



# MICROWAVE/GRILL/CONVECTION OVEN

## OWNER'S MANUAL

PLEASE READ THIS OWNER'S MANUAL  
THOROUGHLY BEFORE OPERATING.

### MC-7836M



## 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 but make sure there is at least 10 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

|                     | MC-7836M                                                                                    |
|---------------------|---------------------------------------------------------------------------------------------|
| Power Input         | 230 V AC / 50Hz                                                                             |
| Output              | 850 W (IEC705 RATING STANDARD)                                                              |
| Microwave Frequency | 2450 MHz                                                                                    |
| Outside Dimensions  | 530 mm(W) X 322 mm(H) X 498 mm (D)                                                          |
| Cavity Dimensions   | 350 mm(W) X 232 mm(H) X 373 mm (D)                                                          |
| Power Consumption   | Microwave 1350 Watts<br>Grill 1250 Watts<br>Convection 2200 Watts<br>Combination 2600 Watts |
| Net Weight          | Approx. 22.5 kg                                                                             |
| Shipping Weight     | Approx. 25.0 kg                                                                             |

# 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 clingfilm 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 clingfilm, 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 aluminium 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.

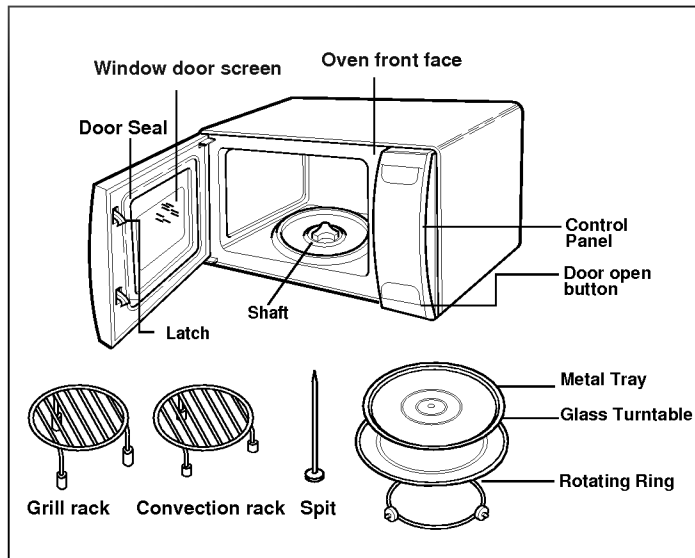
**5. Plastic cooking bags:** These are microwave-safe, provided they are specially made for cooking. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

