

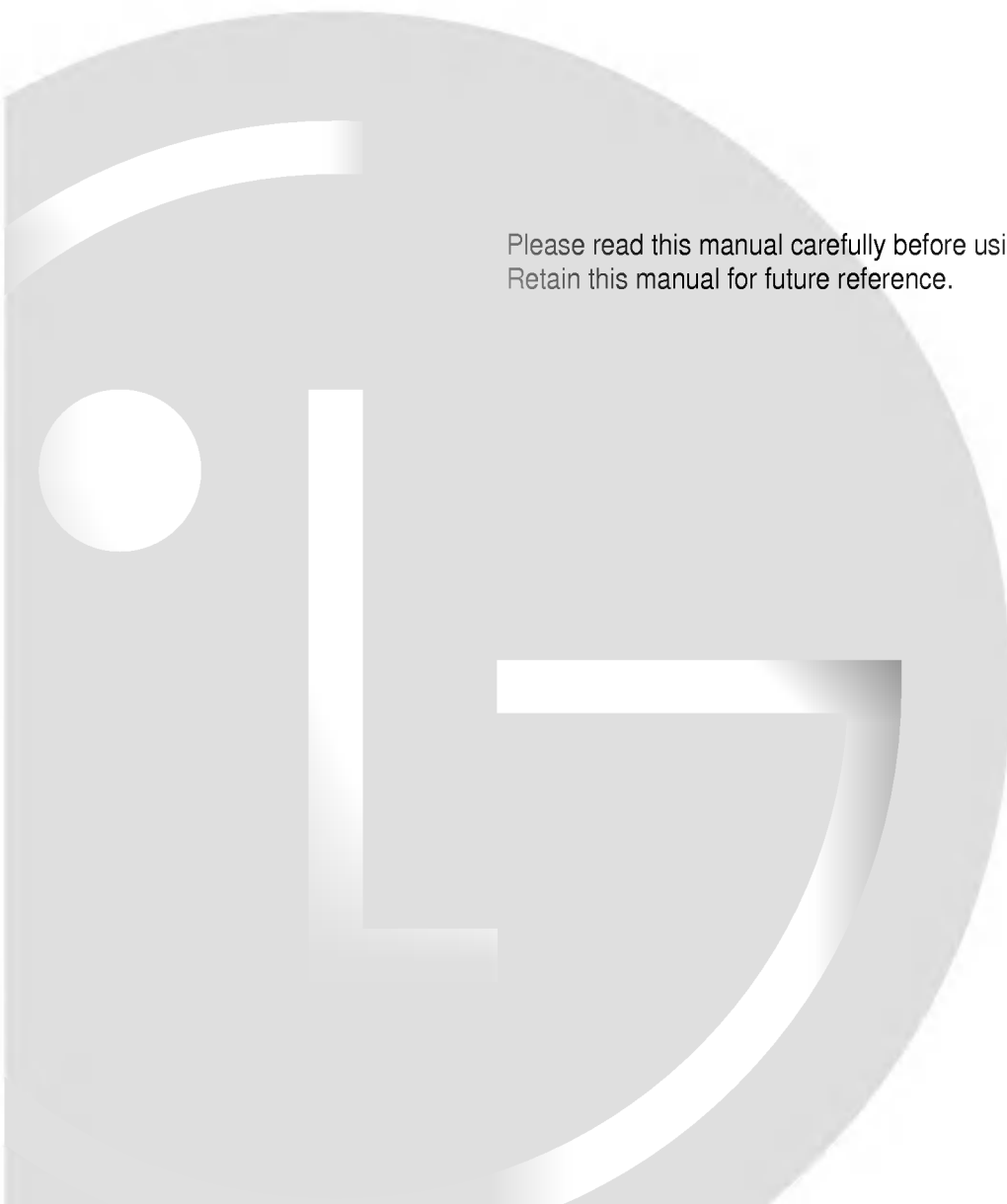


MICROWAVE OVEN

OWNER'S MANUAL

MODEL : MS-115ML
MS-115MLA

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

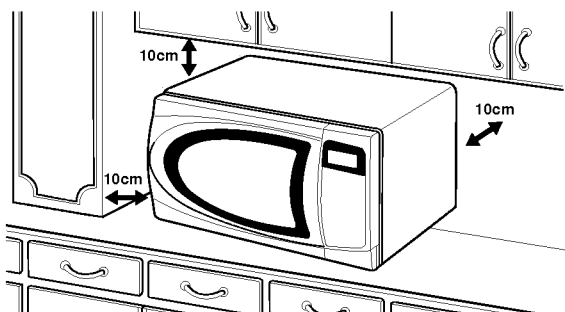
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Specification	Model No.	MS-115ML	MS-115MLA
Power Input		120V AC / 60Hz	220V AC / 60Hz
Output		1150W (IEC60705 RATING STANDARD)	1150W (IEC60705 RATING STANDARD)
Microwave Frequency		2450MHz	2450MHz
Outside Dimensions		530mm(W) X 315mm(H) X 394mm (D)	530mm(W) X 315mm(H) X 394mm (D)
Cavity Dimensions		350mm(W) X 240mm(H) X 365mm (D)	350mm(W) X 240mm(H) X 365mm (D)
Power Consumption		1,550W	1,550W
Effective Capacity Oven Cavity		32L	32L

