



MICROWAVE OVEN

OWNER'S MANUAL

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

MM-M301

P/No.: MFL30378962

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 operation of microwave function 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 oven with microwave function, 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 Function 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. This ovens, however, have a magnetron which is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to created microwave energy.

These microwaves enter the cooking area through openings inside the oven. A turntable or tray is located at the bottom of the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance

Your oven, SolarDOM, 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.

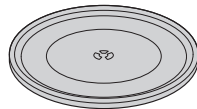
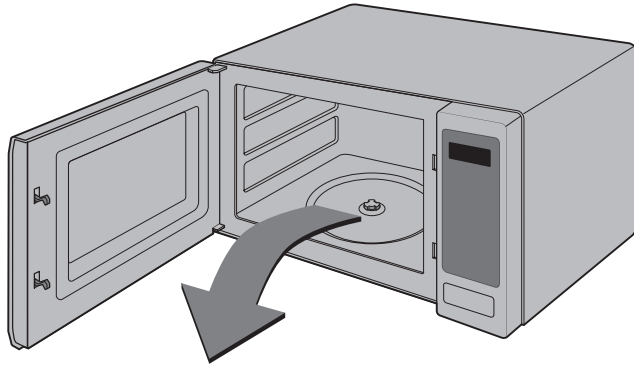
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Unpacking & Installing

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.



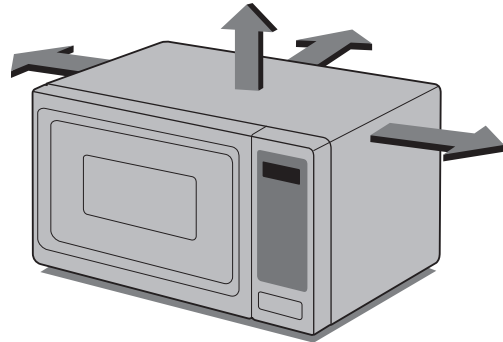
GLASS TRAY



ROTATING RING

2

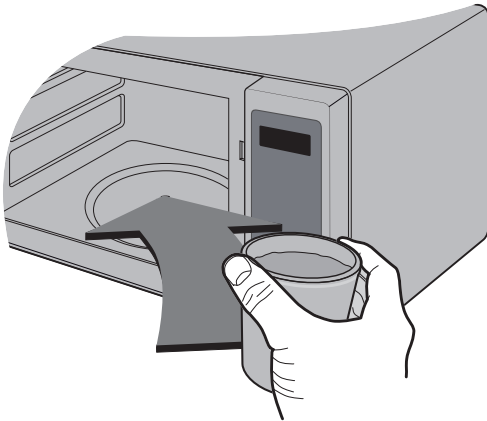
Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 20cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping. An exhaust outlet is located on top or side of the oven. Blocking the outlet can damage the oven.



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 pressing the **DOOR OPEN BUTTON**. Place the **ROTATING RING** inside the oven and place the **GLASS TRAY** on top.

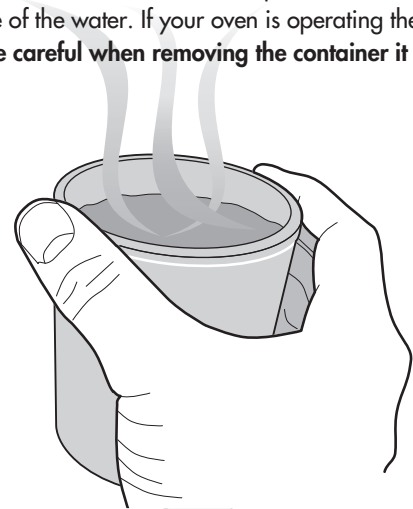
5 Fill a **microwave safe container** with 300 ml (1/2 pint) of water. Place on the **GLASS TRAY** and close the oven door. If you have any doubts about what type of container to use please refer to page 19.



