



MICROWAVE OVEN

OWNER'S MANUAL

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

MS-2357AR

Precautions

Precautions to avoid possible exposure to excessive microwave energy.

You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. These safety interlocks automatically switch off any cooking activity when the door is opened; which in the case of a microwave oven could 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 food or cleaner residue to accumulate on sealing surfaces.

Do not operate your 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.

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

Warning

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

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).
Be careful when handling the container.

Warning

Always allow food to stand after being cooked by microwaves and check the temperature of them before consumption. Especially contents of feeding bottles and baby food jars.

How the Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves and ordinary daylight. Normally, 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 cookware. though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance

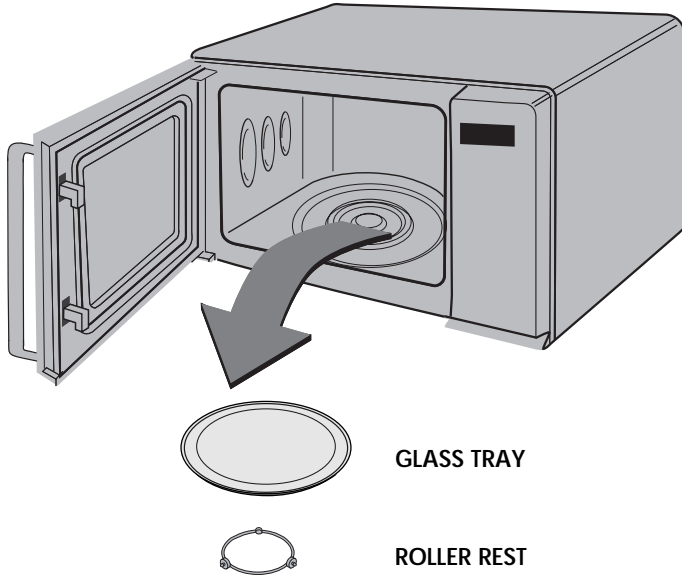
Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.

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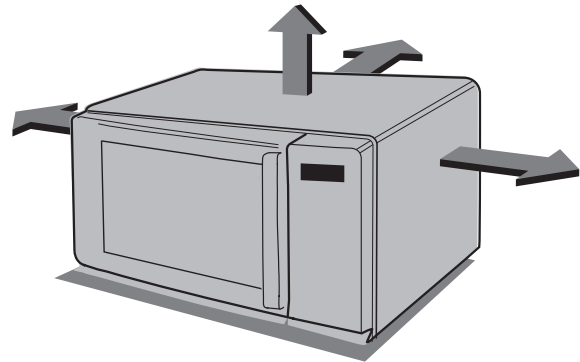
Unpacking & Installing

By following the basic steps on these two pages you will be able to quickly check if your oven is operating properly. Please pay particular attention to the guidance on where to install your oven. When unpacking your oven make sure to remove all accessories and packaging. Check to make sure your oven has not been damaged during delivery.

- 1** Unpack your oven and place it on a flat level surface.



- 2** Place the oven in the level location of your choice with more than 85cm height and make sure there is at least 30cm of space on the top and 10cm at the rear for proper ventilation. The front of the oven should be at least 8cm from the edge of the surface to prevent tipping. An exhaust outlet is located on top or side of the oven. Blocking the outlet can damage the oven.



THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES

3 Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. If your oven does not operate properly, unplug it from the electrical socket and re-plug it back in.

4 Open your oven door by pulling the **DOOR HANDLE**. Place the **ROTATING RING** inside the oven and place the **GLASS TRAY** of it.

5 Fill a microwave safe container with 300 ml of water. Place it on the **GLASS TRAY** and close the oven door. If you have doubts about what type of container to use, please refer to page 26.



6 Press the **START** button once to set 30 seconds of cooking time. When you press the button, you will hear a BEEP sound and your oven will start cooking automatically.



7 The LED screen will show the count down of the cooking time from 30 seconds. When it reaches 0, it will BEEP. Open the oven door and test the temperature of the water. If you oven is operating properly the water should be warm. Be careful when removing the container, it may be hot.



YOUR OVEN IS NOW INSTALLED

Setting the Clock



When your oven is plugged in for the first time or when power resumes after a power cut, a '0' will be shown in the display; you have to reset the 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.

During clock setting, the colon will flash. After setting, the colon will stop flashing.

You can set the clock in either 12 hour clock setting or 24 hour clock.

In the following example, we will show you how to set the time for 14:35 using 24 hour clock setting.

Make sure you have removed all the packaging from your oven.

Make sure you have correctly installed your oven as described earlier in this book.

Press **Stop/Clear**.



Press **Clock** once.

