



# Microwave/Grill/ Convection Oven OWNER'S MANUAL

**MODEL : MC-785BC**

**MODEL : MC-785DC**

Please read this manual carefully before operating your set.  
Retain it for future reference.

For the guarantee terms & conditions please refer to inside  
back cover of this manual.

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

Do not attempt to operate the oven with the door open since open door operation can 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 soil or cleaner residue to accumulate on sealing surfaces.

Do not operate the 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.

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

## WARNING

When heating liquids, e.g. soups, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken :

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

## Installation

Install your oven by following three simple steps:

1. Remove all packing materials and accessories.
2. Place the oven in the level location of your choice with more than 85cm height but make sure there is at least 30 cm of space on the top and at the rear for proper ventilation. The side of the oven should be kept clear so there is air flow for ventilation.

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 voltage household outlet. Be sure the electrical circuit is at least 10 amps and that your microwave oven is the only appliance on the circuit.

**NOTE: \* If your oven does not operate properly, unplug it from the AC household outlet and then plug it back in.**

**\* This appliance should not be used for commercial catering purposes.**

## WARNING : THIS APPLIANCE MUST BE EARTHED

The wires in the mains lead are coloured in accordance with the following code :

Blue	-	Neutral
Brown	-	Live
Green and Yellow	-	Earth

This utility article is provided with a mains cord of special performance, which in case it is damaged, must be replaced with a mains cord of the same type ; such a mains cord can be obtained from importer and be installed by a competent person.

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## Technical Specifications

	<b>MC-785DC/MC-785BC</b>	
Power Input	230 V AC / 50Hz	240V AC/50Hz
Output	850 W (IEC705 RATING STANDARD)	
Microwave Frequency	2450 MHz	
Outside Dimensions	530 mm(W) X 322 mm(H) X 497 mm (D)	
Cavity Dimensions	350 mm(W) X 232 mm(H) X 374 mm (D)	
Power Consumption	Microwave : 1350 Watts	1350 Watts
	Grill : 1250 Watts	1350 Watts
	Convection : 1350 Watts(Max 2550 Watts)	1450 Watts(Max 2750 Watts)
	Combination : 2650 Watts	2750 Watts

# Introduction

## How the Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves and ordinary daylight. Ordinarily, 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 the 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 cook your food.

## Getting The Best Results From Your Microwave Oven

Keeping an eye on things. The recipes in this book have been formulated with great care, but your success in preparing them depends, of course, 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 recipe. 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 cooking times. To check the wattage of your oven, refer to the specifications at the beginning of this book. 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 undercooked food is ruined for good. Some of the recipes, particularly those for bread, cakes, 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 foods gradually travels inward. If the foods are left in the oven until they are cooked all the way through, the outer portions will become overcooked or even burnt. As you gain experience in using your microwave oven, you will become increasingly skillful in estimating both cooking and standing times for various foods.

## How Food Characteristics Affect Microwave Cooking

Density of foods: 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 foods that the outer edges do not become dry and brittle. Height of foods: The upper portion of tall foods, particularly roasts, will cook more quickly than the lower portion. Therefore, it is wise to turn tall foods during cooking, sometimes several times. Moisture content of foods: Since the heat generated from microwaves tends to evaporate moisture, relatively dry foods 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 foods: Bones conduct heat and fat cooks more quickly than meat. Therefore, care must be taken when cooking bony or fatty cuts of meat that they do not cook unevenly and do not become overcooked.

# Introduction

**Quantity of foods:** 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 foods:** Microwaves penetrate only about 1 inch (2.5cm) into foods, the interior portion of thick foods are cooked as the heat generated on the outside travels inward. In other words, only the outer edge of any foods is actually cooked by microwave energy; the rest is cooked by convection. It follows then that 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.

## Special Techniques In Microwave Cooking

**Browning:** Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Foods that are cooked for a shorter period of time may be brushed with a browning sauce to achieve an appetizing colour. The most commonly used browning sauces are Worcestershire sauce, soy sauce and barbecue sauce. Since relatively small amounts of browning sauces are added to foods, the original flavour of recipes are not altered.

**Covering:** A cover traps heat and steam which causes food to cook more quickly. You may either use a lid or microwave cling-film with a corner folded back to prevent splitting.

**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 cling-film, it allows the food to dry out slightly.

**Wrapping in greaseproof or paper towel:** Sandwiches and many other foods containing prebaked bread should be wrapped prior to microwaving to prevent drying out.

**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.

**Stirring:** Stirring is one of the most important of all microwaving techniques. In conventional cooking, foods are stirred for the purpose of blending. Microwaved foods, however, are 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 foods, 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 foods will cook evenly.

**Shielding:** Strips of aluminum foil, which block microwaves, are sometimes 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 tightly secured to the dish or it may cause 'arcing' in the oven.

**Elevating:** Thick or dense foods are often 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 both yolks and whites of eggs, clams and oysters and many whole vegetables and fruits.

**Testing if cooked:** Because foods cook so quickly in a microwave oven, it is necessary to test food 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.

## Introduction

### 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.

**Testing utensils for microwave use:** 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.

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

**2. 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.

**3. 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.

**4. 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.

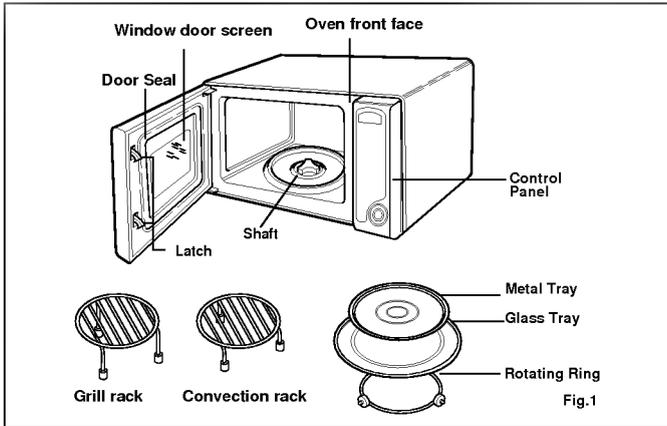
**5. Plastic cooking bags:** These are microwave-safe, provided they are specially made for cooking. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

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

**7. 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.

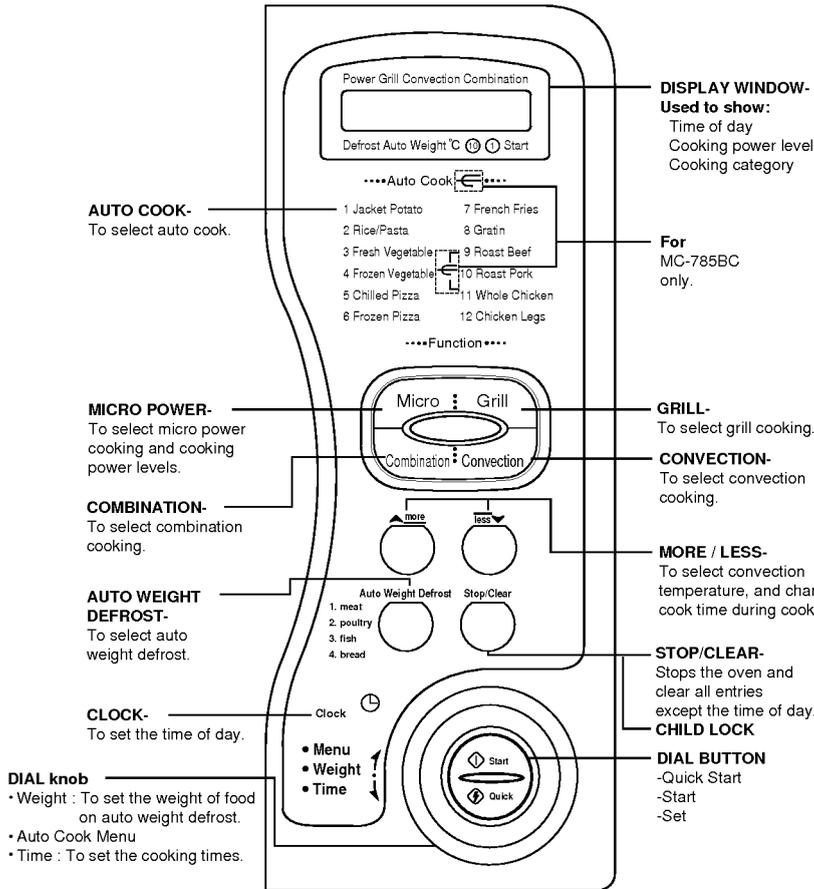
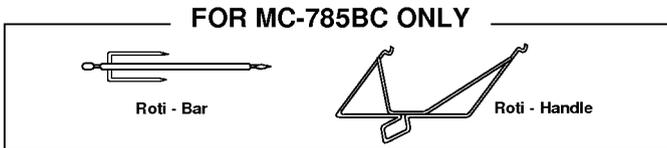
# Feature Diagram / Control Panel



Your oven will be packed with the following materials :

- Glass Tray .....
- Metal Tray .....
- Rotating Ring .....
- Shaft .....
- Owner's manual .....
- Grill rack .....
- Convection rack .....