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



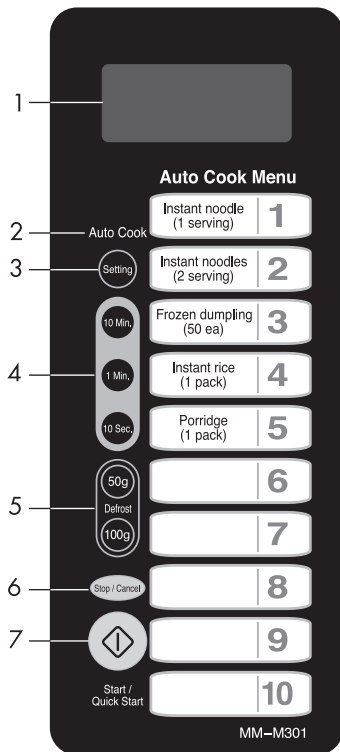
7 The **DISPLAY** will count down from 30 seconds. When it reaches 0 it will sound BEEPS. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. **Be careful when removing the container it may be hot.**



YOUR OVEN IS NOW INSTALLED

8 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.

Control Panel



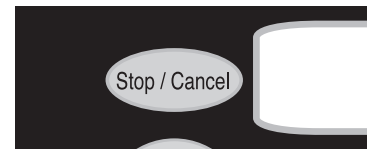
- 1. Display window:** You can show cooking time, cooking weight and cooking categories.
- 2. Auto cook:** Used to cook the foods listed by one touch.
- 3. Setting:** Use when you want to change automatic cooking input and setup time.
- 4. Time adjustment (manual cooking):** You can set cooking times.
- 5. Defrost:** You can select the food type and the weight of the food.
- 6. Stop/Cancel:** You can stop over and clear all entries except time of day.
- 7. Start/Quick Start:** In order to start cooking which is selected, press button one times.

Child Lock

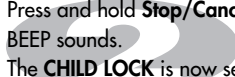


Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place. However your child can still open the oven door.

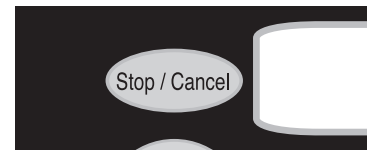
Press **Stop/Cancel**.



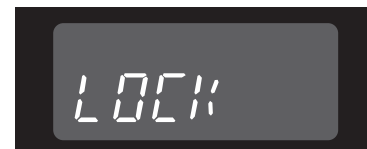
Press and hold **Stop/Cancel** until "LOCK" appears on the display and BEEP sounds.
The **CHILD LOCK** is now set.



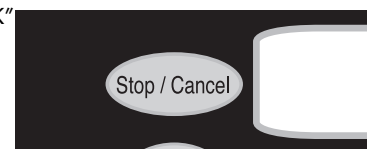
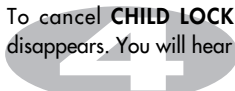
The time will disappear on the display if you have set the clock.



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



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

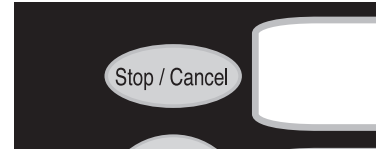


Quick Start

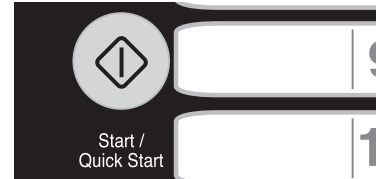


The **Quick Start** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **Quick Start** button.

Press **Stop/Cancel**.



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



Time adjustment manual cooking



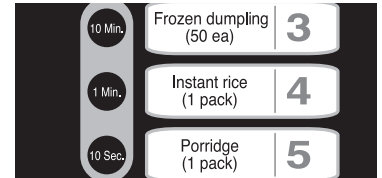
Press **Stop/Cancel**.



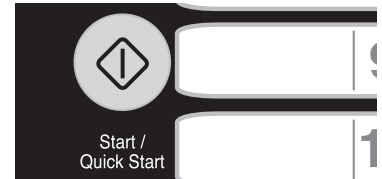
Press **1Min** twice.



Press **10Sec** three times.



Press **Start/Quick Start**.



