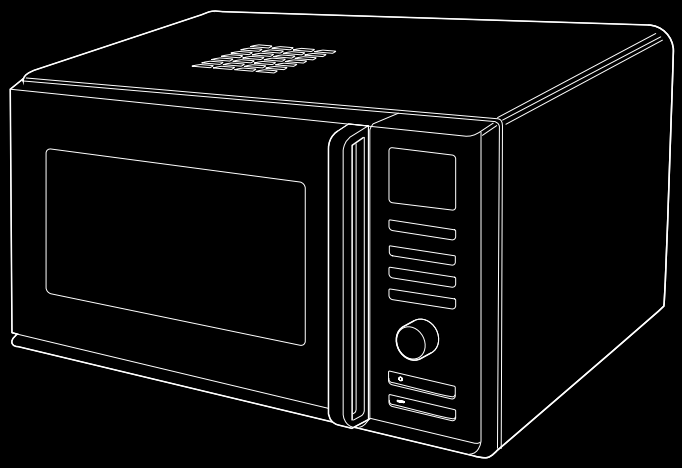
Microwave/grill/convection oven

JLMWCM006



User guide

John Lewis

MFL06446143

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Introduction

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

Note: For the remainder of this user guide, the microwave/grill/convection oven 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
- Glass tray
- High rack
- Metal 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 that appears on the back of this microwave.



Warning! To prevent a 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 technician.

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 a risk of suffocation.
- Never let the power cord be crushed by the microwave itself or other (heavy) objects. Never bend the 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 some food should be covered with plastic film, for heating or cooking.
- Be certain to use the correct accessories for each cooking mode, refer to page 12.
- 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 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.
- The 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 an incorrect plug or switch can cause an electric shock or a fire.
- The microwave must be used freestanding.
- This microwave is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the microwave by a person responsible for their safety.
- 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 in the built-in structure, clear 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.

Cautions

- Do not operate the microwave with the door open. 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 the microwave:

- 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 the 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 microwaves 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 microwaves 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 the 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 microwave is operating. Do not touch the microwave door, outer cabinet, rear cabinet, microwave cavity, accessories and dishes during grill mode, convection 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 microwave and possibly result in a hazardous situation.
- If there are heating elements, the microwave 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 microwave 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, clear of obstruction.

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 technician. 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 microwave's rating plate.



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 microwave is damaged, it must be replaced.

This 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 missing. To obtain a replacement fuse cover contact 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 inserted into a wall socket.

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

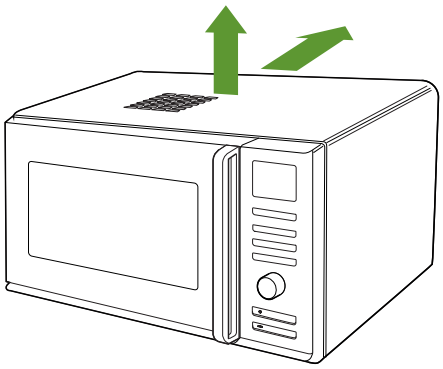
Installation

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

- When unpacking the microwave make sure all accessories (Rotating ring, glass tray, high rack, metal tray and 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 and level surface.

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

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



- The front of the microwave should 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 microwave 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 oven 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 12.

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 the 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 must 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