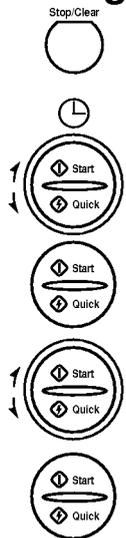
This microwave oven is designed for household use only. It is not recommended for commercial purposes.  
Do not operate the oven in microwave and combination mode with Roti-Bar, convection rack or grill rack placed in the cavity when the oven is empty.



**NOTE:** A beep sounds when a pad on the control panel is touched, to indicate a setting has been entered.

# Operating Instructions

## Setting the Clock

- 
1. Touch **STOP/CLEAR**.
  2. Touch **CLOCK**.
  3. Turn **DIAL** knob until display shows 2 hour.
  4. Press **SET** button for hour confirmation.
  5. Turn **DIAL** knob until display shows 59 minute.
  6. Press **START** button again.  
The clock starts counting.

**Example :** To set 2:59

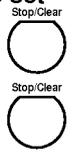
When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to 0.

**NOTE:** If the **CLOCK** (or **DISPLAY**) shows any abnormality, unplug the oven from the AC outlet, plug it back in and then reset the **CLOCK**.

This is a 24 hour clock.

## Child Lock

### To set

- 
1. Touch **STOP/CLEAR**.
  2. Touch and hold **STOP/CLEAR** until "L" appears in the display and a single beep is heard.
  3. "L" remains in the display.

This is a unique safety feature that prevents accidental running of the oven. Once the child lock is set, no cooking can take place. When the child lock is set, you can't input any key.

### To cancel the child lock

- 
- Touch and hold **STOP/CLEAR** until "L" disappears.

## Quick Start

- 
1. Touch **STOP/CLEAR**.
  2. Touch **START** 4 times to select 2 minutes on high.

**NOTE:** During **QUICK START** cooking, you can extend **QUICK START** cooking time up to 10 min.

**Example :** 2 minutes cooking on Hi Power.

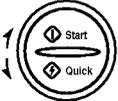
One of the most useful time savers. The **QUICK START** feature allows you to get 30 seconds and 1 minute cooking at High Power with a touch of the **QUICK START** key. It is possible to get up to 10 minutes at High Power with repetitive pressing of the key.

# Operating Instructions

## Micro Power Cooking

1. Touch **STOP/CLEAR**.  

2. Touch **MICRO** twice to select power level 80.  

3. Turn **DIAL** knob until display shows 5:30.  

4. Touch **START**.  


**Example :** To cook food on 80% Power for 5 minutes 30 seconds.

The oven has five power settings, incorporating the most commonly used power levels. To initiate power, touch MICRO POWER pad.

Hi Power is automatically available when power is selected. Continuous pressing of the MICRO POWER pad will select different power as detailed.

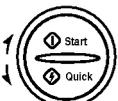
**NOTE:** To alter power level to your requirements proceed as detailed below:

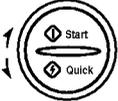
POWER	POWER PAD	PERCENT %
High	Touch once	100
Medium high	Touch twice	80
Medium	Touch 3 times	60
Defrost/Medium low	Touch 4 times	40
Low/Warm	Touch 5 times	20
High	Touch 6 times	100

## Two Stage Cooking

1. Touch **STOP/CLEAR**.  

2. Touch **MICRO**.  

3. Turn **DIAL** knob until display shows 11 min.  

4. To select power for stage 2.  
Touch **MICRO** 4 times.  

5. Turn **DIAL** knob until display shows 35 min.  

6. Touch **START**.  


**Example:** 11 minutes on High.  
35 minutes on 40 %.

The oven will cook automatically on a combination of power/time.

**NOTE:**

1. Programme 1 illuminates until programme 2 is activated.
2. At any time the door can be opened, food checked, oven reactivates when door is closed and START pressed.
3. Press STOP/CLEAR twice to clear the programme.
4. \*Hi power is set automatically therefore no need to programme.

# Operating Instructions

## MICROWAVE POWER LEVEL TABLE

Power Level	Output (of watts)	Use
HIGH	100%	* Boil water. * Brown minced beef. * Cook fresh fruits & vegetables. * Cook fish meat & poultry. * Preheat browning dish. * Heat precooked food. * Sauté onions, celery & green pepper.
M-HIGH	80%	* All reheating. * Roast meat & poultry. * Cook mushrooms & shellfish. * Cook foods which contain cheese & eggs.
MEDIUM	60%	* Bake cakes, scones. * Prepare eggs. * Cook meat, poultry. * Cook custard. * Prepare rice, soup.
DEFROST / MEDIUM LOW	40%	* All thawing. * Melt butter & chocolate. * Cook less tender cuts of meats.
LOW / WARM	20%	* Soften butter & cheese. * Soften ice cream. * Raise yeast dough.

## Auto Weight Defrost

### Defrost 1 ; Meat

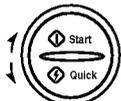
1. Measure the weight of frozen food you wish to cook and place in the oven and close door.



2. Touch **STOP/CLEAR**.



3. Touch **DEFROST** once to select meat defrosting programme.



4. Enter desired cooking weight of frozen food i.e. 0.4 kg by turning **DIAL** knob.



5. Press **START** button.

#### Example :

To defrost 0.4kg of meat.

Your microwave oven controls different output powers automatically during defrost cycle. Programme by setting the weight of food (Meat, Poultry, Fish and Bread) selecting the Auto Weight Defrost function.

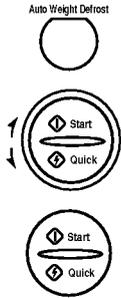
#### NOTE:

This oven can defrost from 0.1 kg to 4.0 kg.

# Operating Instructions

## Defrost 2 ; Poultry

1. Steps 1 and 2 are the same as "Defrost 1", above.



2. Touch **DEFROST** twice to select poultry defrosting programme.
3. Enter desired cooking weight of frozen food i.e 1.4 kg by turning **DIAL** knob.
4. Press **START** button.

### Example:

To defrost 1.4 kg of poultry.

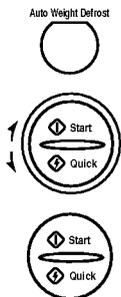
### NOTE:

1. This oven can defrost from 0.1kg to 4.0kg.
2. Basic defrost quantity is 0.1kg.

- The oven may be programmed to accept stage 1 or stage 1 & 2 cooking instructions after defrosting. However as temperature and density of frozen food varies, we would recommend that the food is checked before cooking commences. This is particularly important for joints of meat and chicken.
- The oven will beep during the DEFROST cycle. At this time, open the door, and turn over, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portion to the oven and touch **START** to resume the defrost cycle. The oven will not **STOP** during the **BEEP** unless the door is opened.

## Defrost 3 ; Fish

1. Steps 1 and 2 are the same as "Defrost 1".



2. Touch **DEFROST** 3 times to select fish defrosting programme.
3. Enter desired cooking weight of frozen food i.e. 2 kg by turning **DIAL** knob.
4. Press **START** button.

### Example :

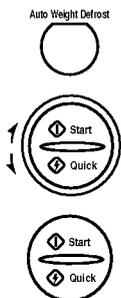
To defrost 2.0kg of fish.

### NOTE:

This oven can defrost from 0.1 kg to 4.0 kg.

## Defrost 4 ; Bread

1. Steps 1 and 2 are the same as "Defrost 1".



2. Touch **DEFROST** four time to select bread defrosting programme.
3. Enter desired cooking weight of frozen food i.e. 0.3 kg by turning **DIAL** knob.
4. Press **START** button.

### Example:

To defrost 0.3 kg of bread.

The bread programme is suitable for defrosting small items e.g. rolls or a loaf of bread. These will require standing time to allow the centre to thaw out.

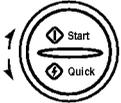
### NOTE:

This oven can defrost from 0.1 kg to 4.0 kg.

# Operating Instructions

## Auto Cook

1. Touch **STOP/CLEAR**.  

2. Turn **DIAL** knob to select desired cooking category (5).  

3. Press **SET** button for weight.  

4. Turn **DIAL** knob to 0.4 kg.  

5. Press **START** button.  

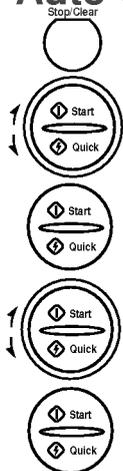

**Example :** To cook 400 g of Chilled pizza.

Auto cook allows you to prepare most of your favourite food by selecting the food type, and turning the weight of the food by the DIAL.