(If you want to use a 12 hour clock setting, Press Clock one more time.

If you want to change to different option after setting the clock, you have to of the power and on it again.)



Press **10 min** fifteen times.

Press **1 min** three times.

Press **10 sec** five times.



Press **Clock** or **Start/Quick Start** to set the time.

The clock starts running.



Child Lock



Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place. However your child can still open the oven door!

Press **Stop/Clear**.



Press and hold **Stop/Clear** until "L" appears on the display and BEEP sounds.

The **CHILD LOCK** is now set.

The time will disappear on the display if you have set the clock.



"L" remains displayed to let you know that **CHILD LOCK** is set.



To cancel **CHILD LOCK** press and hold **Stop/Clear** until "L" disappears. You will hear BEEP when it's released.



Micro Power Cooking

In the following example I will show you how to cook some food on 80% power for 5 minutes and 30 seconds.



Your oven has five microwave Power settings. High power is automatically selected but repeated presses of the **Power** button will select different power levels.

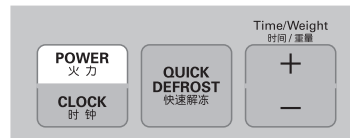
POWER	Press Power	%	POWER OUTPUT
HIGH MAX	1 time	100%	850W
MEDIUM HIGH	2 times	80%	680W
MEDIUM	3 times	60%	510W
DEFROST MEDIUM LOW	4 times	40%	340W
LOW	5 times	20%	170W

Make sure you have correctly installed your oven as described earlier in this book.

Press **Stop/Clear**.



Press **Power** twice to select 80% power. "680" appears on the display.



Press **1 min** five times.
Press **10 sec** three times.



Press **Start/Quick Start**.

After cooking is over, End Reminder Beep Sounds per 1 minute for 5 minutes until the oven door is opened.



Micro Power Level

Your microwave oven is equipped with 5 power levels to give you maximum flexibility and control over cooking. The table below shows the examples of food and their recommended cooking power levels for use with this microwave oven.

POWER LEVEL	USE	POWER LEVEL (%)	POWER OUTPUT
HIGH	<ul style="list-style-type: none"> * Boil Water * Brown minced beef * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat 	100%	850W
MEDIUM HIGH	<ul style="list-style-type: none"> * All reheating * Roast meat and poultry * Cook mushrooms and shellfish * Cook foods containing cheese and eggs 	80%	680W
MEDIUM	<ul style="list-style-type: none"> * Bake cakes and scones * Prepare eggs * Cook custard * Prepare rice, soup 	60%	510W
DEFROST/ MEDIUM LOW	<ul style="list-style-type: none"> * All thawing * Melt butter and chocolate * Cook less tender cuts of meat 	40%	340W
LOW	<ul style="list-style-type: none"> * Soften butter & cheese * Soften ice cream * Raise yeast dough 	20%	170W



Two stage Cooking

In the following example I will show you how to cook some food in two stages. The first stages will cook your food for 11 minutes on HIGH; the second will cook for 35 minutes on **340W**.



During two stage cooking the oven door can be opened and food checked. Close the oven door and press **Start/Quick Start** and the cooking stage will continue.

At the end of stage1, BEEP sounds and stage 2 commences.

Should you wish to clear the programme press **Stop/Clear** twice.

Press **STOP/CLEAR**.

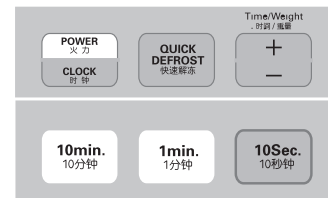
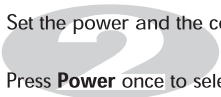


Set the power and the cooking time **for stage1**.

Press **Power** once to select HIGH power.

Press **10 min** once.

Press **1 min** once.

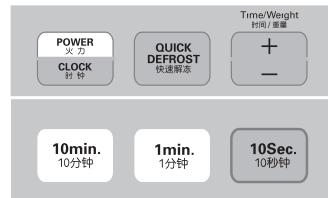


Set the power and the cooking time **for stage2**.

Press **Power** four times to select **340** power.

Press **10 min** three times.

Press **1 min** five times.



Press **Start/Quick Start**.



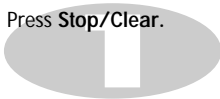
Quick Start

In the following example I will show you how to set 2 minutes of cooking on high power.

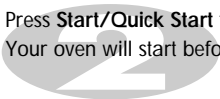


The **QUICK START** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **Start/Quick Start**.

Press **Stop/Clear**.



Press **Start/Quick Start** four times to select 2 minutes on HIGH power.
Your oven will start before you have finished the fourth press.



