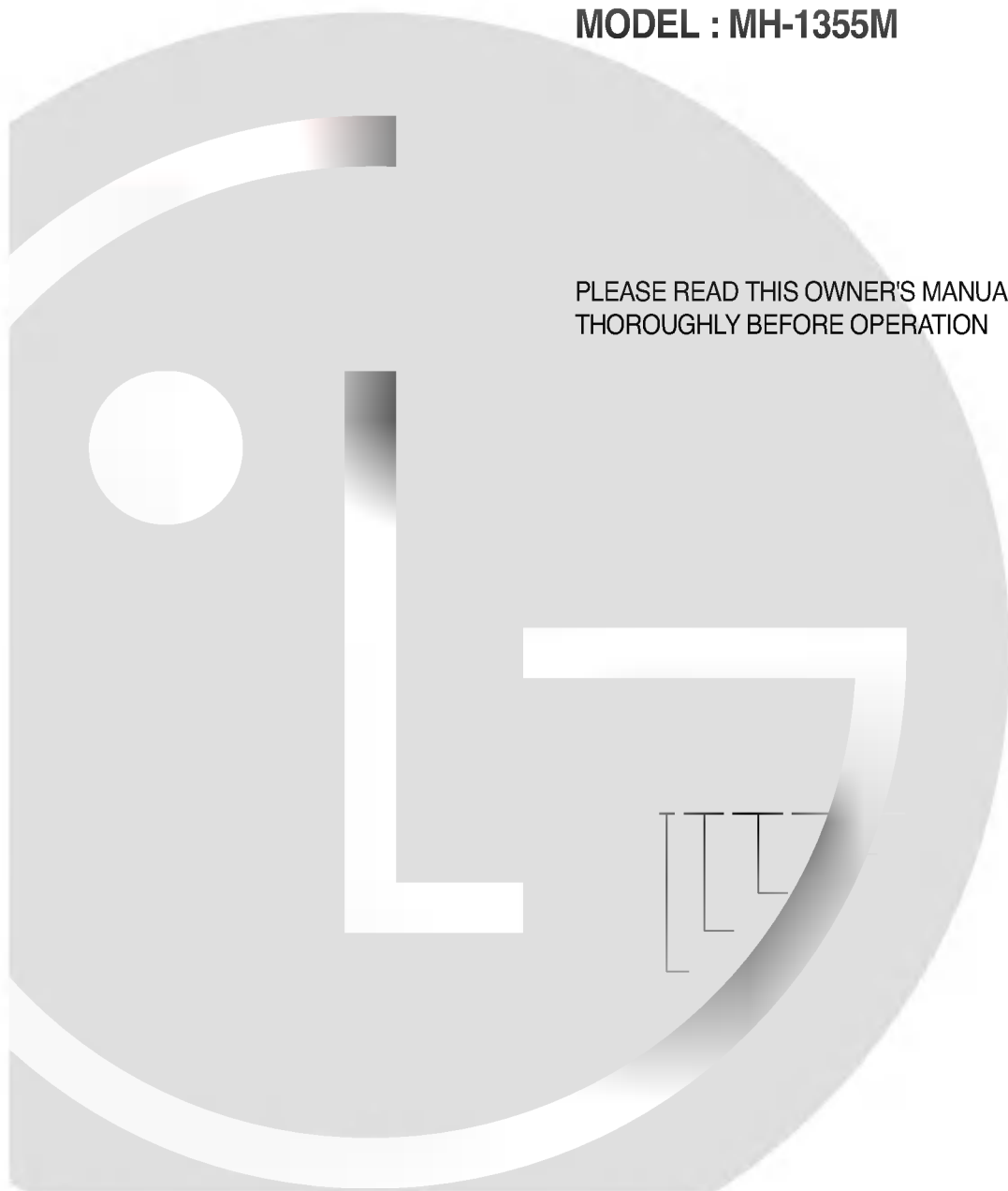




MICROWAVE CONVECTION OVEN OWNER'S MANUAL

MODEL : MH-1355M

PLEASE READ THIS OWNER'S MANUAL
THOROUGHLY BEFORE OPERATION



GENERAL INSTRUCTIONS

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, but make sure there is at least 2.5cm of space on the top and at the rear for proper ventilation. The top of the oven should be kept clear so there is air flow for ventilation.
An exhaust outlet is located on top of the oven. Blocking the outlet can damage the oven.
3. Plug your oven into a standard 120 volt household outlet. Be sure the electrical is at least 13 amp and that your microwave oven is the only appliance on the circuit.

NOTE: ● If your oven does not operate properly, unplug it from the 120 volt household outlet and then plug it back in.

- This appliance should not be used for commercial catering purposes.

WIRING INSTRUCTIONS

IMPORTANT

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

Blue : Neutral

Brown : Live

Green and 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 coloured blue must be connected to the terminal which is marked with the letter N or coloured black.

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured red.

The wire which is coloured green and yellow must be connected to the terminal which is marked with the letter E or marked with the earth symbol $\perp$ or coloured green.

INTRODUCTION FOR MICROWAVE COOKING

HOW YOUR MICROWAVE OVEN WORKS

Microwaves are a form of energy similar to radio and television waves and to ordinary daylight. Everything emits microwaves — the kitchen sink, a coffee pot, even people — but ordinarily microwaves spread outward as they travel through the atmosphere and disappear without effect. Our microwave oven, however, is constructed in such a way as to take advantage of microwave energy. Electricity is converted into microwave energy by the magnetron tube, and microwaves are then sent into the cooking area through openings at the side of the oven.

Microwaves cannot pass through the metal walls of the oven, but they can penetrate such materials as glass, porcelain, paper, and wicker, 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. Rather, microwaves are attracted to the moisture in foods and cause the water molecules to vibrate, 2,450 million times per second. As the water molecules vibrate they rub against each other, producing friction. This friction, in turn, causes the food to heat.

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.

Factors affecting cooking times: The cooking times given in the recipes in this guide are approximate rather than exact. Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking time.

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.

Also, the power setting will determine the cooking time.