A. INSTALLATION AND GROUNDING INSTRUCTIONS

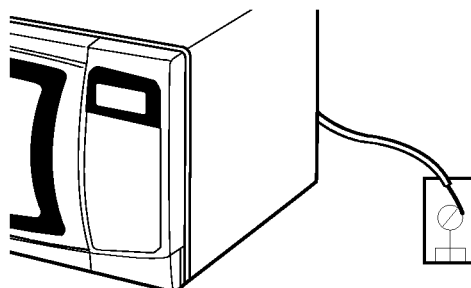
Instale o forno seguindo três simples passos:

1. Retire o produto da embalagem e separe todos os acessórios e materiais utilizados em seu transporte.
2. Instale o forno em um local plano e firme, deixando espaços livres de 10 cm ao seu redor (laterais e partes superior e traseira), para assegurar uma boa ventilação. Não permita que objetos permaneçam nas laterais do forno para não comprometer a ventilação. Na parte superior do gabinete de alguns modelos há uma saída para exaustão, que se bloqueada poderá provocar danos ao forno.
3. Conecte o cabo de força do aparelho em uma tomada de voltagem compatível. Esta tomada deverá ser reservada exclusivamente para o forno e a rede elétrica deverá ser de pelo menos 15 amperes.



NOTAS:

- **Caso o forno não funcione de maneira adequada, desligue o seu cabo de força da tomada e em seguida conecte-o novamente.**
- **O forno não foi projetado para uso comercial.**
- **Escolha o local ideal.**
Procure um bom local que possa aumentar a partacidade e circulação na sua cozinha. Escolha uma região próxima a uma tomada de força e uma superfície sólida, firme e plana, e se possível que tenha também uma área de apoio. Atenção: escolha um local protegido do sol e que não seja úmido, nem próximo a fogões, estufas ou torneiras. Evite também a proximidade com aparelhos de TV e rádio porque poderão causar interferências.
- **Fio terra (aterramento)**
A garantia da segurança deve-se ao aterramento do seu aparelho. Por isso, é imprescindível colocar um fio terra eficiente conectado à tomada em que será ligado o forno, ou a algum tubo metálico.



B. CIRCUITS

For safety purposes this oven must be plugged into above 15 Amp for 120V, 60Hz and above 10 Amp for 220V, 60Hz 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.

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.

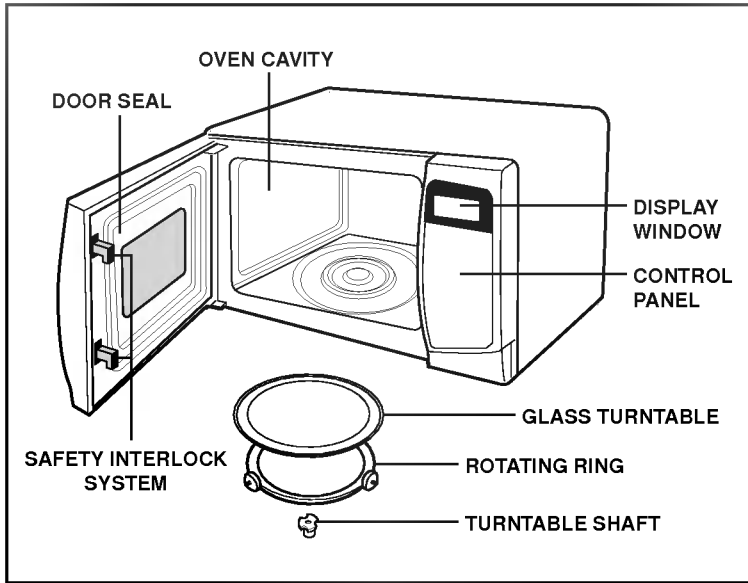
4. Plastic storage containers: These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

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.



Your oven will be packed with the following materials:

Glass Turntable	----	1 each
Owner's Manual	----	1 each
Rotating Ring	-----	1 each
Turntable Shaft	-----	1 each
Cook Book	-----	1 each

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








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

SETTING CLOCK

You can set either 12 hour clock or 24 hour clock. If the clock (or display) shows any strange looking symbols, unplug your oven from the electrical socket and plug it back in and reset the clock.

Example: To set 11:11 by using the 12 clock.

1. Touch **Desliga/Cancela**.

2. Touch **Relógio** twice. **12H** will show in the display.

3. Touch **Liga**. **12:00** will show in the display.

4. Enter the time by touching. **[1], [1], [1], and [1]**. **11:11** will show in the display.

5. Touch **Liga**. The clock starts counting.




NOTE:

If you want to set clock by using the 24 clock, Touch Relógio once, then 24H will show in the display.

+ 30 SEGUNDOS

A time-saving pad, this simplified control lets you quickly set and start microwave cooking without the need to touch Liga.

Example: To set +30 SEGUNDOS cooking 2 minutes

1. Touch **Desliga/Cancela**.

2. Touch **+30 Seg.** 4 times. The oven begins cooking and display shows time counting down.


NOTE:

If you touch +30 Seg, it will add 30 seconds, up to 10 minutes.







