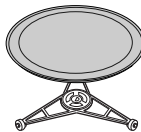
Unpack your oven and place it on a flat level surface.



HIGH RACK



LOW RACK



GLASS TRAY

ROLLER REST

STEAMER



STEAM COVER



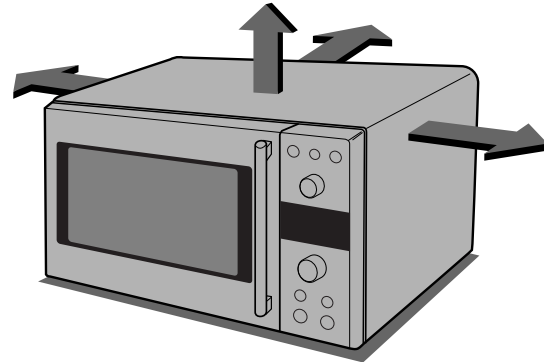
STEAM PLATE



STEAM WATER BOWL (METAL TRAY)

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.



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 **ROLLER REST** 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 50.



6 Press the **STOP** button, and press the **START** button six times to set 30 seconds of cooking time. You will hear a BEEP each time you press the button. Your oven will start before you have finished the sixth press; don't worry this is normal.











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

Method to use accessories as per mode

		Microwave	Grill	Convection	Steam Keep Warm	Speed Hot Air	Combination
Steam Cover		X	X	X	X	X	X
Steam Plate		X	X	X	X	X	X
Steam Water Bowl		O	O	X	X	O	O
Steam Plate + Steam Water Bowl		X	X	X	X	X	X
Steamer (Assembly)		O	X	X	O	X	X
High Rack		X	O	X	X	X	O
Low Rack		X	X	O	X	O	O
Glass Tray		O	O	O	O	O	O

Caution: Be sure to use accessories refer to cook guide.

O : Acceptable
X : Not Acceptable

Custom Set 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 '88:88' will be shown in the display; you will have to reset the clock.

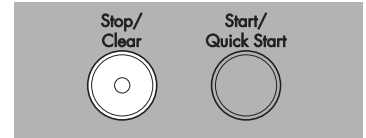
If the clock (or display) shows any strange looking symbols, unplug your oven from the electrical socket and plug it back in and reset the clock.

Custom Set Function Table

No.	Function	Choices	Default
1	Clock	On(12H, 24H)	Off
2	Scroll Speed	Slowest, Slow, Normal, Fast, Fastest	Normal
3	Language Select	GB/DE/FR/ES/IT/RU/NL	GB

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

Press **STOP/CLEAR**.



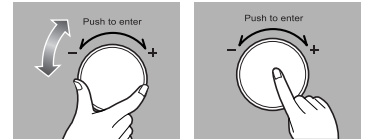
Press **CUSTOM SET** once.

Turn **DIAL** to select the clock setting.
Press **DIAL** (display shows Turn Dial to select 12-HOUR or 24-HOUR).



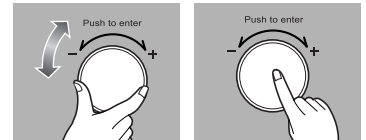
Turn **DIAL** to select the 24H.

Press **DIAL** for hour confirmation.



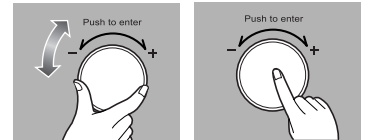
Turn **DIAL** until display shows "14:00".

Press **DIAL** for hour confirmation.



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

Press **DIAL**.
The clock starts counting.



Child Lock

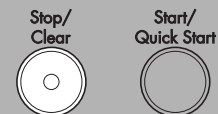
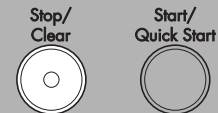
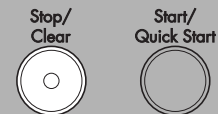


Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place. However your child can still open the oven door.

Press **STOP/CLEAR**.

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

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



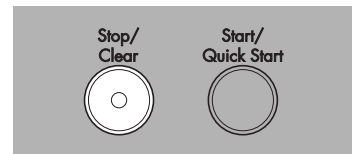
Quick Start

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

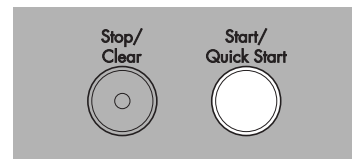
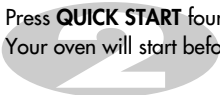


The **QUICK START** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **QUICK START** button.

Press **STOP/CLEAR**.



Press **QUICK 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 **QUICK START** button and upto 100 minutes by using **DIAL**.



Micro Power Cooking



Your oven has ten microwave Power settings.

Power Level	Power Output
10	1000W(Max.)
9	900W
8	800W
7	700W
6	600W
5	500W
4	400W
3	300W(**)
2	200W
1	100W

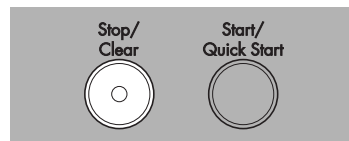
Caution

Never use High rack, Low rack, Steam cover, Steam water bowl and Steam plate alone in Microwave mode

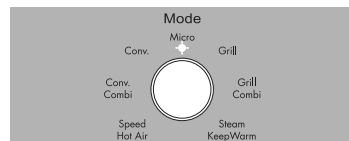
In the following example I will show you how to cook some food on 800W(80%) power for 5 minutes and 30 seconds.

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

Press **STOP/CLEAR**.

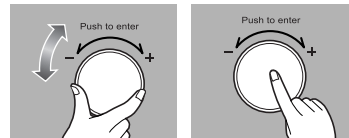


Turn **MODE DIAL** to select **MICRO**.

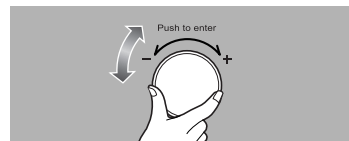


Turn **DIAL** until display shows "800W".

Press **DIAL** for power confirmation.

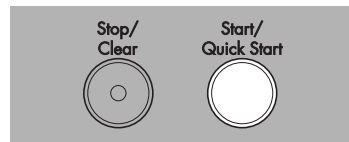


Turn **DIAL** until display shows "5:30".



Press **START**.

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



Micro Power Level

Your microwave oven is equipped with 10 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 OUTPUT
10 (High)	<ul style="list-style-type: none"> • Boiling water. • Making candy. • Cooking poultry pieces, fish, and vegetables. • Cooking tender cuts of meat. • Whole poultry. 	1000W(Max.)
9	<ul style="list-style-type: none"> • Reheating rice, pasta, and vegetables. 	900W
8	<ul style="list-style-type: none"> • Reheating prepared foods quickly. • Reheating sandwiches. 	800W
7	<ul style="list-style-type: none"> • Cooking egg, milk, and cheese dishes. • Cooking cakes, breads. • Melting chocolate. 	700W
6	<ul style="list-style-type: none"> • Cooking veal. • Cooking whole fish. • Cooking puddings and custard. 	600W
5	<ul style="list-style-type: none"> • Cooking ham, whole poultry, and lamb. • Cooking rib roast, sirloin tip. 	500W
4	<ul style="list-style-type: none"> • Cooking less tender cuts of meat. • Cooking pork chops, roast. 	400W
3	<ul style="list-style-type: none"> • Thawing meat, poultry, and seafood. 	300W (**)
2	<ul style="list-style-type: none"> • Taking chill out of fruit. • Softening butter. 	200W
1	<ul style="list-style-type: none"> • Keeping casseroles and main dishes warm. • Softening butter and cream cheese. 	100W



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.