During **QUICK START** cooking, you can extend the cooking time up to 10 minutes by repeatedly pressing the **Start/Quick Start** key.



Quick Menu

In the following example I will show you how to cook 0.5 kg of Baked bean.



Quick Menu allows you to cook most of your favorite food easily by selecting the food type and entering the weight of food by pressing the **More/Less** key.

CATEGORY	Press Quick menu
Oatmeal	1 time
Pasta	2 times
Baked bean	3 times
Hotdog	4 times
Stew	5 times
Scrambled egg	6 times

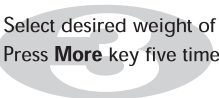
Press **Stop/Clear**.



Press **Quick Menu** three times. "Sc-3" appears on the display.



Select desired weight of Baked bean .
Press **More** key five times to enter 0.5kg.



Press **Start/Quick Start**.



FOOD CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD TEMP.	INSTRUCTIONS											
1. OATMEAL	1- 4 serves	Microwave-safe bowl	Room	Place the oats and milk in a deep microwave- safe bowl. Cook uncovered. The oven will beep, stir the oats well and press start to continue. After cooking, stir well and stand for 1 minute before serving.											
				<table border="1"> <thead> <tr> <th></th> <th>1 serve</th> <th>2 serves</th> <th>3 serves</th> <th>4 serves</th> </tr> </thead> <tbody> <tr> <td>Oats 1 package Approx. 40g</td> <td>1/3 cup (1 package)</td> <td>2/3 cups (2 packages)</td> <td>1 cup (3 packages)</td> <td>1 1/3 cups (4 packages)</td> </tr> <tr> <td>Cold Milk</td> <td>3/4 cup (180ml)</td> <td>1 1/2 cups (360ml)</td> <td>2 1/2 cups (540ml)</td> <td>3 cups (720ml)</td> </tr> </tbody> </table>		1 serve	2 serves	3 serves	4 serves	Oats 1 package Approx. 40g	1/3 cup (1 package)	2/3 cups (2 packages)	1 cup (3 packages)	1 1/3 cups (4 packages)	Cold Milk
	1 serve	2 serves	3 serves	4 serves											
Oats 1 package Approx. 40g	1/3 cup (1 package)	2/3 cups (2 packages)	1 cup (3 packages)	1 1/3 cups (4 packages)											
Cold Milk	3/4 cup (180ml)	1 1/2 cups (360ml)	2 1/2 cups (540ml)	3 cups (720ml)											
2. PASTA	0. 1 kg - 0. 3 kg	Microwave-safe bowl	Room	Place pasta and boiling water with 1/4 to 1 teaspoon salt in a deep and large bowl.											
				<table border="1"> <thead> <tr> <th>Weight</th> <th>0.1kg</th> <th>0.2kg</th> <th>0.3kg</th> <th>Cover</th> </tr> </thead> <tbody> <tr> <td>Boiling water</td> <td>400ml</td> <td>700ml</td> <td>1000ml</td> <td>No</td> </tr> </tbody> </table> <p>Cook uncovered. The oven will beep, stir the pasta well and press start to continue. After cooking, stir and stand for 1 minute if required. Rinse pasta with cold water.</p>	Weight	0.1kg	0.2kg	0.3kg	Cover	Boiling water	400ml	700ml	1000ml	No	
Weight	0.1kg	0.2kg	0.3kg	Cover											
Boiling water	400ml	700ml	1000ml	No											
3. BAKED BEAN, REHEAT	0.2 kg - 0. 8 kg	Microwave-safe dish	Room	Pour beans into the microwave- safe dish. Cover. Place dish on the glass tray. After reheating, stir and then stand for 1- 2 minutes with cover.											
4. HOTDOG INCLUDING BRINE	0.2 kg - 0. 6kg	Microwave-safe bowl	Room	Place contents of can including brine in a microwave- save bowl. Heat uncovered. After heating, stir well. Drain and serve.											
5. STEW	0.2 kg - 0.6 kg	Microwave-safe bowl	Room	Place stew in a microwave- save bowl. Cover with wrap loosely. After heating, stir well and stand for 2 minutes.											
6. SCRAMBLED EGG	1- 4 eggs	Microwave-safe bowl	Refrigerated	Place desired number of eggs and milk into a large bowl. Whisk slightly. Cover with wrap. After cooking, remove from the oven. Stir well and stand for 1- 2 minutes with cover until firm. Add amount of milk according to the quantity. ** 1 egg : 1 Tablespoon of milk 2 eggs : 2 Tablespoons of milk 3 eggs : 3 Tablespoons of milk 4 eggs : 4 Tablespoons of milk											

Auto Cook

In the following example I will show you how to cook 0.5 kg of jacket potato.