No.	Category	Wt. limit	Utensil	Food Temp	Instructions
1	Jacket Potato	0.1~1.0 kg	Glass tray Paper towel	20 °C	Wash and dry potatoes. Pierce potatoes several times with fork. After cooking, let stand covered with foil for 5 min.
2	Rice/Pasta	0.5~2 cups	Glass tray	20 °C	Place rice & cold water with 1/4 to 1 teaspoon salt in a deep and large bowl. Cover with lid or plastic wrap. ** Rice — After cooking time, stir rice and let stand for 5 to 10 min. covered. ** Pasta — After cooking time, rinse pasta with cold water. * Rice & Pasta                      Water (Rice)                      (Pasta) 1/2 cup(100g/50g) ..... 1 cup ..... 1 1/2 cups 1 cup(200g/100g) ..... 2 cups ..... 2 1/2 cups 1 1/2 cups(300g/150g) ..... 3 cups ..... 3 1/2 cups 2 cups(400g/200g) ..... 4 cups ..... 4 1/2 cups
3	Fresh Vegetable	0.2~0.8 kg	Glass tray	20 °C	Place in a microwave-safe bowl or casserole. Add 30cc water per 0.2kg. Cover with plastic wrap. After cooking, let stand covered for 2~3 min.
4	Frozen Vegetable	0.2~0.8 kg	Glass tray	-18 °C	Place in a microwave-safe bowl or casserole. Cover with plastic wrap. Let stand for 2~3 min.
5	Chilled Pizza	0.2~0.4 kg	Glass tray Metal tray Grill rack	5 °C	This function is for reheating leftover chilled pizza. Place chilled pizza on the high rack. After cooking, take out immediately. Let stand for 2~3 min.
6	Frozen Pizza	0.1~0.5 kg	Glass tray Metal tray Grill rack	-18 °C	This function is for cooking frozen pizza. Remove all package and place on high rack over metal tray and glass tray. After cooking, let stand for 1~2 min.
7	French fries	0.2~0.4 kg	Glass tray Grill rack Metal tray	-18 °C	Spread potato products out on the metal tray on grill rack. When BEEP, turn food over. For best results, cook in a single layer. After cooking, remove from the oven and let stand for 1 to 2 min.
8	Gratin	0.5~1.2 kg	Glass tray Convection rack	20 °C	Use this key to cook home made Gratins. After cooking, let stand for 1~3 min. with no cover.

# Operating Instructions

## Auto Cook



1. Touch **STOP/CLEAR**.
2. Turn **DIAL** knob to select desired cooking category (10).
3. Press **SET** button for weight.
4. Turn **DIAL** knob to 0.5 kg.
5. Press **START** button.

**Example :** To cook 500 g of Roast Pork.

### FOR MC-785DC Cooking

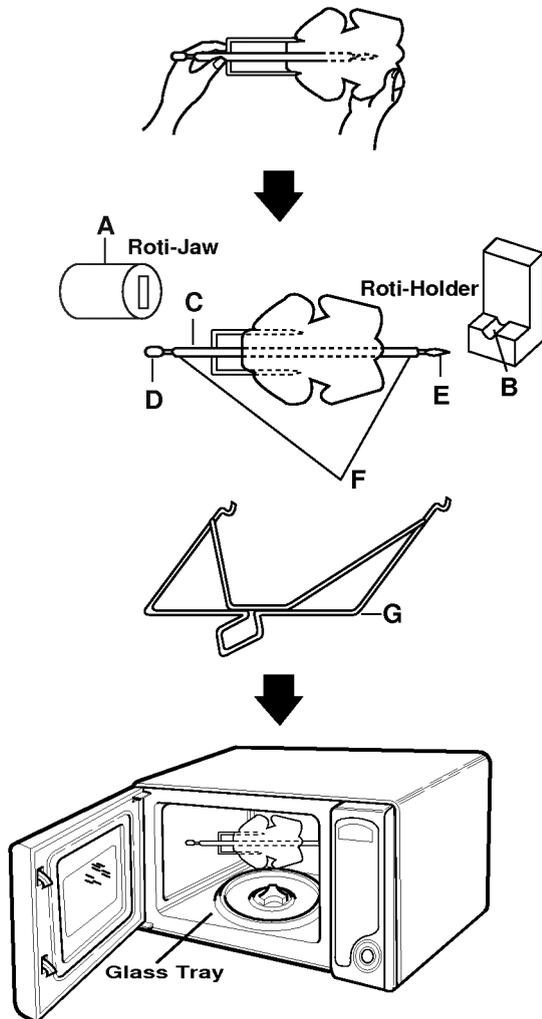
No.	Category	Wt. limit	Utensil	Food Temp	Instructions
9	Roast Beef	0.5~1.5 kg	Glass tray Metal tray Convection rack	5 °C	Brush beef with melted margarine or butter. Place on the low rack over the metal tray and glass tray. After cooking, let stand covered with foil for 10 minutes.
10	Roast Pork	0.5~1.5 kg	Glass tray Metal tray Convection rack	5 °C	Brush pork with melted margarine or butter. Place on the low rack over the metal tray and glass tray. After cooking, let stand covered with foil for 10 minutes.
11	Whole Chicken	0.8~1.5 kg	Glass tray Metal tray	5 °C	Brush whole chicken with melted margarine, butter or seasonings, if desired. Place the whole chicken on the metal tray on the glass tray. When BEEP, drain the juices and turn food over immediately. After cooking, let stand covered with foil 10 minutes.
12	Chicken Legs	0.2~0.8 kg	Glass tray Metal tray Grill rack	5 °C	Wash and dry chicken legs. Arrange thick portions toward the center of the high rack. Brush with melted butter or seasonings, if desired. When BEEP, turn over immediately. After cooking, remove from the oven and let stand covered with foil for 3 to 5 minutes.

### FOR MC-785BC Cooking

No.	Category	Wt. limit	Utensil	Food Temp	Instructions
9	Roast Beef	0.5~1.5 kg	Glass tray Metal tray Roti-bar	5 °C	Pierce beef with the Roti-bar and brush melted margarine on the beef. If needed, tie the beef with thread to the bar. After cooking, let stand covered with foil for 10 minutes.
10	Roast Pork	0.5~1.5 kg	Glass tray Metal tray Roti-bar	5 °C	Pierce pork with the Roti-bar and brush melted margarine on the pork. If needed, tie the pork with thread to the bar. After cooking, let stand covered with foil for 10 minutes.
11	Whole Chicken	0.8~1.5 kg	Glass tray Metal tray Roti-bar	5 °C	Pierce whole chicken with the roti-bar and tie the chicken with thread to the bar. Brush melted margarine on the chicken. After cooking, let stand covered with foil for 10 minutes.
12	Chicken Legs	0.2~0.8 kg	Glass tray Metal tray Grill rack	5 °C	Wash and dry chicken legs. Arrange thick portions toward the center of the high rack. Brush with melted butter or seasonings, if desired. When BEEP, turn over immediately. After cooking, remove food from the oven and let stand covered with foil for 3 to 5 minutes.

# Operating Instructions

## Cooking Chicken using the ROTISSERIE (FOR MC-785BC ONLY)



1. Position the fully defrosted chicken on the spit, ensuring that the roti-bar runs centrally through the chicken. And tie the chicken with thread to the bar, if necessary.

**NOTE:**

**IT IS VERY IMPORTANT TO FULLY DEFROST THE CHICKEN BEFORE COOKING, FAILURE TO DO SO MAY RESULT IN THE CHICKEN BEING UNDERCOOKED.**

2. Insert the end of the roti-bar (D) into the roti-jaw (A) on the left side of the oven wall. Push it to the left, rotating the roti-bar slightly until the roti-bar fits into the roti-jaw (A).
3. Support the other end of the roti-bar (E) on the hollow of the roti-holder (B).
4. Carefully place the metal tray in the microwave oven, on top of the glass turntable.
5. After closing the oven door, press **STOP/CLEAR** followed by **AUTO COOK** mode 11-whole chicken. Now turn **DIAL** knob the weight of the chicken using the **WEIGHT** button and press **START**.
6. After cooking, hold the roti-bar at both side (F) with the handle (G) and lift up the right end slightly, and pull out from the right end.

**NOTE:**

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

**CAUTION**

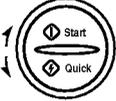
1. **AFTER COOKING, THE METAL TRAY WILL BECOME EXTREMELY HOT.**
2. It is recommended to remove the grease from the turntable every time before cooking. Hot grease on the turntable may cause smoke.

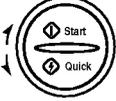
	Turn DIAL knob AUTO COOK (11) for whole chicken.
	Press SET button for weight.
	Turn DIAL knob to desired the weight.
	Press START button.

# Operating Instructions

## More more and Less less

1. Touch **STOP/CLEAR**.  

2. Turn **DIAL** knob to select desired **Auto Cook** programme.  

3. Press **SET** button for weight.  

4. Turn **DIAL** knob to desired weight.  

5. Press **START** button.  

6. Touch **MORE** key during cooking time.  
(+ 10 sec will increase)  


**Example :** To adjust the Auto Cooking time for longer.

1. By using the More or Less keys, all of the cook programmes except defrost can be adjusted to cook food for a longer or short time. If you are satisfied with the result of cooking, you don't need to use these keys.
2. By using the More or Less keys, the convection cooking temperature can be changed.

