



MICROWAVE/GRILL OVEN

OWNER'S MANUAL

MODEL : MH-745HD

MODEL :

Please read this manual carefully before using this product.
Retain this manual for future reference.

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.

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).

Important Safety Instructions

WARNING - To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance.
2. Read and follow the specific **“PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY”** found on page 2 of this manual.
3. This appliance must be grounded. Connect only to properly grounded outlet.
See **“GROUNDING INSTRUCTIONS”** found on page 5 of this manual.
4. Install or locate this appliance only in accordance with the provided installation instructions.
5. Some products such as whole eggs and sealed containers-for example, closed glass jars-may explode and should not be heated in this oven.
6. Use this appliance only for its intended use as described in the manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
7. As with any appliance, close supervision is necessary when used by children.
8. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
9. This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
10. Do not cover or block any openings on the appliance.
11. Do not store this appliance outdoors. Do not use this product near water-for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
12. Do not immerse cord or plug in water.
13. Keep cord away from heated surfaces.
14. Do not let cord hang over edge of table or counter.
15. Either-(a) When cleaning surfaces of door and oven that comes together on closing the door, use only mild, nonabrasive soaps or detergents applied with a sponge or soft cloth; or when separate cleaning instructions apply, (b) See door surface cleaning instruction on (specific page or section to be included).
16. To reduce the risk of fire in the oven cavity:
 - a. Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - c. If materials inside the oven should ignite, **KEEP OVEN DOOR CLOSED**, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
17. Do not heat any type of baby bottles or baby food. Uneven heating may occur and could cause personal injury.
18. Avoid heating small-necked containers such as syrup bottles.
19. Avoid using corrosive and vapors, such as sulfide and chloride.
20. Liquids heated in certain shaped containers (especially cylindrical-shaped containers) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (instant coffee, etc.) resulting in harm to the oven and possible injury. In all containers, for best results, stir the liquid several times before heating. Always stir liquid several times between reheatings.

SAVE THESE INSTRUCTIONS

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Technical Specifications

	MH-745HD
Power Input	120 V CA., 60 Hz 13,0 A Solo
Power Consumption Microwave	1 400 Watts
Out Put	1 000 W
Microwave Frequency	2 450 MHz
Outside Dimensions	556mm(W) x 325mm(H) x 452mm(D)
Cavity Dimensions	374mm(W) x 235mm(H) x 406mm(D)

Installation

A. GROUNDING INSTRUCTIONS

For personal safety, this appliance must be properly grounded.

In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape route for the electric current.

The power cord of this appliance is equipped with plug to minimize the possibility of electric shock hazard from this appliance.

The plug must be plugged into an outlet that is properly installed and grounded.

WARNING - Improper use of the grounding plug can result in a risk of electric shock.

The consumer should have it checked by a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Caution: Attaching the adapter ground terminal to the wall receptacle cover screw does not ground the appliance unless the cover screw is metal, and not insulated, and the wall receptacle is grounded through the house wiring.

- Usage situations where the appliance power cord will be disconnected frequently: Do not use an adapter plug in these situations because disconnecting of the power cord causes undue strain on the adapter and leads to eventual failure of the adapter ground terminal.

NOTE:

1. Short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.
3. If a long cord or extension cord is used. (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over accidentally.

Installation

B. CIRCUITS

For safety purposes this oven must be plugged into a 15 Amp circuit. No other electrical appliances or lighting circuits should be on this line. If in doubt, consult a licensed electrician.

C. VOLTAGE WARNING

The voltage used at the wall receptacle must be the same as specified on the oven serial plate located on the back or on the side of the control panel of the oven. Use of a higher voltage is dangerous and may result in a fire or other type of accident causing oven damage.

Low voltage will cause slow cooking. In case your microwave oven does not perform normal operation in accordance with AC power source and voltage, remove the power cord and then insert it again.

D. DO NOT BLOCK AIR VENTS

All air vents should be kept clear during cooking. If air vents are covered during oven operation the oven may overheat. In this case a sensitive thermal safety device automatically turns the oven off. The oven will be inoperable until it has cooled sufficiently.

E. PLACEMENT OF THE OVEN

Your microwave oven can be placed easily in your kitchen, family room, or anywhere else in your home. Place the oven on a flat surface such as a kitchen countertop or a specially designed microwave oven cart. Do not place oven above a gas or electric range. Free air flow around the oven is important.

F. RADIO INTERFERENCE

1. Operation of the microwave oven may cause interference to your radio, TV or similar equipment.
2. When there is interference, it may be reduced or eliminated by taking the following measures:
 - a. Clean door and sealing surfaces of the oven
 - b. Reorient the receiving antenna of radio or television.
 - c. Relocate the microwave oven with respect to the receiver.
 - d. Move the microwave oven away from the receiver.
 - e. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

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 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 the meats 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, soya 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.

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.