AUTO COOK allows you to cook most of your favorite food easily by selecting the food type and entering the weight of the food by pressing the **More/Less** key.

CATEGORY	Press Auto Cook
JACKET POTATO	1 time
FRESH VEGETABLE	2 times
FROZEN VEGETABLE	3 times
RICE	4 times
FRESH FISH	5 times

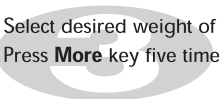
Press **Stop/Clear**.



Press **Auto Cook** one time.
"AC-1" appears on the display.



Select desired weight of potato.
Press **More** key five times to enter 0.5kg.



Press **Start/Quick Start**.



FOOD CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD TEMP.	INSTRUCTIONS										
1. JACKET POTATO	0.2 kg ~ 1.0 kg	–	Room	Choose medium sized potatoes 170 -200g. Wash and dry potatoes. Pierce the potatoes several times with fork. Place the potatoes on the glass turntable. Adjust weight and press start. After cooking, remove the potatoes from the oven. Let stand covered with foil for 5 minutes.										
2. FRESH VEGETABLE	0.2 kg ~ 0.8 kg	Microwave-safe bowl	Room	Place vegetables in a microwave-safe bowl. Add water. Cover with wrap. After cooking, stir and allow to stand for 2 minutes. Add amount of water according to the quantity. ** 0.2kg - 0.4kg : 2 Tablespoon ** 0.5kg - 0.8kg : 4 Tablespoon										
3. FROZEN VEGETABLE	0.2 kg ~ 0.8 kg	Microwave-safe bowl	Frozen	Place vegetables in a microwave-safe bowl. Add water. Cover with wrap. After cooking, stir and allow to stand for 2 minutes. Add amount of water according to the quantity. ** 0.2kg - 0.4kg : 2 Tablespoon ** 0.5kg - 0.8kg : 4 Tablespoon										
4. RICE	0.1 kg ~ 0.3 kg	Microwave-safe bowl	Room	Wash rice. Drain water. Place rice & boiling water in a deep and large bowl. <table border="1" data-bbox="708 631 1350 698"> <tr> <td>Weight</td> <td>0.1kg</td> <td>0.2kg</td> <td>0.3kg</td> <td>Cover</td> </tr> <tr> <td>Boiling water</td> <td>200ml</td> <td>400ml</td> <td>600ml</td> <td>Yes /Vent corner</td> </tr> </table> ** Rice - After cooking, stand covered for 5 minutes or until water is absorbed.	Weight	0.1kg	0.2kg	0.3kg	Cover	Boiling water	200ml	400ml	600ml	Yes /Vent corner
Weight	0.1kg	0.2kg	0.3kg	Cover										
Boiling water	200ml	400ml	600ml	Yes /Vent corner										
5.FRESH FISH	0.2 kg ~ 0.6kg	Microwave-safe dish	Room	Whole fish, steaks - Oily fish : salmon, mackerel - White fish : cod, haddock Arrange in a single layer in a large microwave-safe flange dish. Cover dish tightly with plastic wrap and pierce in several places. Place on the glass turntable. Adjust weight and press start. After cooking, remove the dish from the oven. Allow to stand for 3 minutes before serving.										

Auto Defrost



Your oven has four microwave defrost settings:- **MEAT**, **POULTRY**, **FISH** and **BREAD**; each defrost category has different power settings. Repeated presses of the **Auto Defrost** buttons will select different settings.

Category	Press	Auto Defrost
MEAT	1	time
POULTRY	2	times
FISH	3	times
BREAD	4	times

The temperature and density of food varies, I would recommend that the food is checked before cooking commences. Pay particular attention to large joints of meat and chicken, 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. The **BREAD** programme is suitable for defrosting small items such as rolls or a small loaf. These will require a standing time to allow the centre to thaw. In the following example I will show you how to defrost 1.4Kg of frozen poultry.

Press **Stop/Clear**.

Weigh the food that you are about to defrost. Be certain to remove any metallic ties or wraps; then place the food in your oven and close the oven door.



Press **Auto Defrost** twice to select the **POULTRY** defrosting programme. "dEF2" appears on the display window.



Enter the weight of the frozen food that you are about to defrost.

Press **More** fourteen times to enter 1.4 Kg.



Press **Start/Quick Start**.



During defrosting your oven will "BEEP", at which point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to help slow down thawing. After checking close the oven door and press **Start/Quick Start** to resume defrosting.

Your oven will not stop defrosting (even when the beep sounds) unless the door is opened.