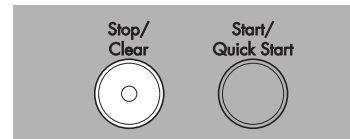
Should you wish to clear the programme press **STOP/CLEAR** twice.

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.

In the following example I will show you how to cook some food in two stages. The first stage will cook your food for 5 minutes and 30 seconds on 800W(80%) the second will cook for 35 minutes on 400W(40%).

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

Press **STOP/CLEAR**.



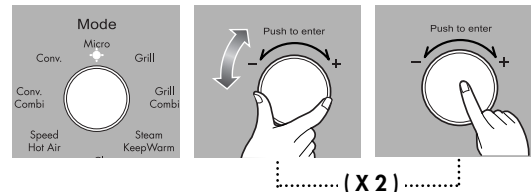
Turn **MODE DIAL** to select **MICRO**.

Turn **DIAL** until display shows "800W".

Press **DIAL** for power confirmation.

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

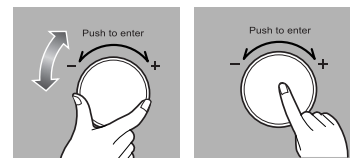
Press **DIAL**.



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

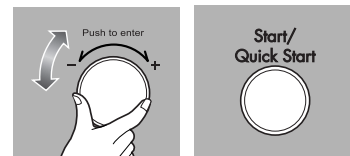
Turn **DIAL** until display shows "400W".

Press **DIAL** for power confirmation.



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

Press **START**.



Grill Cooking

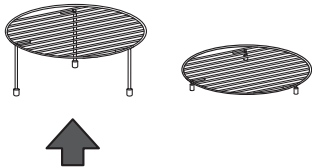
In the following example I will show you how to use the grill to cook some food for 12 minutes and 30 seconds.



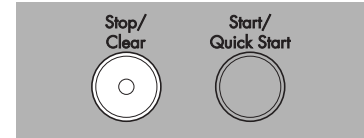
This feature will allow you to brown and crisp food quickly.

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

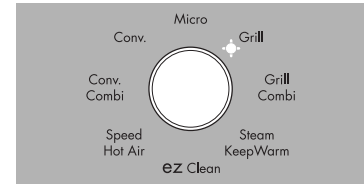
The grill rack (high rack) must be used during grill cooking.



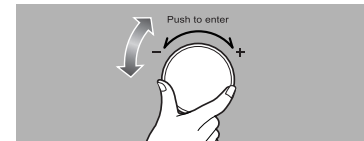
Press **STOP/CLEAR**.



Turn **MODE DIAL** to select **GRILL**.



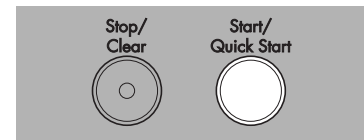
Turn **DIAL** until display shows "12:30".



Press **START**.



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



Grill Combination Cooking

In the following example I will show you how to programme your oven with micro power 200W(20%) and grill for a cooking time of 25 minutes.

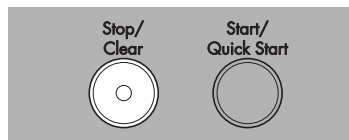


Your oven has a combination cooking feature which allows you to cook food with **heater** and **microwave** at the same time or alternately. This generally means it takes less time to cook your food.

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

Microwave Power	
(%)	(Watts)
20	200
40	400
60	600

Press **STOP/CLEAR**.

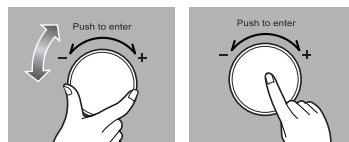
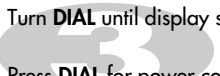


Turn **MODE DIAL** to select **GRILL COMBI**.

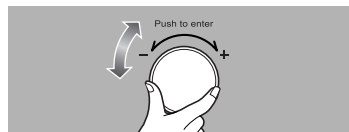


Turn **DIAL** until display shows "200W".

Press **DIAL** for power confirmation.



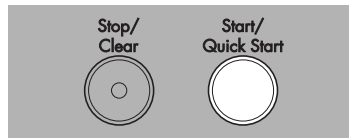
Turn **DIAL** until display shows "25:00".



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!



Steam Keep Warm

In the following example I will show you how to keep warm the food with WARM-HI mode for 30 minutes.

This function allows you to keep warm food after cooking with steam chef option.

There are two mode in steam keep warm function; WARM-HI and WARM-LO

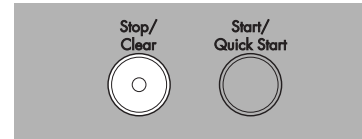
STEAM KEEP WARM COOKING GUIDE

Pour 500ml tap water into the Steam water bowl. Put the Steam plate and place the food on the steam plate. And then cover with steam cover. Place the prepared Steam water bowl in center of the glass tray carefully. Keep parallel!. Plated meal, Soup, Sauce, Stew, etc.

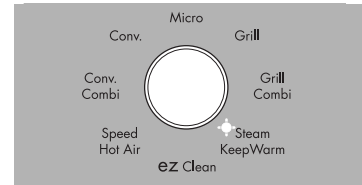
CAUTION:

1. Make sure your food is in Steamer with steam keep warm mode.
2. Always use oven gloves when removing a STEAMER from the oven. It's very hot.
3. Do not put a hot STEAMER on a glass table or a place easy to be melted after cooking. Always make sure to use a pad or tray.
4. Be sure to put water before use when you cook it using STEAMER
5. Be careful when you move the STEAMER with water
6. When you use the STEAMER, the steam cover and steam water bowl should be set perfectly right. The eggs or the chestnut would be exploding without setting the steam cover and steam water bowl.

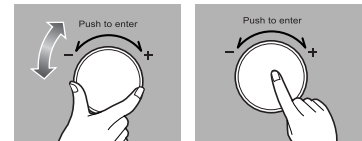
Press **STOP/CLEAR**.



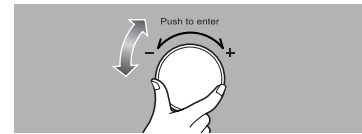
Turn **MODE DIAL** to select **STEAM KEEP WARM**.



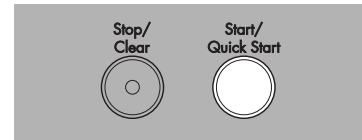
Turn **DIAL** until display shows "WARM-HI".



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



Press **START**.



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

EZ Clean

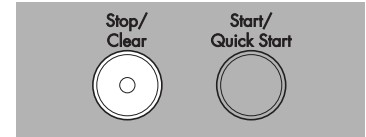
In the following example I will show you how to remove smell in the oven.



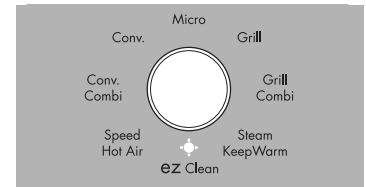
The oven has a special function to remove the smell in the oven with one touch.

You can use the EZ Clean function without food in the oven.

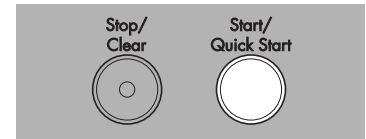
Press **STOP/CLEAR**.



Turn **MODE DIAL** to select **EZ CLEAN**.



Press **START**.
(Time counts down automatically)



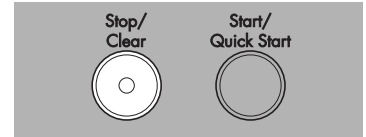
Speed Hot Air Preheat

In the following example I will show you how to preheat the oven at a temperature of 230°C.