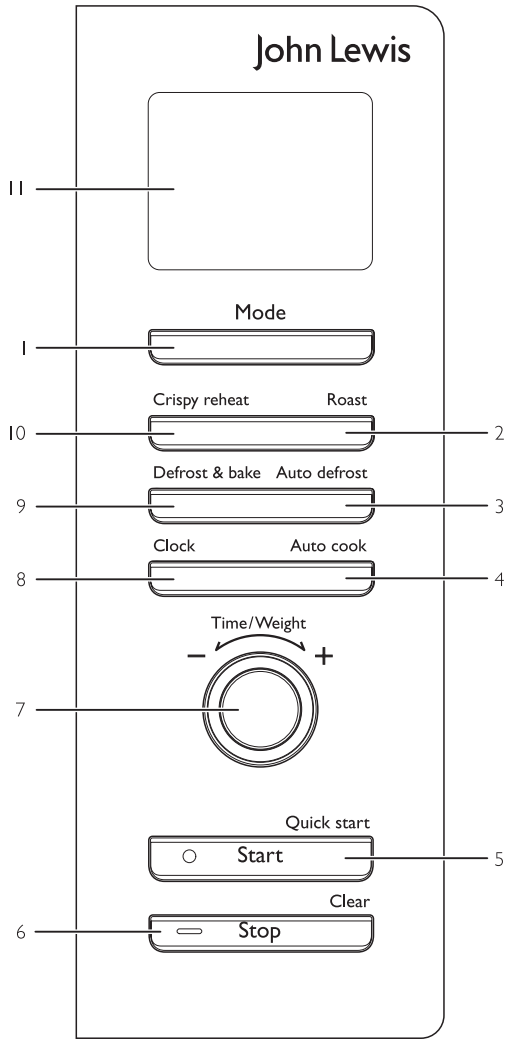
Containers made of these materials are usually fine for use, but they should be tested to be sure. Carry out the microwave test.



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

Parts Identification

Control panel



1	Mode - used to select the cooking feature	7	Time/Weight dial
2	Roast button	8	Clock button
3	Auto defrost button	9	Defrost & bake button
4	Auto cook button	10	Crispy reheat button
5	Start/Quick start button	11	Display
6	Stop/Clear button		

Preparation

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

If the clock (or display) shows any strange looking symbols, unplug the microwave from the mains supply, 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 **Stop/Clear** button.

2 Press the **Clock** button once.

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

Note: If you require a 12 hour clock format, press the **Clock** button once more.

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

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

5 Press the **Start/Quick Start** button to set the hour.

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

7 Press the **Start/Quick Start** button, the clock is now set.

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.

Cancelling the child lock

To cancel the 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. To assist with 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	• Reheating (liquid) • Roast meat and poultry • Cook mushrooms and shellfish • Cook foods containing cheese and eggs	80%	720 W
Medium	• Reheating(Mashed potato, plated meal, ready meal) • 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 second 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 the microwave is correctly installed as described on page 11.

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

2 Press the **Mode** button once to select MICRO.

3 Press the **Start/Quick Start** button to confirm the micro option.

4 Turn the **Time/Weight** dial until the desired power level is shown in the display.

5 Press the **Start/Quick Start** button to confirm the power selection.

Microwave cooking

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

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

3 To increase or decrease the cooking time, turn the **Time/Weight** dial.

Grill cooking

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 **Mode** button twice to select GRILL. A GRILL icon is shown in the display.

3 Press the **Start/Quick Start** button to confirm the selected GRILL option.

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

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

6 To increase or decrease the cooking time, turn the **Time/Weight** dial.

Grill combination cooking

The microwave has a combination (combi) cooking feature that allows food to be cooked with the grill and microwave at the same time or alternately. This generally means it takes less time to cook food.

The three microwave power levels are 180 W, 270 W, 360 W in combi mode.



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

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

2 Press the **Mode** button four times to select GRILL COMBI. 360W, two grill combi icons are shown in the display.

3 Press the **Start/Quick Start** button to confirm the GRILL COMBI option.

4 Turn the **Time/Weight** dial until the desired power level is shown in the display.

5 Press the **Start/Quick Start** button to confirm the power level selection.

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

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

8 To increase or decrease the cooking time, turn the **Time/Weight** dial.

Speed hot air

The microwave has a speed hot air cooking feature which allows you to combine convection cooking with the grill. This generally means it takes less time to cook food.

The microwave has a temperature range of 100 °C ~ 230 °C. (180 °C is automatically used when speed hot air mode is selected.)

When the speed hot air option is used, the microwave must be preheated first.

