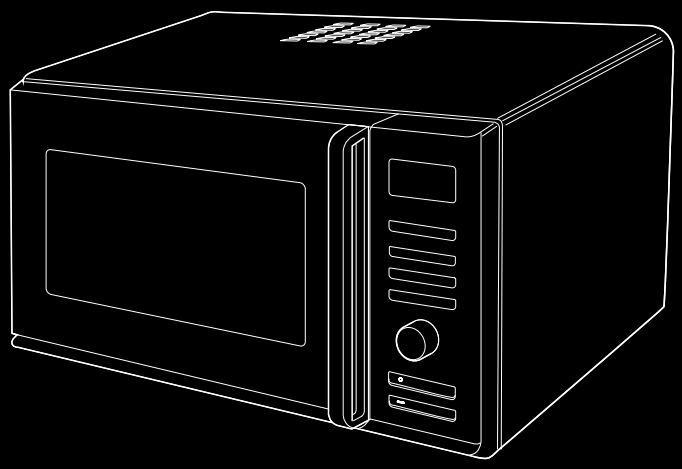
Microwave oven and grill

JLMWGR005



User guide

John Lewis

MFL06446142

Contents

Introduction 4

Safety is important 4
In the box 4

Safety information 5

Important safety information 5
Warnings 5
Cautions 7
Ecological hints 8
Environmental information 8
Mains supply 9
Plug wiring information 9

Installation 10

Check the microwave is working correctly 10
Microwave-safe utensils 11
Microwave test 11
Dinner plates 11
Glassware 11
Plastic storage containers 11
Paper 11
Plastic cooking bags 11
Plastic microwave cookware 11
Pottery, stoneware and ceramic 12

Part identification 13

Preparation 14

12 hour clock or 24 hour clock 14
Child lock 14
Setting the child lock 14
Cancelling the child lock 14

Operation 15

Microwave power cooking 15
Grill cooking 16
Quick Start 16
Microwave power level 16
Combination cooking 17
Combination mode guide 17
Auto cook 18
Auto cook guide 18
Auto defrost 21
Auto defrost guide 22
Crispy cook 23
Keep warm 24
Keep warm manually 24
Keep warm using auto cook 24
Quick defrost 24
Quick defrost guide - minced meat 25

Cooking/grilling guides 26

Fresh vegetable guide 27
Grill cooking guide 29
Grilling meat guide 29
Grilling fish and seafood guide 30

Food characteristics & microwave cooking 31

Keeping an eye on things 31
Factors affecting microwave cooking times 31
Density of food 31
Height of food 31
Moisture content of food 31
Bone and fat content of food 32
Quantity of food 32
Shape of food 32
Covering 32
Browning 32
Covering with greaseproof paper 32
Arranging and spacing 33
Stirring 33
Turning over 33
Placing thicker portions facing outwards 33
Shielding 33
Elevating 33
Piercing 33
Testing if cooked 34
Standing time 34
MAFF reheating cooked chilled foods 34

Servicing & cleaning 35

Servicing 35
Keep the inside of the microwave clean 35
Keep the outside of the microwave clean 35
Cleaning the control panel 35

Questions & answers 36

Technical specifications 37

Disposal 38
Guarantee 38

Introduction

Please take time to read these instructions and retain for future reference.

Note: For the remainder of this user guide, the microwave and grill will be referred to as the microwave.

Safety is important

To ensure your safety and the safety of others, please read the Safety information **before** you install this microwave.

Keep this information in a safe place for future reference.

In the box

You will find the following:

- Microwave and grill
- Glass tray
- High rack
- Crispy tray
- Rotating ring
- Low rack
- User guide
- Quick reference guide

Note: If any of the items listed are damaged or missing, please contact your local John Lewis branch.

Safety information

Important safety instructions - read carefully before use

Take note of the following safety information which appears on the back of this microwave.



Warning! To prevent fire or shock hazard, do not expose this microwave to rain or moisture.



Warning! Always remove the mains plug from the wall socket when not in use or before any service operation.



Warning! There are no user serviceable parts on this microwave. Refer servicing to qualified service personnel.

Important safety information

It is most important that this user guide should be retained with the microwave for future reference. Should the microwave be sold or transferred to another owner, or should you move house and leave the microwave, always ensure that the guides are supplied with the microwave in order that the new owner can get to know the functionality and the relevant warnings.

These warnings have been provided in the interest of safety. You MUST read them carefully before installation or use. If you are unsure of the meanings of these warnings contact the John Lewis branch from which you purchased the microwave.

To avoid accidents to property or people it is important to follow the instructions given. Failure to do so removes any liability from John Lewis.

Warnings

- Keep all packaging well away from children. There is risk of suffocation.
- Never let the power cord be crushed by the microwave itself or other (heavy) objects. Never bend power cord excessively.
- Never hold the power cord or plug with wet hands.
- Never use a damaged power cord or plug, or loose main socket.
- Never let the power cord touch or pass over heating appliances.
- Do not attempt to tamper with, or make any adjustments or repairs to the door, door seals, control panel, safety interlock switches or any other part of the microwave which would involve the removal of any cover protecting against exposure to microwave energy. Do not operate the microwave if the door seals and adjacent parts of the microwave are faulty. Repairs should only be undertaken by a qualified service technician.
- Unlike other appliances, the microwave is a high-voltage and a high electrical-current piece of equipment. Improper use or repair could result in harmful exposure to excessive microwave energy or in electric shock.
- Do not use the microwave for the purpose of dehumidification e.g. using the microwave to dry out wet newspapers, clothes, toys, electric devices. It can cause serious personal injury or damage to the microwave such as a fire, a burn or sudden death due to an electric shock.
- The microwave is not intended for use by young children or elderly persons. Only allow older children to use the microwave without supervision when adequate instructions have been given. Ensure the child is able to use the microwave in a safe way and understands the hazards of improper use.
- Improper use may cause damage such as a fire, electric shock or burn.