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 — just as they bounce off the metal walls of the oven — and cause "arcing" a 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 measure filled with water in the microwave oven.

Microwave at maximum power for 1 minute. If the water heats up, but the utensil remains cold to 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.

HOW CHARACTERISTICS OF FOODS AFFECT MICROWAVE COOKING

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.

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. Shield edges with foil or microwave at a low power level.

Starting Temperatures: The initial temperature of foods directly affects the length of time they must cook or heat. As in a conventional oven, frozen food takes longer to cook than does refrigerated food, while food at room temperature cooks most quickly.

Moisture content of foods: Since microwaves are attracted by moisture, relatively dry foods such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered so as to retain steam.

Size of foods: The smaller and more uniform the pieces of food in the oven, the better. It is also a good idea to microwave cut-cup foods in a roomy pan so that the microwaves can get to the pieces from all sides, thus ensuring even cooking.

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 having a recipe.

Bone and fat content of foods: Bones conduct heat, and large amounts of fat attract microwave energy. Therefore, care must be taken when cooking bony or fatty cuts of meat that the meats do not cook unevenly and do not become overdone.

Foods with a high fat and sugar content (Christmas puddings and mince pies, for instance) need careful timing, they can get very hot and burn easily — possibly even causing a fire in your oven.

Shape of foods: Microwaves penetrate only about 2.5cm into foods: the interior portion of thick foods is cooked as the heat generated on the outside travels inward. In other words, only the outer 2.5cm of any food 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 microwave the most successfully.

SPECIAL TECHNIQUES IN MICROWAVE COOKING

Arranging and spacing: Individual foods such as baked potatoes, cupcakes, 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 toward the centre, as the outside of foods 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.

Shielding: Strips of aluminum foil, which block microwaves, are sometimes placed over the corners or edges of square- and rectangular-shaped foods to prevent those portions from overcooking. Never use too much foil, and make sure the foil is tightly secured to dish or else you may cause "arcing".

Elevating: Thick or dense foods are often elevated so that microwaves can be absorbed by the underside and centre of the foods.

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 all appetising colour.

The most commonly used browning sauces are Worcestershire sauce, soy sauce, barbecue sauce and bouquet sauce. Since relatively small amounts of browning sauces are added to foods, the original flavours or recipes are not altered.

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

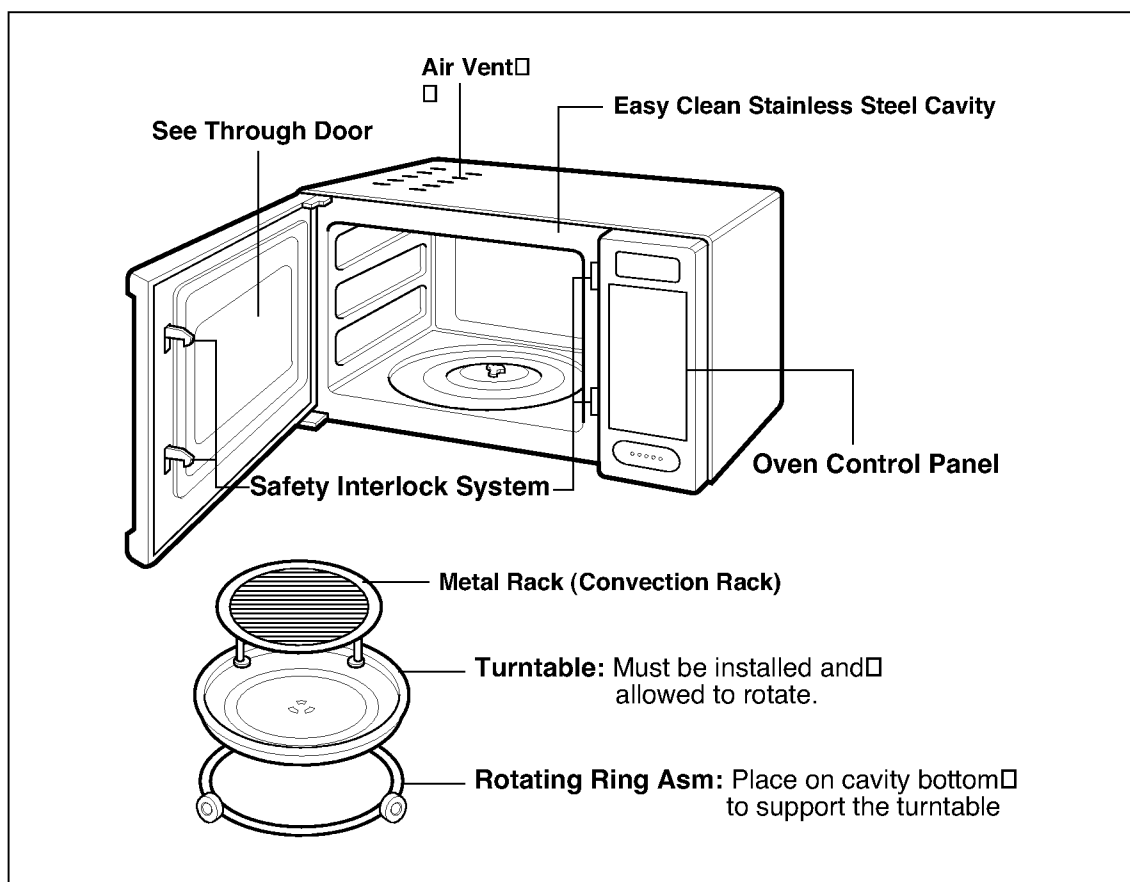
Please ensure cooking times are correctly set as over cooking may result in fire and subsequent damage to the oven.

*** DO NOT TOUCH THE FRONT GLASS; THIS GLASS IS VERY HOT DURING HEATER OPERATING.**

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FEATURE DIAGRAM



Remove your Microwave/Convection Oven and all material from the shipping carton. Your oven will come with the following material:

Turntable	1 each
Rotating Ring Assembly	1 each
Convection Rack	1 each
Owner's Manual	1 each

Do not use this Microwave/Convection Oven for commercial purposes. This Microwave/Convection Oven is made for household use only.