AUTO WEIGHT DEFROST GUIDE

- * Food to be defrosted should be in a suitable microwave proof container and place uncovered on the glass turntable.
- * If necessary, shield small areas of meat or poultry with flat pieces of aluminum foil. This will prevent thin areas becoming warm during defrosting. Ensure the foil does not touch the oven walls.
- * Separate items like minced meat, chops, sausages and bacon as soon as possible.
- * When BEEP, at this point remove the food from the microwave oven, turn the food over and return to the microwave oven. Press start to continue. At the end of the program, remove the food from the microwave oven, cover with foil and allow to stand until completely thawed. To thaw completely, for example joints of meat and whole chickens should STAND for a minimum of 1 hour before cooking.

CATEGORY	WEIGHT LIMIT	UTENSIL	FOOD
Meat Poultry Fish	0.1 ~ 4.0 kg	Microwave ware (Flat plate)	Meat Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger Pork chops, Lamb chops, Rolled roast, Sausage, Cutlets(2cm) Turn food over at beep. After defrosting, let stand for 5-15 minutes. Poultry Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg) Turn food over at beep. After defrosting, let stand for 20-30 minutes. Fish Fillets, Steaks, Whole fish, Sea foods Turn food over at beep. After defrosting, let stand for 10-20 minutes.
Bread	0.1 ~ 0.5 kg	Paper towel or flat plate	Sliced bread, Buns, Baguette, etc. Separate slices and place between paper towel or flat plate. Turn food over at beep. After defrosting, let stand for 1-2 minutes.

Quick Defrost

Use this function to thaw only 0.5kg of Minced meat very quickly.

This will require a standing time to allow the center to thaw. In the following example will show you how to defrost 0.5kg of frozen minced meat.



Press **Stop/Clear**.

Weight the food that you are about to defrost. Be certain to remove any metallic ties or wraps; then place the food in your oven and close the oven door.



Press **Quick Defrost** to select the **Meat** defrosting programme.

The oven will start automatically.



During defrosting your oven will "BEEP", at which point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to help slow down thawing. After checking close the oven door and press **Start/Quick Start** to resume defrosting.

Your oven will not stop defrosting (even when the beep sounded) unless the door is opened.

QUICK DEFROST GUIDE

Use this function to defrost quickly for minced meat.

Remove the meat completely from its wrapping. Place the mince onto a microwave-safe plate. When BEEP, at this point remove the mince from the microwave oven, turn the mince over and return to the microwave oven. Press start to continue. At the end of the program remove the mince from the microwave oven, cover with foil and allow to stand 5-15 minutes or until completely thawed.

CATEGORY	WEIGHT	UTENSIL	INSTRUCTIONS
Minced Meat	0.5kg	Microwave ware (Flat plate)	Minced meat Turn food over at beep. After defrosting, let stand for 5-15 minutes.

Auto Reheat

In the following example I will show you how to cook 0.4kg of Chilled Meal.



Auto Reheat cooking makes food reheating convenient and easy to use. The oven has been pre-programmed to automatically reheat food.

Your oven has three Auto Reheat settings: Chilled Pizza, Sauce and Curry.

Category	Press	Auto Reheat
Chilled Meal	1	time
Frozen Meal	2	times
Chilled Pizza	3	times

Press Stop/Clear.



Press Auto Reheat.



Press More key four times to enter 0.4 Kg.



Press Start/Quick Start.



CATEGORY	WEIGHT LIMIT	UTENSIL	FOOD TEMP.	INSTRUCTIONS
1. CHILLED MEAL	0.3 kg - 0.6 kg	Microwave-safe flat dish	Refrigerated	This function is for reheating leftover chilled meal. Place chilled pizza on the flat dish. After heating, stand for 1-2 minutes.
2. FROZEN MEAL	0.3 kg - 0.6 kg	Microwave-safe bowl	Frozen	Pour the frozen meal into a microwave-safe bowl. Cover with lid or plastic wrap. After heating, stir. Stand for 2 minutes with cover. And then stir again.
3. CHILLED PIZZA	0.2 kg - 0.4 kg	Microwave-safe dish	Room	This function is for reheating leftover chilled pizza. Place chilled pizza on the low rack over the glass turntable. After cooking, take food out immediately. Stand for 2-3 minutes.

More or Less Cooking

In the following example I will show you how to change the preset of Auto Cook programme for a longer or shorter cooking time.



If you find that your food is over or undercooked when using the **Auto Cook** or **Auto Reheat** programme. You can increase or decrease cooking time by pressing the **More/Less** key.

When manual cooking you can extend the cooking time at any point by using the **More/Less** key.

There is no need to stop the cooking process.

Press **Stop/Clear**.

Set the required **Auto Cook** programmes.
(Select weight of food)

Press **Start/Quick Start**.