Speed hot air preheat

To preheat the microwave for the speed hot air feature:

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

2 Press the **Mode** button six times to select SPEED HOT AIR. Two speed hot air icons are shown in the display.

3 Press the **Start/Quick Start** button to confirm the SPEED HOT AIR option.

4 Turn the **Time/Weight** dial until the desired temperature is shown in the display.

5 Press the **Start/Quick Start** button to confirm the selected temperature.

6 Press the **Start/Quick Start** button to start the preheat. Pr-H is shown in the display.

Speed hot air cooking

Once the preheat has finished, to continue with the speed hot air cooking:

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

2 Press the **Mode** button six times to select SPEED HOT AIR. Two speed hot air icons are shown in the display.

3 Press the **Start/Quick Start** button to confirm the SPEED HOT AIR option.

4 Turn the **Time/Weight** dial until the desired temperature is displayed in the display.

5 Press the **Start/Quick Start** button to confirm the selected temperature.

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

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

8 To increase or decrease the cooking time, turn the **Time/Weight** dial.

Convection combination cooking

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

The three micro power levels are 180 W, 270 W, 360 W in combi mode.

The convection combination cooking mode has a temperature range of 100 °C ~ 230 °C. A default of 180 °C is automatically available when convection combination mode is selected.

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

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

2 Press the **Mode** button five times to select CONV. COMBI. 360W, two conv. combi icons are shown in the display.

3 Press the **Start/Quick Start** button to confirm the CONV. COMBI option.

A default temperature of 360 W is automatically selected.

4 Press the **Start/Quick Start** button to confirm the power level.

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

6 Press the **Start/Quick Start** button to confirm the temperature selection.

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

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

9 To increase or decrease the cooking time, turn the **Time/Weight** dial.

Convection preheat

The microwave has a convection cooking feature which allows you to cook food in a more conventional manner. Preheat the microwave to the desired temperature.

The convection microwave has a temperature range of 40 °C and 100 °C ~ 230 °C (180 °C is automatically selected when convection mode is selected).

The convection microwave has a ferment function at the microwave temperature of 40 °C. When you use this function, if the microwave temperature is over 70 °C, then the display shows "F-14" error code. You will have to wait until the microwave is cool before you can continue.

To preheat the convection microwave:

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

2 Press the **Mode** button three times to select CONV. A CONV. icon is shown in the display.

3 Press the **Start/Quick Start** button to confirm the selected CONV. option.

4 Turn the **Time/Weight** dial until the desired temperature is shown in the display.

5 Press **Start/Quick Start** button for temperature confirmation.

6 Press **Start/Quick Start** button to start the preheat. Pr-H is shown in the display.

The microwave will take a few minutes to reach the selected feature. The microwave will beep once when it has reached the correct temperature.

Convection cooking

To cook food using the convection feature:

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

2 Press the **Mode** button three times to select CONV and a conv icon is shown in the display.

3 Press the **Start/Quick Start** button to confirm the CONV option.

4 Turn the **Time/Weight** dial until the desired temperature is shown in the display.

5 Press the **Start/Quick Start** button to confirm the temperature selection.

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

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

8 To increase or decrease the cooking time, turn the **Time/Weight** dial.

Keep warm

The microwave has a keep warm feature that allows you to keep food warm over a temperature range of 30 °C ~ 90 °C. A default of 60 °C is automatically selected.

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

2 Press the **Mode** button seven times to select KEEP WARM. A default temperature of 60 °C is automatically selected and the KEEP WARM icon is shown in the display.

3 Press the **Start/Quick Start** button to confirm the KEEP WARM option.

4 Turn the **Time/Weight** dial until the desired temperature is shown in the display.

5 Press the **Start/Quick Start** button to confirm the selected temperature.

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

7 Press the **Start/Quick Start** button to start the KEEP WARM feature.

8 To increase or decrease the time, turn the **Time/Weight** dial.

The microwave will take a few minutes to reach the selected temperature.

The microwave will beep once when it has reached the correct temperature.

Auto cook

The microwave has a auto cook feature which allows the cooking of food easily by selecting the food type and entering the weight of the food.

