



MICROWAVE OVEN

OWNER'S MANUAL

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING

MS-2347B

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 stop any cooking activity when the door is opened; to prevent 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 causing damage to your oven.

When heating liquids, e.g. soups, sauces and beverages in your microwave oven, delayed disruptive boiling 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 food to stand in the oven for a short time, stir or shake them and check the temperature of the food before consumption to avoid burns (especially, the 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 the metal walls of the oven, but they can penetrate materials such as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are made.

Microwaves do not heat up cookware. It is the heat from the food that makes the cookware hot.

A very safe appliance

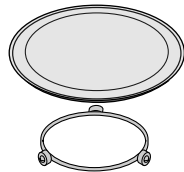
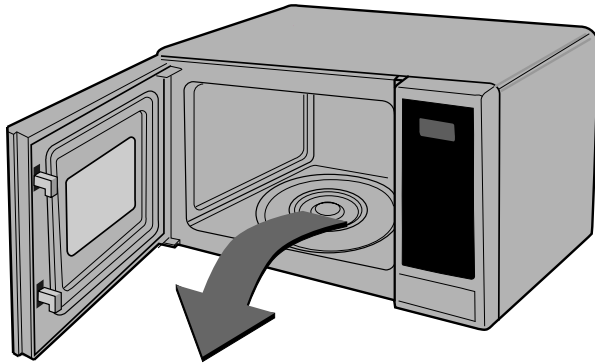
Your microwave oven is one of the safest of all home appliances. When the door is opened, the oven automatically stops producing microwaves. Microwave energy is converted completely to heat when it enters food, leaving no "left over" energy to harm you when you eat your food.

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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. Please check to make sure that your oven has not been damaged during delivery.

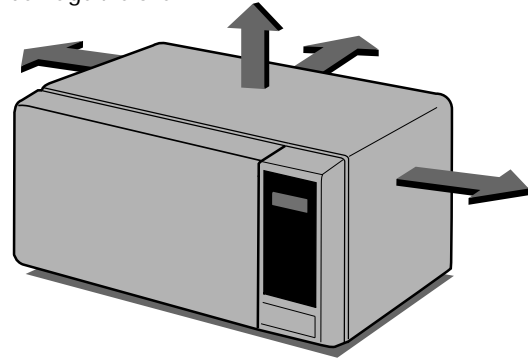
- 1** Unpack your oven and place it on a flat level surface.



GLASS TRAY

ROTATING RING

- 2** Place the oven in the level location of your choice with more than 85cm height but 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.

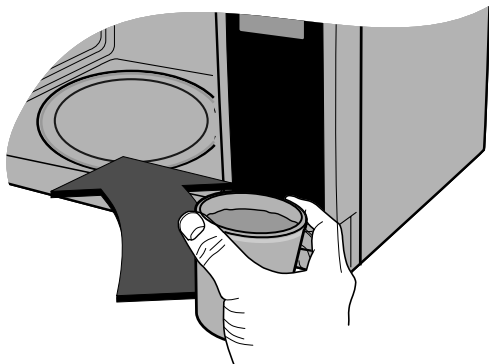


THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES

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 22.



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 clock, the colon will stop flashing.

You can set the clock in 12 hour clock setting.

In the following example, we will show you how to set the time for 3:15 in 12 hr. 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.



Enter the time by using the number key pads.

Example: To set 3:15, press number key pad[3], [1], and [5].



Press **CLOCK** to set the time.

The clock starts running.



Child Lock

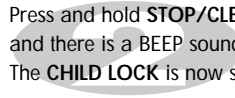


Your oven has a safety feature that prevents accidental running of the oven. Once the child lock is set, you will be unable to use any functions and no cooking can take place. However your child can still open the oven door!

Press **STOP/CLEAR** .

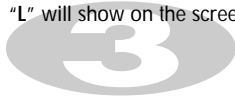


Press and hold **STOP/CLEAR** (or **O**, **START**) until "L" appears on the screen and there is a BEEP sound. The **CHILD LOCK** is now set.