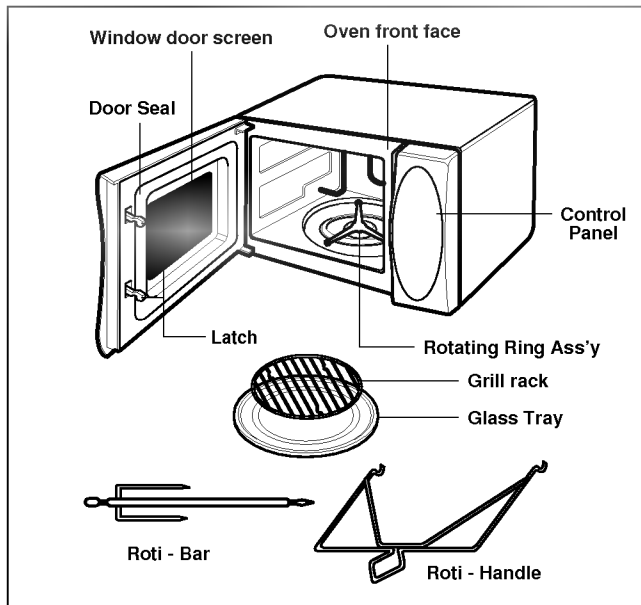
5. Plastic cooking bags: These are microwave-safe, provided they are specially made for cooking. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

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: HIGH IRON CONTENT, HIGH LEAD CONTENT, SOME ITEMS NOT FOR COOKING.

Feature Diagram / Control Panel



Your oven will be packed with the following materials :

- Glass Tray.....1
- Rotating Ring Ass'y1
- Grill rack1
- Roti-Bar1
- Roti-Handle1

This microwave oven is designed for household use only. It is not recommended for commercial purposes.

Do not operate the oven in microwave and combination mode with Roti-Bar or grill rack placed in the cavity when the oven is empty.

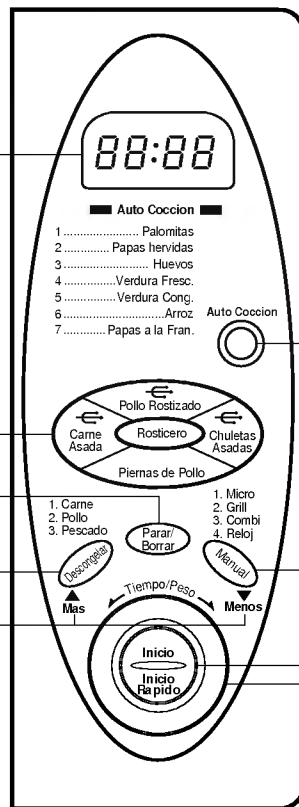
DISPLAY WINDOW-
Used to show:
Time of day Cooking
power level Cooking
category

AUTO ROAST COOK-
To select auto roast cook.

STOP/CLEAR-
Stops the oven and
clear all entries
except the time of day.

**AUTO WEIGHT
DEFROST-**
To select auto
weight defrost.

MORE / LESS-
To select convection
temperature, and
change auto cook
time and auto roast
time.



VOLUME Knob:

AUTO COOK-
To select auto
cook .

MICRO POWER-
To select micro power
cooking and cooking
power levels.

GRILL-
To select grill cooking.

COMBINATION-
To select combination
cooking.

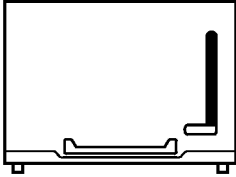
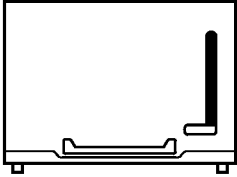
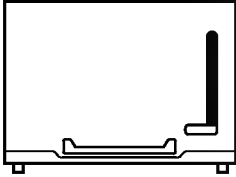
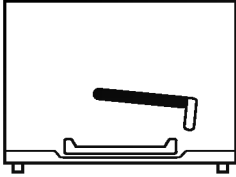
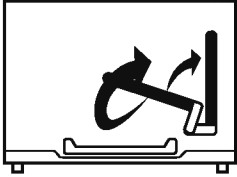
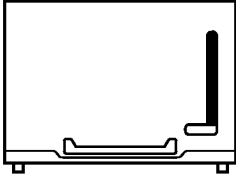
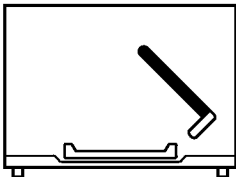
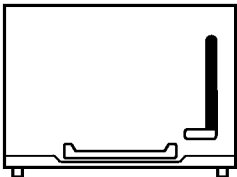
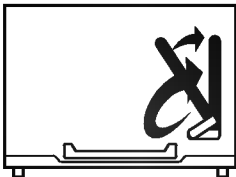
CLOCK-
To set the time of day.

QUICK START/START-
To quickly set the
cooking time directly.

DIAL Knob
- Time
- Weight

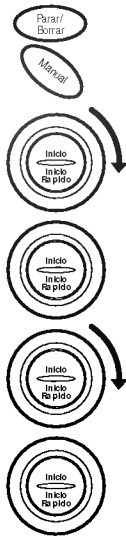
NOTE: A beep sounds when a pad on the control panel is touched, to indicate a setting has been entered.