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

2 Press the **Auto Cook** button.

3 Turn the **Time/Weight** dial until the desired auto cook category is shown in the display.

4 Press the **Start/Quick start** button to confirm the auto cook feature.

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

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

7 To increase or decrease the cooking time, turn the **Time/Weight** dial.

Auto cook guide

For advice on 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 : low rack	1. Choose medium sized potatoes 180 -220 g. 2. Wash and dry potatoes. Pierce potatoes several times with a fork. 3. Place potatoes on the low rack. 4. 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. Stand covered for 3 minutes.
Ac 3: Frozen vegetables	- Weight limit : 0.2~0.8 kg - Food temp. : frozen	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. Stand covered for 3 minutes
Ac 4: Rice/ pasta	- Weight Limit : 0.1~0.3 kg - Food temp. : room (rice) - Utensil : microwave-safe bowl	1. Place rice/pasta and boiling water add 1/4 to 1 teaspoon of salt in a deep and large bowl. 2. Place food in the microwave. 3. After cooking, stir. Cover the rice/pasta and stand for 5 minutes. **Notes:** Rice: Add 300 ml of boiling water per 100 g white rice. Cover with plastic wrap and vent. Pasta: Add 400 ml of boiling water per 100 g pasta. Do not cover. Stir at least twice during cooking to prevent sticking.

Auto defrost

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 defrosted 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.

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

Note: The microwave has four microwave defrost settings: MEAT, POULTRY, FISH and BREAD; each defrost category has different power settings. To assist with the auto defrost categories, see the Auto defrost guide on page 23.

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

Note: Weigh 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.

2 Press the **Auto defrost** button.

3 Turn the **Time/Weight** dial until the desired auto defrost category is shown in the display.

4 Press the **Start/Quick Start** button to confirm the auto defrost category.

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

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

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

8 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.

Caution - The microwave will not stop defrosting (even when the beep has sounded) 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 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 aluminium foil. This will prevent thin areas becoming warm during defrosting. Ensure the foil does not touch the microwave walls.

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

When 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. 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.

Roast

The microwave has a roasting feature which allows you to roast food easily by food type and weight.

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

2 Press the **Roast** button.

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

4 Press **Start/Quick Start** for category confirmation.

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

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

7 To increase or decrease the roasting time, turn the **Time/Weight** dial.

Roast guide

For advice on using the roasting function, use the roast guide below:

Category		Instructions
Ar 1: Beef	- Weight limit : 0.5~1.5 kg - Food temp. : refrigerated - Utensil : low rack on the metal tray	1. Brush beef with melted butter or oil and season as desired. 2. Place beef with fat side up on the low rack with a metal tray below. 3. Choose the menu and adjust weight and press the **Start/ Quick Start** button. 4. When the microwave beeps, turn the food over and then press the **Start/Quick start** button to continue cooking. 5. After cooking, cover with aluminium foil and allow to stand for 10 minutes.
Ar 2 : Pork	- Weight limit : 0.5~1.5 kg - Food temp. : refrigerated - Utensil : low rack on the metal tray	1. Brush pork with melted butter or oil and season as desired. 2. Place pork with fat side up on the low rack with a metal tray below. 3. Choose the menu and adjust weight and press the **Start/ Quick Start** button. 4. When the microwave beeps, turn the food over and then press the **Start/Quick start** button to continue cooking. 5. After cooking, cover with aluminium foil and allow to stand for 10 minutes.
Ar 3 : Chicken	- Weight limit : 0.8~1.8 kg - Food temp. : refrigerated - Utensil : low rack on the metal tray	1. Brush chicken with melted butter or oil and season as desired. 2. Place chicken with breast side up on the low rack with a metal tray below. 3. Choose the menu and adjust weight and press the **Start/ Quick Start** button. 4. When the microwave beeps, turn the food over and then press the **Start/Quick start** button to continue cooking. 5. After cooking, cover with aluminium foil and allow to stand for 10 minutes.
Ar 4 : Lamb	- Weight limit : 0.5~1.5 kg - Food temp. : refrigerated - Utensil : low rack on the metal tray	1. Brush lamb with melted butter or oil and season as desired. 2. Place lamb with fat side up on the low rack with a metal tray below. 3. Choose the menu and adjust weight, and press the **Start/ Quick Start** button. 4. When the microwave beeps, turn the food over and then press the **Start/Quick start** button to continue cooking. 5. After cooking, cover with aluminium foil and allow to stand for 10 minutes.