**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

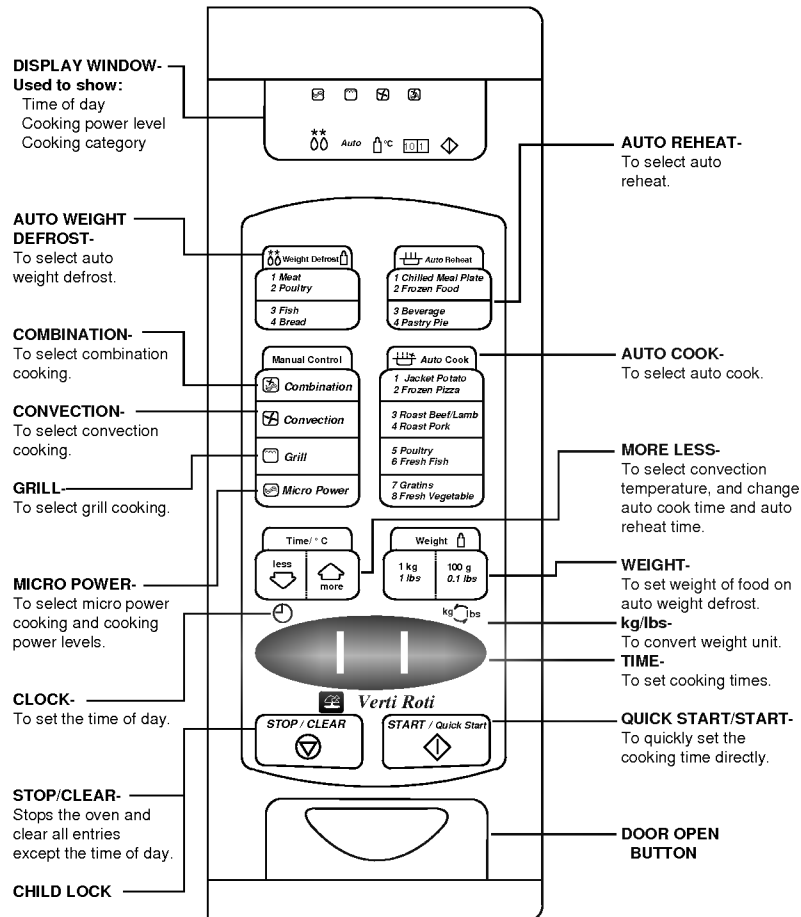


Your oven will be packed with the following materials :

|                 |   |
|-----------------|---|
| Glass Turntable | 1 |
| Metal Tray      | 1 |
| Spit            | 1 |
| Rotating Ring   | 1 |
| Shaft           | 1 |
| Owner's manual  | 1 |
| Grill rack      | 1 |
| Convection rack | 1 |

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 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

|                                                                                   |                                                                                                                                 |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>STOP<br/>/CLEAR</b>                                                            | 1. Touch <b>STOP/CLEAR</b> .                                                                                                    |
|  | 2. Touch                                       |
| <b>10 1 10</b>                                                                    | 3. Touch <b>10 min</b> twice and touch <b>1 min</b> five times, and touch <b>10 sec</b> nine times.                             |
|  | 4. Touch  again.<br>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

|                                |                                                                                                  |
|--------------------------------|--------------------------------------------------------------------------------------------------|
| <b>STOP<br/>/CLEAR</b>         | 1.Touch <b>STOP/CLEAR</b> .                                                                      |
| <b>STOP<br/>/CLEAR</b>         | 2. Touch and hold <b>STOP/CLEAR</b> 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

|                        |                                                       |
|------------------------|-------------------------------------------------------|
| <b>STOP<br/>/CLEAR</b> | Touch and hold <b>STOP/CLEAR</b> until "L" disappears |
|------------------------|-------------------------------------------------------|

## Quick Start

|                        |                                                            |
|------------------------|------------------------------------------------------------|
| <b>STOP<br/>/CLEAR</b> | 1.Touch <b>STOP/CLEAR</b> .                                |
| <b>START</b>           | 2. Touch <b>START</b> 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

|                        |                                                                 |
|------------------------|-----------------------------------------------------------------|
| <b>STOP<br/>/CLEAR</b> | 1. Touch <b>STOP/CLEAR</b> .                                    |
| <b>MICRO<br/>POWER</b> | 2. Touch <b>MICRO POWER</b> twice to select power level 80.     |
| <b>10 1 10</b>         | 3. Touch <b>1 min</b> five times and <b>10 sec</b> three times. |
| <b>START</b>           | 4. Touch <b>START</b> .                                         |

**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                | Touch 5 times | 20        |
| High               | Touch 6 times | 100       |

## Two Stage Cooking

|                        |                                                                                                          |
|------------------------|----------------------------------------------------------------------------------------------------------|
| <b>STOP<br/>/CLEAR</b> | 1.Touch <b>STOP/CLEAR</b> .                                                                              |
| <b>MICRO<br/>POWER</b> | 2. *Touch <b>MICRO POWER</b> .                                                                           |
| <b>10 1 10</b>         | 3. To select cooking time of 11 mins for stage 1. Touch <b>10 min</b> once. Touch <b>1 min</b> once.     |
| <b>MICRO<br/>POWER</b> | 4. To select power for stage 2. Touch <b>MICRO POWER</b> 4 times.                                        |
| <b>10 1 10</b>         | 5. To select cooking time of 32 mins for stage 2. Touch <b>10 min</b> 3 times. Touch <b>1 min</b> twice. |
| <b>START</b>           | 6. Touch <b>START</b> .                                                                                  |

