



# MICROWAVE/GRILL OVEN

## OWNER'S MANUAL

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.



**MG-728BC  
CG-2872BC**

P/No. : MFL31175001

# 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.

When heating liquids, e.g. soups, sauces and beverages in your microwave oven, delayed eruptive 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 to stand in the oven for a short time, stir or shake them(especially the contents of feeding bottles and baby food jars) 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

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

## 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.

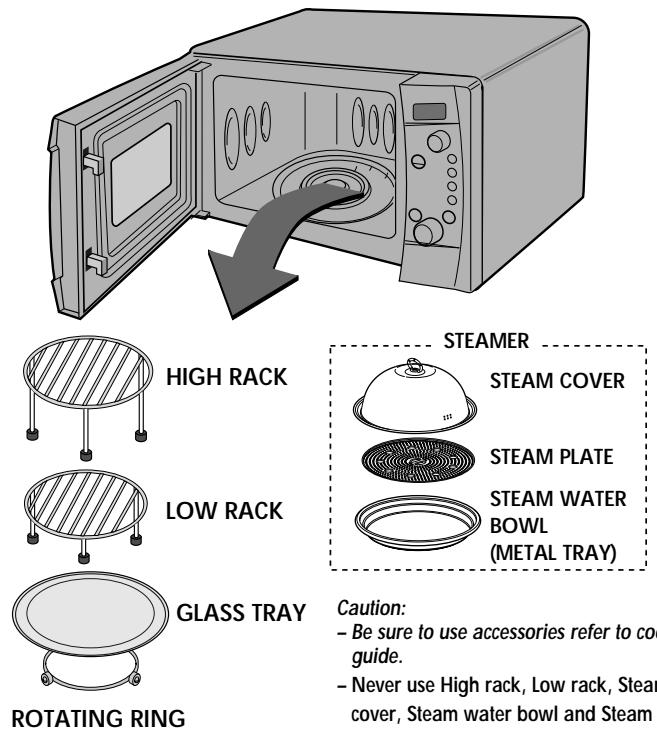
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# Unpacking & Installing

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

1

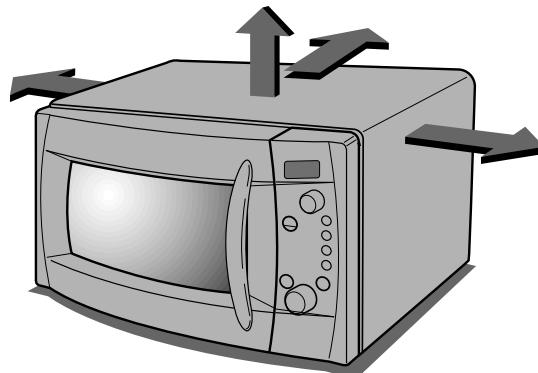
Unpack your oven and place it on a flat level surface.



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.



**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 then plug it back in.**

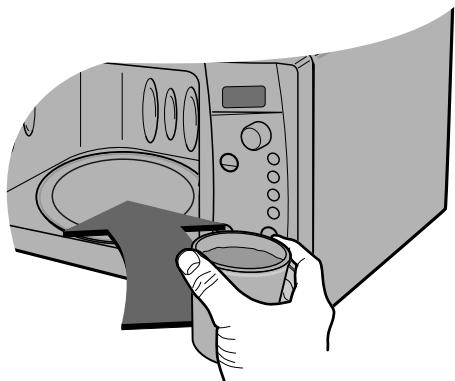
**4**

Open your oven door by pulling the **DOOR HANDLE**.

Place the **ROTATING RING** inside the oven and place the **GLASS TRAY** on top.

**5**

Fill a **microwave safe container** with 300 ml (1/2 pint) of water. Place on the **GLASS TRAY** and close the oven door. If you have any doubts about what type of container to use please refer to page 36.

**6**

Press the **STOP** button, and press the **START** button once to set 30 seconds of cooking time.

You will hear a **BEEP** when you press the button.

**7**

The **DISPLAY** will count down from 30 seconds. When it reaches End it will sound **BEEPS**. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. **Be careful when removing the container it may be hot.**



# Method to use accessories as per mode

	Microwave	Grill	Combination
Steam Cover		✗	✗
Steam Plate		✗	✗
Steam Water Bowl		○	○
Steam Plate + Steam Water Bowl		✗	✗
Steamer (Assembly)		○	✗
High Rack		✗	○
Low Rack		✗	○
Glass Tray		○	○

**Caution:** Be sure to use accessories refer to cook guide.

○ : Acceptable

✗ : Not Acceptable

# Setting the Clock

You can set either 12 hour clock or 24 hour clock.

In the following example I will show you how to set the time for 14:35 when using the 24 clock.

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

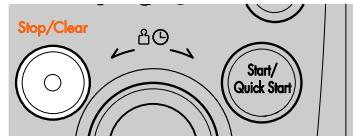


When your oven is plugged in for the first time or when power resumes after a power cut, a '0' will be shown in the display; you will have to reset the clock.

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.

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

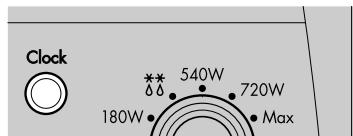
Press **STOP/CLEAR**.



Press **CLOCK** once.

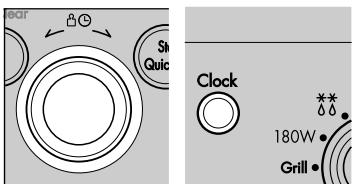
(If you want to use different option, Press **CLOCK** once more.

If you want to change different option after setting clock, you have to unplug and plug it back in.)



Turn **DIAL** until display shows "14:00".

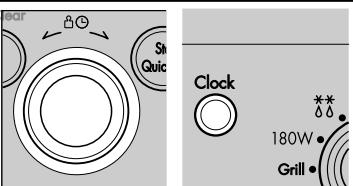
Press **CLOCK** (or **START**) for hour confirmation.



Turn **DIAL** until display shows "14:35".

Press **CLOCK** (or **START**).

The clock starts counting.