Crispy reheat

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

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

2 Press the **Crispy reheat** button.

3 Turn the **Time/Weight** dial until the desired crispy reheat category is shown in the display.

4 Press the **Start/Quick Start** button to confirm the crispy reheat feature.

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

6 Press the **Start/Quick Start** button to start the crispy reheat.

7 To increase or decrease the cooking time, turn the **Time/Weight** dial.

Crispy reheat guide

For advice on using the crispy reheat function, use the crispy reheat guide below:

Category		Instructions
cr 1. Roasted meat	- Weight limit : 0.2~0.6 kg - Food temp : refrigerated - Utensil : low rack	1. Slice each of roasted meat under 2.5 cm thickness. 2. Place food on the low rack. 3. After cooking, remove from the microwave and allow to stand.
cr 2. Lasagna	- Weight limit : 0.2~0.8 kg - Food temp : refrigerated - Utensil : low rack	1. Place the lasagna on the low rack. 2. After cooking, remove from the microwave and allow to stand.
cr 3. Bread	- Weight limit : 0.1~0.3 kg - Food temp : frozen - Utensil : low rack	1. Place frozen baguette or croissant on the low rack. 2. Brush baguettes with milk or water. 3. After cooking, remove from the microwave and allow to stand.
cr 4. Pie	- Weight limit : 0.2~0.6 kg - Food temp : refrigerated - Utensil : low rack	1. Place leftover pie on the low rack. 2. After cooking, remove from the microwave and allow to stand.

Defrost & bake

The microwave has a defrost & bake feature which allows food to be defrosted & baked by food type and weight.

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

2 Press the **Defrost & bake** button.

3 Turn the **Time/Weight** dial until the desired defrost & bake category is shown in the display.

4 Press the **Start/Quick Start** button to confirm the defrost and bake feature.

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

6 Press the **Start/Quick Start** button to start the defrost & bake feature.

7 To increase or decrease the cooking time, turn the **Time/Weight** dial

Baking guide

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

Category		Instructions
db 1. Quiche	- Weight limit : 0.3~0.6 kg - Food temp : frozen - Utensil : high rack	Ingredients 1 pie crust pastry \ 140 g onions \ 3 slices of Bacon 3 eggs \ 120 g milk \ 120 g grated cheese 300 g whipping cream 1. Saute the chopped onions and bacon in a frying pan. 2. Mix eggs, whipping cream, milk, and grated cheese. 3. Place the crust onto the crispy tray and prick the surface with a fork. 4. Put the onions and bacon onto the crust and pour the mixture.
db 2. Lasagna	- Weight limit : 0.3~0.6 kg - Food temp : frozen - Utensil : low rack	1. Remove the cover and place on the low rack. 2. After cooking, stand for 2 minutes.
db 3. Tart	- Weight limit : 0.1~0.6 kg - Food temp : frozen - Utensil : Low rack	1. Remove the "Tart" from package and place on the low rack. 2. After cooking, stand for 2 minutes.
db 4. Chicken Pieces	- Weight limit : 0.2~0.8 kg - Food temp : frozen - Utensil : high rack	1. Wash and dry the chicken skin. Brush the chicken pieces with oil. 2. Place the chicken pieces on the low rack. To collect any juices that may drip while defrosting and baking, put a plate under the low rack. 3. When the microwave beeps, turn food over and continue cooking. 4. After cooking, cover with aluminium foil and allow to stand for 2 minutes.

Cooking/defrost guides

For additional advice on cooking and defrosting, use the additional cooking/defrosting guides that follow:

- Fresh vegetable guide
- Defrosting guide
- Grill cooking guide
- Convection cooking guide
- Speed hot air cooking guide.