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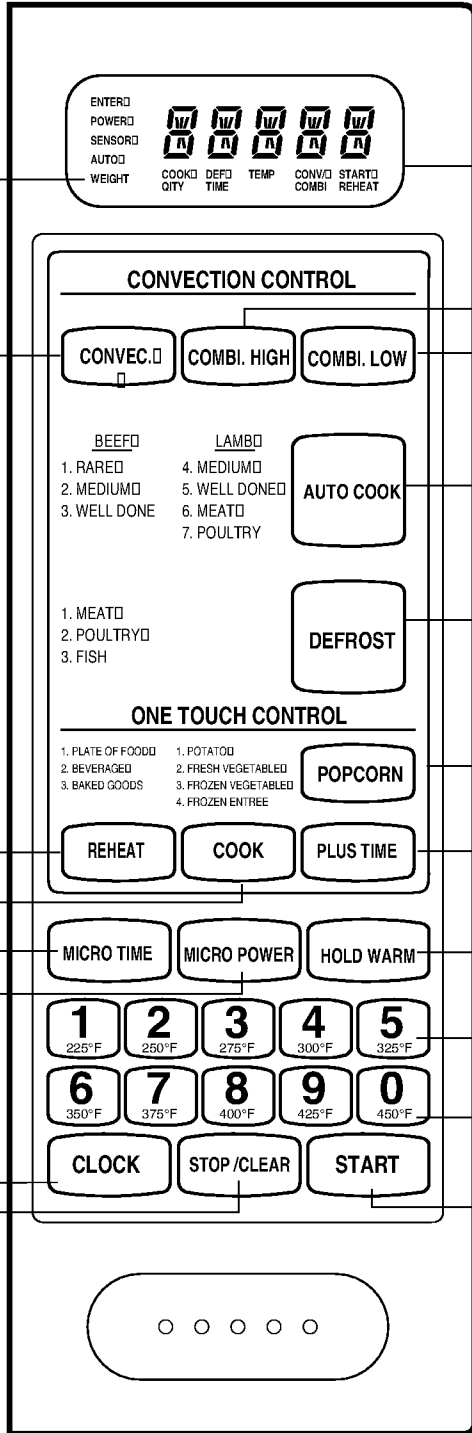
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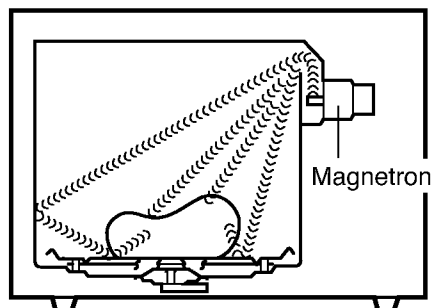
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NOTE: A "beep tone" sounds when a "pad" on the control panel is touched, □ to indicate a setting has been entered.

HOW THE MICROWAVE/ CONVECTION OVEN WORKS

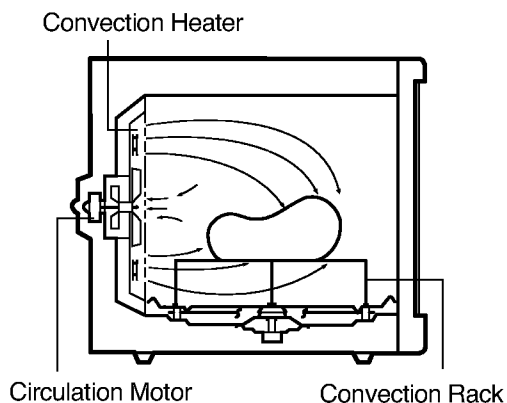
MICROWAVE COOKING

Using the energy of microwaves only, food is cooked quickly without altering its color and shape. Microwaves generated by a magnetron enter the oven and cook the food evenly on a rotating turntable. Power control can be adjusted in 11 steps which can enable a variety of goods to cook at a suitable power for the best results.



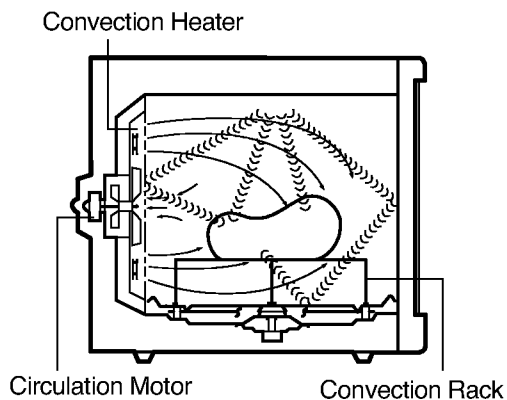
CONVECTION COOKING

This is a method of cooking with hot air from the convection heater situated at the rear of the oven. This method allows food to be browned evenly without losing any of the juices. Air heated by the heater is circulated in the oven by a fan. This enables the efficient heating and cooking of food. The temperature inside the oven can be controlled according to the type and weight of food being cooked. Also used when surface crusting is desired along with browning, ie. yorkshire, pudding, soufflés.



COMBINATION COOKING

Using a combination of microwaves, hot air and radiant heat, this solid state control can cook alternately, according to the cycles programmed. This efficient method of cooking fully utilizes the advantages of two Convection rack is also used in Combination Cooking.



OPERATING INSTRUCTIONS

1. SETTING TIME OF DAY

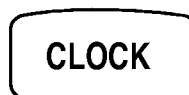
When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to **0**.

To set the time of day:

1. Touch **STOP/CLEAR**.



2. Touch **CLOCK**.



3. Enter the time by using the number key pads.

Example: To set 3:15, touch number key pads **[3]**, **[1]** and **[5]**.



4. Touch **CLOCK**.

The clock starts counting



If the clock (or display) shows any abnormality, unplug the oven from the AC outlet, plug it back in and then reset the clock.

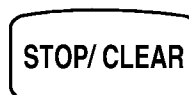
2. CHILD LOCK

This is a unique safety feature that prevents accidental running of the oven. Once the child lock-out is set, no cooking can take place.