END REMINDER

If the food is placed in the cavity after cooking, the beep sounds 3 times per one minute when the door is opened. Touched Desliga/Cancela or different key, the function of End Reminder is canceled.

TIMED COOKING

This function allows you to cook for a desired time. And in order to give you the best results, there are 10 power level settings in addition to HI-POWER because many food need slower cooking (at less than HI-POWER).

Example: To cook food on 80% Power (Power8) for 5 minutes 30 seconds

1. Touch **Desliga/Cancela**.

2. Touch **Microondas**. **INDIQUE O TEMPO DE PREPARO** will show in the display.

3. Enter 5 minutes 30 seconds by touching **[5], [3], and [0]**. **5:30** will show in the display.

4. Touch **Potência**.

5. Touch **8**. To select power level 80%. **P-80** will show in the display.

6. Touch **Liga**.


When the cooking time is over, four long tone sounds. The word **FINAL** shows in the display window. Then the oven shuts itself off.

NOTE:

If you do not select power level, the oven will operate at power HIGH. To set HI-POWER cooking, skip steps 4 & 5 above.

2 STAGE TIMED COOKING

For Two Stage cooking, repeat timed cooking steps 2 through 5 on the previous page before touching the Liga pad for additional Time and Power program you want to add.

Auto Weight Defrost can be programmed before the first stage to defrost first and then cook.

MICROWAVE POWER LEVELS

Your microwave oven is equipped with tenth power levels to give you maximum flexibility and control over cooking. The table below will give you some idea of which foods are prepared at each of the various power levels.

- The chart below shows the power level settings for your oven.

MICROWAVE POWER LEVEL CHART

Power Level	Use
(High)	<ul style="list-style-type: none"> • Boiling water. • Browning ground beef. • Making candy. • Cooking poultry pieces, fish, & vegetables. • Cooking tender cuts of meat.
9	<ul style="list-style-type: none"> • Reheating rice, pasta, & vegetables.
8	<ul style="list-style-type: none"> • Reheating prepared foods quickly. • Reheating sandwiches.
7	<ul style="list-style-type: none"> • Cooking egg, milk and cheese dishes. • Cooking cakes, breads. • Melting chocolate.
6	<ul style="list-style-type: none"> • Cooking veal. • Cooking whole fish. • Cooking puddings and custard.
5	<ul style="list-style-type: none"> • Cooking ham, whole poultry, lamb. • Cooking rib roast, sirloin tip.
4	<ul style="list-style-type: none"> • Thawing meat, poultry and seafood.
3	<ul style="list-style-type: none"> • Cooking less tender cuts of meat. • Cooking pork chops, roast.
2	<ul style="list-style-type: none"> • Taking chill out of fruit. • Softening butter.
1	<ul style="list-style-type: none"> • Keeping casseroles and main dishes warm. • Softening butter and cream cheese.

CHILD LOCK

This is a unique safety feature that prevents unwanted oven operation such as used by children. Once the child lock is set, no cooking can take place.

Example : To set the child lock



Touch and hold **Desliga/Cancela** until **DESATIVADO** appears in the display and a single beep is heard.

When CHILD LOCK was already set, if you touch other cooking pad, the window shows DESATIVADO in the display. Then you can cancel the child lock according to below procedure.

Example : To cancel the child lock



Touch and hold **Desliga/Cancela** until **ATIVADO** disappears in the display.

BRAZILLIAN COOK

Brazilian cook made easy! Your oven's menu has been preprogrammed to cook food automatically. Tell the oven what you want. Then let your microwave oven cook your selections.

Example: To cook 2 XICS of Feijão simply follow the step below



1. Touch **Desliga/Cancela**.



2. Touch **Feijão**. **APERTE A TECLA 1 A 3** will show in the display.



3. Touch **[3]**. **2 XICS** will show in the display.



4. Touch **Liga**. If you don't press Liga key for 8 seconds it will start cooking automatically.

TABELA DE COZIMENTO AUTOMÁTICO (PRATOS BRASILEIROS)