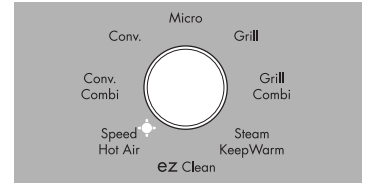


The oven has a temperature range of 100°C ~ 250°C. (180°C automatically available when speed hot air mode is selected.)

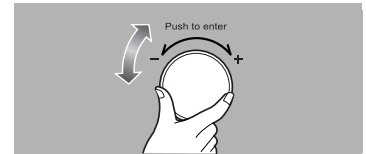
Press **STOP/CLEAR**.



Turn **MODE DIAL** to select **SPEED HOT AIR**.

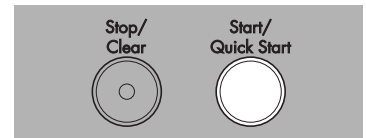


Turn **DIAL** until display shows "230°C".



Press **START**.

Preheating will be started with displaying "PREHEAT".



Speed Hot Air Cooking

In the following example I will show you how to programme your oven with speed hot air cooking at 230°C for 20 minutes.

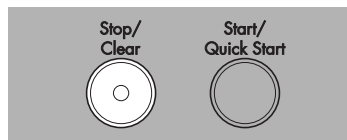


The oven has a temperature range of 100°C ~ 250°C. (180°C automatically available when speed hot air mode is selected.)

This function allows you to combine convection operation with the grill.

It will reduce your cooking time.

Press **STOP/CLEAR**.

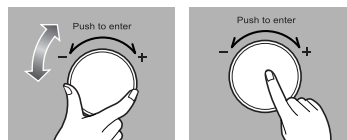
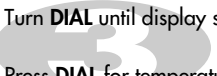


Turn **MODE DIAL** to select **SPEED HOT AIR**.

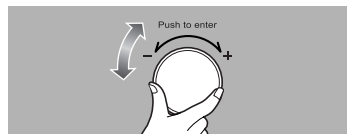


Turn **DIAL** until display shows "230°C".

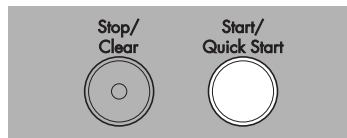
Press **DIAL** for temperature confirmation.



Turn **DIAL** until display shows "20:00".



Press **START**.



In the following example I will show you how to programme your oven with micro power 600W(60%) and at a convection temperature 200°C for a cooking time of 25 minutes.

Convection Combination Cooking

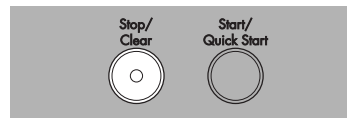


The oven has a temperature range of 100°C ~ 250°C. (180°C automatically available when convection combination mode is selected.)

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

Microwave Power	
(%)	(Watts)
20	200
40	400
60	600

Press **STOP/CLEAR**.

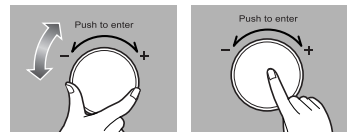
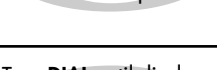


Turn **MODE DIAL** to select **CONV. COMBI**.



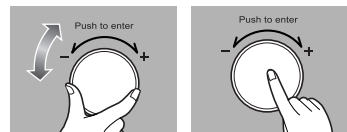
Turn **DIAL** until display shows "600W".

Press **DIAL** for power confirmation.

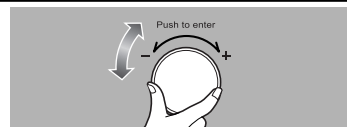


Turn **DIAL** until display shows "200°C".

Press **DIAL** for temperature confirmation.



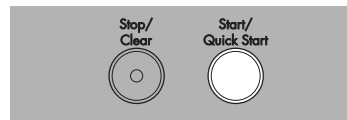
Turn **DIAL** until display shows "25:00".



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!



Convection Preheat

In the following example I will show you how to preheat the oven at a temperature of 230°C.



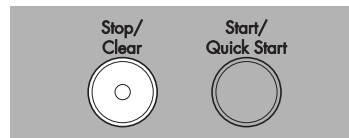
The convection oven has a temperature range of 30°C ~ 250°C (180°C is automatically available when convection mode is selected).

* 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. When you use this function the oven temperature is over 70°C Error code "E-05" displays.

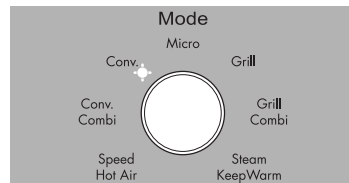
Your oven will take a few minutes to reach the selected temperature.

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.

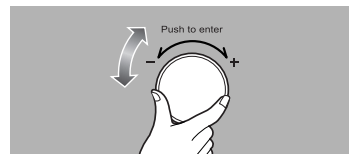
Press **STOP/CLEAR**.



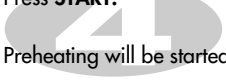
Turn **MODE DIAL** to select **CONV.**



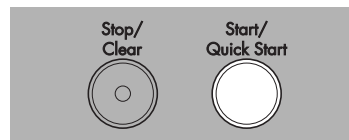
Turn **DIAL** until display shows "230°C".



Press **START**.



Preheating will be started with displaying "PREHEAT".



Convection Cooking

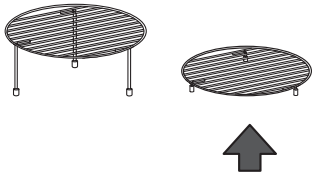
In the following example I will show you how to preheat the oven first, then cook some food at a temperature of 230°C for 50 minutes.



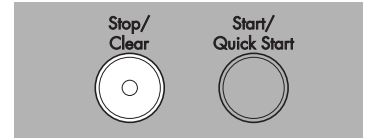
The convection oven has a temperature range of 30°C ~ 250°C (180°C is automatically available when convection mode is selected).

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

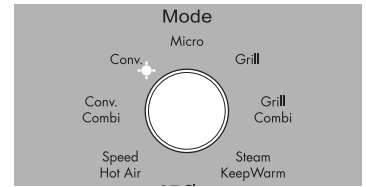
The convection rack (low rack) must be used during convection cooking.



Press **STOP/CLEAR**.

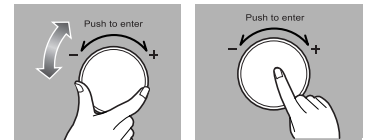
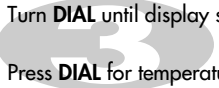


Turn **MODE DIAL** to select **CONV.**



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

Press **DIAL** for temperature confirmation.

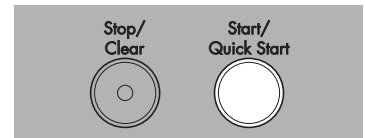


Turn **DIAL** until display shows "50:00".



Press **START**.

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



Auto Cook

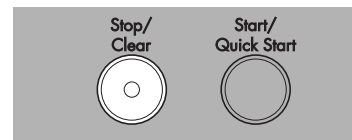
In the following example I will show you how to cook 0.6kg of jacket potato .



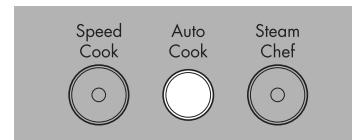
AUTO COOK allows you to cook most of your favorite food easily by selecting the food type and entering the weight of the food.

Category	Auto cook
Jacket Potato	Ac-1
Fresh Vegetable	Ac-2
Frozen Vegetable	Ac-3
Rice/Pasta	Ac-4
Fresh Fish	Ac-5
Soup/Sauce	Ac-6
Chilled Meal	Ac-7
Chilled Pizza	Ac-8
Gratin	Ac-9
Fresh Pizza	Ac-10
Cake	Ac-11
Bread	Ac-12

Press **STOP/CLEAR**.