Automatic cooking menu input method

If you want to set up cooking time of automatic cooking menu number 1 to 5 minutes.



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

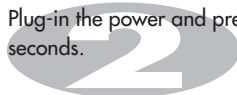
Inputted menus that is generally used much at automatic cooking menu number when shipping from the factory.

It is possible, according to the usage, to change into different menu and input for menu from number 1 to number 10.

Press **Stop/Cancel**.

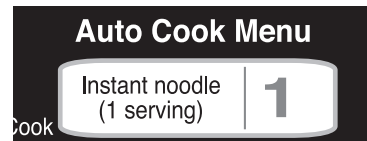
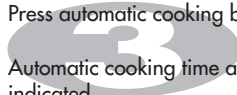


Plug-in the power and press automatic cooking **setting** button for 5 seconds.



Press automatic cooking button (number 1).

Automatic cooking time and menu number that was previously set are indicated.

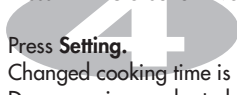


Press **1 minute** button five times.

Press **Setting**.

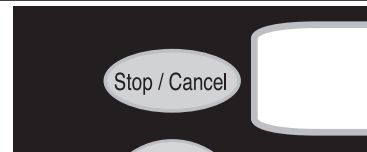
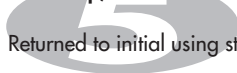
Changed cooking time is remembered.

Do as previous order to keep changing different button.



Press **Stop/Cancel**.

Returned to initial using state.



Automatic cooking menu input method

Menu number	Input menu	Cooking time	Cooking method
Instant noodle (1 serving) 1	1 serving	3 minutes 30 seconds	Use instant container for exclusive use (use without the cover)
Instant noodles (2 serving) 2	2 serving	5 minutes 30 seconds	Adjust hot water into water scale of container and heat.
Frozen dumpling (50 ea) 3	50 frozen dumplings	7 minutes	Please make a small hole at the bag and put into the whole bag and heat.
Instant rice (1 pack) 4	1 Instant rice (210 g)	1 minute 30 seconds	After removing the cover up to the indication part, then heat.
Porridge (1 pack) 5	1 Porridge	1 minute 30 seconds	After removing the inner aluminum cover completely, then use.
6	1 milk	50 seconds	Please open milk pack and heat
7	1 microwave oven retto	1 minute 20 seconds	After removing the cover up to the indication part, then heat.
8	Frozen pizza (round shape)	3 minutes 30 seconds	Remove vinyl for packing completely and then heat.
9	1 Hot Bar (70 g~80 g)	40 seconds	Cut Hot Bar pack and then heat.
10	100 g Pop Corn	2 minutes 40 seconds	Remove vinyl pack and heat in the condition of inside packing

Automatic cooking menu selection

Menu number	Input menu	Cooking Instruction	Stuff (or material)
Instant noodle (1 serving) 1	1 serving	Put ramen(noodle) into a disposable container that is exclusive for ramen(noodle) and pour over hot water up to the scale and then heat. • Please be careful. If you cook by pouring cold water, you might get unsatisfying result.	1 Ramen (noodle)
Instant noodles (2 serving) 2	2 serving	Put ramen(noodle) into a disposable container that is exclusive for ramen(noodle) and pour over hot water up to the scale and place two containers side by side on the rotating glass plate and then heat.	2 Ramens (noodle)
Frozen dumpling (50 ea) 3	50 frozen dumplings	Make a small hole at frozen dumpling packing bag and place it on the rotating glass plate and then heat. • Please be aware. If taking it out and turning it upside down while heating, it is evenly heated.	1 pack (50 ea) frozen dumpling
Instant rice (1 pack) 4	1 Instant rice (210 g)	After removing the cover up to the Hat-Ban packing's indicated perforated line, place it on the rotating glass plate and then heat.	1 pack Hat-Ban
Porridge (1 pack) 5	1 Porridge	After removing inside aluminum cover, cover the outside plastic lid and place it on the rotating glass plate and then heat. • Please be careful Unless removing the aluminum, it could give off sparks while cooking.	1 gruel