Auto Moving Heater Guide

COOK CATEGORY		GRILL HEATER POSITION		
		• Cooking	• Cooking Stop • Door Open • Cooking End	• Next Cook Setting • Door Closed after cook is ended and food is removed
Defrost				
Microwave Cook				
Auto Cook (Micro wave)	1. Popcorn			
	2. Boiled Potato			
	3. Egg			
	4. Fresh Veg.			
	5. Frozen Veg.			
	6. Rice	• Grill heater will not move.		
Grill Cook				
Combination Cook-1				
Auto Cook (Combi)	7. French Fries			
	Chicken Leg	• Grill heater will move to the cooking position.	• Grill heater will move to the backside.	
Auto Roast	Roast Beef			
	Roast Pork			
	Whole Chicken			
Combination Cook-2		• Grill heater will move to cooking position.	• Grill heater will stay at the cooking position.	• Grill heater will move to the backside.
Combination Cook-3				<ul style="list-style-type: none"> • When the cook is ended, the food must be removed. • When the cook is ended and you want to cook the next cooking, the food must be removed before setting the next cooking.

Operating Instructions

Setting the Clock



1. Touch **PARAR/BORRAR**.
2. Touch **MANUAL** 4 times.
3. Turn **DIAL** knob until display shows 2 hours.
4. Press **INICIO** for hour confirmation.
5. Turn **DIAL** knob until display shows 59 minutes.
6. Press **INICIO** again.
The clock inicio counting.

Example : To set 2:59

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

NOTE:

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

This is a 24 hour clock.

Child Lock

To set



1. Touch **PARAR/BORRAR**.
2. Touch and hold **PARAR/BORRAR** until "L" appears in the display for 7 sec.

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



1. Touch and hold **Parar/Borrar** until "L" disappears in the display for 7 sec.

Quick Start



1. Touch **PARAR/BORRAR**.



2. Touch **INICIO** 4 times to select 2 minutes on high micro power.

NOTE: During Inicio Rapido cooking, you can extend Inicio Rapido cooking time up to 99 min. 59 sec.

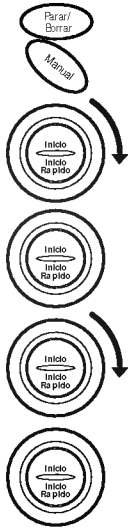
Example : 2 minutes cooking on Hi Power.

One of the most useful time savers. The Inicio Rapido feature allows you to get 30 seconds cooking at High Power with a touch of the Inicio Rapido key.

It is possible to get up to 99 min. 59 sec. at High power with repetitive pressing of the key.

Operating Instructions

Micro Power Cooking



1. Touch **PARAR/BORRAR**.
2. Touch **MANUAL**.
3. Turn **DIAL** knob until display shows 80%.
4. Press **INICIO** for select cook times.
5. Turn **DIAL** knob until display shows 5:30.
6. Press **INICIO**.

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.

MICROWAVE POWER LEVEL TABLE

Power Level	Output (of watts)	Use
HIGH	100%	<ul style="list-style-type: none"> * Boil water. * Brown minced beef. * Cook fresh fruits & vegetables. * Cook fish meat & poultry. * Preheat browning dish. * Heat precooked food. * Sauté onions, celery & green pepper.
M-HIGH	80%	<ul style="list-style-type: none"> * All reheating. * Roast meat & poultry. * Cook mushrooms & shellfish. * Cook foods which contain cheese & eggs.
MEDIUM	60%	<ul style="list-style-type: none"> * Bake cakes, scones. * Prepare eggs. * Cook meat, poultry. * Cook custard. * Prepare rice, soup.
DEFROST MEDIUM LOW	40%	<ul style="list-style-type: none"> * All thawing. * Melt butter & chocolate. * Cook less tender cuts of meats.
LOW / WARM	20%	<ul style="list-style-type: none"> * Soften butter & cheese. * Soften ice cream. * Raise yeast dough.

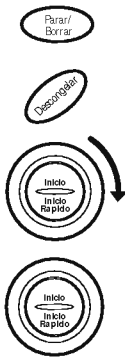
Operating Instructions

Auto Weight Defrost

Function	Category	Wt. limit	Utensil	Food Temp	Instructions
Auto Weight Defrost	1. Meat	0.1~4.0 kg	Low plate	Frozen	During the defrosting process the oven will BEEP twice. Then turn food over.
	2. Poultry	0.1~4.0 kg	Low plate		During the defrosting process the oven will BEEP twice. Then turn food over.
	3. Fish	0.1~4.0 kg	Low plate		During the defrosting process the oven will BEEP twice. Then turn food over.

Defrost 1 ; Meat

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



2. Touch **PARAR/BORRAR**.
3. Touch **DESCONGELAR** once to select meat defrosting programme.
4. Turn **DIAL** knob until display shows 0.4 kg.
5. Press **INICIO**.

Example :

To defrost 0.4 kg of meat.

Your microwave oven controls different output powers automatically during defrost cycle.

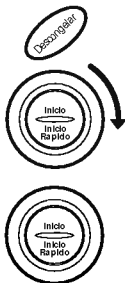
Programme by setting the weight of food (Meat, Poultry, Fish) selecting the Auto Weight Defrost function.

NOTE :

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

Defrost 2 ; Poultry

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



2. Touch **DESCONGELAR** twice to select poultry defrosting programme.
3. Turn **DIAL** knob until display shows 1.4 kg.
4. Press **INICIO**.