- Accessible parts may become hot during use. Young children should be kept away.
- Liquids or other foods must not be heated in sealed containers since they are liable to explode. Remove the plastic wrapping from food before cooking or defrosting. However in some cases food should be covered with plastic film, for heating or cooking.
- Be certain to use correct accessories for each cooking mode, refer to the guide page 11.
- It is hazardous for anyone other than a qualified service technician to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
- When the microwave is operated in the combination mode, children should only use the microwave under adult supervision due to the temperatures generated.
- This microwave must be earthed. If the supply cord is damaged, it must be replaced by the manufacturer, a service agent or a similarly qualified person in order to avoid potential hazards. Improper use may cause serious electrical damage.
- This microwave should not be used for commercial catering purposes.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the microwave door glass. They can scratch the surface, which may result in the glass shattering.
- Using incorrect plug or switch can cause an electric shock.
- The microwave must be used freestanding.
- The microwave is not intended to be operated by an external timer or by a separate control.
- Keep ventilation openings in the microwave enclosure or built-in structure, clear of obstruction.

Cautions

- Do not operate the microwave with the door open due to the safety interlocks built into the door mechanism. It is important not to tamper with the safety interlocks. It could result in harmful exposure to excessive microwave energy. (Safety interlocks automatically switch off any cooking activity when the door is opened.)
- Do not place any object (such as kitchen towels, napkins, etc.) between the microwave front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.It could result in harmful exposure to excessive microwave energy.
- Do not operate the microwave if it is damaged. It is particularly important that the microwave 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. It could result in harmful exposure to excessive microwave energy.

- Please ensure cooking times are correctly set, small amounts of food require shorter cooking or heating time. Over cooking may result in the food catching on fire and subsequent damage to the microwave.
- When heating liquids, e.g. soups, sauces and beverages in your microwave oven:

- Avoid using straight sided containers with narrow necks.
- Stir the liquid before placing the container in the microwave and again halfway through the heating time.
- After heating, let it stand in the microwave for a short time; stir or shake it again carefully and check the temperature of it before consuming to avoid burns (especially, contents of feeding bottles and baby food jars).

- Be careful when handling the container. Microwave heating of beverages can result in delayed eruptive boiling without evidence of bubbling. This could result in hot liquids suddenly boiling over.
- An exhaust outlet is located on the top, bottom or side of the microwave. Don't block the outlet. It could result in damage to your microwave and poor cooking results.
- Do not operate the microwave when empty. It is best to leave a glass of water in the microwave when not in use. The water will safely absorb all microwave energy, if the microwave is accidentally started.
- Do not use wooden containers and ceramic containers that have metallic (e.g. gold or silver) inlays. Always remove metal twist ties. Check that the utensils are suitable for use in microwave before use. They may heat-up and char. Metal objects in particular may arc in the microwave, which can cause serious damage.
- Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage.
- Be certain to place the microwave 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 microwave. Improper use could result in bodily injury and microwave damage.
- Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetables. They could burst.
- Do not cook eggs in their shell. Eggs in their shell and whole hardboiled eggs should not be heated in microwave since they may explode, even after microwave heating has ended. Pressure will build up inside the egg which will burst.
- Do not attempt deep fat frying in your microwave. This could result in a sudden boil over of the hot liquid.

- If smoke is observed, switch off or disconnect the microwave from the power supply and keep the microwave door closed in order to stifle any flames. It can cause serious damage such as a fire or electric shock.
- When food is heated or cooked in disposable containers made of plastic, paper or other combustible materials, keep an eye on the microwave and check it frequently.
- The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the microwave door, outer cabinet, rear cabinet, microwave cavity, accessories and dishes during grill mode and auto cook operations, before clearing make sure they are not hot.
- The microwave should be cleaned regularly and any food deposits should be removed. Failure to maintain the microwave in a clean condition could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.
- If there are heating elements, the appliance becomes hot during use. Care should be taken to avoid touching the heating elements inside the microwave.
- Follow exact directions given by each manufacturer for their popcorn product. Do not leave the microwave unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels. Overcooking could result in the corn catching a fire.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass. They can scratch the surface, which may result in the glass shattering.
- The microwave is not intended to be operated by an external timer or by separate control.
- Keep ventilation openings in the microwave enclosure or in the builclear of obstruction.

Ecological hints

To save energy and help protect the environment, we recommend that you follow these hints:

- Locate the microwave in a well ventilated room and make sure that any air openings are not obstructed.
- Ensure there are no obstructions preventing the door from closing properly.

Environmental information

- After installation, please dispose of the packaging with due regard to safety and the environment.
- Materials marked with the  are recyclable.

Mains supply

Warning! This microwave MUST BE EARTHED.

Warning! Should the power supply cable need to be replaced, this must be carried out by an approved service engineer. John Lewis declines any liability should this safety measure not be observed.

Before switching on, make sure the electricity supply voltage is the same as that indicated on the microwaves rating plate.

Warning! The microwave is supplied with a 13 amp plug. In the event of having to change the fuse in the plug supplied, a 13 amp ASTA approved BS 1363/A fuse must be used.

Warning! The microwave should not be connected to the electrical supply by means of an extension cable.

Plug wiring information

Warning! If the supplied flexible mains cord of this appliance is damaged, it must be replaced.

The microwave is supplied with BS 1363 approved 13 Amp fused mains plug. When replacing the fuse always use a 13 Amp BS 1362 approved type. Never use this plug with the fuse cover omitted. To obtain a replacement fuse cover contact your dealer or John Lewis.