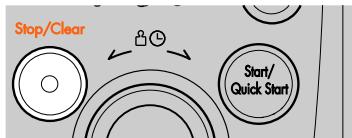


# Child Lock



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**.

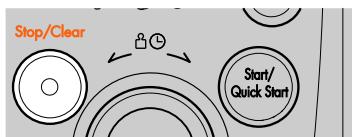


Press and hold **STOP/CLEAR** until "L" appears on the display and BEEP sounds.

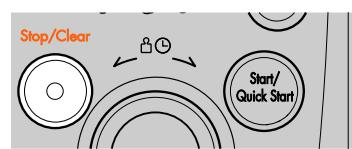
The **CHILD LOCK** is now set.

The time will disappear on the display but will reappear on the display a few seconds later.

If any button is pressed, "L" will appear on the display



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



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

# Micro Power Cooking

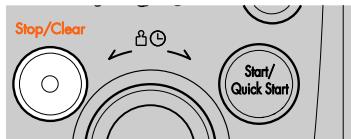


Your oven has five microwave Power settings.

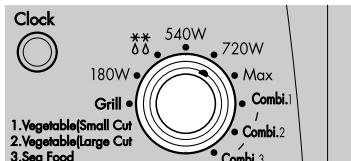
POWER	%	Power Output
HIGH MAX	100%	900W
MEDIUM HIGH	80%	720W
MEDIUM	60%	540W
DEFROST MEDIUM LOW	40%	360W
LOW	20%	180W

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

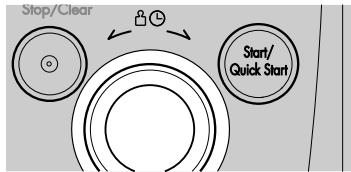
Press **STOP/CLEAR**.



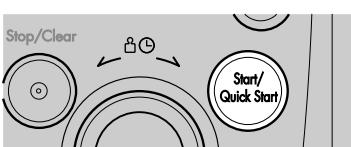
Turn **DIAL** to select the 720W.



Turn **DIAL** until display shows "5:30".



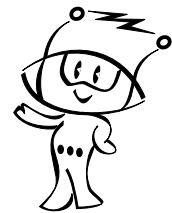
Press **START**.



# 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"><li>* Boil Water</li><li>* Brown minced beef</li><li>* Cook poultry pieces, fish, vegetables</li><li>* Cook tender cuts of meat</li></ul>	100%	900W
MEDIUM HIGH	<ul style="list-style-type: none"><li>* All reheating</li><li>* Roast meat and poultry</li><li>* Cook mushrooms and shellfish</li><li>* Cook foods containing cheese and eggs</li></ul>	80%	720W
MEDIUM	<ul style="list-style-type: none"><li>* Bake cakes and scones</li><li>* Prepare eggs</li><li>* Cook custard</li><li>* Prepare rice, soup</li></ul>	60%	540W
DEFROST/ MEDIUM LOW	<ul style="list-style-type: none"><li>* All thawing</li><li>* Melt butter and chocolate</li><li>* Cook less tender cuts of meat</li></ul>	40%	360W
LOW	<ul style="list-style-type: none"><li>* Soften butter &amp; cheese</li><li>* Soften ice cream</li><li>* Raise yeast dough</li></ul>	20%	180W



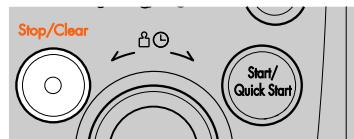
In the following example I will show you how to set 2 minutes of cooking on high power.

# Quick Start



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

Press **STOP/CLEAR**.



Press **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 by repeatedly pressing the **START** button.



# Auto Cook

In the following example I will show you how to cook 0.6kg of fresh vegetable.



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

## Category      Press **AUTO COOK**

**JACKET POTATO**      1 time

**FRESH VEGETABLE**      2 times

**FROZEN VEGETABLE**      3 times

**RICE**      4 times

**POPCORN**      5 times

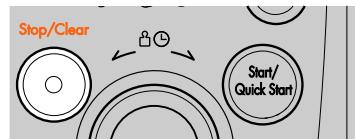
**CHILLED PIZZA**      6 times

**SAUCE**      7 times

**CURRY**      8 times

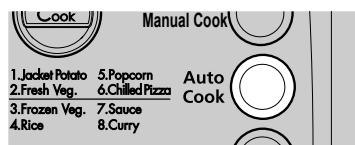
Press **STOP/CLEAR**.

**1**



Press **AUTO COOK** twice to select Fresh vegetable.

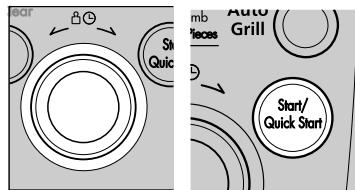
**2**



Turn **DIAL** until display shows "0.6".

**3**

Press **START**.