When the child lock-out is set, you can't input any key except "0" key.

To set:

1. Touch **STOP/CLEAR**



2. Touch and hold "0" until "LOCK" appears in the display and a single beep is heard.



3. "LOCK" remains in the display.

To cancel child lock:

1. Touch **STOP/CLEAR**
2. Touch and hold "0" until "LOCK" disappears in the display.
3. The time of day returns to the display window.

3. ONE-TOUCH COOK

One Touch Cook made easy! Your oven's menu has been preprogrammed to automatically cook food.

Tell the oven what you want and how many items there are. Then let your microwave oven cook your selections.

Food items in the One Touch Cook menu include:

1. Potato
2. Fresh Vegetable
3. Frozen Vegetable
4. Frozen Entree

EXAMPLE: To cook Frozen entree (2 servings), simply follow the steps below.

1. Touch **STOP/CLEAR**.

STOP/ CLEAR

2. Touch **COOK**.

COOK

3. Touch **4**.

4

300°F

4. Touch **2**.

2

250°F

"10oz. "Will show in the display window. (1, 2, 3, 4 servings can be cooked at one time.)

The oven begins the cooking you selected without the need to touch START.

4. ONE-TOUCH REHEAT

Reheats food and beverages automatically. That is, you don't have to worry about how much time it takes, or what temperature is required.

Simply tell the oven you want your single cup of cold coffee reheated, and it figures out the rest.

Three preset categories for microwave reheating have been included in the ONE TOUCH REHEAT menu.

1. Plate of Food
2. Beverage
3. Baked Goods

Auto Reheat Tips

- Foods must be at room or refrigeration temperature.
- Follow the directions included in the menu.
- When reheating food on a plate, place larger and denser food near the outer edge of the plate.
- Stir food after reheating.

EXAMPLE: To reheat PLATE OF FOOD (2 servings), follow the steps below.

1. Touch **STOP/CLEAR**.

STOP/ CLEAR

2. Touch **REHEAT**.

REHEAT

3. Touch **1**.

1

225°F

4. Touch **2**.

2

250°F

"16 oz" Will show in the display window (only 1 serving or 2 servings can be reheated at one time).

The oven will begin the reheating you selected without the need to touch START.

5. ONE-TOUCH PLUS TIME

Touch the PLUS pad if you wish to continue cooking after testing the doneness of the food.

You can choose from three preset cooking time selections (10 to 30 seconds) to cook at maximum micro power without the need to touch START.

The pad must be touched once for 10 seconds, twice for 20 seconds and three times for 30 seconds.

EXAMPLE: To set One Touch Plus cooking for 10 seconds.

1. Touch **STOP/CLEAR**.

STOP/ CLEAR

2. Touch **PLUS TIME** one time.

PLUS TIME

3. The oven begins cooking for 10 seconds and display shows time counting down.

6. AUTOMATIC POPCORN

This feature makes preparation of microwave popcorn simple and quick... **one bag at a time.**

The automatic popcorn uses the HI power only.

The popping time counts down in the display.

The popping begins about one minute after POPCORN is pressed.

When the popping time is over, tones will sound and END shows. Oven shuts off automatically.

The pad must be touched once for 1.8oz, twice for 3.5oz.

NOTE: This feature is composed of two servings. You can select the quantity by touching the key once or twice.

Place one bag only of prepackaged microwave popcorn on a microwave-safe/oven-safe dish (or convection rack) on the turntable. The package should be at room temperature.

1. Touch **STOP/CLEAR**.

STOP/ CLEAR

2. Touch **POPCORN**.
The AUTO COOK indicator goes on.

POPCORN

The oven will begin the cooking you selected without the need to touch START.

3. Tones will sound and **"END"** appears on the display, remove bag from oven. Open bag carefully. Popcorn and steam are extremely **hot**. Open bag by pulling top diagonal corners to avoid escaping steam.

- If popcorn bag size is not known, follow manufacturers' instructions and do not use this feature.
- Do not use POPCORN key pad in combination with any other feature key pads.
- Do not attempt to reheat or cook any unpopped kernels.
- Do not reuse bag. Overcooking can result in an oven fire.
- Prepare one bag only at a time.
- Do not use popcorn popping devices in microwave oven with this feature.
- Do not push popcorn key again additional popping time. If the popcorn is undercooked, add time in 10 second increments using Micro Time on High.

CAUTION: Never use a brown paper bag for popping corn.

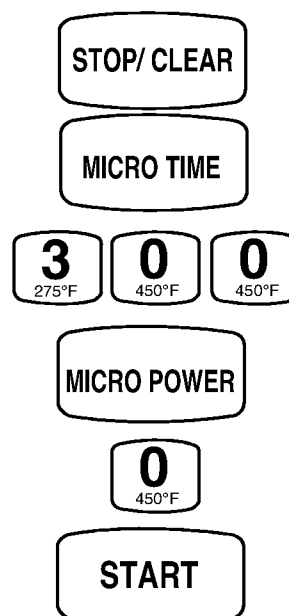
7. TIMER

You can use the Timer of your oven for purposes other than food cooking.

Example:

To count 3 minutes for an egg or telephone call.

1. Touch **STOP/CLEAR**.
2. Touch **MICRO TIME**.
3. Touch numbers for time.
Example: 3 minutes.
4. Touch **MICRO POWER**.
5. Touch **[0]** (Power level 0).
6. Touch **START**.



8. HOLD WARM

Your oven has a "Hold Warm" feature that will keep food warm after the cooking is completed.

To use the "Hold Warm" feature:

1. Touch **STOP/CLEAR**.
2. Touch **HOLD WARM**.
3. Set the desired cooking cycle following suitable operating instructions on page 13 through 22 in this manual.
4. Touch **START**. When the cooking cycle is over, the oven will switch into "Hold Warm" to keep the food warm. "HOLD" will appear in the display window. The cook control setting automatically changes to a low power level. The "Hold Warm" operation will continue for up to 60 minutes or until the door has been opened or **STOP/CLEAR** has been touched.
If you want to keep your cooked food warm, the "Hold Warm" feature can be used independently without setting the cooking cycle.