Example:

To defrost 1.4 kg of poultry.

NOTE:

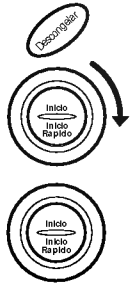
1. This oven can defrost from 0.1 kg to 4.0 kg.
2. Basic defrost quantity is 0.1 kg.

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

Operating Instructions

Defrost 3 ; Fish

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



2. Touch **DESCONGELAR** 3 times to select fish defrosting program.

3. Turn **DIAL** knob until display shows 0.3 kg.

4. Press **INICIO**.

Example:

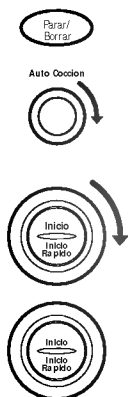
To defrost 0.3 kg of fish.

NOTE:

This oven can defrost from 0.1 kg to 4.0 kg.

Operating Instructions

Auto Cook



1. Touch **PARAR/BORRAR**.
2. Turn **VOLUME** knob until display shows AC-4.
3. Turn **DIAL** knob until display shows 0.4 kg.
4. Press **INICIO**.

Example :

To cook 400 g of Fresh Vegetable.

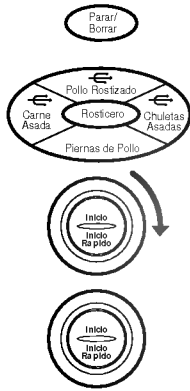
Auto cook allows you to prepare most of your favorite food by selecting the food type, and turning the weight of the food by the **DIAL**.

• Auto Cook

Function	Category	Amount	Food Temp	Instructions
Auto Cook	1.Popcorn	0.1kg	Room	Follow the package directions. Use only popcorn packaged for microwave oven use. Do not try to pop unpopped kernels.
	2.Boiled potato	0.2kg 0.4kg 0.6kg 0.8kg	Room	Large potatoes, peel and wash. Place them in a medium high dish and add 30ml water per 0.2kg. Cover with plastic wrap perforated.
	3.Egg	1 egg, Medium-done 1 egg, Well-done	Frige	Break the egg in small pyrex or cup, perforate the yolk with a cocktail stick, 4 times in the middle, and many times in the white egg.
	4.Fresh Vegetable	0.2kg 0.4kg 0.6kg 0.8kg	Room	Place in a microwave-safe bowl or casserole. Add 30ml water per 0.2kg. Cover with plastic wrap. After cooking, let stand covered for 2-3 minutes.
	5.Frozen Vegetable	0.2kg 0.4kg 0.6kg 0.8kg	Froze	Place in a microwave-safe bowl or casserole. Cover with plastic wrap. After cooking, let stand covered for 2-3 minutes.
	6.Rice	1cup(0.2kg) +2cups water 2cups(0.4kg) +4cups water	Room	Place rice and water in a deep and large bowl. Add double quantity of water. Cover with lid or wrap. After cooking, stir, cover and let stand 3 to 5 minutes or until all liquid has been absorbed.
	7. French fries	0.2kg 0.4kg	Froze	Spread potato products out on the microwave-safe flat dish. When beep, turn food over. For best results, cook in a single layer. After cooking, remove from the oven and let stand for 1-2 minutes.

Operating Instructions

Auto Roast



1. Touch **PARAR/BORRAR**.
2. Touch **CHULETAS ASADAS**.
3. Turn **DIAL** knob until display shows 0.5kg.
4. Press **INICIO**.

Example :

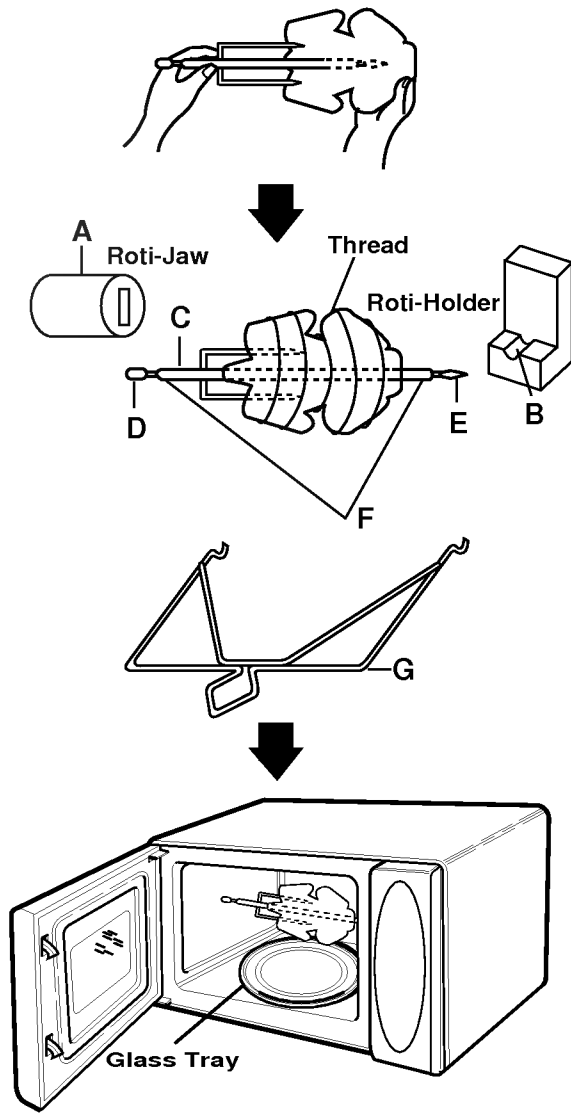
To cook 500g of Roast Pork.