FOOD CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD TEMP.	INSTRUCTIONS										
JACKET POTATO	0.1 kg ~ 1.0 kg	On glass tray	Room	<p>Choose medium sized potatoes 170 -200g.</p> <p>Wash and dry potatoes. Pierce the potatoes several times with fork. Place the potatoes on the glass tray. Adjust weight and press start. After cooking, remove the potatoes from the oven. Let stand covered with foil for 5 minutes.</p>										
FRESH VEGETABLE	0.2 kg ~ 0.8 kg	Microwave-safe bowl	Room	<p>Place vegetables in a microwave-safe bowl. Add water.</p> <p>Cover with wrap. After cooking, stir and allow to stand for 2 minutes.</p> <p>Add amount of water according to the quantity.</p> <p>** 0.2kg - 0.4kg : 2 Tablespoon</p> <p>** 0.5kg - 0.8kg : 4 Tablespoon</p>										
FROZEN VEGETABLE	0.2 kg ~ 0.8 kg	Microwave-safe bowl	Frozen	<p>Place vegetables in a microwave-safe bowl. Add water.</p> <p>Cover with wrap. After cooking, stir and allow to stand for 2 minutes.</p> <p>Add amount of water according to the quantity.</p> <p>** 0.2kg - 0.4kg : 2 Tablespoon</p> <p>** 0.5kg - 0.8kg : 4 Tablespoon</p>										
RICE	0.1 kg ~ 0.3 kg	Microwave-safe bowl	Room	<p>Wash rice. Add water.</p> <p>Place rice &amp; boiling water in a deep and large bowl.</p> <table border="1"> <tr> <td>Weight</td> <td>100g</td> <td>200g</td> <td>300g</td> <td>Cover</td> </tr> <tr> <td>Boiling water</td> <td>200ml</td> <td>330ml</td> <td>480ml</td> <td>Yes / Vent corner</td> </tr> </table> <p>** Rice -- After cooking, stand covered for 5 minutes or until water is absorbed.</p>	Weight	100g	200g	300g	Cover	Boiling water	200ml	330ml	480ml	Yes / Vent corner
Weight	100g	200g	300g	Cover										
Boiling water	200ml	330ml	480ml	Yes / Vent corner										
POPCORN	100 g	Bag On glass tray	Room	<p>Use popcorn product for microwave oven.</p> <p>Remove plastic overwrap. Place unfolded bag on the glass tray. (Follow the package directions) After popping, remove bag from the oven.</p> <p><b>CAUTION</b> : Product is HOT! Open bag carefully by pulling diagonally on corners.</p>										

FOOD CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD TEMP.	INSTRUCTIONS
CHILLED PIZZA	0.1 kg ~ 0.4 kg	Microwave-flat dish	Refrigerated	<p>This function is for reheating leftover chilled pizza. Place chilled pizza on the flat dish.</p> <p>After heating, stand for 1-2 minutes.</p>
SAUCE	0.2 kg ~ 0.6 kg	Microwave-safe bowl	Room	<p>Pour the sauce into a microwave-safe bowl.</p> <p>Cover with lid or plastic wrap.</p> <p>After heating, stir. Stand for 2 minutes with cover.</p> <p>And then stir again.</p>
CURRY	0.2 kg ~ 0.8 kg	Microwave-safe dish	Room	<p>Pour curry into the microwave-safe dish. Cover.</p> <p>Place dish on the glass tray.</p> <p>After reheating, stir and then stand for 1-2 minutes with cover.</p>

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. 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 1.4 Kg of frozen poultry.

# Auto Defrost

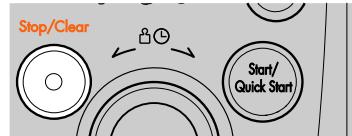


Your oven has four microwave defrost settings:- **MEAT**, **POULTRY**, **FISH** and **BREAD**; each defrost category has different power settings. Repeated presses of the **AUTO DEFROST** button will select a different setting.

Category	Press <b>DEFROST</b>	
<b>MEAT</b>	<b>1</b>	time
<b>POULTRY</b>	<b>2</b>	times
<b>FISH</b>	<b>3</b>	times
<b>BREAD</b>	<b>4</b>	times

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.

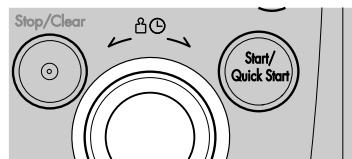


Press **AUTO DEFROST** twice to select the **POULTRY** defrosting programme.

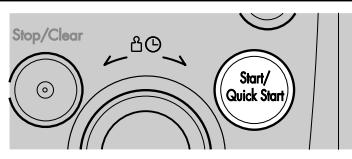


Enter the weight of the frozen food that you are about to defrost.

Turn **DIAL** until display shows "1.4".



Press **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** to resume defrosting.

**Your oven will not stop defrosting (even when the beep sounded) 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 and chops 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)	<p><b>Meat</b> Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger Lamb chops, Rolled roast, Sausage, Cutlets(2cm)</p> <p>Turn food over at beep. After defrosting, let stand for 5-15 minutes.</p> <p><b>Poultry</b> Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg)</p> <p>Turn food over at beep. After defrosting, let stand for 20-30 minutes.</p> <p><b>Fish</b> Fillets, Steaks, Whole fish, Sea foods</p> <p>Turn food over at beep. After defrosting, let stand for 10-20 minutes.</p>
Bread	0.1 ~ 0.5 kg	Paper towel or flat plate	<p>Sliced bread, Buns, Baguette, etc. Separate slices and place between paper towel or flat plate.</p> <p>Turn food over at beep. After defrosting, let stand for 1-2 minutes.</p>

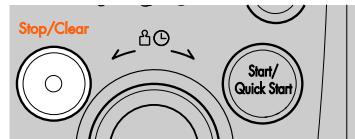
# Steam Cook (Manual)

In the following example I will show you how to steam cook for 5 minutes and 30 seconds.

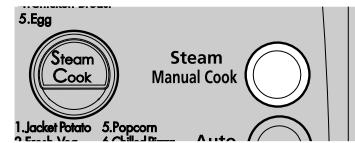


- STEAM COVER
- STEAM PLATE
- STEAM WATER BOWL (METAL TRAY)

Press **STOP/CLEAR**.



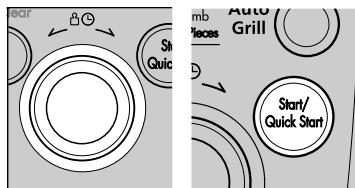
Press **STEAM MANUAL COOK** once.



Turn **DIAL** until display shows "5:30".



Press **START**.

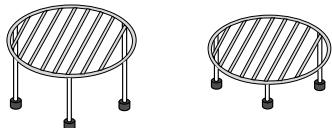


# Grill Cooking

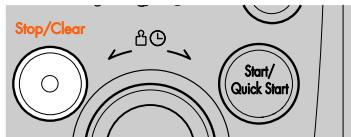
In the following example I will show you how to use the grill to cook some food for 12 minutes and 30 seconds.



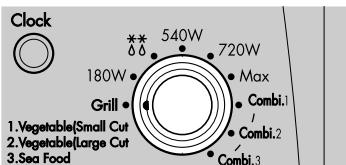
This feature will allow you to brown and crisp food quickly.