To use the "Hold Warm" feature independently:

1. Touch **STOP/CLEAR**.
2. Touch **HOLD WARM**.
3. Touch **START**.

The oven will begin to keep food warm with a low power level for up to 60 minutes or until the door has been opened or **STOP/CLEAR** has been touched.

9. TO CHANGE A SETTING

- To change a setting before you start the oven, touch **STOP/CLEAR** once and reset to the desired sequence.
- To clear after you have started the oven, touch **STOP/CLEAR** twice and reset to the desired sequence.

10. AUTOMATIC DEFROST BY WEIGHT

The Auto Defrost by Weight feature is an accurate defrosting method for frozen meat, poultry and fish up to 9.9 lbs.

The oven automatically determines required defrosting times for each food item according to the weight you enter.

Simply tell the oven the type of your frozen food and enter the food weight. The oven calculates the rest.

For added convenience, the Auto Defrost by Weight feature contains a built-in beep mechanism that lets you check, turn over, separate or rearrange as recommended in the Auto Defrosting chart in SECTION 5.

Three different defrosting levels are provided

DEF 1 MEAT

DEF 2 POULTRY

DEF 3 FISH

EXAMPLE: To defrost 2 pounds of Ground Beef.

1. Touch **STOP/CLEAR**.

STOP/ CLEAR

2. Touch **DEFROST**.

The AUTO DEF CODE light will blink in the display window.

DEFROST

3. Touch **1**.

1

225°F

4. Enter weight of the ground beef by touching "2" and then "0" "2.0" will show in the display window. The LBS light will show.

2

250°F

0

450°F

5. Touch **START**.

Defrosting starts.

The display changes to defrost time count down.

START

The oven will beep during the DEFROST cycle. At this time, open the door, and turn, separate, or rearrange the food. Remove any portions that have thawed. Return frozen portions to the oven and touch START to resume the defrost cycle. The oven will not "STOP" during the BEEP unless the door is opened.

-
- To enter a weight of less than 1 lb always press **[0]** first. For example, to enter 0.2 lbs, press **[0]** and then **[2]**.
 - As only one digit can be entered after the decimal point, round figures off to the lower number to avoid overdefrosting. For example, for 1.28 lbs, use 1.2.
 - Pound/Kg Conversion Table is provided in SECTION 5.
 - For best results, check the food during defrosting.
 - Remove fish / seafood/meat / poultry from its original paper or plastic package (wrapper). Otherwise, the wrap will trap steam and juice, which can cause the surface of the foods to cook.
 - When it is difficult to remove the wrap from the food, defrost the wrapped food for about a quarter of the total defrost time which is displayed at the beginning of the defrost cycle. Then remove the food from oven, and remove the wrap from food.
 - Place foods in a flat microwave-safe baking dish or microwave roasting rack to catch drippings.
 - Food should still be somewhat icy in the center when removed from the oven.
 - Standing time is included in each Auto Defrost menu.

	Food	Approximate Defrost Time per Pounds
DEF1-MEAT	Beef Pork Veal Variety Meat Lamb	9.5 min. (up to 9.9 lbs)
DEF2-POULTRY	Chicken Cornish Hens Duckling Turkey	9 min. (up to 9.9 lbs)
DEF3-FISH	Fish Seafood	8 min. (up to 9.9 lbs)

MANUAL DEFROST

To speed up the defrosting of dense food items over 1 lb. (500g), you may start on **HI**, then reduce to the 30% power setting.

1. Microwave on **HI** for 1-2 minutes per pound of dense food items
2. Then microwave on 3 (30%) for 3 minutes per pound or until food is thawed. Defrosting time will be greatly reduced.

AUTO DEFROST BY WEIGHT

This oven also offers an Auto Defrost by Weight menu, which is especially preprogrammed to defrost meat, poultry and fish/seafood at different power level combinations.

11. TIME COOKING

This basic microwave cooking method allows you to cook food for a time period that you determine.

Set the time, and press **START**. Your oven begins cooking using its maximum power (**HI POWER**)

Foods with high moisture content should be cooked on maximum power, as this is the fastest cooking method and best maintains the natural flavour and texture of the foods.

1. Touch **STOP/CLEAR**.



2. Touch **MICRO TIME**.



3. Enter desired time in minutes and seconds by touching the number pads.



Examples:

To set 3-1/2 minutes, touch **[3]**, **[3]** and **[0]**

4. Touch **START**.



12. USING MULTI-POWER LEVELS

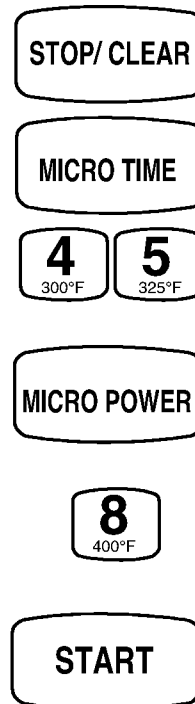
For foods requiring slower cooking, your oven also provides 10 different power settings.

The Multi-Power feature lets you choose a lower power level over the automatic HI (maximum oven power), so that food can be cooked more slowly.

Refer to the Multi-Power Setting Guide for the most suitable cooking level of various foods.

EXAMPLE: To cook at power level 8 (80%) for 45 seconds,

1. Touch **STOP/CLEAR**.
2. Touch **MICRO TIME**.
3. Enter 45 seconds by touching **[4]** and then **[5]**. 45 appears in the display.
4. Touch **MICRO POWER**. **P-HI** appears in the display. This is to tell you that the oven is set on HI unless a different power setting is chosen.
5. Touch **[8]** to select power level 80. Display shows **P-80**.
6. Touch **START**. Two short and one long tones sound and the word "END" shows in the display window when the cooking time is over. Then the oven shuts itself off.