• Auto Roast

Function	Category	Amount	Food Temp	Instructions
Auto Roast	1 Roast beef	0.5~1.5kg	Frige	Pierce beef with the Roti-bar and brush with melted margarine or butter on the pork. If needed, tie the pork with thread to the bar. Place a heat proof drip dish on the glass tray. After cooking, let stand covered with foil for 10 minutes.
	2.Roast pork	0.5~1.5kg	Frige	Pierce pork with the Roti-bar and brush with melted margarine or butter on the beef. If needed, tie the beef with thread to the bar. Place a heat proof drip dish on the glass tray. After cooking, let stand covered with foil for 10 minutes.
	3.Whole chicken	0.8~1.3kg	Refrig	Pierce whole chicken with the Roti-bar and tie the chicken with thread to the bar. Brush with melted margarine or butter on the chicken. Place a heat proof drip dish on the glass tray. After cooking, let stand covered with foil for 10 minutes.
	4.Chicken legs	0.2~0.8kg	Refrig	Wash and dry chicken legs. Arrange thick portions toward the center of the rack. Brush with melted margarine or butter, if desired. When beep, turn food over immediately. After cooking, let stand cover with foil for 2 to 3 minutes.

Operating Instructions

Cooking Chicken using the ROTISSERIE



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

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

2. Insert the end of the roti-bar (D) into the roti-jaw (A) on the left side of the oven wall. Push it to the left, rotating the roti-bar slightly until the roti-bar fits into the roti-jaw (A).
3. Support the other end of the roti-bar (E) on the hollow of the roti-holder (B).
4. Carefully place the heat proof glass ware in the microwave oven, on the glass turntable.
5. After closing the oven door, press **PARAR/BORRAR** followed by whole chicken. Now turn **DIAL** knob for setting the weight of the chicken and press **INICIO**.
6. After cooking, hold the roti-bar at both side (F) with the handle (G) and lift up the right end slightly, and pull out from the right end.

NOTE:

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

CAUTION

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



Touch
POLLO ROSTIZADO.



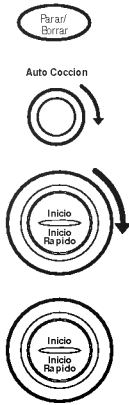
Turn **DIAL** knob to desired the weight.



Press **INICIO**.

Operating Instructions

More(▲) and Less(▼)



1. Touch **PARAR/BORRAR**.
2. Turn **VOLUME** knob to select desired Auto Cook programme.
3. Turn **DIAL** knob desired weight.
4. Press **INICIO**.

To set More



To set Less



5. Touch **DESCONGELAR** during cooking time.(1 min. will increase)
5. Touch **MANUAL** during cooking time. (1 min. will decrease)

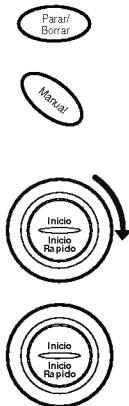
Example :

To adjust the Auto Cooking time for longer.

By using the More or Less keys, all of the cook programmes can be adjusted to cook food for a longer or short xtime.

If you are satisfied with the result of Cook program, you don't need to use More or Less keys.

Grill Cooking



1. Touch **PARAR/BORRAR**.
2. Touch **MANUAL** twice to select grill cooking.
3. Turn **DIAL** knob to select desired time.
4. Press **INICIO**.

The grill rack must be used during grill cooking.

Operating Instructions

Combination Cooking



1. Touch **PARAR/BORRAR**.
2. Touch **MANUAL** 3 times to select combination cooking.
3. Turn **DIAL** knob until display shows Co-2.
4. Press **INICIO** for select cook times.
5. Turn **DIAL** knob until display shows 30:00.
6. Press **INICIO**.

Example :

To programme Combi-2 for a cooking time of 30 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.

NOTE :

1. At Combi-1 cooking, when the cooking is ended or stopped, the grill heater will **move backside**.
2. At Combi-2 & 3 cooking, when the cooking is ended or stopped, the grill heater will remain cooking position.
3. At Combi-2 & 3 cooking, when the cooking is ended and the door is open, you have to remove foods before the door is closed.
4. Combination Table

Combination Mode		1	2	3
Power	Microwave	20 %	30 %	50 %
	Grill	80 %	70 %	50 %
Grill Heater Position		Low	High	High
Accessory		Rack	Roti-bar	Roti-bar

General Procedure for Cooking Meat

"WARNING: Do not use aluminium foil during cooking cycle."