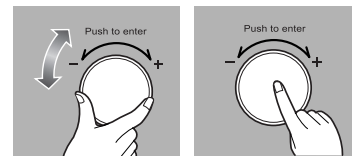


Press **AUTO COOK**.



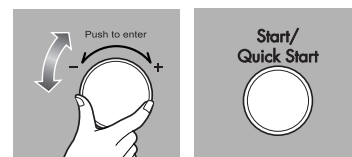
Turn **DIAL** until display shows "Ac 1".

Press **DIAL** for category confirmation.



Turn **DIAL** until display shows "0.6kg".

Press **START**.



AUTO COOK GUIDE

Function	Category	Weight Limit	Utensil	Food Temp.	Instructions														
Auto Cook	Jacket Potato	0.1 ~ 1.0kg	On glass tray	Room	<p>Choose medium sized potatoes 170 ~ 200g. Wash and dry potatoes. Pierce the potatoes several times with a fork. Place the potatoes on the glass tray. Adjust weight and press start. After cooking, remove the potatoes from the oven. Let stand covered with foil for 5 minutes. CAUTION: The grill and surrounding oven will get very HOT. Use oven gloves.</p>														
	Fresh Vegetable	0.2 ~ 0.8kg	Microwave-safe bowl	Room	<p>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</p>														
	Frozen Vegetable	0.2 ~ 0.8kg	Microwave-safe bowl	Frozen	<p>Place vegetables in a microwave-safe bowl. Add water. Cover with wrap. During the cooking, the oven will beep. Stir and press start key. 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</p>														
	Rice/Pasta	0.1 ~ 0.3kg	Microwave-safe bowl	Room	<p>Wash rice or pasta. Drain water. Place rice/pasta and boiling water with $\frac{1}{4}$ to 1 teaspoon salt in a deep and large bowl.</p> <table border="1"> <thead> <tr> <th>Weight</th> <th>100g</th> <th>200g</th> <th>300g</th> <th>Cover</th> </tr> </thead> <tbody> <tr> <td>Rice</td> <td>200ml</td> <td>400ml</td> <td>600ml</td> <td>Yes/Vent corner</td> </tr> <tr> <td>Pasta</td> <td>400ml</td> <td>700ml</td> <td>1000ml</td> <td>No</td> </tr> </tbody> </table> <p>** Rice – After cooking, stand covered for 5 minutes or until water is absorbed. ** Pasta – During the cooking, stir several times. After cooking, stand 1 or 2 minutes. Rinse pasta with cold water.</p>	Weight	100g	200g	300g	Cover	Rice	200ml	400ml	600ml	Yes/Vent corner	Pasta	400ml	700ml	1000ml
Weight	100g	200g	300g	Cover															
Rice	200ml	400ml	600ml	Yes/Vent corner															
Pasta	400ml	700ml	1000ml	No															

Function	Category	Weight Limit	Utensil	Food Temp.	Instructions
Auto Cook	Fresh Fish	0.1 ~ 0.6kg	Microwave-safe flat dish	Refrigerated	<p>Whole fish, steaks</p> <ul style="list-style-type: none"> - Oily fish : salmon, mackerel - White fish : cod, haddock <p>Arrange in a single layer in a large microwave-safe flat dish. Sprinkle with lemon juice. 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.</p>
	Soup/Sauce	0.2 ~ 0.6kg	Microwave-safe bowl	Room	<p>Pour the soup/sauce into a microwave-safe bowl. Cover with lid or plastic wrap. After heating, stir. Allow to stand for 2 minutes with cover. And then stir again.</p>
	Chilled Meal	0.3 ~ 0.6kg	Own tray on the low rack	Refrigerated	<p>REMOVE CARTON & PROTECTIVE FILM ON DINNER.</p> <p>Place on the low rack on the glass tray. After cooking, allow to stand for 1 ~ 2 minutes before serving.</p> <ul style="list-style-type: none"> - Stirrable e.g : Spaghetti bolognese, Beef stew, etc. For even heating, stir once during cooking. - Non-stirrable e.g : Lasagne, Cottage pie, etc.
	Chilled Pizza	0.1 ~ 0.4kg	Low rack	Refrigerated	<p>This function is for reheating leftover chilled pizza. Place chilled pizza on the low rack. After cooking, take food out immediately. Stand for 1 ~ 2 minutes.</p>

Function	Category	Weight Limit	Utensil	Food Temp.	Instructions
Auto Cook	Gratin	0.5 ~ 1.2kg	Microwave-safe dish on the low rack	Room	<p>Use this key to cook home made Gratin.</p> <p>* Potato Gratin *</p> <p>Ingredients 400g potatoes 100g onions(cut into thin slices) 2/3 tablespoon butter 3 slices of bacon 350g white sauce 80g shredded mozzarella cheese Salt, black pepper</p> <p>(White Sauce) 3 tablespoon butter, 5 tablespoon flour, 2¹/₂ 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.)</p> <p>Method 1. Bake potatoes for 7 ~ 8 minutes on Microwave HIGH. 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 low rack on the glass tray. After cooking, stand for 2 ~ 3 minutes.</p>

Function	Category	Weight Limit	Utensil	Food Temp.	Instructions					
Auto Cook	Fresh Pizza	0.7 ~ 1.0kg	Metal tray on the low rack	Room	<u>Tomato pizza</u>					
					Batter	1.0 kg	0.7 kg	The others	1.0 kg	0.7 kg
					Dry yeast(g)	6	4	Tomato puree (tablespoon)	4	3
					All-purpose flour(g)	280	200	Canned tomatoes(g)	250	180
					Water, tepid(ml)	140	100	Sliced sausage(g)	40	30
					Sugar(g)	5	5	Ham, precooked(g)	70	50
					Salt(g)	3	3	Shredded mozzarella cheese(g)	150	100
					Vegetable oil (tablespoon)	2	1 ¹ / ₂			
										<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.

Function	Category	Weight Limit	Utensil	Food Temp.	Instructions
Auto Cook	Cake	0.5kg	Low rack (9x9x2 inch pan)	Room	<p><u>Sponge cake</u></p> <p>4 eggs 123g sugar 3g salt 2 tablespoons butter or margarine, melted</p> <p>118g all-purpose flour 1 teaspoon vanilla</p> <ol style="list-style-type: none"> 1. Grease a 9x9x2-inch baking cake pan. Set aside. Stir together flour. Set aside. 2. In a mixing bowl beat eggs with an electric mixer on high speed about 4 minutes or till thick. Gradually add sugar, salt and butter, beating on medium speed for 4 to 5 minutes or till light and fluffy. Add the dry mixture; beat on low speed just till combined. 3. Pour batter into the prepared pan. 4. Choose the menu and press start without food. 5. 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. 6. After cooking, remove food from the oven and stand.
	Bread	0.5kg	Low rack (9x5 inch pan)	Room	<p><u>White bread</u></p> <p>275g strong flour 5g yeast 30g sugar 1/2 egg white 1/2 yolk</p> <p>2g salt 35g warm water 95g warm milk 25g butter, not melted</p> <ol style="list-style-type: none"> 1. Combine all ingredients into a large bowl. Knead the dough until smooth and elastic with electric mixer. Shape into a ball. Place in a greased bowl. Cover. 2. Prove the dough till double(about 30 to 60 minutes) on Convection 40°C 3. Punch dough down. Re-knead the dough and shape into an oval. 4. Place on a greased ovenproof bread pan(9x5 inch). Heat as above until well risen. 5. Choose the menu and press start without food. 6. 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. 7. After cooking, remove food from the oven and stand.