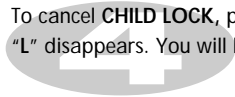


The time will disappear on the screen if you have set the clock.

"L" will show on the screen to let you know that **CHILD LOCK** is set.



To cancel **CHILD LOCK**, press and hold **STOP/CLEAR** (or **O**, **START**) until "L" disappears. You will hear a BEEP sound when the function is cancelled.



Micro Power Cooking

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



Your oven has ten microwave Power settings. High power is automatically selected but repeated pressing of the **POWER** key will select a different power level .

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

Press **STOP/CLEAR**.



Enter 5 minutes 30 seconds by pressing [5], [3], and [0].



Press **POWER**.
P-HI appears on the screen.

This is to tell you that the oven is now set on HIGH power.



Press **[8]** to select power level 8.



Press **START**.

At the end of the cooking process, the oven will give out two short and one long BEEP sound, and the word "End" will appear on the screen.



Micro Power Level

Your microwave oven is equipped with ten power levels (11 steps including 0) to give you maximum flexibility and control over cooking. There will be BEEP sound to inform you when the cooking process has ended. The table below will give you some idea of which foods are prepared at what power levels.

Power Level	Output (of watts)	Use
10 (High)	100%	Boil water. Brown ground beef. Cook fresh fruits & vegetables. Make candy. Cook fish, meat & poultry. Preheat browning dish.
9	90%	Heat precooked food. Saute onions, celery & green pepper
8	80%	All reheating
7	70%	Roast meat & poultry. Cook mushrooms & shellfish. Cook foods which contain cheese & eggs.
6	60%	Bake cakes, muffins. Prepare eggs.
5	50%	Cook meat, poultry. Cook custard. Prepare rice, soup.
4	40%	Melt butter & chocolate. Cook less tender cuts of meat.
3	30%	All defrosting
2	20%	Soften butter & cheese.
1	10%	Soften ice cream. Raise yeast dough.
0	0	Standing time. Independent timer.



Auto Cook

In the following example, we will show you how to cook steam egg for four persons.



AUTO COOK allows you to easily cook most of your favorite food by selecting the **Auto Cook** key pad.

		2 pers	4 pers	6 pers	8 pers
press	Cabbage with oyster Sauce	once	twice	3 times	4 times
	Cooked Rice	once	twice	3 times	-
	Tom yum Soup	once	twice	3 times	4 times
	Spicy chicken Curry	once	twice	3 times	-
	Steam Egg	once	twice	3 times	-
	Steam Fish	once	twice	3 times	4 times
	Steam Meat with Soy	once	twice	3 times	-

Press **STOP/CLEAR**.



Press **STEAM EGG** twice.



Cooking will begin automatically without having to pressing the **START** button.

AUTO COOK MENU LIST

	Ingredients	2pers	4pers	6pers	8pers	Unit	Instructions	
1. Cabbage with oyster Sauce	Vegetable oil	2	3	3	3	Table spoon	1.Put the cabbages on the dish, add in Sugar, Oyster oil, Pepper and Fried garlic. Mix them together. 2.Cover the dish with plastic wrap. Close the door. 3.Press "Cabbage with oyster sauce" key	
	Fried garlic	2 Tea spoon	1	2	2	Table spoon		
	Cabbage (Medium size)	5	10	12	15	Pcs.		
	Mushroom	6	15	17	20	Pcs.		
	Oyster oil	2	4	5	6	Table spoon		
	Pepper	1/4	1/4	2	2	Tea spoon		
2. Cooked Rice	Rice	1/2	1	1 ½	—	Cup	1.Soak the rice in water for 30 minutes ~ 1 hour. 2.Drain the water and put the rice in deep large bowl 3.Pour the drinking water into the bowl. 4.Press "Cooked Rice" key	
	Drinking water	1 ½	3	4 ½	—	Cup		
3. Tom yum Soup	Stock/water	2	2	3	5	Cup		1.Pour water/stock into a bowl, add in sliced Galingale, sliced Citronella , shredded Kaffir lime leave , fish Sauce , lime juice , pounded Chili , large Claws , mushroom , coriander and tomatoes. 2.Press "Tom yum soup" key
	Sliced Galingale	3	3	5	7	Pcs.		
	Sliced Citronella	1	1	2	3	Pcs.		
	Shredded Kaffir lime leave	2	2	2-3	4	Pcs		
	Fish sauce	3	3	4	5	Table spoon		
	Lime juice	2	2	2	3	Table spoon		
	Pounded Chili	4	4	5-6	6	Pcs.		
	Large Claws	2	4	6	7	Pcs.		
	Mushroom	100	100	200	300	Grams.		
	Coriander	1	1	2	3	Pcs.		
	Tomatoes	2	2	4	5	Pcs.		