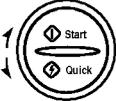
- Repeat the above steps replace 'more' with 'less' in order to decrease Auto Cooking time.

NOTE: ± "10" sec will increase or decrease in display during selection.

## Grill Cooking

1. Touch **STOP/CLEAR**.  

2. Touch **GRILL**.  

3. Turn **DIAL** knob to select desired time.  

4. Press **START** button.  


**The grill rack must be used during grill cooking.**

(The grill cook time can set from 10 sec. to 90 min.)

# Operating Instructions

## Convection Cooking

### To preheat



1. Touch **STOP/CLEAR**.



2. Touch **CONVECTION**.



3. Touch **more** 3 times to select 230° C.



4. Press **START** button.

### To cook

1. Place food you wish to cook in the oven, and close the door.



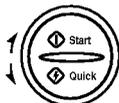
2. Touch **STOP/CLEAR**.



3. Touch **CONVECTION**.



4. Touch **more** 3 times to select 230° C.



5. Turn **DIAL** knob to select desired cooking time.



6. Press **START** button.

**Example** : To programme a temperature of 230°C for 50 minutes.

The oven temperature range is : 150°C ~ 250°C.

200° C is automatically available when convection is selected.

The cooking temperature can be changed by touching **more** or **less** key.

When oven temperature reaches the selected temperature, the oven will change into holding time. At this time, place food in the oven.

**During convection cooking the convection rack must be used.**

# Operating Instructions

## Combination Cooking

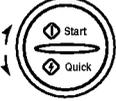
1. Touch **STOP/CLEAR**.  

2. Touch **COMBINATION**.  

3. Touch **CONVECTION**.  

4. Touch **less** twice to select 180 °C.  

5. Touch **MICRO** twice.  

6. Turn **DIAL** knob the desired cooking time.  
(10min)  

7. Press **START** button.  


**Example :** To programme micro power 40% and convection temperature at 180°C for a cooking time of 10 minutes.

This oven has a combination cooking mode which allows you to cook food with heater and microwave at the same time. Because heater cooking grills the surface of the meat while microwave cooking reaches inside, the total cooking time in the combination mode is generally shorter than the two stages separately. Moreover, preheating of the oven is not necessary.

The oven temperature range is: 150°C ~ 250°C.

The micro power level can be set at 20%, 40% or 60%.

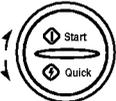
20% power is automatically set when micro power is selected.

1. Touch **STOP/CLEAR**.  

2. Touch **COMBINATION**.  

3. Touch **GRILL**.  

4. Touch **MICRO** 3 times.  

5. Turn **DIAL** knob the desired cooking time.  
(30 min)  

6. Press **START** button.  


**Example:** To programme micro power 60% and grill for 30 minutes.

## Cooking Guide

### Rich White Bread

---

**12oz/350g strong white flour**  
**2oz/50g butter or margarine**  
**1xtsp/5ml spoon salt**  
**1xtsp/5ml spoon caster sugar**  
**1 sachet easy-blend yeast**  
**12fl oz/300ml milk**  
**milk to glaze**

**Microwave Power HIGH and  
Convection 200°C**

1. Place the flour in a bowl. Rub in the butter or margarine then add the salt, sugar and yeast.
  2. Heat the milk on Microwave Power HIGH for 20 sec. Add to the flour and mix to give a soft, manageable dough. Knead on a floured surface until smooth and elastic.
  3. Place in a bowl and cover. Heat on Microwave Power HIGH for 15 sec. then leave for 10 min. Repeat 4-5 times, until the dough has doubled in size.
  4. Re-knead the dough and place in a small greased oven proof glass loaf dish. Heat as above until well risen.
  5. Brush the dough with milk.
  6. Preheat the oven to Convection 200°C.
  7. Cook on the rack on Convection 200°C for 50-60 min, until browned.
  8. Cool on a wire rack before slicing and serving.
- Makes 1 loaf

### Wholewheat Bread

---

**8oz/225g wholewheat flour**  
**8oz/225g strong white flour**  
**1xtsp/5ml spoon salt**  
**1xtsp/5ml spoon caster sugar**  
**1oz/25g butter or margarine**  
**1 sachet easy-blend yeast**  
**15fl oz/375ml water**

**Microwave Power HIGH and  
Convection 200°C**

1. Mix together the flours and sugar in a large bowl. Rub in the butter or margarine then stir in the yeast.
  2. Heat the water in a jug on Microwave Power HIGH for 20 sec. Gradually add to the flour to give a soft manageable dough.
  3. Knead the dough until smooth and elastic. Place in a bowl and cover. Heat for 15 sec then leave for 10 min. Repeat 3-4 times, until the dough has doubled in size.
  4. Re-knead the dough and shape into an oval. Place on a greased ovenproof plate. Heat as above until well risen.
  5. Slash the dough three times with a sharp knife.
  6. Preheat the oven to Convection 200°C.
  7. Cook on the rack on Convection 200°C for 55-65 min, until browned and crusty.
  8. Cool on a wire rack before slicing and serving.
- Makes 1 loaf

### Fig Bread

---

**8oz/225g wholewheat flour**  
**1xtsp/5ml spoon ground ginger**  
**1 sachet easy-blend dried yeast**  
**0.5oz/15g caster sugar**  
**4oz/125g dried figs, chopped**  
**good pinch salt**  
**scant 10fl oz/250ml milk**

**Microwave Power HIGH and  
Convection 200°C**

1. Place the flour, ground ginger, dried yeast and caster sugar in a bowl with the chopped figs and a pinch of salt.
  2. Heat the milk on Microwave Power HIGH for 20 sec, until just tepid. Use sufficient milk to mix the ingredients to a soft manageable dough. Turn out onto a floured surface and knead thoroughly until smooth and pliable.
  3. Place in a large bowl, cover and heat on Microwave Power HIGH for 15 sec. Leave for 10 min then repeat 3-4 times until the dough has doubled in size.
  4. Lightly knead the dough and re-shape. Place on a greased ovenproof glass loaf dish. Heat and stand as in stage 3 until well risen.
  5. Preheat the oven to Convection 200°C.
  6. Cook on the rack on Convection 200°C for 55-65 min, until firm and browned.
  7. Turn out onto a rack and allow to cool before serving sliced and buttered.
- Makes 1 small loaf

## Cooking Guide

### Cod & Bacon au Gratin

---

4 rashers streaky bacon, rinded  
4 oz/125g cheddar cheese, grated  
4xtbsp/15ml spoon tomato purée  
4 large frozen cod steaks  
4 tomatoes, sliced

**Microwave Power HIGH and  
Combination : Oven Temp. 180 °C + M/W 20%**

1. Place the bacon on an ovenproof plate on the rack and cook on microwave Power HIGH for 3 min. Chop the bacon and mix with the grated cheese and tomato purée.
2. Place the cod steaks in a shallow ovenproof glass flan dish and top with the cheese bacon mixture. Halve the tomatoes and arrange around the dish.
3. Place the dish on the rack and cook on Combination for 30-40 min, until the cheese is browned. Serve immediately.

Serves 4

### Bean & Tomato Salad

---

1 onion, sliced  
14oz/400g can borlotti beans, drained  
14oz/400g can red kidney beans, drained  
2 pickled dill cucumbers, chopped  
6oz/175g cherry tomatoes  
2fl oz/50ml wine vinegar  
4fl oz/100ml oil  
salt and pepper  
pinch dry mustard  
freshly chopped parsley

**Microwave Power HIGH**

1. Cook the onion in a small covered dish on the rack on Microwave Power HIGH for 2 min. Allow to cool.
2. Combine the drained beans, dill cucumbers and tomatoes in a bowl. Add the onion.
3. Place the vinegar, oil, salt, pepper and mustard in a screw-top jar. Shake until well blended. Add some freshly chopped parsley then pour over the salad.
4. Chill the salad for 1 hour. Toss again, then sprinkle with a little extra parsley before serving.

Serves 6

### Sausage Toad

---

1 lb/450g thick sausages, pricked  
1 egg, beaten  
10 fl oz/250ml milk  
4 oz/125g plain flour  
salt and pepper

**Combination : Oven Temp. 180 °C + M/W 20%**

1. Place the sausages in a suitable casserole dish and cook on the rack on Combination for 14 min. Re-arrange the sausages half way through cooking.
2. Whisk together the egg and milk then whisk into the flour. Add a little salt and pepper, then pour the batter over the sausages.
3. Cook on the rack on Combination for 20-30 min, until the batter is browned and crispy. Serve immediately.