Press **More** (▲).

The cooking time will increase by 10 seconds for each press of the key.

Press **Less** (▼).

The cooking time will decrease by 10 seconds for each press of the key.



To heat or reheat successfully in the microwave, it is important to follow several guidelines. Measure the amount of food in order to determine the time needed to reheat. Arrange the food in a circular pattern for best results. Room temperature food will heat faster than refrigerated food. Canned foods should be taken out of the can and placed in a microwavable container. The food will be heated more evenly if covered with a microwavable lid or vented plastic wrap. Remove cover carefully to prevent steam burns. Use the following chart as a guide for reheating cooked food.

Heating or Reheating Guide

Item	Cook time (at HIGH)	Special Instructions
Sliced meat 3 slices (0.5cm thick)	1-2 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap and vent. • Note: Gravy or sauce helps to keep meat juicy.
Chicken pieces 1 breast 1 leg and thigh	2-3 minutes 3-3½ minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.
Fish fillet (170-230g)	1-2 minutes	Place fish on microwavable plate. Cover with plastic wrap and vent.
Lasagne 1 serving(300g)	4-6 minutes	Place lasagne on microwavable plate. Cover with plastic wrap and vent.
Casserole 1 cup 4 cups	1½-3 minutes 4½-7minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Casserole cream or cheese 1 cup 4 cups	1-2½ minutes 3½-6 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Sloppy Joe or Barbecued beef 1 sandwich (½ cup meat filling) without bun	1-2½ minutes	Reheat filling and bun separately. COOK covered in microwavable casserole dish. Stir once. Heat bun as directed in chart below.

Item	Cook time (at HIGH)	Special Instructions
Mashed potatoes 350g	4-4½ minutes (at Medium High)	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Baked beans 1 cup	1½-3 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Ravioli or pasta in sauce 1 cup 4 cups	2½-4 minutes 7½-11minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Rice 1 cup 4 cups	1-1½ minutes 3½-5 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Sandwich roll or bun 1 roll	15-30 seconds	Wrap in paper towel and place on glass tray.
Vegetables 1 cup 4 cups	1½-2½ minutes 3½-5½ minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Soup 1 serving (8 oz.)	1½-2 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.

Fresh Vegetable

Guide

Vegetable	Amount	Cook time (at HIGH)	Instructions	Standing Time
Artichokes (230g each)	2 medium 4 medium	4 ¹ / ₂ - 7 10 - 12	Trim. Add 2 tsp water and 2 tsp juice. Cover.	2-3 minutes
Asparagus, Fresh, Spears	450g	2 ¹ / ₂ - 6	Add 1 cup water. Cover.	2-3 minutes
Green Beans	450g	7 - 11	Add ¹ / ₂ cup water in 1.5 litre casserole dish. Stir halfway through cooking.	2-3 minutes
Beets, Fresh	450g	11 - 16	Add ¹ / ₂ cup water in 1.5 litre covered casserole dish. Rearrange halfway through cooking.	2-3 minutes
Broccoli, Fresh, Spears	450g	5 - 8	Place broccoli in baking dish. Add ¹ / ₂ cup water.	2-3 minutes
Cabbage, Fresh, Chopped	450g	5 ¹ / ₂ -7 ¹ / ₂	Add ¹ / ₂ cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Carrots, Fresh, Sliced	200g	2 - 3	Add ¹ / ₄ cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Cauliflower, Fresh, Whole	450g	5 - 7	Trim. Add ¹ / ₄ cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Fresh, Flowerettes Celery, Fresh, Sliced	2 cups 4 cups	11 - 16	Slice. Add ¹ / ₂ cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes

Vegetable	Amount	Cook time (at HIGH)	Instructions	Standing Time
Corn, Fresh	2 ears	4 - 8	Husk. Add 2 tbsp water in 1.5 litre baking dish. Cover.	2-3 minutes
Mushrooms, Fresh, Sliced	230g	1 ¹ / ₂ - 2 ¹ / ₂	Place mushrooms in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Parsnips, Fresh, Sliced	450g	4 - 7	Add ¹ / ₂ cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Peas, Green, Fresh	4 cups	6 - 9	Add ¹ / ₂ cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Sweet Potatoes Whole Baking (170-230g each)	2 medium 4 medium	4 - 9 6- 12	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes
White potatoes, Whole Baking (170-230g each)	2 potatoes 4 potatoes	5 ¹ / ₂ - 7 ¹ / ₂ 9 ¹ / ₂ - 14	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2-3 minutes
Spinach, Fresh, Leaf	450g	4 ¹ / ₂ - 7 ¹ / ₂	Add ¹ / ₂ cup water in 2 litre covered casserole dish.	2-3 minutes
Courgette, Fresh, Sliced	450g	4 ¹ / ₂ - 7 ¹ / ₂	Add ¹ / ₂ cup water in 1.5 litre covered casserole dish. Stir halfway through cooking.	2-3 minutes
Courgette, Fresh, Whole	450g	6 - 9	Pierce. Place on 2 paper towels. Turn courgette over and rearrange halfway through cooking.	2-3 minutes

WARNING

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

Important safety instructions

Read carefully and keep for future reference

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. It is hazardous for unqualified service personnel to carry out any service or repair that involves the removal of any cover what gives protection against exposure to microwave energy. Repairs should only be undertaken by a qualified service technician.