13. MULTI-POWER SETTING GUIDE

NUMBER KEY PADS	POWER LEVEL	COOKING EXAMPLES
1	10	Softening cream cheese. Keeping casseroles and main dishes warm.
2	20	Softening chocolate. Heating breads, rolls, pancakes, tacos, tortillas and French toast. Clarifying butter. Taking the chill out of fruit. Heating small amounts of food.
3	30	Thawing bread, small quantity of most food. Completing the cooking cycle of casseroles, stews and sauces. Cooking small quantities of most food.
4	40	Cooking less tender cuts of meat in liquid or slow-cooking dishes. Completing the cooking cycle of less tender roasts.
5	50	Cooking stews and soups after bringing to a boil. Cooking baked custards and pasta.
6	60	Cooking scrambled eggs. Baking cakes.
7	70	Cooking rump roast, ham, veal and lamb. Cooking cheese dishes. Cooking eggs and milk.
8	80	Reheating precooked or prepared food quickly.
9	90	Cooking onions, celery and green peppers quickly. Reheating meat slices quickly
Is Automatic	HI	Cooking poultry, fish, vegetables and most casseroles. Preheating the browning dish. Boiling water.

14. MULTI-STAGE COOKING

Multi-stage cooking lets you program up to two different cooking stages in advance—each stage with a different power level and time settings.

When START is pressed, the oven begins the first stage and automatically proceeds to the second stage.

Two beep sound between stages.

When all programmed stages are over, two short and one long tones sound and END shows in the display window.

- To stir, turn over or rearrange food, you can open the door anytime during cooking. This will not change the setting

EXAMPLE: To cook and simmer spaghetti sauce, here is how to set two stages at the beginning.

First Stage (10 minutes, power level: HI)

1. Touch **STOP/CLEAR**.

STOP/ CLEAR

2. Touch **MICRO TIME**.

MICRO TIME

3. Enter 10 minutes by touching **[1]**, **[0]**, **[0]**, and **[0]** 1000 appears. (power is at HI)

1 0 0 0
225°F 450°F 450°F 450°F

Second Stage (8 minutes, power level: (7) 70)

4. Touch **MICRO TIME**.

MICRO TIME

5. Enter 8 minutes by touching **[8]**, **[0]**, **[0]**.
800 appears in the display.

8 0 0
400°F 450°F 450°F

6. Touch **MICRO POWER**.
P-HI appears in the display.

MICRO POWER

7. Touch number **[7]**.
P-70 appears in the display.

7
375°F

8. Touch **START**.

START

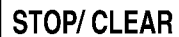
15. CONVECTION COOKING WITH AUTOMATIC PRE-HEAT

Any food can be cooked using this method. Convection cooking temperatures range from 225°F to 450°F. The oven is usually preheated before cooking.

- Follow the recipe for preheating temperatures
- Do not open the door until preheating ends. If the door is opened or STOP/CLEAR is touched during the preheating operation, the pre-set temperature will remain but preheating will stop. The oven will continue preheating when the door is closed and START is touched.
- When the oven is preheated, food may be placed in the oven and the oven may be programmed. If the oven door is not opened, the oven will automatically begin to hold at the preheated temperature for 30 minutes.
- The display window will show in the holding time counting down. After this time has elapsed, two short and one long beep will sound, and the oven will shut itself off. If the door is opened during this 30 minutes, the program will be cancelled.
- **Note: If your electric power line or outlet voltage is less than 110 volts, the preheat temperature of 450°F may not be reached within a reasonable time. The oven has a maximum preheat time of 20 minutes at which time the oven will automatically switch to "HOLD" at actual temperature attained which may be less than the selected preheat temperature. Consult a qualified electrician to check your electrical system.**

To Preheat

1. Place the Metal Rack onto the turntable in the oven.
2. Touch **STOP/CLEAR**.
3. Touch **CONVECTION** twice. ENTER TEMP light will blink, "PRE-H" will show in the display window.
4. Touch number for desired oven temperature. The selected temperature will show in the display window.

A rectangular button with rounded corners and a black border, containing the text "STOP/ CLEAR" in bold, uppercase letters.A rectangular button with rounded corners and a black border, containing the text "CONVEC." in bold, uppercase letters.A rectangular button with rounded corners and a black border, containing the text "CONVEC." in bold, uppercase letters.

Example: If the recipe calls for preheating to 400°F, Touch number "8".

A rectangular display window with a black border, showing the number "8" in large digits and "400°F" in smaller digits below it.

5. Touch **START**. The oven will begin preheating, the CONV. light will show, and the display window will show "PRE-H". When the oven temperature reaches the selected temperature, four beeps will sound and the oven will change into the automatic holding time for 30 minutes.

A rectangular button with rounded corners and a black border, containing the text "START" in bold, uppercase letters.

To Cook

6. **WARNING:**

The temperature in the oven is quite hot. Never touched metal rack or the turntable with bare hands. Open the door, and 'PRE-H' in the display will disappear. Place the food inside the oven as quickly as possible. While the door is open the warm air will escape from the oven and the oven temperature may drop.

7. Position food on the Metal Rack.

8. Touch **CONVECTION**.

ENTER and TEMP lights will blink. "COOK" will show in the display window.



CONVEC.

9. Touch number for desired oven temperature. The selected temperature will show in the display window.

Example: If the recipe calls for cooking at 400°F, touch number "8".



8
400°F

10. Touch the correct numbers for the cooking time as instructed in the recipe.

For example, set 45 minutes. minutes by touching the numbers for "4", "5", "0" and "0", "4500" then shows in the display window.



4 5 0 0
300°F 325°F 450°F 450°F

11. Touch **START**. The oven will begin cooking. COOK and COVN. Lights will show, and the display window will alternately show the cooking time counting down for 8 seconds and the oven temperature for 2 seconds. When the cooking time is completed, two short and one long beep will sound, and the word "End" will show in the display window. Then the oven will shut itself off.



START

NOTE:

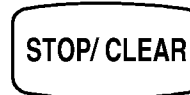
- Current temperature of oven will be displayed rising in 5°F increments. If oven temperature is lower than 200°F, the display window will show "LOF" until oven temperature reaches 200°F.
- Avoid opening the door often during cooking since the hot air will escape from the oven and the oven temperature drops very quickly, adversely affecting the cooking results.
- Use oven mitts or pot holders to remove the pan and Metal Rack after cooking as they will get hot.