Serves 3

### Salmon en Croute

---

2 1/2 lb/1125g fresh salmon, cleaned, head and tail removed  
8 oz/225g prepared puff pastry  
beaten egg to glaze

**Microwave Power MEDIUM and  
Combination : Oven Temp. 200 °C + M/W 40%**

1. Place the salmon on a heatproof plate. Cook on Microwave Power MEDIUM, uncovered, for 10-12 min. Allow to cool.
2. Roll out the pastry into a rectangle large enough to completely enclose the salmon. Skin the top of the salmon then invert the fish into the centre of the pastry. Remove the remaining skin.
3. Brush the pastry with egg then wrap round the salmon, firmly sealing all the joints.
4. Rinse the ovenproof plate and grease lightly. Place the salmon en croute on the plate so that all the pastry joints are under the fish. Brush the pastry with beaten egg.
5. Cook on the rack on Combination for 27-33 min, until the pastry is golden brown.
6. Serve hot, with hollandaise sauce.

Serves 6

# Cooking Guide

## Chilli Con Carne

---

2xtbsp/15ml spoon oil  
1 large onion, chopped  
1-2xtbsp/15ml spoon mild chili powder  
1.5lb/675g minced beef  
2xtbsp/15ml spoon tomato purée  
14oz/400g can red kidney beans  
8oz/225g can pimentos, drained and chopped (optional)  
salt and pepper

### Microwave Power HIGH

1. Heat the oil in a large microwave casserole dish on Microwave Power HIGH for 2min. Add the onion and chili powder and cook, covered, for 2.5min, stirring once.
2. Add the minced beef and cook for 6min, covered. Stir once or twice, breaking up any balls of meat.
3. Add the tomato purée and the juice from the kidney beans. Stir in the chopped pimentos, if used.
4. Cover and cook on Microwave Power HIGH for 11-12min, stirring once.
5. Add the kidney beans and cook for a further 8 min.
6. Season with salt and pepper. Serve with boiled rice, bread or baked potatoes.

Serves 4

## Yorkshire Pudding

---

2 eggs  
1pt/500ml milk or milk and water  
4oz/150g plain flour  
2xtbsp/15ml spoon oil

**Convection 220 °C**  
**Combination : Oven Temp. 200 °C+ M/W 40%**

1. Whisk together the eggs and milk then gradually whisk in the flour.
2. Heat the oil in a large shallow oven proof dish on Convection 220 OC for 5-8 min. Add the batter.
3. Cook on the rack on Combination for 20-25 min (depending on the shape of dish used) until the batter is browned and crisp.
4. Serve with roast beef or golden syrup.

Serves 4

## Apricot & Walnut Crumble

---

8oz/225g dried apricots  
10fl oz/250ml water  
8oz/225g plain flour  
4oz/125g butter or margarine  
4oz/50g caster sugar  
2oz/50g walnuts, chopped

**Microwave Power HIGH and**  
**Combination : Oven Temp. 160 °C+M/W 40%**

1. Place the apricots and water in a small covered dish and heat for 8 min on Microwave Power HIGH. Leave, covered, for 16-18 min. Place in the bottom of a suitable pie dish.
2. Place the flour in a bowl and rub in the butter or margarine until the mixture resembles breadcrumbs, stir in the sugar.
3. Spoon the crumble over the apricots then top with the chopped walnuts.
4. Cook on the rack on Combination for 23-28 min, until the crumble is browned.
5. Serve with custard or cream.

Serves 4

## Savoury Bread Pudding

---

8 slices bread, crusts removed  
butter or margarine  
12oz/350g ham, cold roast meat or garlic sausage  
15fl oz/375ml milk  
3 eggs, beaten  
salt & pepper  
3oz/75g cheddar cheese, grated

**Combination : Oven Temp. 160 °C + M/W 40%**

1. Spread the bread with butter or margarine then place 4 slices in the base of an 8in/20cm shallow ovenproof dish.
2. Slice the cold meat and layer over the bread, topping with the remaining slices, buttered sides up.
3. Beat together the eggs and milk, add a little salt and pepper and pour over the bread. Leave for 15-20min.
4. Sprinkle the cheese over the dish then cook on the rack at Combination for 30-35 min.
5. Serve with vegetables or salad.

Serves 4

# Cooking Guide

## Tuna & Sweetcorn Crumble

---

2oz/50g butter or margarine  
2 oz/50g plain flour  
2x7oz/198g cans tuna fish, drained, juice reserved  
12oz/340g can sweetcorn, drained, juice reserved  
1pt/500ml milk approx  
8oz/225g plain flour  
2oz/50g butter or margarine  
2oz/50g cheddar cheese, grated  
salt and pepper  
good pinch dry mustard powder

**Microwave Power HIGH and  
Combination : Oven Temp. 180 °C+M/W 20%**

1. Melt the first lot of butter in a large bowl or jug, on the rack on Microwave Power HIGH for 1 min. Stir in the flour and mix well.
2. Measure the liquid from the tuna and the sweetcorn - make up to 1pt/500ml with milk. Gradually whisk into the butter and flour.
3. Heat the sauce on Microwave Power HIGH for 6 min, stirring every 2 min, until boiling and thickened. Add the tuna fish and sweetcorn then season to taste with salt and pepper. Pour into a suitable casserole dish.
4. Place the remaining flour in a bowl and rub in the butter or margarine until the mixture resembles fine breadcrumbs. Stir in the cheddar cheese, salt and pepper and mustard. Spoon into the casserole dish.
5. Cook on the rack on Combination for 38-50 min. Serve immediately with a salad.

Serves 4

## Roast Potatoes

---

2lb/900g potatoes, peeled and cut into pieces  
4xtbsp/15ml spoon oil

**Combination : Oven Temp.180 °C + M/W 20%**

1. Turn the potatoes in the oil in a suitable shallow ovenproof dish.
2. Cook in the dish on the rack at Combination for 45-55 min, until the potatoes are browned and crisp. Serve hot with roast meats and casseroles.

Makes 4-6

## Lasagne

---

1xtbsp/15ml spoon oil  
1 onion, chopped  
1lb/450g minced beef  
1xtsp/5ml spoon mixed dried herbs  
2xtbsp/15ml spoon tomato purée  
10fl oz/250ml boiling stock  
salt and pepper  
4 large or 8 small sheets non-precook lasagne  
1oz/25g butter  
1oz/25g plain flour  
5fl oz/125ml milk  
5fl oz/125ml natural yogurt  
grated Parmesan cheese

**Microwave Power HIGH and  
Combination : Oven Temp. 180 OC+M/W 20%**

1. Heat the oil in a microwave casserole dish on the rack for 1min on Microwave Power HIGH . Add the onion and cook, covered, for 3 min.
2. Stir in the minced beef and cook for 4 min, covered, stirring once.
3. Add the herbs, tomato purée and stock. Stir well. Cook for 8 min on Microwave Power HIGH, stirring once. Add a little salt and pepper.
4. Layer the meat sauce with the lasagne in a suitable serving dish, finishing with lasagne.
5. Melt the butter in a large jug or bowl on Microwave Power HIGH for 30 sec. Add the flour then gradually add the milk. Cook for 3 min, stirring every minute, until boiling and thickened. Stir in the yogurt and season with salt and pepper. Spoon the sauce over the lasagne then sprinkle with parmesan cheese.
6. Cook on the rack on Combination for 27-37 min, until the lasagne is piping hot and the cheese is browned. Serve immediately with salad.

Serves 4

# Cooking Guide

## Chinese Chicken

---

4 large chicken portions or 8 small chicken joints, skinned

2xtbsp/15ml spoons oil

2xtbsp/15ml spoons seedless jam

2xtbsp/15ml spoons clear honey

2xtbsp/15ml spoons lemon juice

2xtbsp/15ml spoons sherry

8oz/225g can water chestnuts, drained

15oz/425g can baby corn cobs, drained

8oz/225g can bamboo shoots, drained

6 spring onions, chopped

**Combination : Oven Temp. 200 °C+M/W 40%  
Microwave Power HIGH**

1. Place the chicken on an ovenproof plate, brush with the oil then cook, uncovered, on the rack on Combination for 20-28 min or until the chicken is tender.
2. Place the jam, honey, lemon juice and sherry in an ovenproof glass bowl and heat on Microwave Power HIGH for 1.5 min then stir well until blended together.
3. Transfer the chicken to a suitable serving dish and scatter the water chestnuts, corn cobs and bamboo shoots over with the chopped spring onions.
4. Pour the sauce over the chicken then heat on the rack, uncovered, for 10-12 min on Microwave Power HIGH. Serve immediately.

Serves 4

## Scrambled Eggs

---

4 eggs, beaten

knob butter

2xtbsp/15ml spoon milk

salt and pepper

**Microwave Power HIGH**

1. Beat all the ingredients together with a fork in a large jug or bowl. Place on the rack and cook for 1.5-3 min, stirring every 30 sec.
2. Serve on hot toast.

**Note:** Take the scrambled egg from the oven while still fairly wet. The heat produced within the eggs will continue to set them after they are removed from the cooker.