Automatic cooking menu selection

Menu number	Input menu	Cooking Instruction	Stuff (or material)
<div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;"> milk (1 milk) 6 </div>	1 milk	Open the milk pack and place it on the rotating glass plate and then heat. <ul style="list-style-type: none"> • Please be careful If you don't open the pack and heat, milk pack could explode.	1 milk
<div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;"> Microwave oven retto (1 pack) 7 </div>	1 Microwave oven retto	After removing the cover up to the indicated part of microwave retto's packing, place it on the rotating glass plate and then heat. <ul style="list-style-type: none"> • Please be careful If heating without opening the cover of microwave retto, it could explode while operating.	1 pack microwave oven retto
<div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;"> Frozen pizza (1 frozen pizza) 8 </div>	Frozen pizza (round shape)	Remove vinyl and put it on the rotating glass plate and then heat. If you cook with kitchen towel on the rotating glass plate, you could get more satisfying result. <ul style="list-style-type: none"> • Please be aware. If you put frozen pizza on the edge of rotating glass plate and heat, you could get more satisfying cooking result.	1 frozen pizza
<div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;"> Hot-Bar (1 ea) 9 </div>	1 Hot-Bar	After cutting Hot-Bar vinyl packing a little bit, put it on the rotating glass plate and then heat.	1 Hot-Bar
<div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;"> Pop Corn (100g) 10 </div>	100 g Pop Corn	Remove vinyl and put it as packed on the rotating glass plate and then heat. <p>※ According to using voltage and the kind of pop corn, pop corn could be somewhat less completely fried.</p> <ul style="list-style-type: none"> • Please be careful Place packing's ● indication part upward and then heat. Because a grain pop corn has no special container, you can't use.	100g Pop Corn

Automatic cooking menu table

Food name	Quantity (amount)	Cooking time	Cooking method
Instant noodle Instant noodles	1 serving 2 serving	3 minutes 30 seconds 5 minutes 30 seconds	Put ramen (noodle) and powder in the instant container for exclusive use and pour over hot water up to the scale and then heat.
Frozen dumpling	15 ea 30 ea 50 ea	3 minutes 30 seconds 4 minutes 30 seconds 7 minutes	Make a small hole at the bag and put into the whole bag and then heat.
Instant rice	210 g (1 ea) 210 g (2 ea) 300 g (1 ea) 300 g (2 ea)	1 minutes 30 seconds 2 minutes 30 seconds 2 minutes 3 minutes 30 seconds	Open up to the indicated line of the packing and heat.
Porridge	1 ea 2 ea 3 ea	1 minutes 30 seconds 2 minutes 30 seconds 3 minutes 30 seconds	After removing inside aluminum cover, cover the outside plastic lid again and then heat.
Milk	200 ml (1 ea) 200 ml (2 ea) 200 ml (3 ea)	50 seconds 1 minutes 20 seconds 1 minutes 50 seconds	Open milk pack and heat.
Microwave oven retto	1 ea 2 ea	1 minutes 20 seconds 2 minutes 20 seconds	Open up to the indicated line of the packing and heat.
Frozen pizza	Slice pizza Round shape pizza	1 minutes 30 seconds 3 minutes 30 seconds	Remove the packing, then heat. Place round shape pizza on the edge of rotating glass plate and heat.
Hot-Bar (70~80 g)	1 ea 2 ea 3 ea	40 seconds 1 minutes 1 minutes 20 seconds	Cut the packing a little bit and heat.
Pop Corn	100 g	2 minutes 40 seconds	Remove vinyl packing and then heat.
Rice with stir-fried bean paste / curry rice	1 ea 2 ea	1 minutes 40 seconds 3 minutes 20 seconds	After first putting in bean paste or curry and Hat-Ban, cover Hat-Ban container upside down and then heat.
Sandwich	1 ea 2 ea	20 seconds 35 seconds	Put the whole packing into the microwave and heat.