If the mains sockets in your home differ, or are not suitable for the type of plug supplied then the plug should be removed and a suitable type fitted.

If the mains plug becomes severed from the mains lead it must be destroyed. A mains plug with bared wires is hazardous if engaged in a mains output line socket.

If a 13 Amp BS 1363 plug is not suitable or any other type of plug used, then this appliance must be protected by a 15 Amp fuse.

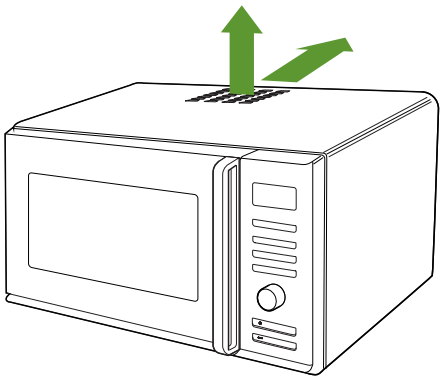
Installation

When upacking the microwave, be aware of the following points:

- When unpacking the microwave make sure all accessories (Rotating ring glass tray, high rack, crispy tray & low rack) and packing materials are removed.
- Check to make sure that the microwave has not been damaged during shipping.
- Unpack the microwave and place it on a flat level surface.

Find a suitable location for the microwave, it should be positioned as follows:

- Place the microwave on the level location of your choice with more than 85 cm height but make sure there is at least 20 cm of space on the top and 10 cm at the rear for proper ventilation.



- The front of the microwave must be at least 8 cm from the edge of the surface to prevent tipping.
- An exhaust outlet is located on bottom or side of the microwave. (Blocking the outlet can damage the microwave).

Warning! The microwave must not be used for commercial catering purposes.

Check the microwave is working correctly

1 Plug the microwave into a standard household socket. Make sure the microwave is the only appliance connected to the socket.

Note: If the microwave does not operate properly, unplug it from the electrical socket and then plug it back in.

2 Open the microwave door by pulling the door handle. Place the rotating ring inside the microwave and place the glass tray on top.

3 Fill a microwave safe container with 300 ml (1/2 pint) of water.

4 Place in the centre of the glass tray and close the microwave door.

Note: If you have any doubts about what type of container to use please refer to Page 11.

5 Press the **Stop/Clear** button, and press the **Start/Quick start** button once to set a cooking time of 30 seconds. The DISPLAY will count down from 30 seconds. When the microwave reaches zero it will beep.

6 Open the microwave door and test the temperature of the water. If your microwave is operating correctly the water should be warm.

Caution - Be careful when removing the container it may be hot.

Caution - 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.

Microwave-safe utensils

Microwaves cannot penetrate metal. They will bounce off any metal object in the microwave and cause arcing. Most heat resistant non-metallic cooking utensils are safe for use in the microwave. However, never use metal or metal trimmed utensils when using the microwave feature. If you have any doubts about a particular utensil, there is a simple way to find out if it can be used in the microwave. Carry out the microwave test.

Microwave test

- Place the utensil next to a glass bowl filled with water.
- Microwave on HIGH power 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.
- There are many items on hand in any kitchen that can be used as cooking equipment in the microwave. These are listed below:

Dinner plates

Many kinds of dinnerware 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 microwave 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 microwave as hot foods will eventually warp or melt plastic containers.

Paper

Paper plates and containers are convenient and safe to use, 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.



Warning! 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.

Plastic cooking bags

Provided they are made specially for cooking, cooking bags are microwave safe. Always make a slit in the bag so that steam can escape.



Caution - Never use ordinary plastic bags for cooking, 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.

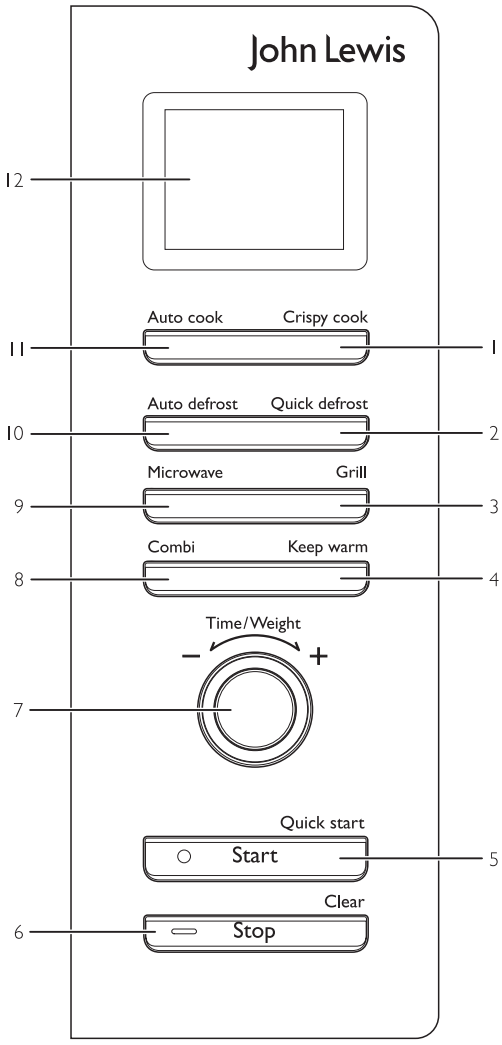
Pottery, stoneware and ceramic

Containers made of these materials are usually fine for use, but they should be tested to be sure. Carry out the microwave test.



Caution - Some items with high lead or iron content are not suitable as cooking utensils.

Part identification



1	Crispy cook button	7	Time/Weight dial
2	Quick defrost button	8	Combi button
3	Grill button	9	Microwave button
4	Keep warm button	10	Auto defrost button
5	Start/Quick start button	11	Auto cook button
6	Stop/Clear button	12	Display

Preparation

When your microwave is plugged in for the first time or when power resumes after a power cut, a '24H' will be illuminated in the display; you will have to reset the clock.