MENU	QUANTIDADE	TEMPERATURA	PROCEDIMENTO	DICA
ARROZ	1 ou 2 xícaras 1 xícara 1 xícara (chá) de arroz (200g) 2 xícaras (chá) de água (500ml) 2 xícaras 2 xícaras (chá) de arroz (400g) 4 xícaras (chá) de água (1000ml)	Ambiente	Ingredientes: • Utilize arroz tipo 1 ou 2. • 1 colher (sopa) de óleo • 1/2 colher (sopa) de sal • 1 colher (sopa) de cebolinha picada Modo de Preparo: Num refratário redondo, coloque todos os ingredientes e misture. Não é necessário tampar. Leve ao forno. No final do preparo aguarde 5 a 10 minutos tempo de espera coberto. Se, preferir refogar os temperos leve ao forno por 30 segundos na potência 100%.	Arroz à Grega • Acrescente: 1/2 xícara (chá) de cenoura, vagem e ervilhas 1/4 xícara (chá) pimentão verde, vermelho e amarelo • Utilize 1 xic, porém indique a opção de 2 xics.
FEIJÃO	1 a 2 xícaras 1 xícara 1 xícara (chá) de feijão 6 xícaras (chá) de água (fervente) 1 1/2 xícaras 1 1/2 xícaras (chá) de feijão 7 xícaras (chá) de água (fervente) 2 xícaras 2 xícaras (chá) de feijão 8 xícaras (chá) de água (fervente)	Fervente	Num refratário fundo, coloque a água e o feijão, misture. Não é necessário cobrir. Na pausa mexa e volte ao forno. No final do preparo retire e mexa. Para temperar: acrescente os temperos e volte ao forno por mais 10 minutos na potência alta. Para o Tempero: • 1 colher (sopa) de óleo ou azeite • 1 colher (sopa) de coentro picado • 2 colheres (sopa) de cebola picada • 2 dentes de alho picados • Sal à gosto	• Deixe o feijão de molho por 12 horas. • Se preferir refogar os temperos leve ao forno por 30 segundos na potência alta. • Utilize feijão tipo cariocinha roxo ou preto. • Utilize a tecla também para cozinhar grão-de-bico.
MANDIOCA	250g ou 500g 250g de mandioca 4 xícaras (chá) de água (1000ml) 500g de mandioca 5 xícaras (chá) de água (1205ml)	Ambiente	Num refratário redondo, coloque a mandioca e a água. Cubra e leve ao forno microondas. Na pausa, mexa e verifique o ponto de cozimento identificando se é necessário voltar ao forno para o 2º estágio para terminar o preparo. No final do preparo, aguarde 5 a 10 minutos no tempo de espera coberto.	• A textura pode variar função da qualidade da mandioca assim, como no modo de cozimento convencional. • Na safra da mandioca as mesmas estão mais macias necessitando de um tempo menor de cozimento.
PIPOCA	100g Utilize somente pipocas indicadas para preparo em forno microondas.	Ambiente	Coloque a pipoca sobre o prato giratório, seguindo as orientações do fabricante descritas na embalagem.	• Ao abrir o pacote mantenha-o longe da face devido ao vapor desprendido. • Não reutilize os grãos que não estouraram. • Prepare apenas um pacote por vez.

AUTO COOK

Your oven's menu has been preprogrammed to automatically cook food. Tell the oven what you want and how many items there are. Then let your microwave cook your selections.

Be sure to close the door before selecting categories.

Example: To cook 500g of baked potato, simply follow the step below.



1. Touch **Desliga/Cancela**.



2. Touch **Auto Cozim** three times. **BATATA ASSADA** will show in the display.



3. Touch **Liga**. **APERTE A TECLA 1 A 4** will show in the display.



4. Touch **2**. **2 UN** will show in the display.



5. Touch **Liga**.
If you don't press Liga key for 8 seconds it will start cooking automatically.

NOTE:

If you don't touch Desliga/Cancela pad when the cooking is over, the oven provides you with the tone message that finished the cooking at intervals of long time.

MENUS LIGHT

Your oven's menu has been preprogrammed to automatically cook food. Tell the oven what you want and how many items there are. Then let your microwave cook your selections.

Be sure to close the door before selecting categories.

Example: To cook 250g of Peixes, simply follow the step below.



1. Touch **Desliga/Cancela**.



2. Touch **Menus Light** four times. **PEIXES** will show in the display.



3. Touch **Liga**. **APERTE A TECLA 1 A 2** will show in the display.



4. Touch **1**. **250G** will show in the display.



5. Touch **Liga**.

AUTO REHEAT

Your oven's menu has been preprogrammed to automatically reheat food. Tell the oven what you want and how many items there are. Then let your microwave oven reheat your selections.

Be sure to close the door before selecting categories.

Example: To reheat two pieces of pizza, simply follow the step below.



1. Touch **Desliga/Cancela**.



2. Touch **Auto Reaquec** three times. **PIZZA** will show in the display.



3. Touch **Liga**. **APERTE A TECLA 1 A 3** will show in the display.



4. Touch **2**. **2 UN** will show in the display.



5. Touch **Liga**.

NOTE:

If you don't touch Desliga/Cancela pad when the cooking is over, the oven provides you with the tone message that finished the cooking at intervals of long time.

TABELA DE COZIMENTO AUTOMÁTICO (AUTO COOK)