IMPORTANT: To convection Cook without preheating the oven, follow STEPS 7-11.

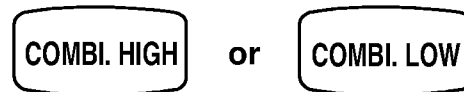
16. COMBINATION COOKING

Cooking is done by both microwave and convection (hot air). Combination cooking is fast and efficient. The following directions show "One-Stage Cooking" only.

1. Touch **STOP/CLEAR**.



2. Touch **COMBINATION HIGH** or **COMBINATION LOW**. ENTER, COOK and TIME will blink. "HIGH" or "LOW" will show in the display window.



3. Touch the correct numbers for the cooking time. For example, to set 16 minutes and 30 seconds, touch numbers for "1", "6", "3" and "0", "1630" will show in the display window.



4. Touch **START**. The oven will begin cooking. COOK and COMBI lights will show, and the display window will alternately show the time counting down for 8 seconds and "HIGH" or "LOW" for 2 seconds.



When the cooking time is completed, two short and one long beep will sound, and the word "End" will show in the display window. Then the oven will shut itself off.

NOTE:

- Combination Cooking output is fixed as follows.

OPERATING COMBI	MICROWAVE	CONVECTION
COMBI-HIGH	8 seconds	14 sec. (375°F)
COMBI-LOW	8 seconds	14 sec. (350°F)

- Always place dishes directly on the turntable for Combination Cooking.

GUIDE FOR COMBINATION COOKING OF MEATS

FOOD	COMBINATION	FIRST STAGE TIME	SECOND STAGE TIME	INTERNAL TEMPERATURE AFTER STANDING TIME	SPECIAL NOTES
BEEF Meat Loaf 1½-1¾ lbs	HIGH	35 min		160°F	In a microproof, heatproof loaf pan. Preheat. Let stand 5-10 min. after cooking (covered)
Beef rip roast, boneless	LOW	5 min. Per lb. Turn over	6min. per lb.	Rare: 120°F Med: 130°F	On a microproof and heatproof roast rack. Let stand 10 minutes after cooking (covered).
Beef rip roast, boneless in 5 lbs	LOW	7 min. per lb. Fat side down Turn over	8-10 min. per lb.	Rare: 120°F Med: 130°F Well: 140°F	On a microproof and heatproof roast rack. Let stand 10 minutes after cooking (covered).
Beef rip roast, boneless, 3lbs.	LOW	7 min. per lb. Turn over	8-10 min. per lb.	Med: 130°F Well: 140°F	Use a covered microproof and heatproof casserole or cooking bag.
LAMB					
Lamb leg or shoulder roast, bone in. 6½ lbs.	LOW	4 min. per lb. Fat side down Turn over	5-7 min. per lb.	Rare: 145°F Med: 155°F Well: 180°F	On a Microproof and heatproof roast rack. Let stand 10 minutes after cooking (covered).
Lamb roast, boneless, 3-4 lbs.	LOW	5 min. per lb. Fat side down Turn over	4-6 min. per lb.	180°F	On a microproof and heatproof roast rack. Let stand 10 minutes after cooking (covered).
VEAL					
Shoulder or rump roast, boneless, 3-3½ lbs.	LOW	4-5 min. per lb. Turn over	4-6 min. per lb.	155°F	On a microproof and heatproof roast rack. Let stand 10 minutes after cooking (covered).
PORK					
Pork loin roast, boneless, 4-5 lbs.	LOW	5-7 min. per lb. Turn over	6-8 min. per lb.	180°F	In a microproof and heatproof baking dish with a roasting rack. Let stand 10 minutes after cooking (covered).
Pork loin, centre cut, 4-5 lbs.	LOW	5-7 min per lb. Turn over	6-8 min. per lb.	180°F	In a microproof and heatproof baking dish with a roasting rack. Let stand 10 minutes after cooking (covered).

GUIDE FOR COMBINATION COOKING (Cont'd)

FOOD	COMBI-NATION	FIRST STAGE TIME	SECOND STAGE TIME	INTERNAL TEM- PERATURE AFTER STAND- ING TIME	SPECIAL NOTES
CHICKEN Cut up fryer (2½-3 lbs)	HIGH	6-7 min. per pound Turn over	7-8 min. per lb.	180°F	Wash and dry poultry. Arrange pieces on a microproof and ovenproof roast rack with thickest portions to the outside. Brush with butter and seasonings if desired. Place roast rack on the turntable. Rearrange halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered 5 minutes.
Whole (3-3½ lbs.)	HIGH	5-7 min. per pound Turn over	6-8 min. per lb.	185°F	Wash and dry poultry. Place breast down on a microproof and ovenproof roast rack. Brush with butter and seasoning if desired. Place roast rack on the turntable. Turn chicken over halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 10 minutes. (Temperature may rise about 10°F). Temperature in the thigh should reach about 185°F when done.
CORNISH HENS Two whole (1-1½ lbs. each)	HIGH	6-7 min. per pound Turn over	7-8 min. per lb.	185°F	Wash and dry poultry. Tie wings to the body of the hen and the legs to the tail. Place hens breast side up on a microproof and ovenproof roast rack. Brush with butter and seasoning if desired. Place roast rack on the turntable. Turn over, discard drippings and shield bone ends of drumsticks with foil, halfway through cooking if needed. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 5 minutes. (Temperature may rise about 10°F). Temperature in breast should reach 185°F before serving.
TURKEY Breast, boneless (2-3 lbs.)	HIGH	6-7 min. per pound Turn over	6-8 min. per lb.	185°F	Place thawed turkey breast, on a microproof and ovenproof roast rack. Brush with butter and seasonings if desired. Place roast rack on the turntable. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 10 minutes. (Temperature may rise about 10°F). Temperature in breast should reach 185°F before serving.

17. AUTOMATIC COMBINATION COOKING

This feature allows you to cook meat or poultry by weight. Choose a Combination category and program the weight of the food.