Speed Cook

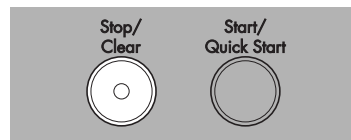
In the following example I will show you how to cook 0.4 kg of frozen pizza.



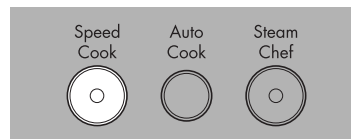
SPEED COOK allows you to cook most of your favorite food quickly by selecting the food type and the weight of the food.

Category	Speed cook
Frozen Pizza	Sc-1
French Fries	Sc-2
Sausage	Sc-3
Kebab	Sc-4
Roast Beef	Sc-5
Roast Pork	Sc-6
Whole Chicken	Sc-7
Chicken Legs	Sc-8

Press **STOP/CLEAR**.



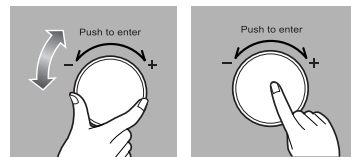
Press **SPEED COOK**.



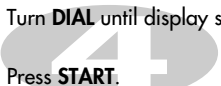
Turn **DIAL** until display shows "Sc 1".



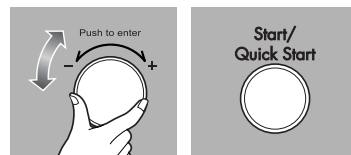
Press **DIAL** for category confirmation.



Turn **DIAL** until display shows "0.4kg".



Press **START**.



SPEED COOK GUIDE

Function	Category	Weight Limit	Utensil	Food Temp.	Instructions
Speed Cook	Frozen Pizza	0.1 ~ 0.5kg	Low rack	Refrigerated	This function is for cooking frozen pizza. Remove all package and place on the low rack. After cooking, stand.
	French Fries	0.2 ~ 0.4kg	Metal tray On the high rack	Refrigerated	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.
	Sausage	0.1 ~ 0.5kg	High rack	Refrigerated	Remove packages. Slit slightly on the surface. Place on the high rack. The oven will beep, turn food over and press start to continue. After cooking, remove from the oven. And serve.
	Kebab	0.2 ~ 0.8kg	High rack	Refrigerated	<p>Meat Kebab</p> <p>600g meat 2 tablespoons of olive oil</p> <p>1 Large 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. Fix the meat pieces into the wooden skewers. Note that the skewers pass the meat center. Place the skewers on the high rack. The oven will beep, turn food over and press start to continue. After cooking, remove from the oven.</p> <p>Chicken Kebab</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 pieces of chicken center. Place the skewers on the high rack. The oven will beep, turn food over and press start to continue. After cooking, remove from the oven.</p>

SPEED COOK GUIDE

Function	Category	Weight Limit	Utensil	Food Temp.	Instructions
Speed Cook	Roast Beef	0.5 ~ 1.5kg	Low rack On the metal tray	Refrigerated	Brush the beef with the melted margarine or butter. Place on the low rack on the metal tray. The oven will beep, turn food over and press start to continue. After cooking, stand covered with foil for 10 minutes before serving.
	Roast Pork	0.5 ~ 1.5kg	Low rack On the metal tray	Refrigerated	Trim the fat off pork. Brush the pork with the melted margarine or butter. Place on the low rack on the metal tray. The oven will beep, turn food over and press start to continue. After cooking, stand covered with foil for 10 minutes before serving.
	Whole Chicken	0.8 ~ 1.5kg	Low rack On the metal tray	Refrigerated	Wash and dry skin. Brush the chicken with the melted margarine or butter. Place the breast side down on the low rack on the metal tray. The oven will beep, turn food over and press start to continue. After cooking, stand covered with foil for 10 minutes.
	Chicken Legs	0.2 ~ 0.8kg	High rack On the metal tray	Refrigerated	Wash and dry skin. Pierce the skin. Brush the chicken legs with melted margarine or butter. Place on the high rack on the metal tray. The oven will beep, turn food over and press start to continue. After cooking, stand covered with foil for 2 ~ 5 minutes.

Steam Chef

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

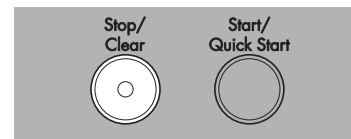
This feature allows you steamed cook.

CAUTION:

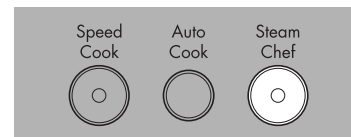
1. Always use oven gloves when removing a STEAMER from the oven. It's very hot.
2. Do not put a hot STEAMER on a glass table or a place easy to be melted after cooking. Always make sure to use a pad or tray.
3. When you use this Steamer, pour at least 400ml water before use. If the amount of water is less than 400ml, it may cause incomplete cooking, or may cause a fire or fatal damage to the product.
4. Be careful when you move the STEAMER with water.
5. When you use the STEAMER, the steam cover and steam water bowl should be set perfectly right. The eggs or the chestnut would be exploding without setting the steam cover and steam water bowl.
6. Never use this Steamer with a product of different model. it may cause a fire or fatal damage to the product.

Category	Steam Chef
Steamed Seafood	St-1
Steamed Meat	St-2
Steamed Poultry	St-3
Steamed Vegetables	St-4
Steamed Fruits	St-5

Press **STOP/CLEAR**.

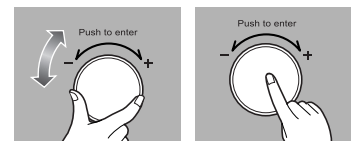


Press **STEAM CHEF**.



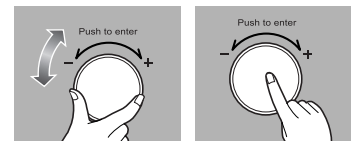
Turn **DIAL** until display shows "St 1".

Press **DIAL** for category confirmation.



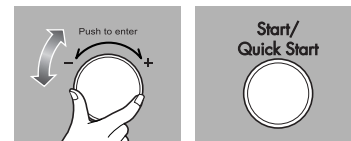
Turn **DIAL** until display shows "1".

Press **DIAL** for category confirmation.



Turn **DIAL** until display shows "0.6kg".

Press **START**.



STEAM CHEF GUIDE

Category	Food	Weight Limit	Utensil	Food Temp.	Instructions
Steamed Seafood	Shellfish	0.1 ~ 1.0kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Clean the food. Pour 400ml tap water into steam water bowl. Place steam plate on the steam water bowl. Place the prepared food on the steam plate. Cover with steam cover. Place steam water bowl on the center of the glass tray. After steaming, stand for 3 ~ 5 minutes in the oven. – shrimp, crab, clam, scallops, cuttlefish. (under 25cm length)
	Whole Fish	0.1 ~ 0.6kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Same as above. – under 25cm length and 3cm thick
	Fish Fillet	0.1 ~ 0.6kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Same as above. For the best results, cook in a single layer. – under 2.5cm (1 inch) thick
	Fish Steak	0.2 ~ 0.6kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Same as above. For the best results, cook in a single layer. – under 2.5cm (1 inch) thick.
Steamed Meat	Sausage	0.1 ~ 0.6kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Prepare the food. Pour 400ml tap water into steam water bowl. Place steam plate on the steam water bowl. Place the prepared food on the steam plate. Cover with steam cover. Place steam water bowl on the center of the glass tray. After steaming, stand for 3 ~ 5 minutes in the oven. – under 2.5cm (1 inch) thick.
	Ham	0.1 ~ 0.6kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Same as above.
	Corned Beef	0.3 ~ 0.7kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Prepare the beef and cut in half. Pour 400ml tap water into steam water bowl. Place steam plate on the steam water bowl. Place the prepared food on the steam plate. Cover with steam cover. Place steam water bowl on the center of the glass tray. After steaming, stand for 5 ~ 10 minutes in the oven.