1. No special techniques are required. The roast should be prepared and seasoned (if desired) as for any other conventional method. Meat should be thoroughly defrosted before cooking.
2. Place the meat on a microwave roasting rack or ovenproof plate and place on the turntable.
3. Cook according to the cooking chart using the longer time for small joints and the shorter time for large joints. Use the longer time for thicker chops.
4. Turn the meat once halfway through the cooking time.
5. STAND for 5-10 minutes wrapped in foil after cooking. The standing time is very important as it 'finishes off' the cooking time.
6. Ensure meat, especially pork, is thoroughly cooked before eating.

MEAT COOKING CHART-MICROWAVE COOKING

Cut	Cooking Time per 454g (1 lb)	Microwave power
Beef		
Topside/Silverside-Rare	8 1/2-9 minutes	M-HIGH (80%)
-Medium	9-10 minutes	M-HIGH(80%)
-Well done	11-12 1/2 minutes	M-HIGH(80%)
Beefburgers	7-9 minutes	MEDIUM(60%)
Minced meat (to brown for casserole)	6-8 minutes	M-HIGH(80%)
Sausages 2	2-3 minutes	HIGH
4	4-5 minutes	HIGH
8	5-7 minutes	HIGH
Lamb		
Leg, fillet, shoulder.	13-16 minutes	M-HIGH(80%)
Pork		
Loin, leg	12-15 minutes	M-HIGH(80%)
Bacon	Approx. 1 minute per slice	HIGH

N.B. The above timings should be regarded as a guide only to allow for individual tastes and preferences. The timings may vary due to the shape, cut and composition of the meat.

General Procedure for Cooking Poultry

"WARNING: Do not use aluminium foil during cooking cycle."

1. No special techniques are required. The poultry should be prepared as for any other conventional method. Season if desired.
2. Poultry should be thoroughly defrosted, ensuring giblets and any metal clamps are removed.
3. Prick the skin and lightly brush with vegetable oil unless self basting.
4. All poultry should be placed on a microwave roasting rack or an ovenproof plate and placed on the turntable.
5. Cook according to the instructions, in the cooking chart turning the bird over halfway through the cooking time.
Poultry items, because of their shape have a tendency to cook unevenly, especially in very bony parts. Turning the bird during roasting helps to cook these areas evenly.

N.B. If whole birds are stuffed, the weight of the stuffed bird should be used when calculating the cooking time.

6. STAND for 5-10 minutes wrapped in foil after cooking before carving. The standing time is very important as it 'finishes off' the cooking time.

General Procedure for Cooking Poultry

7. Ensure poultry is thoroughly cooked before eating. Whole poultry is cooked when the juices run clear from the inside thigh when it is pierced with a sharp knife. Poultry portions should be pierced with a sharp knife through the thickest part to ensure that the juices are clear and the flesh is firm.

POULTRY COOKING CHART-MICROWAVE COOKING

Bird	Cooking Time per 454g (1 lb)	Microwave Power
CHICKEN Whole Breast (boned) Portions	9 1/2-12 minutes 8-10 minutes 9-11 minutes	M-HIGH(80%) M-HIGH(80%) M-HIGH(80%)
Turkey Whole	8 1/2-11 1/2 minutes	M-HIGH(80%)

N.B. The above timings should be regarded as a guide only to allow for individual tastes and preferences .

Timings may vary due to shape and composition of the food.

General Procedure for Cooking Fish

"WARNING: Do not use aluminium foil during cooking cycle."

1. Arrange fish in a large shallow non metallic dish or casserole.
2. Cover with pierced microwave plastic film or casserole lid.
3. Place the dish on the turntable.
4. Cook according to the instructions in the cooking chart. Flakes of butter can be added to the fish if desired.
5. STAND as directed in the cooking chart before serving.
6. After standing time ensure the fish is thoroughly cooked. The fish should be opaque and flake easily.

FRESH FISH COOKING CHART

Fish	Cooking time per 454g (1 lb)	Microwave setting	Method	Standing time
Fish fillets	4-6 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) milk	2-3 minutes
Cod/Haddock steaks	5-7 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) milk	3-4 minutes
Lemon Sole fillets	2 1/2-4 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) milk	2-3 minutes
Dover Sole	4-6 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) milk	2-3 minutes
Whole Mackerel cleaned and prepared	4-6 minutes	HIGH	—	3-4 minutes
Whole Trout, cleaned and prepared	5-7 minutes	HIGH	—	3-4 minutes
Salmon steaks	5-6 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) milk	3-4 minutes