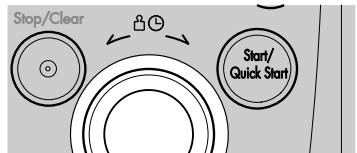
Press **STOP/CLEAR**.



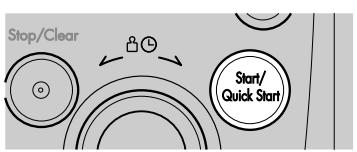
Turn **KNOB** to select the GRILL mode.



Turn **DIAL** until display shows "12:30".



Press **START**.



In the following example I will show you how to programme your oven with combi mode Co-3 for a cooking time of 25 minutes.

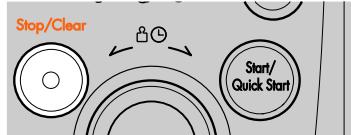
# Combination Cooking



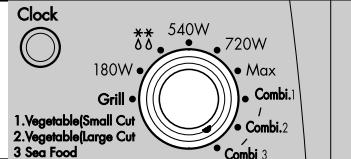
Your oven has a combination cooking feature which allows you to cook food with **heater** and **microwave** at the same time or alternately. This generally means it takes less time to cook your food.

The **heater** grills the surface of the food while **microwave** heats inside. Moreover, preheating your oven is not necessary.

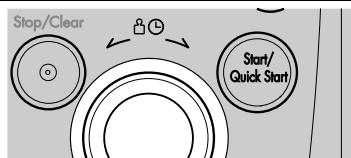
Press **STOP/CLEAR**.



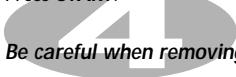
Turn **KNOB** to select the Combi-3 mode.



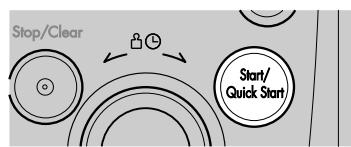
Turn **DIAL** until display shows "25:00".



Press **START**.



*Be careful when removing your food because the container will be hot!*



## Combination Cooking Mode

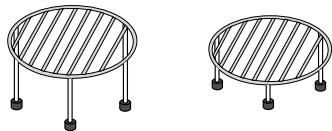
CATEGORY	MICRO POWER (%)	HEATER POWER (%)
Co-1	20	80
Co-2	40	60
Co-3	60	40

# Auto Grill Cook

In the following example I will show you how to cook 0.6kg of lasagne.



**AUTO GRILL COOK** allows you to cook most of your favorite food easily by selecting the food type and entering the weight of the food.



Category      Press **AUTO COOK**

**GRATIN**      1 time

**LASAGNA**      2 times

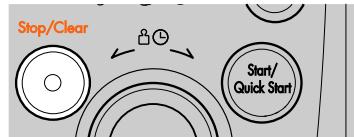
**GRILLED SHRIMP**      3 times

**ROAST BEEF**      4 times

**ROAST LAMB**      5 times

**CHICKEN PIECES**      6 times

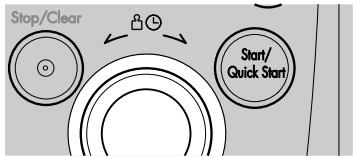
Press **STOP/CLEAR**.



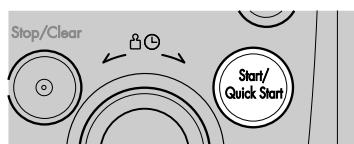
Press **AUTO GRILL COOK** twice to select lasagne.



Turn **DIAL** until display shows "0.6".



Press **START**.

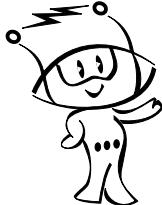


FOOD CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD TEMP.	INSTRUCTIONS
GRATIN	0.5 kg ~ 1.2 kg	Low tray	Room	<p>Use this key to cook home made Gratin. Place food on the low rack. After cooking, remove from the oven and stand for 1~2 minutes.</p> <p><b>* Potato Gratin *</b></p> <p><b>Ingredients</b></p> <p>400g potatoes 100g onions(cut into thin slices) 2/3 tablespoon butter</p> <p>350g white sauce 80g shredded mozzarella cheese Salt, black pepper</p> <p><b>(White Sauce)</b> 3 tablespoon butter, 5 tablespoon flour, 2 cups of milk</p> <p>Place butter in a large bowl. Microwave at HIGH until butter melts. Add flour and microwave for 2 minutes at HIGH. Add milk, salt and black pepper. Microwave at HIGH for 15 minutes. (During cooking, stir several times.)</p> <p><b>Method</b></p> <p>1. Bake potatoes with Jacket Potato Function. And then peel and slice into small size. Add salt, pepper. 2. Combine onions and butter in a bowl. Microwave at HIGH for 2 minutes. 3. Place one third of the white sauce in gratin dish. Add potatoes, onions. Cover with the rest of the white sauce. 4. Sprinkle with cheese. Place on low rack on the glass tray. After cooking, stand for 2~3 minutes.</p>

FOOD CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD TEMP.	INSTRUCTIONS
LASAGNA	0.3 kg ~ 0.6 kg	Low rack	Refrigerated	REMOVE CARTON & PROTECTIVE FILM ON DINNER. Place on the low rack. After cooking, remove from the oven and let stand for 1-2 minutes.
GRILLED SHRIMP	0.1 kg ~ 0.6 kg	high rack	Refrigerated	Clean and dry. Place on the high rack. The oven will beep, turn food over and press start to continue. After cooking, remove from the oven. And serve.
ROAST BEEF	0.5 kg ~ 1.5 kg	Low rack	Refrigerated	Brush the beef with melted margarine or butter. Place on the low rack on the metal tray. The oven will beep, turn food over and press start to continue. After cooking, stand covered with foil for 10 minutes before serving.
ROAST LAMB	0.5 kg ~ 1.5 kg	Low rack	Refrigerated	Brush the lamb with melted margarine or butter. Place on the low rack on the metal tray. The oven will beep, turn food over and press start to continue. After cooking, stand covered with foil for 10 minutes before serving.
CHICKEN PIECES	0.2 kg ~ 0.8 kg	Low rack	Refrigerated	Wash and dry skin. Brush the chicken legs with melted margarine or butter. Place on the high rack on the glass tray. The oven will beep, turn food over and press start to continue. After cooking, stand covered with foil for 2-5 minutes.