Category	Food	Weight Limit	Utensil	Food Temp.	Instructions
Steamed Poultry	Chicken Breast	0.2 ~ 0.6kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Clean the food. Pour 400ml tap water into steam water bowl. Place steam plate on the steam water bowl. Place the prepared food on the steam plate. Cover with steam cover. Place steam water bowl on the center of the glass tray. After steaming, stand for 3 ~ 5 minutes in the oven. – under 2.5cm (1 inch) thick
	Chicken Legs	0.2 ~ 0.8kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Same as above.
	Whole Chicken	1.0 ~ 1.2kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:600ml Room	Prepare the whole chicken. Tie its feet with a cotton thread. Pour 600ml tap water into steam water bowl. Place steam plate on the steam water bowl. Place the prepared food on the steam plate. Cover with steam cover. Place steam water bowl on the center of the glass tray. After steaming, stand for 5 ~ 10 minutes in the oven.
	Eggs	2 ~ 9 eggs	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Pour 400ml tap water into steam water bowl. Place steam plate on the steam water bowl. Place the eggs on the steam plate. Cover with steam cover. Place steam water bowl on the center of the glass tray. After steaming, stand for 5 ~ 10 minutes in the oven.

Category	Food	Weight Limit	Utensil	Food Temp.	Instructions
Steamed Vegetables	Carrot	0.2 ~ 0.8kg	Steam water bowl Steam plate Steam cover	Room Water:400ml Room	Clean the vegetables and cut into similar sized pieces. Pour 400ml tap water into steam water bowl. Place steam plate on the steam water bowl. Place the prepared food on the steam plate. Cover with steam cover. Place steam water bowl on the center of the glass tray. After steaming, stand for 3 ~ 5 minutes in the oven.
	Broccoli	0.2 ~ 0.6kg	Steam water bowl Steam plate Steam cover	Room Water:400ml Room	Same as above.
	Cauliflower	0.2 ~ 0.6kg	Steam water bowl Steam plate Steam cover	Room Water:400ml Room	Same as above.
	Zucchini	0.2 ~ 0.8kg	Steam water bowl Steam plate Steam cover	Room Water:400ml Room	Same as above. Cut into similar sized pieces.
	Cabbage	0.2 ~ 0.8kg	Steam water bowl Steam plate Steam cover	Room Water:400ml Room	Same as above. Cut into quarters.
	Spinach	0.1 ~ 0.3kg	Steam water bowl Steam plate Steam cover	Room Water:400ml Room	Same as above.
	Tomato	0.2 ~ 0.8kg	Steam water bowl Steam plate Steam cover	Room Water:400ml Room	Same as above. – Small size or cut in half.

Category	Food	Weight Limit	Utensil	Food Temp.	Instructions
Steamed Fruits	Apple	0.2 ~ 0.8kg	Steam water bowl Steam plate Steam cover	Refrigerated Water:400ml Room	Wash, peel and core it. Remove stone if necessary and slice thinly. Pour 400ml tap water into steam water bowl. Place steam plate on the steam water bowl. Place the prepared food on the steam plate. Cover with steam cover. Place steam water bowl on the center of the glass tray. After steaming, stand for 3 ~ 5 minutes in the oven.
	Pear	0.2 ~ 0.8kg	Steam water bowl Steam plate Steam cover	Room Water:400ml Room	Same as above.

Auto Defrost



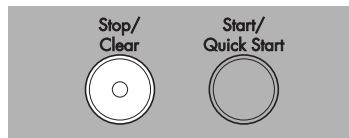
Your oven has four microwave defrost settings:- **MEAT, POULTRY, FISH** and **BREAD**; each defrost category has different power settings.

Category	Auto defrost
Meat	Def1
Poultry	Def2
Fish	Def3
Bread	Def4

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 frozen poultry.

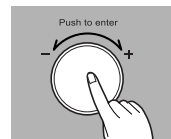
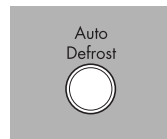
Press **STOP/CLEAR**.

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



Press **AUTO DEFROST**.

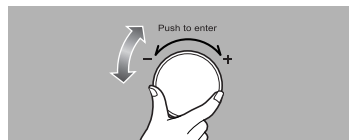
Turn **DIAL** to select the **POULTRY** defrosting programme. "def2" appears on the display window.



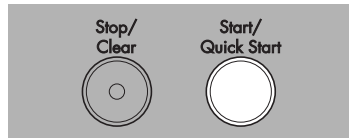
Press **DIAL** for confirmation.

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

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



Press **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 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, sausages and bacon as soon as possible.
- * When BEEP, at this point remove the food from the microwave oven, remove any defrosted mince to a plate, cover and set aside. 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.

Category	Weight Limit	Utensil	Food
Meat Poultry Fish	0.1 ~ 4.0kg	Microwave ware (Flat plate)	<p>Meat Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger Pork chops, Lamp chops, Rolled roast, Sausage, Cutlets(2cm)</p> <p>Turn food over at beep. After defrosting, let stand for 5 ~ 15 minutes.</p> <p>Poultry Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg)</p> <p>Turn food over at beep. After defrosting, let stand for 20 ~ 30 minutes.</p> <p>Fish Filletts, Steaks, Whole fish, Sea foods</p> <p>Turn food over at beep. After defrosting, let stand for 10 ~ 20 minutes.</p>
Bread	0.1 ~ 0.5kg	Paper towel or flat plate	<p>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.</p>

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 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.

Food	Cook time (Minutes/at HIGH)	Special Instructions
Sliced meat 3 slices (0.5cm thick)	1 ~ 2	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	1 1/2 ~ 2 2 ~ 3 1/2	Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.
Fish fillet (170 ~ 230g)	1 ~ 2	Place fish on microwavable plate. Cover with plastic wrap and vent.
Lasagne 1 serving(300g)	4 ~ 6	Place lasagne on microwavable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1 1/2 ~ 3 4 1/2 ~ 7	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Casserole cream or cheese 1 cup 4 cups	1 ~ 2 1/2 3 1/2 ~ 6	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	COOK covered in microwavable casserole dish. Stir once halfway through cooking.

Food	Cook time (Minutes/at HIGH)	Special Instructions
Mashed potatoes 350g	5 ~ 7 (at 600W)	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Baked beans 1 cup	1 1/2 ~ 2 1/2	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Ravioli pasta in sauce 1 cup 4 cups	1 1/2 ~ 3 6 1/2 ~ 9	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Rice 1 cup 4 cups	1 ~ 1 1/2 2 1/2 ~ 4	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 4 ~ 6	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Soup 1 serving(230g)	1 1/2 ~ 2	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Plated meal (1 serving) Meat 125g, Mashed potato 150g Carrot, cooked 150g	9 ~ 14 (at 600W)	COOK covered in microwavable dinner plate.