If the clock (or display) shows any strange looking symbols, unplug your microwave from the mains supply and plug it back in and reset the clock.

12 hour clock or 24 hour clock

The microwave clock can be set to either a 12 hour clock format or a 24 hour clock format.

To set the clock to a 24 hour clock format:

1 Press the **Start/Quick start** button for 24 hour clock confirmation.

2 Turn the **Time/Weight** dial until the desired hour is shown on the display.

3 Press the **Start/Quick start** button to set the hour.

4 Turn the **Time/Weight** dial until the desired minutes are shown on the display.

5 Press the **Start/Quick start** button, the clock in now set.

Note: If you want to change clock format after setting the clock, you must unplug the microwave from the mains supply then plug the microwave back in.

Note: If you require a 12 hour clock format, turn the **Time/Weight** dial.

Child lock

The microwave has a safety feature that prevents accidental running of the microwave. Once the child lock is set, you will be unable to use any functions and no cooking can take place.

Note: A child can still open the microwave door.

Setting the child lock

To set the child lock:

1 Press the **Stop/Clear** button.

2 Press and hold the **Stop/Clear** button until "L" is shown on the display and a beep sounds. The CHILD LOCK is now set.

Note: If the clock has been set, the current time will no longer be displayed.

Cancelling the child lock

To cancel child lock:

1 Press and hold the **Stop/Clear** button until "L" is no longer shown in the display. Once the button is released a beep sounds. The child lock is now disabled.

Operation

Microwave power cooking

This microwave is equipped with 5 power levels to give you maximum flexibility and control over cooking. For advice on the selection of a suitable power level, the table below shows the examples of food and their recommended cooking power levels for use with this microwave.

Power level	Use	Power level (%)	Power output
High	• Boil water • Brown minced beef • Cook poultry pieces, fish, vegetables • Cook tender cuts of meat	100 %	900 W (max)
Medium high	• All reheating • Roast meat and poultry • Cook mushrooms and shellfish • Cook foods containing cheese and eggs	80 %	720 W
Medium	• Bake cakes and scones • Prepare eggs • Cook custard • Prepare rice, soup	60 %	540 W
Medium low	• All defrosting • Melt butter and chocolate • Cook less tender cuts of meat	40 %	360 W
Low	• Soften butter and cheese • Soften ice cream • Raise yeast dough	20 %	180 W

Quick Start

The QUICK feature allows you to set 30 seconds intervals of HIGH power cooking.

1 Press the **Stop/Clear** button.

2 Repeatedly press the **Start/Quick start** button until the desired time is displayed.

Microwave power level

To select a suitable power level:

Make sure that you have correctly installed the microwave, see page 10.

1 Press the **Stop/Clear** button.

2 Set the first stage of cooking, press the **Microwave** button repeatedly to select the power level.

3 Turn the **Time/Weight** dial until the desired time is shown in the display.

4 Set the second stage of cooking, press the **Microwave** button repeatedly to select the power level.

5 Turn the **Time/Weight** dial until the desired time is shown in the display.

6 Press the **Start/Quick start** button to start the cooking.

During two stage cooking, the door can be opened and the food checked. To continue cooking close the door and press the **Start/Quick start** button.

At the end of the first stage of cooking a beep sounds, then the second stage of cooking begins.

To cancel the two stage cooking feature:

1 Press the **Stop/Clear** button twice.

Grill cooking

The microwave has cooking feature which allows you to brown and crisp food quickly:

Note: The high or low rack must be used during grill cooking.

1 Press the **Stop/Clear** button.

2 Press the **Grill** button to select the GRILL option.

3 Turn the **Time/Weight** dial until the desired time is shown in the display.

4 Press the **Start/Quick start** button to start cooking.

Combination cooking

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

Note: The sheath heater grills the surface of the food while the microwave heats the inside.

Note: Preheating is not necessary.

1 Press the **Stop/Clear** button.

2 Press the **Combi** button repeatedly until the desired cooking mode is selected.

There are three combination cooking modes, to assist with the combination cooking, see the combination mode guide.

3 Turn the **Time/Weight** dial until the desired time is shown in the display.

4 Press the **Start/Quick start** button to start the cooking.

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

Combination mode guide

For advice using the combination cooking function, use the combination cooking guide below:

Category	Micro Power (%)	Grill Power (%)
Co-1	20	80
Co-2	40	60
Co-3	60	40

Auto cook

The microwave has a auto cook feature which allows you to cook most of your favourite food easily by selecting the food and entering the weight of the food.

1 Press the **Stop/Clear** button.

2 Repeatedly press the **Auto Cook** button until the desired auto cook category is shown in the display.

3 Turn the **Time/Weight** dial until the correct weight of the food is shown in the display.

4 Press the **Start/Quick start** button to start cooking auto cooking.

Auto cook guide

For advice in using the auto cook function, use the auto cook guide below:

Category		Instructions
Ac-1 Jacket Potato	- Weight limit : 0.2~1.0 kg - Food temp. : Room - Utensil : Crispy tray on low rack	1. Choose medium sized potatoes (approx 200 g). 2. Wash and dry potatoes. 3. Pierce the potatoes several times with a fork. 4. Place potatoes on the crispy tray on the low rack. 5. Adjust the weight and press the **Start/Quick start** button. 6. Once a beep is held, turn the potatoes over. 7. Press the **Start/Quick start** button to continue cooking. 8. After cooking cover the potatoes with aluminium foil and allow to stand for 5 minutes.
Ac-2: Fresh Vegetables	- Weight limit : 0.2~0.8 kg - Food temp. : Room - Utensil : Microwave-safe bowl	1. Place vegetables in a microwave-safe bowl. 2. Add the amount of water according to the quantity. - 0.2 kg - 0. 4 kg : 2 tablespoons of water - 0.5 kg - 0.8 kg : 4 tablespoons of water 3. Cover with plastic wrap, place food in the microwave. 4. After cooking, stir for 3-4 seconds. 5. After cooking allow the vegetables to stand for 2 minutes.