Serves 2

## Boiled Rice

---

8oz/225g long grain rice

1pt/500ml boiling water

salt

**Microwave Power HIGH**

1. Place the rice and water in a large jug or bowl and cover.
2. Cook on the rack on Microwave Power HIGH. Allow 9-10 min for white rice and 15-16 min for brown. Allow to stand for 5 min at the end of cooking.
3. Add salt to taste and serve.

Serves 3-4

## Fillet of Beef en Croute

---

1lb/450g prepared puff pastry or

1lb/450g shortcrust pastry made with 10oz/275g plain flour and

6oz/150g margarine or butter

2.5lb/1150g fillet of beef

8oz/225g mushroom or Ardennes pâté, beaten until soft

1 egg, beaten, to glaze

**Combination : Oven Temp.180 °C + M/W 20%**

1. Roll out the pastry on a lightly floured surface into a rectangle large enough to completely enclose the beef. Place the beef in the centre of the pastry.
2. Spread the beef, with the softened pâté, then wrap the pastry around the meat, sealing the edges with a little beaten egg.
3. Invert the beef en croute into an oven proof plate. Decorate with leaves made from any pastry trimmings, then brush the pastry with beaten egg.
4. Cook on the rack on Combination for 30-38 min, depending on your preference for the meat. Slice and serve hot.

Serves 6

## Cooking Guide

### Baked Lemon Cheesecake

---

2.5oz/60g butter or margarine  
5oz/150g digestive biscuits, crushed  
1xtsp/5ml spoon caster sugar  
1lb/450g cottage cheese, sieved  
4oz/125g caster sugar  
grated rind and juice of 2 lemons  
2xtbsp/15ml spoons cornflour  
3 eggs, separated

**Microwave Power HIGH and  
Combination : Oven Temp. 160 °C+M/W 40%**

1. Heat the butter or margarine in a shallow round 8in/20cm ovenproof dish for 1 min on Microwave Power HIGH until melted. Add the crushed biscuits and tsp sugar, stir well then press into the base of the dish with the back of a metal spoon.
2. Beat together the cottage cheese, sugar lemon rind and juice, cornflour and egg yolks until smooth.
3. Whisk the egg whites until stiff then fold into the cheese mixture. Pour over the biscuit base.
4. Bake on the rack on Combination for 28 min or until set and lightly browned.
5. Allow to cool then chill for 2 hours before serving with cream or fresh fruit.

Serves 6

### Baked Potatoes

---

4 large potatoes, about 8oz/225g each butter  
grated cheese or soured cream for serving

**Combination : Oven Temp: 180 °C+M/W 20%**

1. Scrub the potatoes then prick with a fork or score with a knife. Place the potatoes on the rack.
2. Cook on Combination for 35-45 min. Pierce with a skewer - the potatoes should be soft in the centre.
3. Score the potatoes and serve with butter and grated cheese or soured cream.

Serves 4

### Seafood Supreme

---

1 lb/450g boiled potatoes, mashed  
1 oz/25g butter  
2x tbsp/15ml spoon milk  
salt and pepper  
1x tbsp/15ml freshly chopped parsley  
12 oz/350g mixed fish, e.g.cod, king prawns, sole,  
smoked haddock, etc.  
1 oz/25g butter  
1 oz/25g flour  
5fl oz/125ml milk  
5fl oz/125ml white wine

**Microwave Power HIGH and  
Combination : Oven Temp.180 °C + M/W 20%**

1. Cream the mashed potatoes with 1oz/25g butter and 2 tbsp/15ml milk. Add a little salt and pepper and the chopped parsley.
2. Pipe the potato, using a star pipe, around the edge of 1 medium or 2 small gratin dishes. Set to one side.
3. Cut the fish into bite-sized pieces, peeling the prawns. Place the fish, except the prawns, in a small covered dish and cook for 3 min on the rack on Microwave Power HIGH. Set to one side.
4. Melt the remaining butter in a large jug for 1-1 1/2 min on Microwave Power HIGH, stir in the flour then gradually add the milk and white wine. Heat for 3 min, stirring every minute, until boiling and thickened. Season to taste with salt and pepper.
5. Add the fish and prawns to the sauce, reserving one or two prawns for garnish.  
Spoon into the centre of the potato in the gratin dishes.
6. Place the dishes on the rack and cook on Combination for 15-20 min, until piping hot. Serve immediately.

Serves 2

# Cooking Guide

## Spiced Roast Leg of Lamb

4.5lb/2kg leg lamb, french trimmed, knuckle removed  
2 cloves garlic, cut into slivers  
2tbsp/15ml spoon crushed coriander seeds  
1tbsp/5ml spoon ground cumin  
1tbsp/15ml spoon freshly chopped rosemary  
2tbsp/15ml spoon clear honey

**Combination2:Oven Temp.160 °C+ M/W 40%**

1. Make some slits in the meat and slide a sliver of garlic into each.
2. Mix together the remaining ingredients and spread over the lamb.
3. Place the lamb on the rack and cook on Combination, allowing 16 min per lb/450g. Baste occasionally during cooking.

Serves 8

## Whisked Sponge

4 eggs  
4oz/125g caster sugar  
4oz/125g plain flour, sieved  
jam  
caster sugar

**Convection 180 °C**

1. Whisk the eggs and sugar together until very thick and creamy - approx. 5 min in an electric mixer.
2. Fold the flour into the mixture.
3. Pour half the mixture into a greased 8in/20cm ovenproof glass flan dish, lined with greaseproof paper.
4. Preheat the oven to Convection 180 °C.
5. Cook on the rack on Convection 180 °C for 30-40 min, until firm and set.
6. Turn onto a wire rack. Cook the remaining mixture as above.
7. When cold, sandwich the cakes together with jam. Sprinkle the top of cake with caster sugar.

Serves 8

## Steak & Oyster Pie

2x tbsp/15ml spoon oil  
1 large onion, sliced  
1 1/2 lb/675g braising steak, cubed  
2x tbsp/15ml spoon seasoned flour  
10fl oz/275ml stout  
40z/125ml button mushrooms  
80z/225g can oysters  
60z/175g plain flour  
30z/75g butter or margarine  
water to mix  
beaten egg to glaze

**Microwave Power HIGH,**  
**Combination1:Oven Temp.160 °C + M/W 40%**  
**Combination2:Oven Temp.180 °C+ M/W 20%**

1. Heat the oil in a suitable casserole dish for 2 min on Microwave Power HIGH. Add the onion, cover and cook for 3 min, stirring once.
2. Toss the meat in the seasoned flour, add to the casserole and cook, covered, for a further 6 min, stirring once.
3. Add the stout and cook, covered, on the rack for 46 minutes on Combination 1, or until the meat is tender.
4. Leave until cold, then stir in the mushrooms, the oysters and their juice.
5. Prepare the pastry by rubbing the margarine or butter into the flour until the mixture resembles fine breadcrumbs. Add sufficient cold water to give a firm dough then roll out and use to cover the meat.
6. Use any pastry trimmings to decorate the pie then brush with beaten egg to glaze.
7. Cook on the rack on Combination 2 for 25-35 min, until the pastry is brown and crisp.
8. Serve with freshly cooked vegetables.

Serves 6-8

# Cooking Guide

## Parsnips with Cinnamon & Orange Juice

---

2oz/50g butter or margarine  
1 onion, chopped  
good pinch cinnamon  
1lb/450g parsnips, peeled and cut into sticks  
1 orange, grated rind and juice  
salt and pepper  
freshly chopped parsley to garnish

### Microwave Power HIGH

1. Place the butter in a microwave casserole dish and heat on the rack on Microwave Power HIGH for 1 min. Add the onion and cook for 3 min, covered.
2. Add the remaining ingredients, cover and cook for 7-8 min, stirring once during cooking.
3. Season to taste with salt and pepper, add a little sugar if necessary, but do not make the parsnips too sweet. Serve as required.

Serves 4

## Braised Red Cabbage

---

1oz/25g butter  
1xtbsp/15ml spoon oil  
12oz/350g red cabbage, shredded  
1 cooking apple, peeled and chopped  
1 onion, chopped  
1 bay leaf  
pinch nutmeg  
pinch cinnamon  
4xtbsp/15ml spoon red wine  
1xtbsp/15ml spoon red wine vinegar  
1-2xtbsp/15ml spoon demerara sugar

### Microwave Power HIGH

1. Place the butter in a microwave casserole dish on the rack and heat on Microwave Power HIGH for 30 sec. Add the cabbage, cover, and cook for 5 min, stirring once.
2. Add all the remaining ingredients and stir well. Cover and cook for 8-10 min, stirring once during cooking.
3. Season to taste with salt and pepper. Serve as required.