**Example:** 11 minutes on High. 32 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%              | <ul style="list-style-type: none"> <li>● Boil water.</li> <li>● Brown minced beef.</li> <li>● Cook fresh fruits &amp; vegetables.</li> <li>● Cook fish meat &amp; poultry.</li> <li>● Preheat browning dish.</li> <li>● Heat precooked food.</li> <li>● Sauté onions, celery &amp; green pepper.</li> </ul> |
| M-HIGH                  | 80%               | <ul style="list-style-type: none"> <li>● All reheating.</li> <li>● Roast meat &amp; poultry.</li> <li>● Cook mushrooms &amp; shellfish.</li> <li>● Cook foods which contain cheese &amp; eggs.</li> </ul>                                                                                                   |
| MEDIUM                  | 60%               | <ul style="list-style-type: none"> <li>● Bake cakes, scones.</li> <li>● Prepare eggs.</li> <li>● Cook meat, poultry.</li> <li>● Cook custard.</li> <li>● Prepare rice, soup.</li> </ul>                                                                                                                     |
| DEFROST /<br>MEDIUM LOW | 40%               | <ul style="list-style-type: none"> <li>● All thawing.</li> <li>● Melt butter &amp; chocolate.</li> <li>● Cook less tender cuts of meats.</li> </ul>                                                                                                                                                         |
| LOW / WARM              | 20%               | <ul style="list-style-type: none"> <li>● Soften butter &amp; cheese.</li> <li>● Soften ice cream.</li> <li>● Raise yeast dough.</li> </ul>                                                                                                                                                                  |

## 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.

**STOP  
/CLEAR**

2. Touch **STOP/CLEAR**.

**MEAT &  
POULTRY**

3. Touch **MEAT & POULTRY** once to select meat defrosting programme.

**100g**

4. Select desired cooking weight of frozen food.  
Touch **100g** 4 times.

**START**

5. Touch **START**.

### 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.

# Operating Instructions

## Defrost 2 ; Poultry

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

**MEAT & POULTRY**

2. Touch **MEAT & POULTRY** twice to select poultry defrosting programme.

**1kg 100g**

3. Select desired cooking weight of frozen food.  
Touch **1kg** once.  
Touch **100g** 4 times.

**START**

4. Touch **START**.

### Example:

To defrost 1.4 kg of poultry.

### NOTE:

1. This oven can defrost from 0.1kg (0.1lbs) to 4.0kg (6.0lbs).
2. Basic defrost quantity is 0.1kg (0.1lbs).
3. If you wish to change the unit of weight, touch kg  $\leftrightarrow$  lbs pad after the defrost menu is selected, and then select the weight by touching the number key. The oven will use the unit of lbs as long as power is supplied.

- 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, 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 no STOP during the BEEP unless the food is opened.

## Defrost 3 ; Fish

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

**FISH & BREAD**

2. Touch **FISH & BREAD** once to select fish defrosting programme.

**1 kg**

3. Select desired cooking weight of frozen food.  
Touch **1 kg** twice.

**START**

4. Touch **START**.

### Example :

To defrost 2.0kg of fish.

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.

## Defrost 4 ; Bread

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

**FISH & BREAD**

2. Touch **FISH & BREAD** twice to select bread defrosting programme.

**1kg**

3. Select desired cooking weight of frozen food.  
Touch **1 kg** once.

**START**

4. Touch **START**.

### Example:

To defrost 1.0 kg of bread.

# Operating Instructions

## Auto Reheat

|                                      |                                                                                                                                           |
|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>STOP<br/>/CLEAR</b>               | 1. Touch <b>STOP/CLEAR</b> .                                                                                                              |
| <b>BEVERAGE &amp;<br/>PASTRY PIE</b> | 2. Select suitable auto reheating category corresponding to your food from Reheat Food List. Touch <b>BEVERAGE &amp; PASTRY PIE</b> once. |
| <b>100g</b>                          | 3. Select desired reheating weight of beverage. Touch <b>100g</b> 3 times.                                                                |
| <b>START</b>                         | 4. Touch <b>START</b> .                                                                                                                   |