MENU	QUANTIDADE	TEMPERATURA	PROCEDIMENTO	DICA
LEGUMES E VEDURAS FRESCAS	200g a 500g 200g e 300g 3 colheres (sopa) de água 500g 4 colheres (sopa) de água	Ambiente e Refrigerado	Num refratário redondo, coloque os legumes ou verduras. Tampe e leve ao forno. Na pausa, mexa e volte ao forno. No final do preparo aguarde o tempo de espera de 5 minutos coberto.	<ul style="list-style-type: none"> • Os legumes e verduras preparados no forno microondas mantêm maior quantidade de vitaminas e sais minerais, pois a do cozimento não é eliminada. • O sabor e a cor são realçados. • Tempere após o cozimento.
LEGUMES E VEDURAS CONGELADAS	200g a 500g	Congelado (18°C)	Num refratário redondo, coloque legumes ou verduras. Tampe e leve ao forno. Na pausa, mexa e volte ao forno. No final do preparo aguarde o tempo de espera de 5 minutos coberto.	<ul style="list-style-type: none"> • Não é necessário adicionar água.
BATATA ASSADA	1 a 4 unidades (cerca de 250g cada)	Ambiente	Lave e escove bem a casca da batata. Seque-a e perfure-a com um garfo. Forre o prato giratório com papel- toalha e distribua as batatas na borda do prato giratório. Leve ao forno microondas, no final do preparo aguarde o tempo de 5 minutos envolvidas em papel- alumínio.	<ul style="list-style-type: none"> • Se o peso da batata for maior ou menor que o indicado influenciará diretamente o resultado.
BOLO	1 receita (cerca de 500g)	Ambiente	<p>Ingredientes:</p> <ul style="list-style-type: none"> • 3 ovos • 1 1/2 xícara (chá) de açúcar (270g) • 1 1/2 xícara (chá) de farinha de trigo (180g) • 3 colheres (sopa) de margarina (60g) • 1 xícara (chá) de leite ou suco de frutas • 1 colher (sopa) de fermento em pó <p>Modo de Preparo: Bata as claras em neve, sem parar de bater acrescente as gemas, a margarina e alterne os ingredientes secos peneirados e o leite. Por último, acrescente o fermento em pó. Despeje a massa em uma fôrma refratária untada com margarina. Não é necessário cobrir. Leve ao forno microondas. No final do preparo aguarde 5 minutos no tempo de espera.</p>	<ul style="list-style-type: none"> • Desenforme o bolo ainda morno para que não grude na fôrma. • Sempre que adaptar uma receita de forno convencional para microondas aumente a quantidade de gordura. • O leite pode ser substituído por iogurte natural ou suco de frutas. • Varie o sabor acrescentando um destes ingredientes: <ul style="list-style-type: none"> * 1 xícara (chá) de damascos picados * 1 xícara (chá) de ameixas ou nozes picadas * 1 xícara (chá) de chocolate em pó
PUDIM DE LEITE	1 receita	Ambiente	<p>Ingredientes:</p> <p>Calda:</p> <ul style="list-style-type: none"> • 6 colheres (sopa) de açúcar • 6 colheres (sopa) de água <p>Pudim:</p> <ul style="list-style-type: none"> • 4 ovos • 1 lata de leite condensado • 1 lata de leite comum • 1/2 lata de creme de leite • 1 colher (chá) de essência de baunilha <p>Modo de Preparo: Calda: Misture o açúcar e a água numa fôrma de anel. Leve ao forno microondas. por 6 a 9 minutos na potência alta, mexendo na metade do tempo. Espalhe a calda no interior da fôrma e reserve. Pudim: Bata todos os ingredientes no liquidificador e despeje na fôrma reservada, cubra e leve ao forno microondas. No final do preparo aguarde esfriar.</p>	<ul style="list-style-type: none"> • Retire a calda ainda em tom claro, pois devido à alta temperatura após ser retirado o mesmo termina o preparo. • Utilize o auxílio de luvas térmicas, pois a calda de caramelo atinge uma temperatura de aproximadamente 180°C. • Desenformar somente gelado. • Varie o sabor acrescentando/ substituindo um destes ingredientes: <ul style="list-style-type: none"> * 1 lata de suco de laranja * 1 vidro de leite de coco e 50g de coco seco ralado * 5 colheres (sopa) de cappuccino * 4 colheres (sopa) de chocolate em pó
GELÉIA	400g ou 600g 400g • 450g de goiaba • 150g de açúcar 600g • 650g de maçã ou mamão papaya • 150g de açúcar	Ambiente e Refrigerado	<p>Ingredientes:</p> <ul style="list-style-type: none"> • 450g de goiaba • 150g de açúcar <p>Modo de Preparo: Num refratário fundo, misture a goiaba com o açúcar. Não é necessário cobrir. Leve ao forno microondas, na pausa bata a mistura no liquidificador e volte ao forno. Se preferir pode deixar alguns pedaços de frutas sem bater. No final do preparo, retire, aguarde esfriar e sirva. *Ao terminar o preparo a geléia possui aspecto líquido, após esfriar obten-se o ponto desejado.</p>	<p>Para 400g</p> <ul style="list-style-type: none"> • Varie o sabor substituindo pela mesma quantidade das seguintes frutas: <ul style="list-style-type: none"> * Morango, Maçã e Abacaxi * Mamão aumente a quantidade para 500g e diminua o açúcar para 100g. <p>Para 600g</p> <ul style="list-style-type: none"> • Varie o sabor substituindo pelas seguintes frutas: <ul style="list-style-type: none"> * Abacaxi diminua a quantidade para 600g e aumente o açúcar para 200g * Goiaba aumente a quantidade para 750g e mantenha a quantidade de açúcar.

TABELA DE COZIMENTO AUTOMÁTICO (AUTO COOK)

MENU	QUANTIDADE	TEMPERATURA	PROCEDIMENTO	DICA
BRIGADEIRO	1 receita (40 docinhos)	Ambiente	<p>Ingredientes:</p> <ul style="list-style-type: none"> • 1 lata de leite condensado • 2 colheres (sopa) de chocolate em pó • 1 colher (sobremesa) de margarina • chocolate granulado para envolver os docinhos <p>Modo de Preparo: Num refratário fundo, misture todos os ingredientes com exceção do chocolate granulado. Na pausa mexa e volte ao forno. No final do preparo, retire, mexa e aguarde esfriar. Faça bolinhas e envolva com o chocolate granulado e coloque em fôrminhas de papel.</p>	<ul style="list-style-type: none"> • Ao terminar o preparo o brigadeiro possui uma textura aerada, mexa bem até obter uma massa bem lisa. • Utilize sempre recipiente fundo para que não transborde.
AMENDOIM	1 xícara (175g) ou 2 xícaras (350g)	Ambiente	Num refratário redondo, coloque o amendoim e leve ao forno microondas. Na pausa, mexa e volte ao forno para terminar o preparo. Aguarde esfriar e utilize.	<ul style="list-style-type: none"> • Acrescente ao amendoim ainda morno 1 colher (sopa) de margarina e sal a gosto.