Automatic cooking menu table

Food name	Quantity (amount)	Cooking time	Cooking method
Vienna sausage	1 ea 2 ea 3 ea	50 seconds 1 minutes 30 seconds 2 minutes 10 seconds	Cut the packing a little bit and heat.
Hamburger	1 ea 2 ea 3 ea	40 seconds 1 minutes 10 seconds 1 minutes 30 seconds	Put the whole packing into the microwave and heat.
Kim Bob	1 serving 2 serving	50 seconds 1 minutes 20 seconds	Put the whole packing into the microwave and heat.
Kong Kong noodles with stir-fried bean paste	1 ea	4 minutes 30 seconds	After removing vinyl packing and the paper, heat with cover.
Combo set	1 ea	4 minutes 30 seconds	Remove the packing and all of the inside wrap, and then heat. Place it on the edge of rotating glass plate and then heat.
Cup cake that I make	1 ea 2 ea	1 minutes 1 minutes 30 seconds	After stirring flour and one egg to mix, heat without the cover.
Charcoal fired BBQ / Charcoal fried sweetened sesame chicken	1 ea	4 minutes	Make a small hole at the bag and then heat the whole bag on the microwave.
Frozen hot-dog	1 pack (5 ea)	4 minutes	Untie the golden string and make a small hole at the bag and then heat the whole bag.
Smoked drumstick (frozen)	140 g (1 ea)	4 minutes	Make a small hole at the bag and then heat the whole bag on the microwave.
Smoked drumstick (refrigerated)	200 g (1 ea)	1 minutes 30 seconds	Make a small hole at the bag and then heat the whole bag on the microwave.
Kong Kong broiled rice cake with hot sauce	265 g (1 ea)	3 minutes 20 seconds	After removing vinyl packing and the paper inside, heat with cover.
Frozen fried rice	250 g (1 ea)	3 minutes	Remove the packing and heat without the cover.
Fried Kimchi	100 g 200 g	40 seconds 1 minutes	Cut the bag's upper part a little bit and stand it and then heat.

Defrost

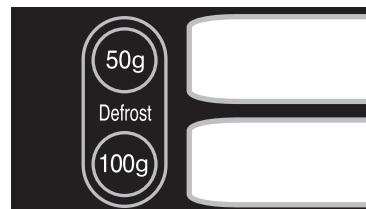


Press **Stop/Cancel**.

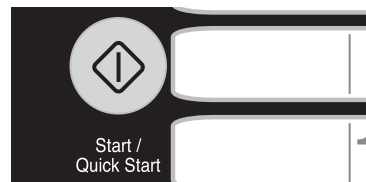
Weight the food that you are about to defrost. Be certain to remove any metallic ties or wraps; then place the food in your oven and close the oven door.



Press **100 g** (Defrost Button) five times.



Press **Start/Quick Start**.



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

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

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 using microwave function

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 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 using microwave function. Place the utensil in question next to a glass bowl filled with water in using microwave function. 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 using microwave function. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in using microwave function. 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 using microwave function, 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 using microwave function.

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 using microwave function, 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 using microwave function, 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 using microwave function.

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 function 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 undercooked 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 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 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 metal 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 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
Relay is failed

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 button on the Control Panel is touched?

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

Q Will the microwave function be damaged if it operates empty?

- A Yes Never run it empty or without the metal tray.

Q Why do eggs sometimes pop?

- A When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

Q Why is standing time recommended after microwave cooking is over?

- A After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

Q Is it possible to cook popcorn in this 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 this oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgement along with the cooking guide suggestions to test food condition, just as you would do with a conventional cooker.

Plug wiring information/ Technical Specifications

WARNING

This appliance must be earthed

The wires in this mains lead are colored in accordance with the following codes

BLUE ~ Neutral

BROWN ~ Live

GREEN & YELLOW ~ Earth

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

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

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

The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or \perp .

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

	MM-M301
Power Input	220 V~ 60 Hz
Output	1000 W
Microwave Frequency	2450 MHz
Outside Dimension	530 mm(W) X 312 mm(H) X 380 mm(D)
Power Consumption Microwave	1450 W



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