**Example :** To reheat 300g of beverage.

Most microwave ovens require the selection of the power level and time for cooking or reheating. Your new oven makes reheating convenient and enables you to reheat foods, select and enter the weight of the food by touching the WEIGHT pads.

| No. | CATEGORY           | FOOD TEMP.   | UTENSILS                           | WEIGHT LIMIT | INSTRUCTION                                                                                                                          |
|-----|--------------------|--------------|------------------------------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 1   | Chilled meal plate | Refrigerated | Glass tray                         | 100g - 700g  | For reheating one chilled (NOT FROZEN) plated meal from fridge temperature. Place the food on a plate and cover with plastic wrap.   |
| 2   | Frozen food        | Frozen       | Glass tray                         | 100g - 700g  | For reheating frozen entree or prepacked meals. Place in microwave safe container and cover with plastic wrap.                       |
| 3   | Beverage           | Room temp.   | Glass tray                         | 100g - 800g  | For reheating coffee and tea from room temperature. Use mug or cup. Do not cover.                                                    |
| 4   | Pastry pie         | Refrigerated | Glass tray + Metal tray + Low rack | 100g - 1000g | For reheating precooked pastry pies and baguettes from fridge temperature. Place on convection rack above metal tray and glass tray. |

# Operating Instructions

## Auto Cook

|                                 |                                                                                                                                        |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>STOP /CLEAR</b>              | 1. Touch <b>STOP/CLEAR</b> .                                                                                                           |
| <b>POULTRY &amp; FRESH FISH</b> | 2. Select suitable auto cook category corresponding to your food from Auto Cook Food List. Touch <b>POULTRY &amp; FRESH FISH</b> once. |
| <b>1 kg 100g</b>                | 3. Select desired weight of poultry.<br>Touch <b>1 kg</b> once.<br>Touch <b>100 g</b> twice.                                           |
| <b>START</b>                    | 4. Touch <b>START</b> .                                                                                                                |

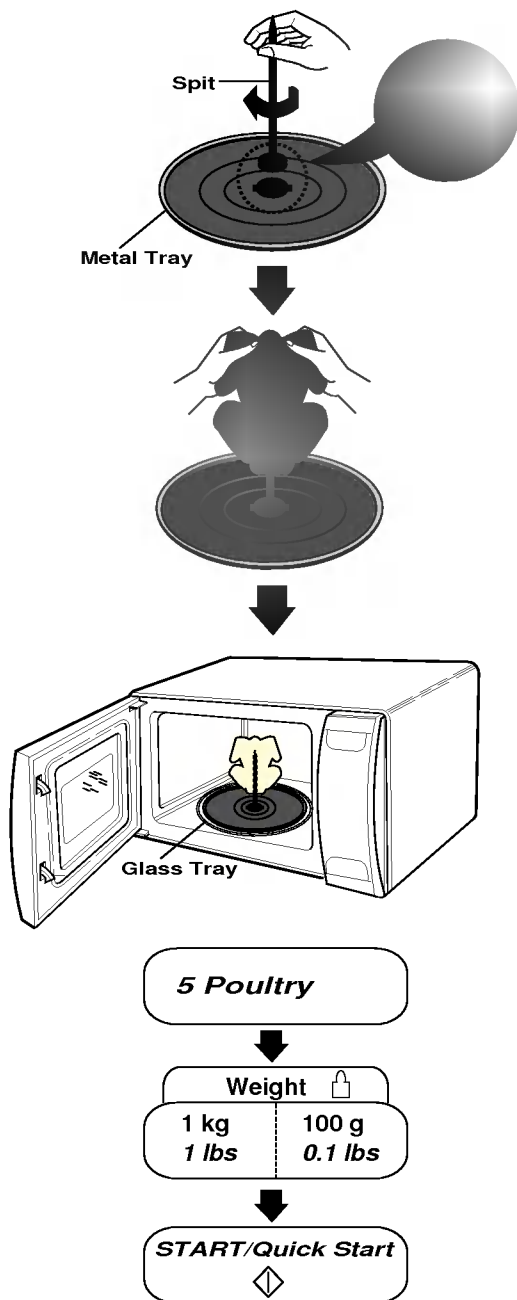
**Example :** To cook 1.2 kg of poultry.