Category		Instructions
Ac-3: Frozen Vegetables	- Weight limit : 0.2 ~ 0.8 kg - Food temp. : Frozen - Utensil : Microwave-safe bowl	1. Place vegetables in a microwave-safe bowl. 2. Add the amount of water according to the quantity. - 0.2 kg - 0.4 kg : 2 tablespoons of water - 0.5 kg - 0.8 kg : 4 tablespoons of water 3. Cover with plastic wrap, place the frozen vegetables in the microwave. 4. After cooking, stir for 3-4 seconds. 5. After cooking allow the vegetables to stand for 2 minutes.
Ac-4: Rice	- Weight limit : 0.1 ~ 0.3 kg - Food temp. : Room - Utensil : Microwave-safe bowl	1. Wash rice. 2. Place rice & boiling water in a deep and large bowl. Weight: **100 g** **200 g** **300 g** **Cover** **Boiling water:** 200 ml 400 ml 600 ml Yes/Vent corner - Rice - After cooking allow the rice to stand for 2 minutes or until water is absorbed.
Ac-5: Fresh Fish	Weight limit : 0.2 kg ~ 0.6 kg - Food temp. : Refrigerated - Utensil : Microwave-safe flan dish	Whole fish, steaks - Oily fish : Salmon, mackerel - White fish : Cod, haddock 1. Arrange the fish in a single layer in a large microwave-safe flan dish. 2. Cover dish tightly with plastic wrap and pierce in several places. 3. Place on the glass turntable. 4. Adjust weight and press the **Start/Quick start** button. 5. After cooking, remove the dish from the microwave. 6. Allow to stand for 3 minutes before serving.
Ac-6: Roast Beef	- Weight limit : 0.5 kg ~ 1.5 kg - Food temp. : Refrigerated - Utensil : Low rack	1. Brush the beef with melted margarine or butter. 2. Place on the low rack on the metal tray. 3. Once the microwave beeps, turn the beef over and press the **Start/Quick start** button to continue. 4. After cooking, cover the beef with foil and allow to stand for 10 minutes before serving.
Ac-7: Roast Pork	- Weight limit : 0.5 kg ~ 1.5 kg - Food temp. : Refrigerated - Utensil : Low rack	1. Brush the pork with melted margarine or butter. 2. Place on the low rack on the metal tray, 3. Once the microwave beeps, turn pork over and press the **Start/Quick start** button to continue. 4. After cooking, cover the pork with foil allow to stand for 10 minutes before serving.

Category		Instructions
Ac-8: Chicken Legs	- Weight Limit : 0.2 kg ~ 0.8 kg - Food Temp. : Refrigerated - Utensil : High rack	1. Wash and dry skin. Brush the chicken legs with melted margarine or butter. 2. Place on the high rack on the metal tray. 3. Once the microwave beeps, turn chicken legs over and press the **Start/Quick start** button to continue. 4. After cooking, cover the chicken legs with foil allow to stand for 2-5 minutes.

Auto defrost

The microwave has a auto defrost feature which allows you defrost a variety of food.

The temperature and density of food varies, it is recommend that the food is checked before cooking commences. Pay particular attention to large joints of meat and chicken, some foods should not be completely thawed before cooking. For example fish cooks so quickly that it is sometimes better to begin cooking while still slightly frozen.

The BREAD programme is suitable for defrosting small items such as rolls or a small loaf.

These will require a standing time to allow the centre to thaw.

Note: The microwave has four microwave defrost settings: MEAT, POULTRY, FISH and BREAD; each defrost category has different power settings.

1 Press the **Stop/Clear** button.

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

3 Repeatedly press the **Auto Defrost** button to select the auto defrost category.

4 Turn the **Time/Weight** dial until the correct weight of the food to be defrosted is shown in the display.

5 Press the **Start/Quick start** button to start defrosting the food.

6 During defrosting the microwave will beep, at which point open the microwave door, turn food over and separate to ensure even thawing.

7 Remove any portions that have thawed or shield them to help slow down thawing. After checking close the microwave door and press the **Start/Quick start** button to resume defrosting.

Note: The microwave will not stop defrosting unless the door is opened.

Auto defrost guide

To assist with the use of the auto defrost categories, use the auto defrost guide below:

Food to be defrosted must be in a suitable microwave proof container and placed uncovered on the glass turntable.

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 microwave oven walls.

Separate items like minced meat, chops, sausages and bacon as soon as possible.

Once the microwave beeps, remove the food from the microwave, turn the food over and return to the microwave.

Remove defrosted portions at this point. Continue to defrost remaining pieces. Allow to stand until completely thawed.

For advice on using the auto defrost function, use the auto defrost guide below:

Category		Instructions
dEF 1: Meat	- Weight Limit : 0.1~4.0 kg - Utensil : Microwave-safe plate	- Minced beef, fillet steak, cubes for steak, sirloin steak, pot roast, rump roast, beef burger, lamb chops, rolled roast, sausage, cutlets (2 cm). - After defrosting, stand covered with aluminium foil for 5-15 minutes.
dEF 2: Poultry	- Weight Limit : 0.1~4.0 kg - Utensil : Microwave-safe plate	- Whole chicken, legs, breasts, turkey breasts(under 2.0 kg). - After defrosting, cover with aluminium foil and allow to stand for 20-30 minutes.
dEF 3: Fish	- Weight Limit : 0.1~4.0 kg - Utensil : Microwave-safe plate	- Fillets, steaks, whole fish, sea food. - After defrosting, cover with aluminium foil and allow to stand for 10-20 minutes.
dEF 4: Bread	- Weight Limit : 0.1~0.5 kg - Utensil : Microwave-safe plate	- Sliced bread, buns, baguette, etc. - After defrosting, let stand for 1-2 minutes.