TABELA DE AQUECIMENTO AUTOMÁTICO (AUTO REHEAT)

MENU	QUANTIDADE	TEMPERATURA	PROCEDIMENTO	DICA
BEBIDAS	1 xícara (chá) 250ml ou 2 xícaras (chá) 500ml Indicado para o aquecimento de café, chá e leite.	Ambiente ou Refrigerado	Coloque em uma jarra refratária ou xícara indicado para uso em microondas. Mexa o líquido e coloque na borda do prato giratório. Leve ao forno microondas. No final do aquecimento mexa e aguarde 3 a 5 minutos no tempo de espera.	<ul style="list-style-type: none"> • Teste se a temperatura está adequada antes de ingerir. • Evite que o vapor formado entre em contato com suas mãos e rosto.
PÃES	1 a 3 unidades	Congelado (-18°C)	Coloque os pães sobre o prato giratório forrado com papel-toalha. Leve ao forno microondas. No final do aquecimento aguarde 3 minutos no tempo de espera.	<ul style="list-style-type: none"> • Ao aquecer pães utilize sempre papel-toalha, pois o mesmo retém a umidade.
PIZZA	1 a 3 fatias	Ambiente ou Refrigerado	Num refratário para microondas, distribua as fatias de pizza. Leve ao forno microondas. No final do aquecimento, retire e sirva em seguida.	<ul style="list-style-type: none"> • As pizzas de queijo atingem temperaturas mais altas.
SALGADINHOS	2 a 6 unidades	Congelado (-18°C)	Num refratário para microondas forrado com papel toalha, distribua os salgadinhos. Leve ao forno microondas. No final do aquecimento, retire e sirva em seguida.	<ul style="list-style-type: none"> • Utilize para aquecer esfihas, coxinhas, empadas, risoles e croquetes.
PRATO PRONTO CONGELADO	250g ou 500g	Congelado (-18°C)	Leve o prato ao forno microondas e siga as orientações do fabricante descritas na embalagem. No final do preparo aguarde 5 minutos no tempo de espera e sirva em seguida.	<ul style="list-style-type: none"> • Mexa e teste se a temperatura está adequada antes de ingerir.

TABELA DE COZIMENTO AUTOMÁTICO (MENU LIGHT)