Auto cook allows you to prepare most of your favourite food by selecting the food type, and entering the weight of the food by touching the WEIGHT pads.

| No. | CATEGORY          | FOOD TEMP    | UTENSILS                            | WEIGHT LIMIT | INSTRUCTION                                                                                                                                                                                             |
|-----|-------------------|--------------|-------------------------------------|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1   | Jacket Potato     | Room temp.   | Glass tray + Metal tray + Low rack  | 100g - 1200g | Wash and dry potatoes and prick with a fork several times. Place directly on convection rack above metal tray and glass tray. At "BEEP", turn food over.                                                |
| 2   | Frozen Pizza      | Frozen       | Glass tray + Metal tray + High rack | 100g - 700g  | For cooking FROZEN uncooked pizza. Remove all packaging and place on grill rack above metal tray and glass tray.                                                                                        |
| 3   | Roast Beef / Lamb | Refrigerated | Glass tray + Metal tray + Low rack  | 100g - 3000g | To cook fresh joints of beef eg. topside, or lamb eg. leg. Place joint on convection rack above metal tray and glass tray. At "BEEP", turn food over.                                                   |
| 4   | Roast Pork        | Refrigerated | Glass tray + Metal tray + Low rack  | 100g - 3000g | To cook fresh joints of pork. Place pork on convection rack above metal tray and glass tray. At "BEEP", turn food over.                                                                                 |
| 5   | Poultry           | Refrigerated | Glass tray + Metal tray + Low rack  | 100g - 3000g | To cook whole fresh unstuffed chickens. Place chicken on convection rack above metal tray and glass tray. At "BEEP", turn food over.                                                                    |
| 6   | Fresh Fish        | Refrigerated | Glass tray                          | 100g - 1000g | Prick the flesh and add a little water. Cover with pierced plastic wrap.                                                                                                                                |
| 7   | Gratins           | Room temp.   | Glass tray + Metal tray + Low rack  | 100g - 1000g | To cook gratins in a heatproof, microwave safe or ceramic dish on convection rack above metal tray and glass tray.                                                                                      |
| 8   | Fresh Vegetable   | Room temp.   | Glass tray                          | 100g - 1000g | To cook Fresh vegetables e.g. carrots, courgettes, broccoli, cauliflower and small potato pieces. Place prepared vegetables into a suitable sized container. Add 30ml(2tbsp) water per 100g vegetables. |

## Operating Instruction

### Cooking Chicken using the Verti-Spit



1. Insert the metal spit into the metal tray and rotate clockwise until securely locked in place.

2. Position the fully defrosted chicken vertically on the spit, ensuring that the spit runs centrally through the chicken.

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

3. Carefully place the metal tray in the microwave oven, **on top of the glass turntable**. Ensure that the chicken does not touch the walls or grill element of the oven as this may cause uneven cooking.

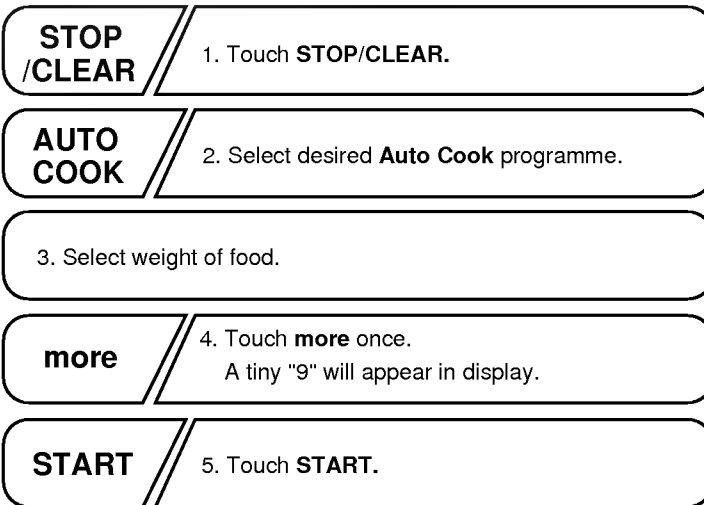
4. After closing the oven door, press **STOP/CLEAR** followed by **AUTO COOK** mode 5 - **POULTRY**. Now enter the weight of the chicken using the **WEIGHT** button and press **START**.