	Ingredients	2pers	4pers	6pers	8pers	Unit	Instructions
4. Spicy chicken Curry	Vegetables oil	1 Tea spoon	2 Tea spoon	1	–	Table spoon	1.Put all ingredients into large bowl. 2.Press "Spicy Chicken Curry" key
	Chicken curry paste	1	1	2	–	Table spoon	
	Chicken pieces	250	350	500	–	Grams	
	Water	2	2	2½	–	Cup	
	Fish sauce	1	1	1	–	Table spoon	
	Small egg plants	3	3	6	–	Pcs.	
	Sliced Galingale	1	1	2	–	Table spoon	
	Stalk of pepper	1	1	2	–	Stalks	
	Basil	1/4	1/4	1/2	–	Cup	
Sliced red goat pepper	1	1	1	–	Pcs.		
5. Steam Egg	Egg (Chicken)	2	4	6	–	Pcs.	1.Beat the eggs and put it in a dish. Add in sliced shrimp, minced pork ,soy sauce , pepper , chopped onion and chopped spring onion. 2.Cover the dish with plastic wrap (Microwavable). 3.Press "Steam Egg" key. 4.Serve dish with coriander
	Shrimp(sliced)	3	6	9	–	Pcs.	
	Minced pork	3	6	6	–	Table spoon	
	Drinking Water/Stock	1/2	1	1	–	Cup	
	Soy sauce	2	3	4	–	Table spoon	
	Pepper	1/4	1	2	–	Tea spoon	
	Chopped Red onion	1	2	3	–	Table spoon	
	Chopped spring onion	1	1	1	–	Stalk	
	Coriander	1	1	1	–	Pcs.	
Butter	1	1	2	–	Tea spoon		

	Ingredients	2pers	4pers	6pers	8pers	Unit	Instructions
6. Steam Fish	Giant sea perch	140	260	400	540	Grams	1.Clean the fish, take the gill and entrails off. 2.Put soy sauce , oyster oil , sugar , pepper , sesame oil , stock/water , sliced ginger , chopped spring onion and sliced red chili on the fish. 3.Press "Steam Fish" key
	Soy sauce	1	1 ½	3	3 ½	Table spoon	
	Oyster oil	1/2	1/2	1	1	Table spoon	
	Sugar	1/4	1/4	1/2	1/2	Tea spoon	
	Pepper	1/2	1/2	1/2	1/2	Tea spoon	
	Seasame oil	1/2	1/2	1	1	Tea spoon	
	Stock/water	1/4	1/4	1/4	1/4	Cup	
	Sliced ginger	1	1	2	2	Table spoon	
	Chopped spring onion	1/4	1/4	1/4	1/4	Cup	
	Sliced red chili	1/2	1/2	1	1	Pcs.	
7. Steam meat with Soy	Sliced pork	250	500	750	–	Grams	1.Put the sliced meat in a dish. 2.Pierce the meat with a fork. 3.Marinate the meat with all ingredients Refrigerate for 30-40 minutes. 4.Take the dish from Refrigerator. Cover it with plastic wrap (Microwavable). 5.Press "Steam Meat with Soy" key
	Brandy	1/2	1	2	–	Tea spoon	
	Soy sauce	2 Tea spoon	1	1 ½	–	Table spoon	
	Salt	1	2	2	–	Tea spoon	
	Pepper	1	1	2	–	Tea spoon	
	Butter	1	2	3	–	Table spoon	
	Vegetable oil	1	2	2	–	Table spoon	
	Drinking water	1/4	1/4	1/4	–	Cup	
	Wheat flour	2 Tea spoon	1/2	1	–	Table spoon	