MENU	QUANTIDADE	TEMPERATURA	PROCEDIMENTO	DICA
BATATA FRITA	250g ou 400g	Congelado (-18°C)	Num refratário redondo, distribua as batatas e leve ao forno microondas. Na pausa, mexa e volte ao forno para terminar o preparo. No final do preparo, retire tempere e sirva em seguida.	<ul style="list-style-type: none"> Somente utilize batatas pré-cozidas e congeladas.
MILANESA	300g ou 500g	Refrigerado	<p>Ingredientes:</p> <ul style="list-style-type: none"> • 5 colheres (sopa) de farinha de rosca • 50g de queijo parmesão ralado • 2 colheres (sopa) de óleo de canola ou milho • 1 colher (sopa) de orégano • 1 colher (sopa) de margarina light <p>Modo de Preparo: Coloque a farinha de rosca em um refratário e leve ao forno microondas para torrar por 4 a 6 minutos na potência alta. Mexa a cada minuto para não queimar. Retire e deixe esfriar. Misture a farinha de rosca com o queijo ralado e reserve. Pincele os filés temperados à gosto com óleo e passe na mistura de farinha reservada. Coloque os filés em um refratário e distribua a margarina sobre os mesmos. Leve ao forno microondas, no final do preparo retire e sirva.</p>	<ul style="list-style-type: none"> • Substitua a farinha de rosca por flocos de milho ou bolacha cream craker esmigalhadas. • Pode se acrescentar à farinha de rosca salsa desidratada, tomilho, estragão ou páprica. • Para 500g aumente as quantidades: • 7 colheres (sopa) de farinha de rosca • 70g de queijo parmesão ralado • 3 colheres (sopa) de óleo de canola ou milho. • Utilize esta opção somente para o de filé de frango à milanesa.
FRUTAS COZIDAS	200g ou 400g	Ambiente e Refrigerado	Num refratário redondo, coloque a fruta, cubra e leve ao forno microondas. Na pausa, mexa e volte ao forno para terminar o preparo. No final do preparo aguarde tempo de espera de 5 minutos coberto.	<ul style="list-style-type: none"> • Ideal para o preparo de maçãs, abacaxi e banana • Sirva as frutas acompanhadas de adoçantes e canela.
PEIXES	250g ou 500g	Refrigerado	<p>Ingredientes:</p> <ul style="list-style-type: none"> • 500g de filé de pescadas • 2 talos de salsa picados • 2 cenouras cortadas em cubinhos • 2 colheres (sopa) de alcarras • 3 colheres (sopa) de molho de soja para pincelar <p>Modo de Preparo: Tempere os filés à gosto. Coloque em um refratário, pincelar com o molho de soja e distribua sobre os mesmos os restante dos ingredientes. Leve ao forno microondas. No final do preparo aguarde 5 minutos no tempo de espera.</p>	<ul style="list-style-type: none"> • Para preparar 250g reduza todos ingredientes pela metade. • Varie a receita substituindo a cenoura por: • 1 tomate em rodelas, 1/2 cebola picada e 2 colheres (sopa) cheiro verde picado • 50g de champignons fatiados, 1 colher (sopa) de ervas aromáticas e 1/4 xícara (chá) de vinho branco seco • 100g de camarões frescos, 2 colheres (sopa) de molho pronto e 2 ou 3 ramos de manjeriça. • O molho de soja pode ser substituído por mostarda • A pescada pode ser substituída por cação, badejo, salmão ou atum
BISCOITOS	1 receita (20 biscoitos)	Refrigerado	<p>Ingredientes:</p> <ul style="list-style-type: none"> • 2 colheres (sopa) de margarina light • 1/2 xícara (chá) de açúcar mascavo • 1 gema ou 1 clara de ovo • 1 colher (chá) de essência de baunilha • 1/4 colher (chá) de fermento em pó • 1/4 colher (chá) de bicarbonato de sódio • 1 1/4 xícara (chá) de farinha de trigo comum <p>Modo de Preparo: Bata bem a margarina com o açúcar. Acrescente os demais ingredientes. Misture até obter uma massa homogênea. Leve a geladeira por 1 hora. Faça aproximadamente 20 bolinhas. Em um refratário untado com margarina, distribua os biscoitos e leve forno microondas. No final do preparo aguarde 5 minutos no tempo de espera.</p>	<ul style="list-style-type: none"> • Varie a receita acrescentando uma das seguintes sugestões: • 2 colheres (sopa) de damascos picados • 2 colheres (sopa) de passas • 2 colheres (sopa) de amendoim torrado e moído • 2 colheres (sopa) de amêndoas picadas • 2 colheres (sopa) de ameixa preta • Para obter biscoitos de aveia: • Substitua a farinha de trigo comum por 1/2 xícara (chá) de farinha de trigo integral e 1 xícara (chá) de aveia • Varie o sabor acrescentando: • 2 colheres (sopa) de coco seco ralado • 2 colheres (sopa) de chocolate em pó diet.

AUTO WEIGHT DEFROST

The Auto Defrost by Weight feature is an accurate defrosting method for frozen meat, poultry and fish up to kg. 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 portions to the oven and touch Liga to resume the defrost cycle. The oven will not STOP during the "BEEP" unless the door is opened.

Example : To defrost 1,2 kg of ground beef, select Meat menu, enter the weight, and press Liga.



1. Touch **Desliga/Cancela**.



2. Touch **Auto Desc** once. **CARNE** will show in the display.



3. Enter the weight by touching [1] and [2]. **1200G** will show in the display.



4. Touch **Liga**.

NOTE:

- The benefit of this Auto Defrost feature is automatic setting and control of defrosting, but just like conventional defrosting you must check the foods during the defrosting time.
- For best results, remove fish, shellfish, meat and poultry from its original paper or plastic closed package (wrapper). Otherwise, the wrap will hold steam and juice closed to the foods which can cause the outer surface of the foods to cook.
- Place foods in shallow glass baking dish or microwave roasting rack to catch drippings
- Food should still be somewhat icy in the center when removed from the oven.
- When it is difficult to remove the wrap from the food, defrost the wrapped food for about a quarter of the total defrost time, which is displayed at the beginning of the defrost cycle. Then remove the food from oven, and remove the wrap from food.

QUICK DEFROST

The QUICK DEFROST feature provides you with the quick defrosting method for 0,5 kg of carnes. The oven automatically sets the defrosting time for the food. (Carnes 0,5 kg only)

Example : To defrost 500 g of Carnes.



1. Touch **Desliga/Cancela**.



2. Touch **Desc. Rápido**.

TABELA DE DESCONGELAMENTO AUTOMÁTICO (AUTO DEFROST)

MENU	QUANTIDADE	TEMPERATURA	PROCEDIMENTO	DICA
CARNE	0,5kg a 2,0kg	Congelado (- 18°C)	Coloque a carne em um refratário raso e leve ao forno microondas. Na pausa, vire e volte ao forno para terminar o descongelamento. No final aguarde 30 minutos no tempo de espera envolvida em papel-em alumínio.	<ul style="list-style-type: none"> • Indicado para o descongelamento de carnes cruas inteiras, bifés e em pedaços. • Indicado para o descongelamento de frango inteiro e em pedaços. • Se na pausa existir alguma parte já descongelada proteja- a com pequenas tiras de papel- alumínio.
AVES	0,5kg a 2,3kg	Congelado (- 18°C)	Coloque o frango em um refratário raso e leve ao forno microondas. Na pausa, vire e volte ao forno para terminar o descongelamento. No final aguarde 30 minutos no tempo de espera envolvido em papel-em alumínio.	<ul style="list-style-type: none"> • Indicado para o descongelamento de frango inteiro e em pedaços. • Se na pausa existir alguma parte já descongelada proteja com pequenas tiras de papel- alumínio.
PEIXES	0,5kg a 2,0kg	Congelado (- 18°C)	Coloque o frango em um refratário raso e leve ao forno microondas. Na pausa, vire e volte ao forno para terminar o descongelamento. No final aguarde 20 minutos no tempo de espera envolvido em papel-em alumínio.	<ul style="list-style-type: none"> • Indicado para o descongelamento de peixe inteiro, filés e em postas. • Se na pausa existir alguma parte já descongelada proteja com pequenas tiras de papel- alumínio.