Do not operate the oven without load or food in oven cavity. It is recommended to leave a glass of water in the oven when not using the over. The water can help to absorb all microwave energy, if the oven is accidentally started.

Do not dry wet newspapers, clothes, toys, pet or portable electric devices etc in the oven. They may catch fire.

Do not cook food wrapped in paper towels, unless your cook book contains such instructions, for the food you are cooking.

5 Do not use newspapers in place of paper towels for cooking.

Do not use wooden containers. They may heat-up and char. Do not use ceramic containers which have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Use metal objects in the oven may cause arcing and serious damage to the oven.

Do not operate the oven if a kitchen towel, a napkin or any other objects is found between the door and the front edges of the oven, It will cause leakage of microwave energy leakage.

Do not use recycled paper products as they may contain impurities which may cause sparks and/or fires when used in cooking.

Do not rinse the turntable immediately after cooking-the turntable may break.

10 Small amounts of food require shorter cooking or heating time. If foods are cooked in normal cooking times, they will be overcooked or burnt.

11 The door of the oven must be at least 8 cm away from the edge of the flat surface to avoid tipping.

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 yolk and cause it to burst.

14 Do not attempt deep fat frying in your oven.

15 Remove the food plastic wrapping before cooking or defrosting. Note: though that in some cases food should be covered with plastic film for heating or cooking.

16 If the oven door or door seals are damaged, do not operate the oven until qualified service technician has made the needed repairs.

17 If there is smoke coming out from the oven cavity, switch off or disconnect the oven from power supply, and keep the oven door closed to stifle any flames.

18 Pay attention to the appliance when paper, plastic or other combustible materials are used during microwave cooking.

19 Only allow children to use the oven without supervision when they have received adequate instructions and understand the hazards of improper usage.

20 Do not heat food in sealed containers or plastic bags in the oven. Food or liquid could expand quickly and cause container or bag to break. Pierce or open container or bag before cooking.

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 cookwares. 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.

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 cookwares in your kitchen that can be used in your microwave oven. Read through the following checklist to find out what utensils can be used in your oven.

Dinner plates

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

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.

Plastic storage containers

These can be used to hold foods that are to be reheated quickly. 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 the plastic containers.

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 colored paper products as the colour may run. Some recycled paper products may contain impurities which can cause arcing or fires when used in the microwave oven.

Plastic cooking bags

Only use cooking bags that are especially made for microwave 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.

Plastic microwave cookware

A variety of shapes and sizes of microwave cookware are available in the market. You probably may have these items in your kitchen and hence, no need to invest in new cookwares.

Pottery, stoneware and ceramic

Containers made of these materials are usually fine for use in your microwave oven, but they should be tested to be sure.

CAUTION

Some items with high lead or iron content are not suitable for cooking utensils.

Utensils should be checked to ensure that they are suitable for use in microwave ovens.

Food characteristics & Microwave cooking

Keeping an eye on things

The recipes in this book have been formulated with great care, but your success in preparing the food depends on how much attention you pay to the cooking process. 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. This allows you to see inside the oven and check the progress of your food. Directions given in recipes to elevate, stir, and the like should be followed. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors affecting microwave cooking times

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 time 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; as overcooked food is ruined for good. Some of the recipes, particularly those for bread, cake, and custards recommend removing foods 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 food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. You will become increasingly skilful in estimating both cooking and standing times for various foods.

Density of food

Light, porous food such as cakes and bread cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when cooking porous food that the outer edges do not become dry and brittle.

Height of food

The upper portion of tall food, particularly roasts, will cook more quickly than the lower portion. Thus, it is recommended to turn tall food several times during cooking.

Moisture content of food

Since the heat generated from microwaves tends to evaporate moisture, relatively dry food such as roasts and some vegetables should either be sprinkled with water prior to cooking or covered to retain moisture.

Bone and fat content of food

Bones conduct heat and fat cooks more quickly than meat. Care must be taken when cooking bony or fatty cuts of meat to ensure they do not cook unevenly or overcook.