Fresh Vegetable Cooking Chart

Vegetable	Amount	Cook Time at HIGH	Instructions	Standing time
Artichokes (8 oz. each)	2 medium 4 medium	5-7 10-12	Trim. Add 2 tsp. Water and 2 tsp. juice. Cover.	2-3 minutes
Asparagus, Fresh, spears	450 g	6-8	Add 2 tbsp. water in 1-qt. covered casserole.	2-3 minutes
Beens, green & wax	450 g	9-10	Add 2 tbsp. water in 1-qt. casserole. Stir halfway through cooking.	2-3 minutes
Beets, Fresh,	450 g	16-19	Add 1/4 cup water in 1-qt. covered casserole. Rearrange halfway through cooking.	2-3 minutes
Broccoli, Fresh, spears	450 g	5-7	Place broccoli in baking dish. Add 2 tbsp. water	2-3 minutes
Cabbage, Fresh, Chopped	450 g	6-8	Add 1/4 cup water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Carrtos, Fresh, sliced	2 cups	5-7	Add 2 tbsp. water in 1 1/2 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Cauliflower, Fresh, whole	450 g	6-8	Trim. Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Fresh, flowerets	2 cups	4-5 ^{1/2}	Slice. Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Celery, Fresh, sliced	4 cups	7-9		
Corn, Fresh	2 ears	8-11	Husk. Add 2 tbsp. water in 1-qt. baking dish. Cover.	2-3 minutes
Mushrooms, Fresh, sliced	225 g	3 ^{1/2} -4 ^{1/2}	Place mushrooms in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Parsnips, Fresh, sliced	450 g	5-7 ^{1/2}	Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Peas, Green, Fresh	4 cups	5-7	Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Potatoes, sweet, whole (6-8 oz. each)	2 medium 4 medium	5-7 7-9	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes 2-3 minutes
Potatoes, white whole baking (6-8 oz. each)	2 potatoes 4 potatoes	6 ^{1/2} -8 11-13	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes
Spinach, Fresh, leaf	450 g	5-7	Add 2 tbsp. water in 1-qt. covered casserole.	2-3 minutes
Squash, Acorn or buttemut. Fresh	1 medium	7-9	Cut squash in half. Remove seeds. Place in 8x8-inch bacing dish. Cover.	2-3 minutes
Zucchini Fresh, sliced	450 g	6-9	Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Zucchini Fresh, whole	450 g	7-8	Pierce. Place on 2 paper towels. Turn zucchini over and rearrange halfway through cooking.	2-3 minutes

Cooking & Browning

General Guidelines

1. Trim excess fat from meat. Slash fat, making sure you do not cut into the lean. (This will stop the fat curling.)
2. Use only microwave and heat-safe cooking utensils.
3. Cover food with wax paper, plastic wrap or lids during microwave time.
4. After microwaving, remove the cover and drain the juice.

Food	Quantity	Cooking time and microwave setting	Browning time	Method
Beef Hamburger patties, 4 oz. each, 1/2-inch thick	2 patties 4 patties	2-3min., HIGH 3-4 min., HIGH	6-8 minutes 8-10 minutes	Turn over halfway through microwaving. Drain after microwaving. Place directly on glass tray.
Sirloin steak. 8 oz, 3/4 to 1-inch thick	1 to 2	3-4 min., 80%		Turn over halfway through browning. Turn over halfway through microwaving. Drain after microwaving and brush with melted butter before browning. Place directly on rack.
Tenderloin steak, 8 oz, 1-inch thick	2, Rare 2, Med 2, Well	2-3 min., 80% 3-5 min., 80% 5-7 min., 80%		Turn over halfway through browning. Same as above.
Lamb Lamb chops, 1-inch thick	450~700g	5-7 min., 80%	14-16 minutes	Same as above.
Veal Veal cutlets or loin chop 8oz, 1/2 to 3/4-inch thick	1 to 2	4-6 min., 80%	14-16 minutes	Same as above.
Pork Pork chops, 8 oz, 1/2 to 3/4-inch thick	1 to 2	4-6 min., 80%	14-16 minutes	Same as above.
Center cut ham slice, precooked	450~700g	4-6 min., 80%	13 ~1 5 minutes	Brush with honey or brown sugar glaze before microwaving. Turn over halfway through microwaving. Drain after microwaving and brush with honey or brown sugar glaze before browning. Place directly on rack to brown. Turn over halfway though browning.

Cooking & Browning

Food	Quantity	Cooking time and microwave setting	Browning time	Method
Pork Sausage patties, fresh	2 to 4 pieces	2-4 min., HIGH	7-10 minutes	Add 2 tablespoons water to sausage and cover with plastic wrap. Turn over halfway through microwaving. Drain. Place directly on rack to brown. No cover. Turn over halfway through browning. Use glass dish and no cover. Turn over halfway through microwaving. Place directly on rack to brown. Turn over halfway through browning.
Links, fresh	4 to 6 pieces	4-6 min., HIGH	7-10 minutes	
Precooked Links	2 to 4 pieces 4 to 6 pieces 6 to 8 pieces	3/4-1 min., HIGH 1-2 ¹ / ₂ min., HIGH 2 ¹ / ₂ -4 min., HIGH	7-10 minutes 7-10 minutes 7-10 minutes	
Poultry Chicken pieces	1/2 kg	4 ¹ / ₂ -6 min., HIGH	11-15 minutes	Arrange chicken, skin side up in 9-inch low plate. Cover with wax paper. Turn over halfway through microwaving. Drain after microwaving and brush with melted butter. Place directly on rack to brown. No cover. Turn over halfway through browning.
Fish Fish fillet, 1/2-inch thick	1/2 kg 1 kg	2 ¹ / ₂ -3 ¹ / ₂ min., HIGH 4-6 min., HIGH	11-15 minutes 11-15 minutes	Arrange fish in low plate and cover with wax paper. Drain after microwaving and minutes brush with melted butter. Place directly on rack to brown.
Fresh steaks, 1-inch thick	1 kg	2 ¹ / ₂ -4 ¹ / ₂ min., HIGH	11-15 minutes	Arrange fish in low plate and cover with wax paper. Turn over halfway through microwaving. Drain after microwaving and brush with melted butter. Place directly on rack to brown. Turn over halfway through browning.
Whole fish	250~300g	4-6 min., 80%	11-15 minutes	Same as above.