OPÇÕES

You can select on/off of beeper, scroll speed control and on/off of Demo.

Example: To turn off sound beeper.



1. Touch **Desliga/Cancela**.



2. Touch **Opções**.
SOM PARA DESATIVAR APORTE LIGA will show in the display.



3. Touch **Liga**.

NOTE: To turn of beep back on, repeat step 1~3.

Example: To change speed scroll display



1. Touch **Desliga/Cancela**.



2. Touch **Opções** twice.
VELOCIDADE DAS MENSAGENS show in the display.



3. Touch **Liga**.
1-RAPIDO
2-NORMAL
3-DEVAGAR will show in the display.



4. Touch **1**.
RAPIDO will show in the display.



5. Touch **Liga**.

NOTE: To change speed of scroll display back to another speed repeat step 1~5.

Example: To turn on DEMO.



1. Touch **Desliga/Cancela**.



2. Touch **Opções** three times. **DEMO PARA ATIVAR APORTE LIGA** will show in the display.



3. Touch **Liga**.

HOLD WARM

HOLD WARM will continue for up to 99 minutes until the door has been opened or Desliga/Cancela has been touched.



1. Touch **Desliga/Cancela**.



2. Touch **Manter Aquecido**.
MANTER AQUECIDO will show in the display.



3. Touch **Liga**.
MANTER AQUECIDO will show in the display.

When the cooking cycle is over, the oven will switch into HOLD WARM to keep the food warm. Your oven has a "HOLD WARM" feature that keeps the food warm after cooking is complete.

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. 1/2 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) lemon juice	2-3 minutes
Cod/Haddock steaks	5-7 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) lemon juice	3-4 minutes
Lemon Sole fillets	2 1/2-4 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) lemon juice	2-3 minutes
Dover Sole	4-6 minutes	HIGH	Add 1-2x15 ml(1-2 tbsp) lemon juice	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) lemon juice	3-4 minutes

Vegetable	Amount	Cook Time at HIGH	Instruptions	Standing time
Artichokes (8 oz. each)	2 medium 4 medium	6-8 11-13	Trim. Add 2 tsp. Water and 2 tsp. juice. Cover.	2-3 minutes
Asparagus, Fresh, spears	1lb.	7-9	Add 2 tbsp. water in 1-qt. covered casserole.	2-3 minutes
Beans, green & wax	1lb.	10-11	Add 2 tbsp. water in 1-qt. casserole. Stir halfway through cooking.	2-3 minutes
Beets, Fresh,	1lb.	17-20	Add 1/4 cup water in 1-qt. covered casserole. Rearrange halfway through cooking.	2-3 minutes
Broccoli, Fresh, spears	1lb.	6-8	Place broccoli in baking dish. Add 2 tbsp. water	2-3 minutes
Cabbage, Fresh, Chopped	1lb.	7-9	Add 1/4 cup water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Carrtos, Fresh, sliced	2 cups	6-8	Add 2 tbsp. water in 1 1/2 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Cauliflower, Fresh, whole	1lb.	7-9	Trim. Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Fresh, flowerets Celery, Fresh, sliced	2 cups 4 cups	5-6	Slice. Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Corn, Fresh	2 ears	9-12	Husk. Add 2 tbsp. water in 1-qt. baking dish. Cover.	2-3 minutes
Mushrooms, Fresh, sliced	1/2 lb.	4-5	Place mushrooms in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Parsnips, Fresh, sliced	1lb.	6-8	Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Peas, Green, Fresh	4 cups	6-8	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	6-8 8-10	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes
Potatoes, white whole baking (6-8 oz. each)	2 potatoes 4 potatoes	5-8 8-11	Pierce potatoes several times with fork. Place on 2 paper towels. Trun over halfway through cooking.	2-3 minutes 2-3 minutes
Spinach, Fresh, leaf	1 lb.	6-8	Add 2 tbsp. water in 1-qt. covered casserole.	2-3 minutes
Squash, Acorn or buttemut. Fresh	1 medium	8-10	Cut squash in half. Remove seeds. Place in 8x8-inch bacing dish. Cover.	2-3 minutes
Zucchini Fresh, sliced	1 lb.	7-10	Add 2 tbsp. water in 1-qt. covered casserole. Stir halfway through cooking.	2-3 minutes
Zucchini Fresh,whole	1 lb.	8-9	Pierce. Place on 2 paper towels. Trun zucchini over and rearrange halfway through cooking.	2-3 minutes

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 Deslign/Cancela 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.

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.

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.