# Steam Chef (Auto)

In the following example I will show you how to cook 0.6kg of fresh vegetable(large cut).



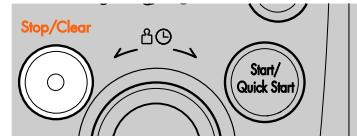
## CAUTION

1. Always use oven gloves when removing a STEAMER from the oven. It's very hot.
2. Do not put a hot STEAMER on a glass table or a place easy to be melted after cooking. Always make sure to use a pad or tray.
3. Be sure to put water before use when you cook it using STEAMER
4. Be careful when you move the STEAMER with water
5. When you use the STEAMER, the steam cover and steam water bowl should be set perfectly right. The eggs or the chestnut would be exploding without setting the steam cover and steam water bowl.

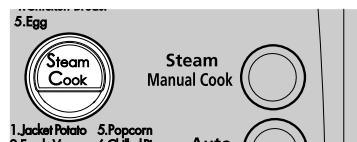
This feature allows you steamed cook. The five Steam Chef features provide pre-programmed cooking time, you do not need to set either the cooking time or power level. You can adjust the number of servings by pressing the select buttons. First, place the food in the center of the Steam plate above in the Steam water bowl and close the Steam cover.

Category	Press AUTO COOK
VEGETABLE (SMALL CUT)	① time
VEGETABLE (LARGE CUT)	② times
SEAFOOD	③ times
CHICKEN BREAST	④ times
EGG	⑤ times

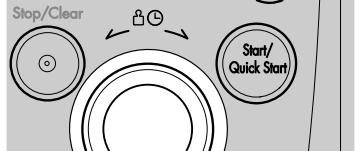
Press STOP/CLEAR .



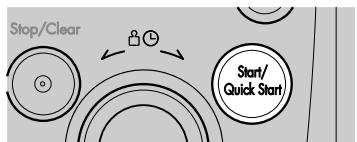
Press STEAM COOK twice to select Fresh vegetable(large cut).



Turn DIAL until display shows "0.6".



Press START.



FOOD CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD TEMP.	INSTRUCTIONS
VEGETABLE (SMALL CUT)	0.2 kg ~ 0.8 kg	Steam water bowl Steam plate Steam cover	Room (Water:300ml)	<p>Clean the vegetables and cut into similar sized pieces. Pour 300ml tap water into the steam water bowl. Place the steam plate on the steam water bowl. Place the prepared vegetables on the steam plate. Cover with the steam cover. Place the steam water bowl on the center of the glass tray.</p> <p>After steaming, stand for 3-5 minutes in the oven.</p> <p>-Sliced carrots, sliced potatoes, pepper, courgettes, cauliflower florets and broccoli florets. Tomatoes(small size)</p>
VEGETABLE (LARGE CUT)	0.2 kg ~ 0.8 kg	Steam water bowl Steam plate Steam cover	Room (Water:300ml)	<p>Clean the vegetables and cut into similar sized pieces. Pour 300ml tap water into the steam water bowl. Place the steam plate on the steam water bowl. Place the prepared vegetables on the steam plate. Cover with the steam cover. Place the steam water bowl on the center of the glass tray.</p> <p>After steaming, stand for 3-5 minutes in the oven.</p> <p>-Potato cut into half, Cabbage cut into quarters Whole cauliflower, Corn on the cob</p>
SEAFOOD	0.1 kg ~ 0.6 kg	Steam water bowl Steam plate Steam cover	Refrigerated (Water:300ml)	<p>Clean the food. Pour 300ml tap water into the steam water bowl. Place the steam plate on the steam water bowl. Place the prepared food on the steam plate. Cover with the steam cover. Place the steam water bowl on the center of the glass tray.</p> <p>After steaming, stand for 3-5 minutes in the oven.</p> <p>- Fish fillets, fish steak, whole fish, shrimp, crab, clam</p>

FOOD CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD TEMP.	INSTRUCTIONS
CHICKEN BREAST	0.2 kg ~ 0.8 kg	Steam water bowl Steam plate Steam cover	Refrigerated (Water:300ml)	<p>Clean the food. Pour 300ml tap water into the steam water bowl. Place the steam plate on the steam water bowl. Place the prepared chicken on the steam plate. Cover with steam cover. Place the steam water bowl on the center of the glass tray.</p> <p>After steaming, stand for 3-5 minutes in the oven.</p> <p>- Chicken breasts, Turkey breasts</p>
EGG	2-9 eggs	Steam water bowl Steam plate Steam cover	Refrigerated (Water:300ml)	<p>Pour 300ml tap water into the steam water bowl. Place the steam plate on the steam water bowl. Place the eggs on the steam plate. Cover with the steam cover. Place the steam water bowl on the center of the glass tray.</p> <p>After steaming, stand for 3-5 minutes in the oven.</p>

# More or Less Cooking

In the following example I will show you how to change the preset AUTO COOK programmes for a longer or shorter cooking time.

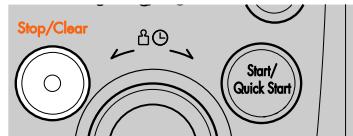


If you find that your food is over or undercooked when using the AUTO COOK programme, you can increase or decrease cooking time by turning DIAL.

When cooking with auto and manual function, you can lengthen or shorten the cooking time at any point by turning DIAL.

There is no need to stop the cooking process.

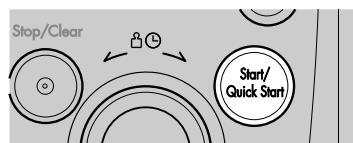
Press **STOP/CLEAR**.



Set the required **AUTO COOK** programme.

Select weight of food.

Press **START**.