Quantity of food

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 food

Microwaves penetrate only about 2.5 cm into food, The interior portion of thick food is cooked as the heat generated on the outside travels inward. Only the outer edge of food is cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food to be cooked in microwave is a thick square; as the corners will get burnt long before the centre is even warm. Round thin foods and ring shaped foods are easier to cook in the microwave.

Covering

Covering food helps retain moisture, shorten cooking time and reduce spattering. Use a lid or microwave-safe cling film with a corner folded back to prevent spilling.

Browning

Meats and poultry that are cooked fifteen minutes or longer will brown lightly in their own fat. Food that is cooked for a shorter period of time may be brushed with a browning sauce such as worcestershire sauce, soy sauce or barbecue sauce to achieve an appetizing colour. Since relatively small amounts of browning sauce is added to food, the original flavour of the recipe is not altered.

Covering with greaseproof paper

Use greaseproof paper can help to prevent spattering and help food retain some heat. But because it makes a looser cover than a lid or cling film, hence the food to dry out slightly.

Arranging and spacing

Individual foods such as baked potatoes, small cakes and hors d'oeuvres will heat more evenly if placed in the oven at an equal distance apart in a ring pattern. Never stack foods on top of one another.

Food characteristics & Microwave cooking

Stirring

Stirring is one of the most important of all microwaving techniques. In conventional cooking, food is stirred for the purpose of blending. Food cooked in microwave oven, however, is stirred in order to spread and redistribute heat evenly. 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 pieces and chops.

Placing thicker portions facing outwards

Microwaves cook the outer portion of food; hence, place thicker portions of meat, poultry and fish at the outer edge of the cooking dish. This way, thicker portions will receive the most microwave energy and the food can get cooked evenly.

Shielding

Use small, flat pieces of aluminum foil to shield the thin pieces or corners of food. Do not use too much foil and make sure foil does not touch the walls of oven to avoid arcing.

Elevating

Thick or dense foods should be elevated so that microwaves can be absorbed by the bottom and centre of the food.

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 yolks and eggs whites, clams and oysters and whole vegetables and fruits.

Testing if cooked

Food cooks more quickly in a microwave oven, it is necessary to check it frequently. Some foods are left in the microwave until it is completely cooked. But most foods, including meats and poultry, are removed from the oven while it is still slightly undercooked and finished 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 stood 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 to develop and blend flavour.

To Clean Your Oven

1 Keep the inside of the oven clean

It is recommended to clean up spill over and crumbs with damp cloth immediately. Use a damp cloth to wipe away crumbs that fall between the door and the door frame. Spill over and crumbs will absorb microwave energy and lengthen cooking time. It is important there is no crumbs stick to the door and door frame to ensure the door can close tightly. Remove greasy spatters with a soft soapy cloth, then wipe with clean water and wipe 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 a soft soapy cloth, then wipe with clean water and wipe dry. Do not let water seep into the ventilation openings. Open the door when cleaning the control panel. This is to prevent accidental running of the oven. After cleaning, press **STOP/CLEAR** key.

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 to clean first, wipe clean with clean water and wipe dry thoroughly.

DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL OR PLASTIC PADS.

It is recommended to clean the oven regularly.

Questions & Answers

What's wrong when the oven light will not light up?

It could be the light bulb has blown or the oven door is not properly closed.

Does microwave energy pass through the viewing window on the door?

No, microwave energy can not pass through the viewing window.

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

The beep tone sounds to assure that the setting is being properly entered.

Will the microwave oven be damaged if it operates empty?

Yes, never run the oven when it is empty or without the glass tray.

Why do eggs sometimes pop?

When baking, frying, or poaching egg, 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 their shells.

Why is standing time recommended after microwave cooking is over?

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 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 EXACTLY THE 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 BY THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN THE CORN CATCHING 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 have followed the directions correctly, and to see what might cause variations in the cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food require different cooking time. Use your own judgment along with the cooking guide suggestions to cook the food, like as you would do with a conventional cooker.

Plug wiring information & Technical Specifications

Warning


This appliance must be earthed

The wires in this mains lead are colored in accordance with the following codes
BLUE ~ Neutral
BROWN ~ Live
GREEN & YELLOW ~ Earth

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug proceed as follows:

The wire which is colored BLUE must be connected to the terminal which is marked with the letter N or Colored BLACK.

The wire which is colored BROWN must be connected to the terminal which is marked with the letter L or colored RED.

The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or .

If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard;

Technical Specifications

	MS-2357AR
Power Input	230 V AC / 50 Hz
Output	850 W (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	485 mm(W) X 280 mm(H) X 377 mm(D)
Power Consumption	1250 Watts