Crispy cook

The microwave has a crispy cook feature which allows food to be reheated or crisped by food type and weight.

1 Press the **Stop/Clear** button.

2 Repeatedly press the **Crispy cook** button to select the crispy reheat category.

3 Turn the **Time/Weight** dial until the correct weight of the food is shown in the display.

4 Press the **Start/Quick start** button to start the cooking.

Category		Instructions
cc-1: Chicken Nuggets -	- Weight Limit : 0.2 kg ~ 0.4 kg - Food Temp. : Frozen - Utensil : Crispy tray on the high rack	1. Place chicken nuggets on the crispy tray on the high rack. 2. Once the microwave beeps, turn food over. 3. Press the **Start/Quick start** button to continue cooking.
cc-2: French fries -	- Weight Limit : 0.2 ~ 0.3 kg - Food Temp. : Frozen - Utensil : Crispy tray on the high rack	1. Spread frozen potato products out on the crispy tray on the high rack. 2. For the best results, cook in a single layer. 3. Press the **Start/Quick start** button to begin cooking.
cc-3: Fish Fingers -	- Weight Limit : 0.2 ~ 0.4 kg - Food Temp. : Frozen - Utensil : Crispy tray on the high rack	1. Place food on the crispy tray on the high rack. 2. Press the **Start/Quick start** button to begin cooking.
cc-4: Frozen Pizza -	- Weight Limit : 0.3 kg ~ 0.6 kg - Food Temp. : Frozen - Utensil : Crispy tray on the low rack	1. Place food on the crispy tray on the low rack. 2. Press the **Start/Quick start** button to begin cooking.

Keep warm

The microwave has a keep warm feature which allows you to manually or as part of auto cook, keep the food warm for a set time.

Note: The keep warm feature will only run for 90 minutes, but can be interrupted by opening the door.

Keep warm manually

1 Press the **Stop/Clear** button.

2 Press the **Keep Warm** button to select the power level.

- Low level - press once
- High level - press twice

3 Press the **Start/Quick start** button to start. The set time of 90 minutes is shown in the display.

To view the remaining time left, press the **Keep Warm** button.

Keep warm using auto cook

1 Set the required auto cook category, see page 18.

Five minutes after the auto cook category has ended, the microwave will automatically start the keep warm feature.

Or

2 Press the **Keep Warm** button to select the power level.

- Low level - press once
- High level - press twice

3 Press the **Start/Quick start** button to start. The set time of 90 minutes is shown in the display.

To view the remaining time left, press the **Keep Warm** button.

Quick defrost

The microwave has a quick defrost feature which allows you to defrost MEAT only.

1 Press the **Stop/Clear** button.

2 Weight the food that you are about to defrost. Open the microwave door.

3 Place the food on the centre of the glass tray in the microwave and close the microwave door.

CAUTION - Remove any metallic ties or wraps.

4 Press the **Quick Defrost** button. The microwave starts automatically.

5 During defrosting the microwave will beep, at which point open the microwave door, turn food over and separate to ensure even thawing.

6 Remove any portions that have thawed or shield them to help slow down thawing. After checking close the microwave door and press the **Start/Quick start** button to resume defrosting.

Quick defrost guide - minced meat

To assist in with the use of the quick defrost feature, use the quick defrost guide below:

1 Remove the mince completely from its wrapping.

2 Place the mince onto a microwave-safe plate.

3 Once the microwave beeps, remove the mince from the microwave, turn the mince over and return to the microwave.

4 Press the **Start/Quick start** button to continue.

5 At the end of the program remove the mince from the microwave.

6 Cover the mince with foil and allow to stand 5-15 minutes or until completely thawed.

Category		Instructions
Minced Meat	- Weight Limit : 0.5 kg - Utensil : Microwave ware (Flat plate)	- Minced meat. - Once the microwave beeps, turn the minced meat. - After defrosting, allow the mince to stand for 5 - 15 minutes.

Cooking/grilling guides

For additional advice on cooking and grilling, use the additional fresh vegetables and grilling guides that follow:

- Fresh vegetable guide as shown on page 27.
- Grill cooking guide as shown on page 29.

Fresh vegetable guide

For advice on using the microwave functions, use the fresh vegetable guide below:

Food	Quantity	Cook Time (Minutes/At High)	Instructions
Artichokes (230 g each)	2 medium 4 medium	41/2~71/2 10 ~ 12	1 Trim. 2 Add 2 tsp water and 2 tsp juice. 3 Cover and allow to stand for 2 ~ 3 minutes.
Asparagus, Fresh, Spears	450 g	3 ~ 6	1 Add 1 cup water. 2 Cover and allow to stand for 2 ~ 3 minutes.
Green beans	450 g	6 ~ 10	1 Add 1/2 cup water in 1.5 litre casserole dish. 2 Stir halfway through cooking. 3 Allow to stand for 2 ~ 3 minutes.
Beats, Fresh	450 g	10 ~ 14	1 Add 1/2 cup water in 1.5 litre casserole dish. 2 Rearrange halfway through cooking. 3 Allow to stand for 2 ~ 3 minutes.
Broccoli, Fresh, Spears	300 g	31/2 ~ 4	1 Place broccoli in baking dish. 2 Add 1/4 cup water. 3 Allow to stand for 2 ~ 3 minutes.
Cabbage, Fresh, Chopped	450 g	7 ~ 9	1 Add 1/2 cup water in 1.5 litre casserole dish. 2 Stir halfway through cooking. 3 Allow to stand for 2 ~ 3 minutes.
Carrots, Fresh, Sliced	200 g	2 ~ 3	Add 1/4 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Allow to stand for 2 ~ 3 minutes.
Cauliflower, Fresh, Whole	450 g	5 ~ 7	1 Trim. 2 Add 1/4 cup water in 1.5 litre casserole dish. 3 Stir halfway through cooking. 4 Allow to stand for 2 ~ 3 minutes.
Fresh Floerettes, Celery Fresh, Sliced	2 cups 4 cups	11 ~ 16	1 Slice. 2 Add 1/2 cup water in 1.5 litre covered casserole dish. 3 Stir halfway through cooking.
Corn, Fresh	2 ears	4 ~ 8	1 Husk. 2 Add 2 tbsp water in 1.5 litre baking dish. 3 Cover and allow to stand for 2 ~ 3 minutes.

Food	Quantity	Cook Time (Minutes/At High)	Instructions
Mushrooms, Fresh, Sliced	230 g	11/2 ~ 21/2	1 Place mushrooms in 1.5 litre covered casserole dish. 2 Stir halfway through cooking. 3 Allow to stand for 2 ~ 3 minutes.
Parsnips, Fresh, Sliced	450 g	6 ~ 8	1 Add 1/2 cup water in 1.5 litre casserole dish. 2 Stir halfway through cooking. 3 Allow to stand for 2 ~ 3 minutes.
Peas, Green, Fresh	4 cups	6 ~ 9	1 Add 1/2 cup water in 1.5 litre casserole dish. 2 Stir halfway through cooking. 3 Allow to stand for 2 ~ 3 minutes.
Sweet Potatoes Whole baking (170 ~ 230g each)	2 medium 4 medium	5 ~ 9 9 ~ 13	1 Pierce potatoes several times with fork. 2 Place on 2 paper towels. 3 Turn over halfway through cooking. 4 Allow to stand for 2 ~ 3 minutes.
White potatoes, Whole baking (170 ~ 230 g)	2 potatoes 4 potatoes	51/2 ~ 71/2 91/2 ~ 14	1 Pierce potatoes several times with fork. 2 Place on 2 paper towels. 3 Turn over halfway through cooking. 4 Allow to stand for 2 ~ 3 minutes.
Spinach, Fresh, Leaf	450 g	6 ~ 8	1 Add 1/2 cup water in 1.5 litre casserole dish. 2 Stir halfway through cooking. 3 Allow to stand for 2 ~ 3 minutes.
Courgette, Fresh, Sliced	450 g	41/2 ~ 71/2	1 Add 1/2 cup water in 1.5 litre casserole dish. 2 Stir halfway through cooking. 3 Allow to stand for 2 ~ 3 minutes.
Courgette, Fresh, Whole	450 g	6 ~ 9	1 Pierce. 2 Place on 2 paper towels. 3 Turn courgette over and rearrange halfway through cooking.

Grill cooking guide

For advice on using the grill functions which can be used to grill meat, fish & seafood, see the guides that follow:

- Grilling meat on grill guide as shown on page 29.
- Grilling fish & seafood guide as shown on page 30.

Grilling meat guide

1 Trim excess fat from meat.

2 Cut fat, making sure you do not cut into the lean (This will stop the fat curling).

Food	Quantity	Cooking Time (minutes/at High)	Instructions
Lamb chops: (2.5 cm (1 ") thick)	230 g x 2	25 ~ 32	1 Baste the lamb chops with oil or melted butter. 2 Thin lamb chops should be placed on the rack. 3 Thick lamb chops can be placed on to a drip tray. 4 Turn the lamb chops over after halfway cooking time. 5 Turn frequently.
Sausages: (2.5 cm(1 ") thick)	230 g	13 ~ 16	
Fish fillets: 1 cm (1/2 ") thick 1.5 cm (1/2 ")	230 g 230 g	17 ~ 21 20 ~ 24	1 Brush the fish fillets with melted butter. 2 Turn over halfway through cooking.

Grilling fish and seafood guide

1 Place fish and seafood on the rack.

2 Whole fish should be scored diagonally on both sides before grilling.

3 Brush fish and seafood with melted butter, margarine or oil before and during cooking, (this helps stop the fish drying out).

4 Grill for times recommended in the guide below.

5 Whole fish and fish steaks should be carefully turned over halfway grilling time. If desired thick fillets can also be turned halfway.

Food	Quantity	Cooking Time (minutes/at High)	Instructions
Fish fillets 2.5 cm (1") thick	230 g	24 ~ 28	1 Brush the fish fillets with melted butter. 2 Turn over halfway through cooking.
Whole fish	225 ~ 350 g each 400 g	16 ~ 20 24 ~ 18	
Scallops	450 g	16 ~ 20	Baste well during cooking.
Prawns uncooked	450 g	16 ~ 20	

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. The microwave is equipped with a light that turns on automatically when it is in operation so that you can see inside and check the progress of your food.

The instructions given in recipes, for example: to elevate, stir are to 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 user guide give a range of cooking times. In general, 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. Some of the recipes, particularly those for bread, cake, and custards, recommend that food be removed from the microwave when they are slightly under cooked. This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the microwave as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the microwave until it is cooked all the way through, the outer portions will become overcooked or even burnt.

Density of food

Light, porous food such as cakes and breads cook more quickly than heavy, dense foods such as roasts and casseroles. Care must be taken when microwaving porous food so that the outer edges do not become dry and brittle.