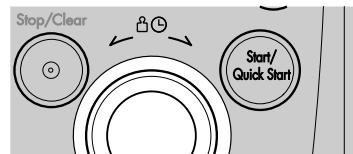


Turn **DIAL** clockwise.

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

Turn **DIAL** counterclockwise.

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	Item	Cook time (at HIGH)	Special Instructions
Sliced meat 3 slices (0.5cm thick)	11/2-21/2 minutes	Place sliced meat on microwavable plate. Cover with plastic wrap and vent. • Note: Gravy or sauce helps to keep meat juicy.	Mashed potatoes 350g	6-7 minutes (at 540W)	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Chicken pieces 1 breast 1 leg and thigh	2-31/2 minutes 11/2-21/2 minutes	Place chicken pieces on microwavable plate. Cover with plastic wrap and vent.	Baked beans 1 cup	2-31/2 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Fish fillet (170-230g)	1~2 1/2 minutes	Place fish on microwavable plate. Cover with plastic wrap and vent.	Ravioli or pasta in sauce 1 cup 4 cups	3-41/2 minutes 8-111/2 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Lasagne 1 serving(300g)	41/2-7 minutes	Place lasagne on microwavable plate. Cover with plastic wrap and vent.	Rice 1 cup 4 cups	11/2-2 minutes 4-6 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Casserole 1 cup 4 cups	11/2-3 minutes 5-71/2minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.	Sandwich roll or bun 1 roll	20-35 seconds	Wrap in paper towel and place on glass tray.
Casserole cream or cheese 1 cup 4 cups	11/2-3 minutes 4-61/2 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.	Vegetables 1 cup 4 cups	11/2-3 minutes 4-6 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
Sloppy Joe or Barbecued beef 1 sandwich (1/2 cup meat filling) without bun	1-3 minutes	COOK covered in microwavable casserole dish. Stir once. Heat bun as directed in chart below.	Soup 1 serving (8 oz.)	2-3 minutes	COOK covered in microwavable casserole dish. Stir once halfway through cooking.
			Plated meal (1 serving) Meat 125g, Mashed potato 150g Carrot, cooked 150g	121/2-141/2 minutes (at 540W)	COOK covered in microwavable dinner plate.

# Fresh Vegetable Guide

Vegetable	Amount	Cook time (at HIGH)	Instructions	Standing Time
Artichokes (230g each)	2 medium 4 medium	4 ~ 8 10 ~ 13	Trim. Add 2 tsp water and 2 tsp juice. Cover.	2~3 minutes
Asparagus, Fresh, Spears	450g	2 ~ 6	Add 1 cup water. Cover.	2~3 minutes
Green Beans	450g	7 ~ 12	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking.	2~3 minutes
Beets, Fresh	450g	12 ~ 17	Add 1/2 cup water in 1.5 litre covered casserole dish. Rearrange halfway through cooking.	2~3 minutes
Broccoli, Fresh, Spears	300g	5 ~ 7	Place broccoli in baking dish. Add 1/2 cup water.	2~3 minutes
Cabbage, Fresh, Chopped	450g	5~8	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking.	2~3 minutes
Carrots, Fresh, Sliced	200g	3 ~ 6	Add 1/4 cup water in 1.5 litre casserole dish. Stir halfway through cooking.	2~3 minutes
Cauliflower, Fresh, Whole	450g	7 ~ 10	Trim. Add 1/4 cup water in 1.5 litre 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	2 ~ 3	Place mushrooms in 1.5 litre casserole dish. Stir halfway through cooking.	2~3 minutes
Parsnips, Fresh, Sliced	450g	3 ~ 7	Add 1/2 cup water in 1.5 litre 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 casserole dish. Stir halfway through cooking.	2~3 minutes
Sweet Potatoes Whole Baking (170-230g each)	2 medium 4 medium	4 ~ 8 8~ 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	4 ~ 6 7 ~ 10	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking.	2~3 minutes
Spinach, Fresh, Leaf	450g	5 ~ 8	Add 1/2 cup water in 2 litre casserole dish.	2~3 minutes
Courgette, Fresh, Sliced	450g	5 ~ 8	Add 1/2 cup water in 1.5 litre 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

# Grill Cooking Guide

## Directions for grilling meat on grill

- Trim excess fat from meat. Cut fat, making sure you do not cut into the lean. (This will stop the fat curling.)
- Arrange on the rack. Brush with melted butter or oil.
- Halfway through, turn the meat over.

Item	Weight	Approx. cooking time (in minutes)	Hints
Beefburgers	50g x 2 100g x 2	13-16 19-23	Baste with oil or melted butter. Thin items should be placed on the grill rack. Thick items can be placed on to a drip tray. Turn food over after half the cooking time.
Beefsteaks (2.5cm (1") thick)	230g x 2	18-20	
Rare	230g x 2	22-24	
Medium	230g x 2	26-28	
Well			
Lamb chops (2.5cm (1") thick)	230g x 2	25-32	

## Directions for grilling fish and seafood

Place fish and seafood on the rack. Whole fish should be scored diagonally on both sides before grilling. Brush fish and seafood with melted butter, margarine or oil before and during cooking. This helps stop the fish drying out. Grill for times recommended in the chart. Whole fish and fish steaks should be carefully turned over halfway through grilling time. If desired thick fillets can also be turned halfway.

Item	Weight	Approx. cooking time (in minutes)	Hints
Fish fillets 1 cm (1/2") thick	230g 230g	17-21 20-24	Brush with melted butter and turn over halfway through cooking.
Fish steaks 2.5 cm (1") thick	230g	24-28	
Whole fish	225-350g each 400g	16-20 24-28	Allow extra time for thick and oily fish. Turn over halfway through cooking.
Scallops Prawns uncooked	450g 450g	16-20 16-20	Baste well during cooking. Turn over halfway through cooking.

# Defrosting Guide

## (Defrosting meats tips & techniques)

\* You can defrost meats in their original wrapping as long as no metal is present. Remove any metal rings, twist ties, wire or foil. If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent thin areas becoming warm during defrosting. Ensure the foil does not touch the oven walls.