Serves 4

## Family Fruit Cake

---

12oz/350g self raising flour  
1xtsp/5ml spoon mixed spice  
6oz/175g butter or margarine  
4oz/125g demerara sugar  
12oz/350g mixed fruit, currants, sultanas, raisins, etc.  
2 eggs, beaten  
5fl oz/125ml milk, approx

### Combination : Oven Temp 160 °C+M/W 40%

1. Grease and line and 8in/20cm ovenproof dish with greaseproof paper.
2. Mix together the flour and spice in a large bowl, then rub in the butter or margarine until the mixture resembles breadcrumbs.
3. Stir in the demerara sugar and mixed fruit.
4. Add the beaten eggs and sufficient milk to give a soft dropping consistency.
5. Spoon the cake mixture into the prepared dish, making a slight dip in the centre.
6. Bake on the rack on Combination for 30-40 min, until a skewer inserted into the cake is removed clean.
7. Allow to cool slightly, then turn out onto a wire rack and cool completely.
8. Store in an air tight tin.

Makes 12 slices

## Hollandaise Sauce

---

4oz/125g butter  
2xtbsp/15ml spoon white wine vinegar  
salt & pepper  
4 egg yolks

### Microwave Power HIGH and Power MEDIUM

1. Heat the butter in a bowl on the rack for 1 min on Microwave Power HIGH. Whisk in the remaining ingredients.
2. Cook for 1-1.5 min on Microwave Power MEDIUM, whisking every 15 sec, until thick and glossy. Do not overcook, otherwise the sauce will curdle and separate.
3. Serve immediately with salmon or asparagus.

## Cooking Guide

### White Sauce

---

**1oz/25g butter or margarine**  
**1oz/25g plain flour**  
**10fl oz/250ml milk**  
**salt and pepper**

#### Microwave Power HIGH

1. Heat the butter in a large jug or bowl for 30 sec on Microwave Power HIGH until melted. Stir in the flour then gradually add the milk.
2. Heat for 3 min on Microwave Power HIGH, stirring every minute, until boiling and thickened. Season to taste with salt and pepper.  
This sauce may be used as the base for many variations, eg by adding chopped hardboiled eggs, chopped mushrooms, anchovy paste, capers, etc.

Makes 10fl oz/250ml

### Fruit Tart

---

**Use rhubarb, apple or any other fruit in season**  
**10oz/275g plain flour**  
**5oz/150g butter or margarine water to mix**  
**1lb/450g prepared fruit, sliced or chopped**  
**3-4oz/75-125g caster sugar**  
**caster sugar for dredging**

#### Combination : Oven Temp 180 °C+M/W 20%

1. Place the flour in a large bowl then rub in the butter or margarine until the mixture resembles fine breadcrumbs. Add sufficient cold water to make a firm dough.
2. Roll out half the pastry and use to line a 10in/25cm ovenproof pie plate. Pile the fruit into the centre of the plate, sprinkling with sugar.
3. Roll out the remaining pastry to cover the tart. Damp the edges of the lower crust with water, cover the tart with the remaining pastry. Press the edges of the pastry together and crimp. Roll out and pastry trimmings and use to decorate the tart.
4. Cook on the rack on Combination for 27-35 min, until the pastry is golden brown and crisp.
5. Sprinkle with caster sugar and serve.

Serves 8

### Lemon Meringue Pie

---

**8oz/225g plain flour**  
**4oz/125g butter or margarine**  
**water to mix**  
**2 lemons, grated rind and juice**  
**2xtbsp/15ml spoon cornflour**  
**5fl oz/125ml water**  
**4oz/125g caster sugar**  
**2 eggs, separated**  
**3oz/75g caster sugar**

#### Convection 190 °C

1. Place the flour in a bowl and rub in the butter or margarine until the mixture resembles fine breadcrumbs. Bind to a stiff dough with cold water.
2. Preheat the oven to Convection 190 °C. Meanwhile, roll out the pastry to line a metal tray. Prick the base of the pastry, then line with greaseproof paper and fill with backing beans.
3. Cook on the rack on Convection 190 °C for 20-30 min. Remove the backing beans and paper and cook for a further 3-4 min, if necessary. Allow to cool.
4. Prepare the filling. Mix the cornflour to a smooth paste in a bowl with the lemon rind and juice and water. Heat on Microwave Power HIGH for 2 min until thickened and boiled. Stir every minute while heating.
5. Add the 4oz/125g cater sugar and stir well until dissolved. Cool slightly then add the egg yolks. Beat well then pour into the pastry case.
6. Preheat the oven again to Convection 190 °C.
7. Whisk the egg whites until very stiff. Gradually add the remaining cater sugar, whisking continuously. Pile the meringue onto the pie.
8. Cook the pie on the rack on Convection 190 °C for 15-20 min, until the meringue is just set. Allow to cool before serving.

Serves 8

# Cooking Guide

## Jam Tart

---

8oz/125g plain flour  
2oz/50g butter or margarine  
water to mix  
12oz/350g jam

**Combination : Oven Temp 180 °C+M/W 20%**

1. Place the flour in a large bowl and rub in the butter or margarine until the mixture resembles fine breadcrumbs. Add sufficient cold water to give a firm, manageable dough.
2. Roll out the pastry and use to line a suitable 8in/20cm pie plate. Prick the base of the pastry, then spoon the jam into the tart.
3. Cook on the rack on Combination for 28-35 min, or until the pastry is crisp.  
Serve warm or cold.

Serves 6

## Custard

---

2xtbsp/15ml spoon custard powder  
2xtbsp/15ml spoon sugar  
1pt/500ml milk

**Microwave Power HIGH**

1. Place the custard powder in a bowl with the sugar and mix to a smooth paste with a little of the milk. Heat the remaining milk in the bottle or a jug for 4 min on the rack on Microwave Power HIGH.
2. Pour the hot milk onto the custard paste, whisk well. Heat for a further 1-1.5 min until boiling and thickened.
3. Serve as required.

Makes 1pt/500ml

## Egg Custard Tart

---

6oz/175g plain flour  
3oz/75g butter or margarine  
water to mix  
3 eggs  
3oz/75g caster sugar  
15fl oz/375ml milk  
ground nutmeg

**Convection 200 °C/Microwave Power High and  
Combination : Oven Temp 160 °C+M/W 40%**

1. Preheat the oven for 10 min on Convection 200 °C.
2. Place the flour in a large bowl, rub in the butter or margarine until the mixture resembles fine breadcrumbs, then mix to a stiff dough with cold water. Roll out and use to line an 8in/20cm ovenproof glass flan dish. Prick the base of the pastry with a fork.
3. Line the pastry with greaseproof paper and fill with baking beans.
4. Cook on the rack on Convection 200 °C for 20-22 min. Remove the beans and the paper. Cook for a further 2-3 min if necessary.
5. Separate one of the eggs, lightly whisk the white and brush over the pastry. Return the remaining white to the yolk.
6. Whisk together the eggs and sugar. Heat the milk in the bottle or a jug on Microwave Power HIGH for 2 min. Pour onto the eggs and sugar, whisking well, then strain through a sieve into the pastry case.
7. Sprinkle the custard with ground nutmeg. Cook on the rack on Combination for 13-16 min, until just set.
8. Cool and chill before serving.

Note: The custard will set more quickly if large eggs are used. Smaller eggs, ie. size 4 or smaller, will require a longer cooking period.

Serves 6

## Cooking Guide

### Smoked Salmon & Courgette Quiche

---

1/2 oz/15g butter  
2 medium courgettes, trimmed and sliced  
8 oz/225g plain flour  
4 oz/125g butter or margarine  
water to mix  
4 oz/125g smoked salmon pieces  
10fl oz/250ml milk  
2 eggs, beaten  
salt and pepper  
3 oz/75g gruyère cheese,grated

**Microwave Power HIGH,**  
**Combination 1: Oven Temp.200°C + M/W 40%**  
**Combination 2: Oven Temp.160°C + M/W 40%**

1. Melt the 1/2 oz/15g butter in a small casserole dish on the rack on Microwave Power HIGH for 30 sec. Add the courgette slices and cook, covered, for 2-3 min until just soft . Stir once during cooking. Set to one side.
2. Place the flour in a bowl and rub in the remaining butter or margarine until the mixture resembles fine breadcrumbs.  
Add sufficient cold water to give a firm manageable dough, then roll out and use to line a 10in/25cm flan dish. Line the pastry case with greaseproof paper and fill with baking beans.
3. Cook the pastry on the rack on Combination for 10-13 min. Remove the paper and beans and cook for a further 5 min.
4. Arrange the courgette slices in the pastry case, reserving a few for garnish. Scatter the smoked salmon pieces over the courgettes.
5. Beat together the eggs and milk with a little salt and pepper. Pour into the flan case the remaining courgette slices on the flan.
6. Cook on the rack on Combination for 30-35 min, until lightly browned and set.
7. Serve warm or cold with salad.