Height of food

The upper portion of large foods such as roasts, will cook more quickly than the lower portion. Therefore, it is wise to turn the roasts several during cooking.

Moisture content of food

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

Bone and fat content of food

As bones conduct heat and fat cooks more quickly than meat. Care must be taken when cooking bony or fatty cuts of meat in order to prevent unevenly or overcooked meat.

Quantity of food

The number of microwaves in your microwave remains constant regardless of how much food is being cooked. Therefore, the more food you place in the microwave, the longer the cooking time. Remember to decrease cooking times by at least one third when halving a recipe.

Shape of food

Microwaves penetrate about 2 cm 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 most 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 for fifteen minutes or longer will brown lightly in their own fat. Foods that are cooked for a shorter period of time can be brushed with a browning sauce such as Worcestershire sauce, soy sauce or barbecue sauce to achieve an appetizing colour.

Note: Since relatively small amounts of browning sauces are added to food, the original flavour of the recipe will not be altered.

Covering with greaseproof paper

The use of greaseproof paper to cover the food may cause 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 microwave an equal distance apart, preferably in a circular pattern. Never stack foods on top of one another.

Stirring

Stirring is one of the most important of all microwaving techniques. In conventional cooking, 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 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 microwave.

Elevating

Thick or dense foods can be elevated with the use of the supplied high & low racks 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 microwave unless they are pierced prior to cooking, for example, yolks and whites of eggs, clams, oysters and whole vegetables and fruits.

Testing if cooked

As food cooks so quickly in the microwave, it is often necessary to test it frequently. Some food types are left in the microwave until completely cooked, but most food types, including meats and poultry, are removed from the microwave while still slightly under cooked 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. 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.

MAFF reheating cooked chilled foods

This microwave oven has been tested and labelled to the Ministry of Agriculture Fisheries and Food (MAFF) agreement, concerning the reheating of cooked chilled food.

The heating category represents the microwave's ability to heat small quantities of food (approx. 350 g), it does not represent the microwave's general performance. The category (from the letter A to E) will help you to reheat small quantities of food such as microwavable ready meals. The greater the heating category of the microwave, the less heating time that is required.

Displayed on the food packages will be the cooking times for each of the BAND categories. For example A may be 10 minutes. B may be 9 minutes etc depending on the food type.

Servicing & cleaning

Servicing

This microwave must only be serviced by an authorised service engineer and only genuine spare parts must be used.

Under no circumstances must you attempt to repair the microwave yourself. Repairs carried out by an inexperienced persons may cause injury or serious malfunction.

Keep the inside of the microwave clean



Caution - Do not use harsh detergent or abrasive cleaners.

- Food spatters or spilled liquids stick to microwave oven walls and between the seal and door surfaces. Wipe up overspills with a damp cloth straight away.
- Crumbs and soverspills 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.
- The metal tray can be washed by hand and is dishwasher proof.

Keep the outside of the microwave clean



Caution - Do not use abrasive materials, such as cleaning powders or steel and plastic pads.



Caution - Do not use steam cleaners.

- Clean the outside of your microwave 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 microwave, the water should not be allowed to seep into the ventilation openings.

Cleaning the control panel

- Unplug the microwave from the electrical socket when you clean control panel with wet cloth or spray water on control glass to clean.
- If it is not unplugged, this product can be operated by touching the **Start/Quick Start** button.
- To clean control panel, open the door to prevent the microwave from accidentally starting, and wipe a damp cloth followed immediately by a dry cloth. Press the **Stop/Clear** button after cleaning.
- If steam accumulates inside or around the outside of the microwave door, wipe the panels with a soft cloth. This may occur when the microwave is operated under high humidity conditions and in no way indicates a malfunction of the unit.
- The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly.
- Metal parts will be easier to maintain if wiped frequently with a damp cloth.

Questions & answers

To assist in locating possible faults use the help guide below:

Troubleshooting	
Frequently Asked Questions	Answer
What's wrong when the microwave light will not glow?	There may be several reasons why the microwave light will notglow. Either the light bulb has blown or the electric circuit has failed.
Does microwave energy pass through the viewing screen in the door?	No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.
Why does the beep tone sound when a button on the control panel is touched?	The beep tone sounds to assure that the setting is being properly entered.
Will the microwave function be damaged if it operates empty?	Yes. Never run it empty.
Why do eggs sometimes pop?	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.
Why is standing time recommended after microwave cooking is over?	After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.
Why doesn't my microwave always cook as fast as the cooking guide says?	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 this microwave. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgment along with the cooking guide suggestions to test food conditions, just as you would do with a conventional cooker.

Technical specifications

Specifications of the microwave that you have just purchased may vary from the information in this table due to technical innovations.

Power Input	230 V AC, 50 Hz
Output	900 W (IEC60705 rating standard)
Microwave Frequency	2450 MHz
Outside Dimension	507 mm (W) X 283 mm (H) X 435 mm (D)
Power Consumption	
Microwave	1300 W
Grill	1000 W
Combination	max. 2250 W

Disposal

When this  symbol is attached to a product it means the product is covered by the European Directive 2002/96/EC.

All electrical and electronic products should be disposed of separately from the municipal waste stream via designated collection facilities appointed by the government or the local authorities.

The correct disposal of yo ur old appliance will help prevent potential negative consequences for the environment and human health.

For more detailed information about disposal of your old appliance, please contact your city office, waste disposal service or the shop where you purchased the product.

Guarantee

Your John Lewis microwave is covered by a two year parts and labour guarantee. This means that if the microwave develops a fault during the guarantee period we arrange a repair free of charge. Your original receipt acts as your guarnatee so please make sure that you retain it throughout the guarantee period.

Please note that this guarantee does not cover you against faults caused by accidental damage or misuse.