AUTO COMBINATION SEQUENCE LIST

SEQUENCE	CATEGORY	MIN./MAX.FOOD
AUTO COOK 1	Rare Beef	0.1/9.9 lbs.
AUTO COOK 2	Medium Beef	0.1/9.9 lbs.
AUTO COOK 3	Well Done Beef	0.1/9.9 lbs.
AUTO COOK 4	Medium Lamb	0.1/9.9 lbs.
AUTO COOK 5	Well Done Lamb	0.1/9.9 lbs.
AUTO COOK 6	Pork	0.1/9.9 lbs.
AUTO COOK 7	Poultry	0.1/9.9 lbs.

1. Place meat or poultry into a microproof, ovenproof pan with a roasting rack, directly on the turntable.

2. Touch **STOP/CLEAR**.

3. Touch **AUTO COOK**.

4. Touch number for desired category.

Example: For beef medium, touch "2".

5. Enter weight of your food in decimal increments from 0.1 pounds to 9.9 pounds. Remember to convert ounces to tenths of a pound.

Example: To defrost 2 pounds 8 ounces, touch number keys "2" and "5" for 2.5 pounds, the display window will show "2.5". Refer to the Conversion Chart in your cookbook and Easy use Chart.

6. Touch **START**.

The oven will begin cooking and the display window will alternately show the total cooking time which "counts down."

At the end of the required time, two short beeps will sound.

The oven shuts off automatically.

The oven will change into the automatic holding time.

START

STOP/ CLEAR

AUTO COOK

2

250°F

2

250°F

5

325°F

IMPORTANT: The oven will beep during the cooking cycle for 5 seconds. At this time, turn, stir, or rearrange food. Push **START** to continue cooking

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 10cm 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 and 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 sealing 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, pay attention to the oven.

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

CLEANING AND CARE

BE SURE THE OVEN IS TURNED OFF BEFORE CLEANING.

Keep the oven interior surfaces clean and dry. As a general rule, clean the oven every day, unless it has not been used.

INTERIOR WALLS

Remove any crumbs and food remains between the door and oven using a damp cloth. This area has to be particularly well cleaned to ensure the door is shut properly. Remove any grease splashes with a soapy cloth, then rinse and dry. Do not use any cleaning cloth or pad, or cleaning agent that is abrasive because this could scratch and damage the painted surface of the oven.

NEVER POUR WATER INTO THE OVEN.

DOOR

The door and door seals should be kept clean. Use only warm, soapy water to 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.

EXTERIOR

The outer cabinet is painted metal. Clean with mild soap and warm water, rinse and dry with a soft cloth. Do not spill water in the vents. If the power cord becomes soiled wipe it with a damp cloth or soapy water.

ALWAYS ENSURE THAT THE DOOR SEALING SURFACES ARE CLEAN.

ROTATING RING

The rotating ring should be removed and cleaned in hot soapy water at least once a week to prevent grease restricting the rotation of the wheels.

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

QUESTIONS AND ANSWERS

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

- A. ■ Light bulb is burned out.
■ Door is not closed.
■ START has not been touched.

Q. Why is steam coming out of the air exhaust vent?

- A. Steam is normally produced during cooking operations. The microwave oven has been made to vent this steam out of the top vent.

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

- A. No. The metal screen reflects the energy to the oven cavity. The holes, or ports are made to allow light to pass; they do not let microwave energy through.

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

- A. The beep signal to indicate that the setting has been entered.

Q. Will the microwave oven be damaged if it operates while empty?

- A. Yes. Never run it empty.

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 with a toothpick before cooking. Never cook eggs without piercing their shells.

Q. Why is standing time recommended after the cooking operation has been completed?

- A. Standing time is very important. With microwave cooking, the heat is in the food, not in the oven. Many foods build-up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. Standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.

Q. Why does my oven not always cook as fast as the microwave cooking guide says?

- A. Check your cooking guide again, to make sure you've followed directions exactly; and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, to help prevent over-cooking . . . the most common problem in getting used to a microwave oven. Variations in the size, shape and weights and dimensions could require longer cooking time. Use your own judgement along with the cooking guide suggestions to check whether the food has been properly cooked just as you would do with a conventional cooker.

Q. Why do sparks and crackling (arcing) occur in the oven?

- A. There may be several reasons why sparks and crackling within cavity (arcing) happen.
■ You are using dishes with metallic trim (silver or gold).
■ You have left a fork or other metal utensil in the oven.
■ You are using a large amount of metal foil.
■ You are using a metal twist-tie.

COOKING UTENSILS

Cooking Utensils:

Most glass, glass ceramic and heat resistant glassware utensils are excellent. Those with metallic trim must not be used in microwave oven.

Any utensil used for microwave cooking must be capable of withstanding very high temperatures, from the food. There are many heat-resisting utensils, of paper or plastic, available which can be used in both microwave and conventional ovens.

Many traditional cooking utensils are, of course, perfectly satisfactory. To find out whether pottery, stoneware or porcelain items (cooking utensils and serving dishes, etc.) are safe, check them in the oven. Place the empty container in the oven and turn-on the power for one minute. If the container becomes very hot (be careful not to burn your fingers) it is not suitable.

Metal containers and deep trays are not suitable. They reflect energy away from the food. Foil-lined cartons are, similarly, unsuitable.

NOTE: To ensure even cooking of food that has thin and thick sections, shield the thinner pieces with aluminium foil. Make certain, however, that the foil is least 2.5 cm away from the sides of the oven.

SPECIFICATIONS

Power Source	: 60Hz, 120V AC
Power Consumption	: 1,400 Watts(Microwave) 1,580 Watts(Convection)
Output	: 850 Watts (Microwave) 1,500 Watts(Convection)
Microwave Frequency	: 2,450MHz
Outer Dimensions	: 15(H)×22 ^{1/4} (W)×19 ^{13/16} (D) inch
Cavity Dimensions	: 10 ^{1/16} (H)×14 ^{9/16} (W)×14 ^{1/16} (D) inch

* Specifications are subject to change without notice.

MEMO

MEMO

MEMO