Combination Cooking

General Guidelines

1. The combination method allows you to take advantage of the speed and moisture retention on microwave cooking and crisping and browning effect of hot, dry all.
2. Use only microwave and heat-safe cooking utensils.

Food	Quantity	Cooking Mode	Combination Cooking time	Method
Beef Hamburger patties, 4 oz. each, 1/2-inch thick Rump roast, rolled	2 patties 4 patties 0.5 to 1.3kg	Co-1 Co-3	16-19 minutes 20-25 minutes 27-31 minutes per Kg RARE(135°F) 32-36 minutes per Kg MEDIUM(145°F) 37-41 minutes per Kg WELL(155°F)	Arrange patties on microwave and heat-safe plate. Drain and turn over halfway through cooking. Place roast fat side down on microwave and heat-safe roasting rack. Add desired seasonings and place on turntable. Shield if necessary. When done, remove from oven and let stand covered with foil for 15 minutes. (Temperature may rise about 10°F)
Lamb Lamb roast, rolled, boneless	0.5 to 1.3kg	Co-3	28-32 minutes per Kg RARE(135°F) 33-37 minutes per Kg MEDIUM(145°F) 38-42 minutes per kg WELL(155°F)	Place roast fat side down on microwave and heat-safe roasting rack. Brush lamb with marinade and desired seasonings such as rosemary, thyme or marjoram. After cooking, remove from oven and let stand covered with foil for 15 minutes. (Temperature may rise about 10°F)
Pork Chops	2 chops (230g x 2) 4 chops (230g x 4)	Co-1 Co-1	24-30 minutes 35-41 minutes	Brush chops with desired seasonings and place directly on metal rack on turntable. Cook until no longer pink or until internal temperature reaches 170°F. Turn over halfway through cooking. Remove from oven and let stand, covered for 5 minutes. (Temperature may rise about 10°F)

Combination Cooking

Food	Quantity	Cooking Mode	Combination Cooking time	Method
Pork Loin roast, rolled, boneless	0.5 to 1.3kg	Co-3	40~45 minutes per Kg. (170°F)	Place roast fat side down on microwave and heat-safe roasting rack. Add desired seasonings and place on turntable. Shield if necessary. When done remove from oven and let stand covered with foil for 15 minutes. (Temperature may rise about 10°F)
Chicken Breasts, boneless	half breast (200g) whole breast (300~400g)	Co-2	18~21 minutes 23~28 minutes	Wash and dry poultry. Remove skin and place breasts thickest portion to outside on microwave and heat-safe roasting rack.
Cut up fryer	1.0 to 1.3kg	Co-2	35~45 minutes	Place on metal rack on turntable. Brush with butter and seasonings if desired. Rearrange halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered for 3 to 5 minutes.
Whole chicken	0.8 to 1.3kg	Co-3	55~60 minutes	Wash and dry poultry. Arrange pieces on microwave and heat-safe roasting rack with thickest section to the outside. Brush with butter and seasonings if desired. Place on metal rack on turntable. Rearrange halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered for 3 to 5 minutes.
Cornish Hens Whole cornish hen. (500 to 700g)	whole	Co-3	45~55 minutes	Wash and dry poultry. Place breast down on microwave and heat-safe pie plate. Brush with butter and seasonings if desired. Place on turntable. Drain and 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 thigh should be about 185°F when done.
				Wash and dry poultry. Tie wings to body of hen and the legs to tail. Place hens breast side up on microwave and heat-safe pie plate. Brush with butter and seasonings if desired. Place on 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 be about 185°F before serving.

Combination Cooking

Food	Quantity	Cooking Mode	Combination Cooking time	Method
Turkey Breasts, boneless	1.0 to 1.3kg	Co-2	35~45 minutes per Kg	Place turkey breast on microwave and heat-safe roasting rack. Brush with butter and seasonings if desired. Place on rack on 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 be about 185°F before serving.
Drumsticks	0.5 to 1.0kg	Co-2	35~50 minutes	Wash and dry poultry. Place pieces with thickest portion to outside on microwave and heat-safe roasting rack. Brush with butter and seasonings if desired. Place on turntable. Turn over halfway through cooking. Cook until no longer pink and juices run clear. Remove from oven and let stand covered with foil for 5 minutes.
Sausages (thick)	230g	Co-1	13~18 minutes	Place on metal rack. Turn over frequently through cooking.
Baked Potatoes	500g	Co-2	4~6 minutes per 0.1Kg. (evenly sized potatoes)	Pierce each potato in several places. Place on metal rack. Turn over halfway through cooking.

Other Helpful Instructions

For Best Results:

1. When determining the time for a particular food, begin by using minimum time and checking occasionally for doneness. 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®, paprika, and browning agents such kitchen bouquet® 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 excellent.
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 sudsy 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 PARAR/BORRAR 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 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 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 for doneness, just as you would do with a conventional cooking.