\* Food to be defrosted should be in a suitable microwave safe container and placed uncovered on the glass turntable.

\* Defrost meats only as long as necessary. Separate items like minced meat and chops as soon as possible. Remove defrosted portions and continue to defrost remaining pieces. It is essential that food is checked during DEFROSTING as different foods vary in their \*Whole pieces of meat are ready for standing time as soon as a fork can be pushed into the center of the meat using moderate pressure. The will still be icy. Allow to stand until completely thawed.

\*Defrost meat on defrost mode.

Food	Quantity	Defrosting Time (Minutes)	Standing Time (Minutes)	Instructions
<b>BEEF</b> Frankfurter Minced beef Steak, sirloin Roast, loin (boneless) Patties	450g 500g 450g 1000g 114gx4	3-5 5-6½ 4-5 9-14 4-6	5-10 5-10 5-10 10-15 5-10	Turn over after half the time. Turn over after half the time, remove thawed portion. Turn over after half the time. Separate. Turn over after half the time. Shield as needed. Turn over after half the time.
<b>LAMB</b> Mince Chops Roast, loin (boneless)	500g 500g 500g	4-6 4-7 12-15	5-10 5-10 5-10	Turn over after half the time, remove thawed portion. Separate and turn over once. Turn over after half the time. Shield as needed.
<b>POULTRY</b> Whole chicken Breasts (with bone) Drumsticks Thighs Wings	1000g 450g 450g 450g 450g	10-18 4-5 6-8 6-8 5-6	10-15 5-10 5-10 5-10 5-10	Turn over after half the time. Shield as needed. Separate and rearrange once. Separate and rearrange once. Separate and rearrange once. Separate and rearrange once.
<b>FISH &amp; SEAFOOD</b> Whole fish Fish fillets shrimp	450g 500g 250g	5-8 6-9 3-6	5-10 5-10 5-10	Turn over after half the time. Shield as needed. Separate and rearrange once. Separate and rearrange once.

# Crisping Tray Cooking Guide

Preheat the crisping tray with the Microwave 100% on the glass tray .

Do not put the crisping tray on the high or low rack.

Follow the times and instructions in the table.

After cooking, the grill and surrounding oven will get very HOT. USE OVEN GLOVES.

Food	Quantity	Preheat Time	Cook Mode	Cook Time (Minutes)	Instructions
Frozen pizza	450g	3	M/W 900W Grill + M/W 180W	5 8-11	Preheat the crisping tray. Place the frozen pizza on it.
Omelet	3 eggs	3	Grill + M/W 360W	7-8	Combine 3 eggs, 2 tablespoons of milk, and spices. And mix well. Cut tomato in cubes. Set aside. Preheat the crisping tray. Place the prepared tomato on the crisping tray. Add the egg mixture and a little of Grated cheese on top.
Grilled tomato	4 pieces (400g)	3	Grill + M/W 180W	7-8	Cut tomatoes in halves. Set aside. Preheat the crisping tray. Put the tomatoes on the crisping tray and Add some cheese on top.
Fried Egg(s) (Sunny side up)	1 2	3 (5ml oil)	Grill + M/W 540W	1/2 -1 1 1/2 -2	Oil tray and preheat the crisping tray. Put the egg(s) on it.
Stir Fry Vegetables	125g 250g	3 (5ml oil)	Grill + M/W 540W	4-5 5-6	Oil tray and preheat the crisping tray. Prepare vegetables into bite size pieces. Place vegetables on the crisping tray. Stir to coat with oil before cooking. Cook stirring once.

<b>Food</b>	<b>Quantity</b>	<b>Preheat Time</b>	<b>Cook Mode</b>	<b>Cook Time (Minutes)</b>	<b>Instructions</b>
Frozen Oven chips	300g	3	Grill + M/W 540W	10-12	Preheat the crisping tray. Place the frozen oven chips on it. tray. Turn food over after half of the cooking time.
	300g	-	M/W 900W	15-17	Place the frozen oven chips on the crisping tray. Cover with steam cover. Turn food over after half of the cooking time.
Frozen Nuggets (Chicken)	200g	3 (5ml oil)	Grill + M/W 360W	7-9	Oil tray and preheat the crisping tray. Put the frozen nuggets on it. Turn food over after half of the cooking time.
	200g	-	M/W 900W	8-12	Place the frozen nuggets on the crisping tray. Cover with steam cover. Turn food over after half of the cooking time.
Salmon Steak	1 (230g)	3 (5ml oil)	Grill + M/W 540W	6-8	Oil tray and preheat the crisping tray. Put the salmon on it. Turn food over after half of the cooking time.
	1 (230g)	-	M/W 900W	8-12	Place the salmon steak on the crisping tray. Cover with steam cover. Turn food over after half of the coking time.
Hamburger patties, fresh	240g (120gx2)	3 (5ml oil)	Grill+M/W 540W	6-7	Oil tray and preheat the crisping tray. Prepare the hamburger patties. Place on the crisping tray. Turn food over if needed.
	240g (120gx2)	-	M/W 900W	7-9	Place the patties on the crisping tray. Cover with steam cover. Turn food over after half of the coking time.

# *Steam Cooking*

## Guide

Pour 500ml tap water into the steam water bowl.

Put the steam plate and place the food on the steam plate. And then cover with the steam cover.

Place the prepared steam water bowl in the center of the glass tray carefully. Keep parallel!.

<b>Food</b>	<b>Quantity</b>	<b>Defrosting Time (Minutes)</b>	<b>Standing Time (Minutes)</b>	<b>Instructions</b>
Whole fish	100-600g	900W(100%)	15-25	Rinse and clean. Put the prepared food side by side on the steam tray.
Fish fillets	100-600g	900W(100%)	15-25	Put the prepared food side by side on the steam tray. Sprinkle with 30ml lemon juice and spices.
Pawns	100-600g	900W(100%)	15-25	Rinse and clean. Put the prepared food side by side on the steam tray.
Chicken breasts, Fillets	200-600g	900W(100%)	20-25	Rinse and clean. Put the prepared food side by side on the steam tray.
Eggs, Hard boiled	2-9 eggs	900W(100%)	17-25	Put the eggs on the small cavities of the steam tray.
Sliced carrots	200g-800g	900W(100%)	13-20	Prepare the carrots. Cut into slices.
Apple	200g-800g	900W(100%)	15-20	Prepare the apples. Cut into slices.