Timed Cooking

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



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

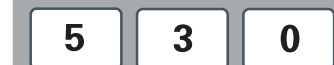
Press **STOP/CLEAR**.



2 Press **TIME**



3 Enter 5 minutes 30 seconds by pressing [5], [3], and [0].



4 Press **POWER**.

P-HI appears on the screen.

This is to tell you that the oven is now set on HI.



5 Press [8] to select power level 8.



6 Press **START**.

At the end of cooking process, the oven will give out two short and one long tone, and the word "End" will appear on the display screen.



Auto Reheat

In the following example, we will show you how to heat up 0.6kg of Ready meal.



Press **STOP/CLEAR** .



AUTO REHEAT allows you to heat up most of your favorite food easily by pressing the Auto Reheat key .



Press **READY MEAL** four times.



Reheating will begin automatically without having to press the **START** button.

FUNCTION	CATEGORY	WEIGHT LIMIT	UTENSIL	FOOD TEMP.	INSTRUCTIONS
AUTO REHEAT	1. Ready Meal	0.3 ~ 0.6 kg (0.3kg press once; 0.4kg press twice; 0.5kg press 3 times; 0.6kg press 4 times)	Microwave-safe dish	Refrigerated	Pierce the surface of food with a fork. Place food on the glass turntable. After cooking, allow it to stand for 2-3 minutes before serving. - Stirrable e.g : Spaghetti bolognese, Beef stew - Non-stirrable e.g : Lasagne, Cottage pie Note : For food contained in bag(s), pierce meat portion and rice/pasta portions, etc. - For stirrable foods, stir at Beep. - Non-stirrable foods, continue the heating process at Beep.
	2. Beverage	1 ~ 2 cups (1 cup press once; 2 cups press twice)	Microwave-safe cup (1 cup=240ml)	Room	Make sure the cup is microwave- safe. Place a wooden skewer or paddle pop stick in each cup to break the beverage surface. Heat uncovered. After heating stir well before serving.
	3. Soup/ Sauce	1 ~ 4 cups (1 cup press once; 2 cups press twice; 3 cups press 3 times; 4 cups press 4 times)	Microwave-safe cup (1 cup=240ml)	Room	Make sure the cup is microwave- safe. Pour the soup/sauce into a cup. Cover with lid or plastic wrap. After heating, stir. Allow it to stand for 2 minutes with cover. And stir again before consumption.

Auto Defrost



Your oven has three microwave defrost settings: **MEAT**, **POULTRY** and **FISH**. Each defrost category has different power settings. Repeated pressing of the **AUTO DEFROST** key will select a different setting.

Category	Press AUTO DEFROST
MEAT	1 time
POULTRY	2 times
FISH	3 times

The temperature and density of food varies, we would recommend to check the food 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 it is still slightly frozen. This will require a standing time to allow the centre to thaw. In the following example, we will show you how to defrost 1.4 kg of frozen poultry.

Press **STOP/CLEAR**.

Weigh the food. Be certain to remove any, metallic ties or wraps.
Place the food inside the oven and close the oven door.



Press **AUTO DEFROST** twice to select the **POULTRY** defrosting programme. "dEF2" will appear on the screen.



Enter the weight of the frozen food that you are defrosting.

Enter the weight by pressing [1] and [4].



Press **START**.



Half way through defrosting, your oven will "BEEP", at this point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to slow down thawing. After checking, close the oven door and press **START** to resume defrosting.