Fresh Vegetable Guide

<i>Food</i>	<i>Quantity</i>	<i>Cook time (Minutes/at HIGH)</i>	<i>Instructions</i>
Artichokes (230g each)	2 medium 4 medium	4 1/2 ~ 7 10 ~ 12	Trim. Add 2 tsp water and 2 tsp juice. Cover. Stand for 2 ~ 3 minutes.
Asparagus, Fresh, Spears	450g	3 ~ 6	Add 1 cup water. Cover. Stand for 2 ~ 3 minutes.
Green beans	450g	6 ~ 10	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Beats, Fresh	450g	10 ~ 14	Add 1/2 cup water in 1.5 litre casserole dish. Rearrange halfway through cooking. Stand for 2 ~ 3 minutes.
Broccoli, Fresh, Spears	300g	3 1/2 ~ 4	Place broccoli in baking dish. Add 1/4 cup water. Stand for 2 minutes.
Cabbage, Fresh, Chopped	450g	7 ~ 9	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Carrots, Fresh, Sliced	200g	2 ~ 3	Add 1/4 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Cauliflower, Fresh, Whole	450g	5 ~ 7	Trim. Add 1/4 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Corn, Fresh	2 ears	4 ~ 8	Husk. Add 2 tbs water in 1.5 litre baking dish. Cover. Stand for 2 ~ 3 minutes.

<i>Food</i>	<i>Quantity</i>	<i>Cook time (Minutes/at HIGH)</i>	<i>Instructions</i>
Mushrooms, Fresh, Sliced	230g	1 1/2 ~ 2 1/2	Place mushrooms in 1.5 litre covered casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Parsnips, Fresh, Sliced	450g	6 ~ 8	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Peas, Green, Fresh	4 cups	6 ~ 9	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Sweet Potatoes Whole baking (170 ~ 230g each)	2 medium 4 medium	5 ~ 9 9 ~ 13	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking. Stand for 2 ~ 3 minutes.
White potatoes, Whole baking (170 ~ 230g)	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. Stand for 2 ~ 3 minutes.
Spinach, Fresh, Leaf	450g	6 ~ 8	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Courgette, Fresh, Sliced	450g	4 1/2 ~ 7 1/2	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Courgette, Fresh, Whole	450g	6 ~ 9	Pierce. Place on 2 paper towels. Turn courgette over and rearrange halfway through cooking.

Defrosting Guide

Defrosting meats tips & techniques

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 microwavable 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.

Food	Quantity	Defrosting Time (Minutes)	Standing Time (Minutes)	Instructions
BEEF				Remove wrapping from the meat. Place frozen meat on a microwavable flat plate. Defrost at 30% power level. Turn food over after halfway through defrosting. (Remove defrosted portions at this point)
Minced beef	500g	6 ~ 8	5 ~ 10	
Steak, sirloin	500g	4 ~ 6	5 ~ 10	
Roast, loin (boneless)	1000g	12 ~ 15	10 ~ 15	
PORK				
Mince	500g	6 ~ 8	5 ~ 10	
Chops	500g	4 ~ 6	5 ~ 10	
Roast, loin (boneless)	500g	12 ~ 15	5 ~ 10	
POULTRY				
Whole chicken	1000g	16 ~ 19	10 ~ 15	
Breasts	450g	5 ~ 7	5 ~ 10	
Drumsticks	450g	8 ~ 9	5 ~ 10	
Thighs	450g	8 ~ 9	5 ~ 10	
Wings	450g	6 ~ 8	5 ~ 10	
FISH & SEAFOOD				
Whole fish	450g	6 ~ 8	5 ~ 10	
Fish fillets	500g	7 ~ 9	5 ~ 10	
shrimp	250g	4 ~ 6	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 high rack. Brush with melted butter or oil.

Halfway through, turn the meat over.

Food	Quantity	Cook time (Minutes/at HIGH)	Instructions
Beef burgers	50g x 2 100g x 2	13 ~ 16 19 ~ 23	Baste with oil or melted butter. Thin items should be placed on the high rack.
Beef steaks (2.5cm (1") thick)			Thick items can be placed on to a drip tray.
Rare	230g x 2	18 ~ 20	Turn food over after halfway cooking time.
Medium	230g x 2	22 ~ 24	
Well	230g x 2	26 ~ 28	Turn frequently.
Lamb chops (2.5cm (1") thick)	230g x 2	25 ~ 32	
Sausages (frank)	230g x 2	13 ~ 16	

Directions for grilling fish and seafood

Place fish and seafood on the high 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 grilling time. If desired thick fillets can also be turned halfway.

Food	Quantity	Cook time (Minutes/at HIGH)	Instructions
Fish fillets			Brush with melted butter and turn over halfway through cooking.
1cm (1/3") thick	230g	13 ~ 16	
1.5cm (1/2") thick	230g	19 ~ 23	
Fish steaks 2.5cm (1") thick	230g	20 ~ 25	
Whole fish	225~350g each 400g	20 ~ 25 25 ~ 35	Allow extra time for thick and oily fish.
Scallops	450g	18 ~ 22	Baste well during cooking.
Prawns uncooked	450g	18 ~ 22	

Convection

Cooking Guide

Preheat the oven to the desired temperature. Follow the times and instructions in the table.
After cooking, the surrounding oven will get very HOT. USE OVEN GLOVES.

Food	Quantity	Convection Temperature	Cook Time (Minutes)	Instructions
Muffins (fresh dough)	6 pieces (each 60g)	200°C	20 ~ 25	Prepare the dough. Place on the low rack. Stand for 5 minutes.
Bread Rolls (ready baked)	4 pieces (each 50g)	180°C+100W (without preheating)	8 ~ 10	Arrange rolls on the low rack. Stand for 3 minutes.
White bread (Fresh dough)	1 loaf (approx.500 ~ 750g)	200°C	20 ~ 50 or until browned	Prepare the dough. Place on the low rack. Stand for 10 minutes.
Sponge cake (Fresh dough)	1 pan (450 ~ 500g)	180°C	25 ~ 40	Prepare the dough. Put into a 8-inch diameter round tin pan. Place on the low rack. Stand for 10 minutes.
Fruit family cake	1 pan (1000 ~ 1200g)	160°C+200W	40 ~ 60	Prepare the dough. Put into a 8 or 9-inch diameter round tin pan. Place on the low rack. Bake until skewer inserted into the cake is removed clean. Stand for 10 minutes.
Fresh pizza	1 pan (approx. 1000g)	200°C	25 ~ 40	Prepare the pizza. Place on the low rack. Stand for 2 minutes.
Frozen pizza	400g	220°C	18 ~ 25	Remove the packages. Place on the low rack. Stand for 2 minutes.

Food	Quantity	Convection Temperature	Cook Time (Minutes)	Instructions
Frozen ready meal (Macaroni & cheese)	300g	200°C+400W (WITHOUT PREHEATING)	18 ~ 25	Put into a suitable sized heat proof dish. Place on the low rack. Stand for 2-3 minutes.
Frozen spring rolls	300g	230°C	35 ~ 50	Brush over the surface with vegetable oil. Place spring rolls side by side on the low rack. Stand for 1-2 minutes.
Potato gratin	1000g	140°C+600W (WITHOUT PREHEATING)	14 ~ 18	Prepare the potato gratin. Place on the low rack. Stand for 2-3 minutes.
Roast beef	1000g	160°C+600W (WITHOUT PREHEATING)	30 ~ 45	Place on the low rack. Turn over after half of the cooking time. Stand for 10-15 minutes with cover.
Roast lamb	1000g	160°C+600W (WITHOUT PREHEATING)	34 ~ 48	Place on the low rack. Turn over after half of the cooking time. Stand for 10-15 minutes with cover.
Roast pork	1000g	200°C+600W (WITHOUT PREHEATING)	35 ~ 50	Place on the low rack. Turn over after half of the cooking time. Stand for 10-15 minutes with cover.
Roast chicken	1000g	200°C+600W (WITHOUT PREHEATING)	32 ~ 47	Place on the low rack. Turn over after half of the cooking time. Stand for 2-5 minutes with cover.