Serves 6-8

### Moules Mariniere

---

1lb/450g mussels in their shells  
1/2 oz/15g butter  
1 onion, finely chopped  
1 stick celery, finely sliced  
bouquet garni  
salt and pepper  
5fl oz/125ml white wine  
1x tbsp/15ml spoon plain flour  
freshly chopped parsley

**Microwave Power HIGH**

1. Wash the mussels in cold water, scraping away the beards with a sharp knife. Discard any mussels which are open and do not close when tapped with a knife.
2. Heat the butter in a large bowl on the rack on Microwave Power HIGH for 30 sec. Add the onion, celery and bouquet garni.  
Cover and cook on Microwave Power HIGH for 3 min, stirring once. Add the wine with a little salt and pepper and cook, covered, for 2 min, until boiling.
3. Add the mussels, cover and cook for a further 4 min, until all of the shells are open, stirring once during cooking.
4. Move the mussels from the bowl with a slotted spoon to a warm serving dish. Whisk the flour into the cooking liquid, removing the bouquet garni.
5. Cook for 1-2 min on Microwave Power HIGH, stirring once or twice, until thickened. Season with salt and pepper and add some freshly chopped parsley.
6. Pour the stock over the mussels and serve with crusty bread.

Serves 2

## Cooking Guide

### Cauliflower Cheese

---

1 large cauliflower, about 2lb/900g  
4xtbsp/15ml spoon salted water  
1oz/25g butter or margarine  
1oz/25g plain flour  
10fl oz/250ml milk  
salt and pepper  
4oz/125g cheddar cheese, grated  
tomato to garnish

**Microwave Power HIGH and  
Combination : Oven Temp. 180°C+M/W 20%**

1. Cut the cauliflower into medium-sized florets and place in a large covered microwave dish. Add the salted water. Cook on the rack on Microwave Power HIGH for 9-10.5min, until just tender. Stir once during cooking.
2. Drain the cauliflower and transfer to a serving dish suitable for use in the oven on Combination.
3. Melt the butter in a large jug or bowl on Microwave Power HIGH for 30sec. Stir in the flour then gradually add the milk. Heat for 3-4min until thickened and boiling on Microwave Power HIGH, stirring every minute.
4. Add half the cheese to the sauce, then season to taste with salt and pepper. Pour the sauce over the cauliflower and scatter the remaining cheese over.
5. Cook on the rack on Combination for 23-30min, until piping hot and lightly browned. Serve garnished with tomato slices.

Note: The same method may be used for Macaroni Cheese, but pre-cook the macaroni on the hob before adding to the sauce.

Serves 4

### Fresh Fruit Tart

---

12oz/350g plain flour  
6oz/75g butter or margarine  
cold water to mix  
1.5lb/675g fresh fruits in season, grapes, cherries, kumquats, star fruits, plums, strawberries, etc.  
5xtbsp/15ml spoon redcurrant jelly  
3xtbsp/15ml spoon water

**Convection 200°C and Microwave HIGH**

1. Rub the butter or margarine into the flour until the mixture resembles fine breadcrumbs. Mix to a firm manageable dough with cold water.
2. Preheat the oven to Convection 200°C for 10 min.
3. Roll out the pastry and use to line 4 deep individual metal tins. Prick the pastry with a fork. Line with greaseproof paper and fill with baking beans. Cook on the rack on Convection 200°C for 14-16 min.  
Remove the beans and paper and cook for a further 2-3 min if necessary.
4. Remove the pastry from the tins and cool on a wire tray.
5. When cool, fill the cases with a selection of fresh fruits.
6. Heat the redcurrant jelly and water in a small bowl on the rack on Microwave Power HIGH for 2-3 min. Beat well.
7. Brush the fruit with the redcurrant glaze. Allow to cool then serve with cream.

Serves 4

## Cooking Guide

### Potato Gratin

400g potatoes  
 100g onions (cut into thin slices)  
 2/3 tablespoon butter  
 3 slices of bacon  
 350g white sauce  
 1/2 tablespoon dry bread crumb  
 1 tablespoon grated cheese  
 2/3 tablespoon butter  
 [ 1 teaspoon salt, black pepper ] (A)  
 [ 1 tablespoon butter (melted) ]

**\* White sauce\***

3 tablespoon butter, 5 tablespoon flour  
 2 1/2 cups of milk

Place butter in a large bowl. Microwave at HIGH until butter melts. Add flour and microwave for 2 min. at HIGH. Add milk, salt and black pepper. Microwave at HIGH for 10 min. covered. (During cooking time, stir 2 or 3 times.)

**Microwave Power HIGH**

**Combination : Grill + M/W 40 %**

**\* Method\***

1. Bake potatoes with jacket Potato Function.
2. Peel and slice into small size.
3. Add "A" into 2.
4. Combine onions and butter in a bowl and cover.
5. Cook "4" ; Microwave at HIGH for 2 min. or until the onions cooked.
6. Place one third of the white sauce in a flan dish.
7. Add the potatoes, onions and bacon on the white sauce.
8. Cover "7" with the rest of the white sauce.
9. Sprinkle with bread crumb, grated cheese and butter.
10. Place "9" on the low position rack.

Makes 900g

### Pizza

7g	dry yeast
250g	all-purpose flour
150ml	water(warm)
1 tablespoon	sugar
1/2 teaspoon	salt
2 tablespoon	vegetable oil
2 tablespoon	tomato puree
100g	shredded mozzarella cheese
300g	canned tomatoes
30g	sliced sausage
50g	ham(precooked)

**Microwave Power 20% and Convection 200°C**

1. Combine a flour, yeast, sugar, salt and warm water.
2. Add oil and knead the batter.
3. Heat the batter at Power 20 % for 1 to 1 1/2 min.
4. Let stand the batter covered for 10 to 15 min.
5. Drain the juice of canned tomatoes.
6. Grease the oil on the metal tray. Spread the batter on the metal tray.
7. Place the tomato puree and canned tomatoes.
8. Place the other ingredients on a pie.
9. Sprinkle shredded mozzarella cheese on the pizza.
10. Preheat the oven to Convection 200 °C.
11. Cook on the Convection rack on Convection 200 °C for 25~40 minutes, until browned.

Makes 900g

## Other Helpful Instructions

### For Best Results:

1. When determining the time for a particular food, begin by using minimum time and checking condition occasionally. It is easy to overcook food because microwaves cook very quickly.
2. Small quantities of food or foods with low water content may dry out and become hard if cooked too long.
3. Do not use the oven for drying kitchen towels or paper products. They may burn.
4. Break eggs before cooking them in the microwave.
5. For food items such as apples, potatoes, egg yolks, chicken livers, etc., be sure to pierce the skin or membrane to prevent bursting of the food while cooking in the oven.

### Defrosting Frozen Foods:

1. Foods that have been frozen can be placed directly in the oven for thawing. (Be certain to remove any metallic ties or wraps.)
2. Defrost according to the Defrost Guide found in this Manual.
3. For areas of the food thawing faster than others, shield if necessary.  
This helps slow down or stop the defrosting process.
4. 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.
5. It may be necessary to increase or decrease the cooking time in some recipes, depending on the starting temperature of the foods.

### NOTE:

Air from the vent may become warm during cooking. This is normal.

### Browning:

There are a few foods which are not cooked long enough in the microwave oven to brown and may need additional colour.

Coatings such as SHAKE & BAKE<sup>®</sup>, paprika, and browning agents such kitchen bouquet<sup>®</sup> or Worcestershire sauce may be used on chops, meat patties or chicken parts.

Roasts, poultry or ham, cooked for 10-15 minutes or longer, will brown nicely without extra additives.

### Cooking Utensils:

1. Most glass, ceramic glass and heat resistant glassware utensils are microwave-safe.
2. Most paper napkins, towels, plates, cups, cartons, and cardboard are convenient utensils. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.
3. Some plastic dishes, cups, containers, and wraps may be used in the microwave oven. Follow the manufacturer's instructions or information given in the cooking guide when using plastics in the microwave oven.
4. Metal utensils and utensils with metallic trim should not be used in the microwave oven.

### 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 with 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.

## Safety Precautions

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. Repairs should only be undertaken by a qualified service technician.
2. Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.
3. Do not dry clothes in the microwave oven, which may become carbonized or burned if heated too long.
4. Do not cook food wrapped in paper towels, unless your cook book contains instructions, for the food you are cooking.
5. Do not use newspaper in place of paper towels for cooking.
6. Do not use wooden containers. They may heat-up and char.  
Do not use metal containers or crockery 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 8cm 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, as detailed in microwave cook books.
16. The oven must never be used if the door seal is not in good working order.
17. When liquids are cooked in microwave units, they may be overheated above their boiling point without visible bubbling. When the container is removed, the shock may cause the sudden formation of steam bubbles. A fountain of hot liquid can spring up out of the container explosively.
18. If smoke is observed keep the oven door closed and switch off or disconnect the oven from the power supply.
19. When food is heated or cooked in disposable containers of plastic, paper or other combustible materials look at the oven frequently to check if the food container is deteriorating.

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

## Questions And 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 while empty?
- A. Yes. Never run it empty or without the glass tray.
- Q. Why do eggs sometimes pop?
- A. When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.
- Q. Why is standing time recommended after microwave cooking is over?
- A. After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.
- Q. Is it possible to pop popcorn 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 AN OVEN 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 over-cooking, 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 cooking.