Your oven will not stop defrosting (when it beeps) unless the door is opened.

AUTO DEFROST SEQUENCE LIST

SEQUENCE		FOOD	MIN./MAX. FOOD
MEAT	Beef	Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger.	0.1/4.0 kg
	Lamb	Chops (2.5 cm thick), Rolled roast.	
	Pork	Chops (1.2 cm thick), Spareribs, Rolled roast, Sausage.	
	Veal	Cutlets (450 g, 1.2 cm thick)	
POULTRY	Chicken	Whole (under 2 Kg), Cut up Breasts meat(boneless), Thighs.	0.1/4.0 kg
	Turkey	Breasts (under 2.5 Kg)	
FISH	Fish	Fillets, Steaks, Whole	0.1/4.0 kg
	Shellfish	Crabmeat, Lobster tails, Shrimp, Scallops	

- * The benefit of this Auto Defrost feature is that it has automatic setting and control for various group of food.
You need to check the food during defrosting.
- * For best results, remove food packaging(wrapper). The wrap will trap the steam and juice, this can cause the outer surface of the food to get cooked.
- * Place food in shallow microwave-safe dish.
- * Food should be slightly frozen in the centre when removed from the oven.
- * If you have difficulty in removing the food from warpper,defrost the food(with the warpper) for about 1/4 of the total defrosting time.
Thereafter, remove the food from the oven, remove the warpper and continue defrosting the food.
- * Place sliced bread between sheets of kitchen towel and bread rolls should be cut in half before defrosting.



Quick Defrost

Use this function to quickly thaw 0.5 kg of minced meat .

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



Your oven has a quick defrost setting (MEAT).

Press **STOP/CLEAR**.

Weigh the food. Be certain to remove any metallic ties or wraps. Place the food inside the oven and close the door.



Press **QUICK DEFORST** to select the **MEAT** defrosting programme.



Half way through defrosting, your oven will "BEEP", at this point open the oven door, turn food over and separate them 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** to resume defrosting.

Your oven will not stop defrosting (when it beeps) unless the door is opened.

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

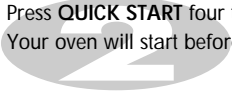


The **QUICK START** feature allows you to set 30 seconds intervals of cooking time at HIGH power with a touch of the QUICK START key.
After 3 minutes of cooking, the cooking time is increased by 1 minute per touch.

Press **STOP/CLEAR**.



Press **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 99 minutes 59 seconds by repeatedly pressing the **QUICK START** key.



WARNING

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

- 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. It is hazardous for unqualified service personnel to carry out any service or repair that involves the removal of any cover that gives protection against exposure to microwave energy. Repairs should only be undertaken by a qualified service technician.
- 2 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 oven. The water can help to absorb all microwave energy, if the oven is accidentally started.
- 3 Do not dry wet newspapers, clothes, toys, pet or portable electric devices etc in the oven. They may catch fire.
- 4 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.
- 6 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.
- 7 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.
- 8 Do not use recycled paper products as they may contain impurities which may cause sparks and/or fires when used in cooking.
- 9 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 cookwares with high lead or iron content are not suitable to use for cooking .

Utensils should be checked to ensure that they are suitable to 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 oven 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, the food will 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 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 oven 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

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

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

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

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

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 empty?

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

Q Why do eggs sometimes pop?

A 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 in their shells.

Q Why is standing time recommended after microwave cooking is over?

A After microwave cooking is finished, food keeps on cooking during standing time. Standing time allows food to be evenly cooked. 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 coloured in accordance with the following codes
BLUE ~ Neutral
BROWN ~ Live
GREEN & YELLOW or GREEN ~ 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 please proceed as follows:

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

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

The wire which is coloured 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 Specification

	MS-2347B
Power Input	230 V AC / 50 Hz
Output	800 W (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	485 mm(W) X 280 mm(H) X 377 mm(D)
Power Consumption	1200 Watts



P/No. : MFL37776601