# **Important safety instructions**

## **Read carefully and keep for future reference**

- 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 anyone to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy. 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 ceramic 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.

### **WARNING**

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

- 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 8 cm 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.
- 16 If the oven door or door seals are damaged, the oven must not be operated until it has been repaired by a qualified service technician.
- 17 If smoke is observed, switch off or disconnect the oven from the power supply and keep the oven door closed in order to stifle any flames.
- 18 When food is heated or cooked in disposable containers of plastic, paper or other combustible materials, check the oven frequently due to the possibility of ignition.
- 19 Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- 20 Liquids or other foods must not be heated in sealed containers since they are liable to explode.

# ***Important safety instructions***

## **Read carefully and keep for future reference**

- 21 Only use utensils that are suitable for use in microwave ovens;
- 22 When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition;
- 23 If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames;
- 24 Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container;
- 25 The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns;
- 26 Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended;
- 27 Details for cleaning door seals, cavities and adjacent parts;
- 28 The oven should be cleaned regularly and any food deposits removed;
- 29 Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation;
- 30 Only use the temperature probe recommended for this oven (for appliances having a facility to use a temperature-sensing probe).
- 31 If heating elements are provided, during use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- 32 The appliance is not intended for use by young children or infirm persons without supervision.

**WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person;

**WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

**WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode;

**WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use;

# 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.

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.

## 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 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.

## 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. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.

## Plastic cooking bags

Provided they are made specially for cooking, cooking bags are microwave safe. 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. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

## 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 the book have been formulated with great care, but your success in preparing them depends 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 food. 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 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 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 overcooked food is ruined for good. Some of the recipes, particularly those for bread, cake, 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 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 breads cook more quickly than heavy, dense foods such as roasts and casseroles. You must take care when microwaving 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. Therefore, it is wise to turn tall food during cooking, sometimes several times.

## 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 that they do not cook unevenly and do not become overcooked.

## 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 2.5cm into food, the interior portion of thick foods are 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 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.

## Covering

A cover traps heat and steam which causes food to cook more quickly. Use a lid or microwave cling film with a corner folded back to prevent splitting.

## 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 such as worcestershire sauce, soy sauce or barbecue sauce to achieve an appetizing colour. Since relatively small amounts of browning sauces are added to food the original flavour of the recipe is not altered.

## 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.

## 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.

# 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. Microwaved food, however, is 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 food, 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 food will cook evenly.

## Shielding

Strips of aluminium foil (which block microwaves) can be 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 secured to the dish or it may cause 'arcing' in the oven.

## Elevating

Thick or dense foods can be 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 yolks and whites of eggs, clams and oysters and whole vegetables and fruits.

## Testing if cooked

Food cooks so quickly in a microwave oven, it is necessary to test it 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.

## To Clean Your Oven

### 1 Keep the inside of the oven clean

Food spatters or spilled liquids stick to oven walls and between seal and door surface. It is best to wipe up spillovers with a damp cloth right away. Crumbs and spillovers will absorb microwave energy and lengthen cooking times. Use a damp cloth to wipe out crumbs that fall between the door and the frame. It is important to keep this area clean to assure a tight seal. Remove greasy spatters with a soapy cloth then rinse and dry. Do not use harsh detergent or abrasive cleaners. The glass tray can be washed by hand or in the dishwasher.

### 2 Keep the outside of the oven clean

Clean the outside of your oven with soap and water then with clean water and dry with a soft cloth or paper towel. To prevent damage to the operating parts inside the oven, the water should not be allowed to seep into the ventilation openings. To clean control panel, open the door to prevent oven from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press STOP/CLEAR after cleaning.

3 If steam accumulates inside or around the outside of the oven door, wipe the panels with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit.

4 The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly.

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

Metal parts will be easier to maintain if wiped frequently with a damp cloth.

# Questions & Answers

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

A There may be several reasons why the oven light will not glow.  
Light bulb has blown  
Door is not closed

## Q Does microwave energy pass through the viewing screen in the door?

A No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.

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

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

## Q Will the microwave oven be damaged if it operates 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 corn 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 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'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 overcooking, the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgement along with the cooking guide suggestions to test food condition, just as you would do with a conventional cooker.

# IEC test manual

## Test dishes in accordance with EN 60705

### ■ Microwave defrosting

Meal	Microwave setting in watts,Cooking time	Note
Meat	360W, 4min ~ 5min	Microwaveable plastic dish, 22 cm diameter. Turn over half the time.

### ■ Microwave cooking

Meal	Microwave setting in watts,Cooking time	Note
Custard	360 W, 30~35 min.	750g, Pyrex 25 × 20 cm
Sponge	540 W, 9~11 min.	Pyrex 22cm diameter
Meatloaf	540 W, 22~27 min.	Pyrex, 28 cm

### ■ Combination cooking with the microwave

Meal	Microwave setting in watts,Cooking time	Note
Potato gratin	540 W, 30~35 min.+ Grill 3~5 min.	22cm diameter Pyrex dish. Place the dish on the lower grill.
Chicken	Combi 2, 45-50min.	Place chicken breast-side down on the lower wire grill and drip dish. Turn over after 20 minutes.

# 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  $\frac{1}{2}$ .

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

MG-728BC / CG-2872BC								
Power Input	230 V AC /50Hz							
Output	900 W (IEC60705 rating standard)							
Microwave Frequency	2,450 MHz							
Outside Dimension	510mm(W) X 312mm(H) X 433mm(D)							
Power Consumption	<table><tr><td>Microwave</td><td>1,300 Watts</td></tr><tr><td>Grill</td><td>1,150 Watts</td></tr><tr><td>Combination</td><td>2,400 Watts</td></tr></table>	Microwave	1,300 Watts	Grill	1,150 Watts	Combination	2,400 Watts	
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