Metal Tray (Crisping Tray)

Cooking Guide

Preheat the crisping tray with the Microwave 100% on the glass tray . Do not put the crisping tray on the high or low rack.
Follow the times and instructions in the table. After cooking, the grill and surrounding oven will get very **HOT. USE OVEN GLOVES.**

<i>Food</i>	<i>Quantity</i>	<i>Preheat Time</i>	<i>Cook Mode</i>	<i>Cook Time (Minutes)</i>	<i>Instructions</i>
Frozen pizza	400g	3	M/W 1000W Grill + M/W 200W	5 8 ~ 11	Preheat the crisping tray. Place the frozen pizza on it.
Omelet	3 eggs	3	Grill + M/W 400W	7 ~ 8	Combine 3 eggs, 2 tablespoons of milk, and spices. And mix well. Cut tomato in cubes. Set aside. Preheat the crisping tray. Place the prepared tomato on the crisping tray. Add the egg mixture and a little of grated cheese on top.
Bacon	2 slices	3	Grill + M/W 600W	1 ~ 1 ¹ / ₂	Preheat the crisping tray. Place the bacon on it.
Grilled tomato	4 pieces (400g)	3	Grill + M/W 200W	7 ~ 8	Cut tomatoes in halves. Set aside. Preheat the crisping tray. Put the tomatoes on the crisping tray and add some cheese on top.
Fried Egg(s) (Sunny side up)	1 2	3 (5ml oil)	Grill + M/W 600W	1/2 ~ 1 1 ¹ / ₂ ~ 2	Oil tray and preheat the crisping tray. Put the egg(s) on it.
Stir Fry Vegetables	125g 250g	3 (5ml oil)	Grill + M/W 600W	4 ~ 5 5 ~ 6	Oil tray and preheat the crisping tray. Prepare vegetables into bite size pieces. Place vegetables on the crisping tray. Stir to coat with oil before cooking. Cook stirring once.

Food	Quantity	Preheat Time	Cook Mode	Cook Time (Minutes)	Instructions
Frozen Oven chips	300g	3	Grill + M/W 200W	15 ~ 24	Preheat the crisping tray. Place the frozen oven chips on it. Turn food over after half of the cooking time.
	300g	–	M/W 1000W	15 ~ 17	Place the frozen oven chips on the crisping tray. Cover with steam cover. Turn food over after half of the cooking time.
Frozen Nuggets (Chicken)	200g	3 (5ml oil)	Grill + M/W 600W	7 ~ 9	Oil tray and preheat the crisping tray. Put the frozen nuggets on it. Turn food over after half of the cooking time.
	200g	–	M/W 1000W	8 ~ 12	Place the frozen nuggets on the crisping tray. Cover with steam cover. Turn food over after half of the cooking time.
Salmon Steak	1 (230g)	3 (5ml oil)	Grill + M/W 600W	6 ~ 8	Oil tray and preheat the crisping tray. Put the salmon on it. Turn food over after half of the cooking time.
	1 (230g)	–	M/W 1000W	8 ~ 12	Place the salmon steak on the crisping tray. Cover with steam cover. Turn food over after half of the cooking time.
Hamburger patties, fresh	240g (120gx2)	3 (5ml oil)	Grill+M/W 600W	6 ~ 7	Oil tray and preheat the crisping tray. Prepare the hamburger patties. Place on the crisping tray. Turn food over if needed.
	240g (120gx2)	–	M/W 1000W	7 ~ 9	Place the patties on the crisping tray. Cover with steam cover. Turn food over after half of the cooking time.

Speed Hot Air Cooking Guide

Preheat the oven to the desired temperature.

Follow the times and instructions in the table.

After cooking, the grill and surrounding oven will get very **HOT. USE OVEN GLOVES.**

<i>Food</i>	<i>Quantity</i>	<i>Speed Hot Air Temperature</i>	<i>Cook Time (Minutes)</i>	<i>Instructions</i>
Roast Turkey breast, fresh	400g	200°C	30 ~ 38	Wash and dry the fresh turkey breasts. Spice or marinade. Place the breasts into a heat proof flat dish on low rack.
Frozen self-rising pizza	400g	200°C	8 ~ 14	Put frozen pizza on the low rack.
Frozen baguettes with topping	250g	200°C	10 ~ 15	Put frozen baguettes with topping on the low rack.
Frozen spring rolls	300g (150gx2)	230°C	15 ~ 22	Put frozen spring rolls on the low rack.
French fries (Frozen potato products)	300g	220°C	15 ~ 22	Put frozen potato products on the metal tray.

Steam Cooking Guide

Pour 400ml tap water into the steam water bowl.

Put the steam plate and place the food on the steam plate. And then cover with steam cover.

Place the prepared steam water bowl in center of the glass tray carefully. Keep parallel!.

<i>Food</i>	<i>Weight Limit</i>	<i>Power Level</i>	<i>Cook Time (Minutes)</i>	<i>Instructions</i>
Whole fish	100 ~ 600g	1000W(100%)	15 ~ 20	Put the prepared food side by side on the steam water bowl. Sprinkle with 30ml lemon juice and spices.
Fish fillets	100 ~ 600g	1000W(100%)	15 ~ 25	Put the prepared food side by side on the steam water bowl. Sprinkle with 30ml lemon juice and spices.
Pawns	100 ~ 600g	1000W(100%)	13 ~ 20	Rinse and clean. Put the prepared food side by side on the steam water bowl.
Chicken breasts, Fillets	200 ~ 600g	1000W(100%)	15 ~ 25	Rinse and clean. Put the prepared food side by side on the steam water bowl.
Eggs, Hard boiled	2 ~ 9 eggs	1000W(100%)	17 ~ 25	Put the eggs on the small cavities of the steam water bowl.
Sliced carrots	200g ~ 800g	1000W(100%)	13 ~ 20	Prepare the carrots. Cut into slices.
Apple	200g ~ 800g	1000W(100%)	15 ~ 20	Prepare the apples. Cut into slices.

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 The microwave oven must be operated with the decorative door open.
- 37 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.
- 38 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.

WARNING: This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

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 Fan operates even when not operating the microwave oven. Is it failure?

A No. 'Auto Cooling System' operates such that the fan automatically operates for the consumer's safety if interior temperature of the microwave oven is more than appropriate values after cooking is completed.

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.

IEC Test Lists

• Microwave defrosting

Meal	Microwave setting in watts, Cooking time	Note
Meat	300W, 6 ¹ / ₂ ~ 7 ¹ / ₂ min. or Auto key function	Place the flat plate. Turn after 3 ¹ / ₂ min.

• Microwave cooking

Meal	Microwave setting in watts, Cooking time	Note
Custard	400W, 23 ~ 28min.	Place the pyrex dish on the lower wire grill
Sponge cake	600W, 8 ~ 11 min.	Place the pyrex dish ø 22cm on the lower wire grill
Meatloaf	800W, 10 ~ 12min.	Place the pyrex dish on the lower wire grill

• Combination cooking with the microwave

Meal	Microwave setting in watts, Cooking time	Temperature	Note
Potato gratin	Convection+400W, 20 ~ 25min.	200°C	Place the pyrex dish ø 22cm on the low rack.
Cake	Convection+200W, 18 ~ 24min.	180°C	Place the pyrex dish ø 22cm on the low rack.
Chicken	Convection+600W, 30 ~ 35min. or Auto key function	230°C	Place chicken breast-side down on the low rack. Turn after 15 minutes.

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 $\frac{\perp}{\text{—}}$.

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-8483NL/MC-8483NLR
Power Input	230 V AC / 50Hz
Output	1000 W (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	556 mm(W) X 340 mm(H) X 494 mm(D)
Power Consumption	
Microwave	1550 Watts
Grill	1250 Watts
Combination	3000 Watts
Convection	1500 Watts(Max 2700 Watts)