#### CAUTION

1. AFTER COOKING, THE METAL TRAY, GLASS TRAY AND SPIT BECOME EXTREMELY HOT.
2. INCORRECT FITTING OF THE SPIT CAN RESULT IN THE CHICKEN FALLING OVER DURING COOKING OR REMOVAL.

# Operating Instructions

## More and Less



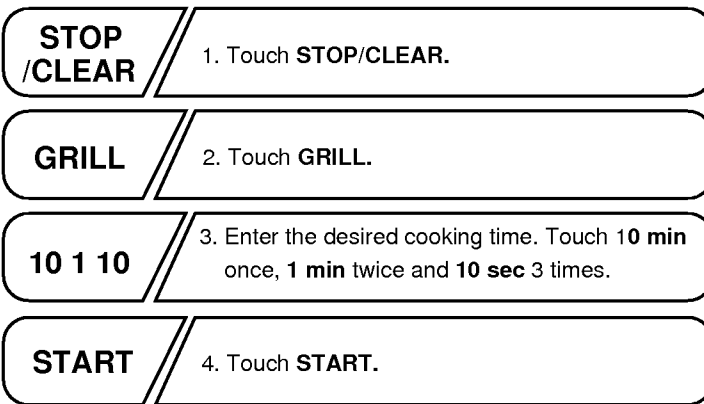
**Example :** To adjust the Auto cooking time for longer/shorter.

By using the More or Less keys, all of the Auto cook programmes can be adjusted to cook food for a longer or shorter time. If you are satisfied with the result of cooking with the Auto cook programme, you don't need to use More or Less keys.

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

NOTE: A tiny "1" will appear in display during selection.

## Grill Cooking



**Example:** To programme a grill cooking time of 12 minutes and 30 seconds.

This feature allows you to brown and crisp food quickly. Preheating of the oven is not necessary.

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

# Operating Instructions

## Convection Cooking

To pre-heat

**STOP  
/CLEAR**

1. Touch **STOP/CLEAR**.

**CONVEC  
-TION**

2. Touch **CONVECTION**.

**more**

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

**START**

4. Touch **START**.

To cook

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

**STOP  
/CLEAR**

2. Touch **STOP/CLEAR**.

**CONVEC  
-TION**

3. Touch **CONVECTION**.

**more**

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

**10 1 10**

5. Enter the desired cooking time.  
Touch **10 min** 5 times.

**START**

4. Touch **START**.

**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

|                     |                                                                    |
|---------------------|--------------------------------------------------------------------|
| <b>STOP /CLEAR</b>  | 1. Touch <b>STOP/CLEAR</b> .                                       |
| <b>COMBINA-TION</b> | 2. Touch <b>COMBINATION</b> .                                      |
| <b>CONVEC-TION</b>  | 3. Touch <b>CONVECTION</b> .                                       |
| <b>less</b>         | 4. Touch <b>less</b> twice to select 180 ° C                       |
| <b>MICRO POWER</b>  | 5. Touch <b>MICRO POWER</b> twice.                                 |
| <b>10 1 10</b>      | 6. Enter the desired cooking time.<br>Touch <b>10 min</b> 4 times. |
| <b>START</b>        | 7. Touch <b>START</b> .                                            |

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

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

|                     |                                                                    |
|---------------------|--------------------------------------------------------------------|
| <b>STOP /CLEAR</b>  | 1. Touch <b>STOP/CLEAR</b> .                                       |
| <b>COMBINA-TION</b> | 2. Touch <b>COMBINATION</b> .                                      |
| <b>GRILL</b>        | 3. Touch <b>GRILL</b> .                                            |
| <b>MICRO POWER</b>  | 4. Touch <b>MICRO POWER</b> 3 times.                               |
| <b>10 1 10</b>      | 5. Enter the desired cooking time.<br>Touch <b>10 min</b> 3 times. |
| <b>START</b>        | 6. Touch <b>START</b> .                                            |

## 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.



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