Fresh vegetable guide

Food	Quantity	Cook time (minutes/at HIGH)	Instructions
Artichokes (230 g each)	2 medium 4 medium	41/2 ~ 7 10 ~ 12	Trim. Add 2 tsp water and 2 tsp juice. Cover. Stand for 2 ~ 3 minutes.
Asparagus, fresh, spears	450 g	3 ~ 6	Add 1 cup water. Cover. Stand for 2 ~ 3 minutes.
Green beans	450 g	6 ~ 10	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Beats, fresh	450 g	10 ~ 14	Add 1/2 cup water in 1.5 litre casserole dish. Rearrange halfway through cooking. Stand for 2 ~ 3 minutes.
Broccoli, fresh, spears	300 g	31/2 ~ 4	Place broccoli in baking dish. Add 1/4 cup water. Stand for 2 ~ 3 minutes.
Cabbage, fresh, chopped	450 g	7 ~ 9	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. 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. Stand for 2 ~ 3 minutes.
Cauliflower, fresh, whole	450 g	5 ~ 7	Trim. Add 1/4 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Corn, fresh	2 ears	4 ~ 8	Husk. Add 2 tbsp water in 1.5 litre baking dish. Cover. Stand for 2 ~ 3 minutes.
Mushrooms, fresh, sliced	230 g	11/2 ~ 21/2	Place mushrooms in 1.5 litre covered casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Parsnips, fresh, sliced	450 g	6 ~ 8	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 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. Stand for 2 ~ 3 minutes.
Sweet potatoes whole baking (170 ~ 230 g each)	2 medium 4 medium	5 ~ 9 9 ~ 13	Pierce potatoes several times with a fork. Place on 2 paper towels. Turn over halfway through cooking. Stand for 2 ~ 3 minutes.

Food	Quantity	Cook time (minutes/at HIGH)	Instructions
White potatoes, whole baking (170 ~ 230 g)	2 potatoes 4 potatoes	5 1/2 ~ 7 1/2 9 1/2 ~ 14	Pierce potatoes several times with fork. Place on 2 paper towels. Turn over halfway through cooking. Stand for 2 ~ 3 minutes.
Spinach, fresh, leaf	450 g	6 ~ 8	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Courgette, fresh, sliced	450 g	4 1/2 ~ 7 1/2	Add 1/2 cup water in 1.5 litre casserole dish. Stir halfway through cooking. Stand for 2 ~ 3 minutes.
Courgette, fresh, whole	450 g	6 ~ 9	Pierce. Place on 2 paper towels. Turn courgettes over and rearrange them halfway through cooking.

Defrosting guide

1 Defrost meats in their original wrapping as long as no metal is present.

2 Remove any metal rings, twist ties, wire or foil.

3 Place meat in a microwavable plate to catch juices. Defrost meats only as long as necessary.

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

5 Remove defrosted portions and continue to defrost remaining pieces.

6 Whole pieces of meat are ready for standing time as soon as a fork can be pushed into the centre of the meat using moderate pressure. The centre will still be icy.

7 Allow to stand until completely thawed.

Defrosting guide

For advice on using the defrost feature, use the defrosting guide below:

Food	Quantity	Defrosting Time (minutes)	Standing Time (minutes)	Instructions
BEEF				1. Remove wrapping from the meat. 2. Place frozen meat on a microwavable flat plate. 3. Defrost at 40 % power level. 4. Turn food over after halfway through defrosting. (Remove defrosted portions at this point).
Minced beef	500 g	6 ~ 8	5 ~ 10	
Steak, sirloin	500 g	4 ~ 6	5 ~ 10	
Roast, loin (boneless)	1000 g	12 ~ 15	10 ~ 15	
POULTRY				
Whole chicken	1000 g	16 ~ 19	10 ~ 15	
Breasts	450 g	5 ~ 7	5 ~ 10	
Drumsticks	450 g	8 ~ 9	5 ~ 10	
Thighs	450 g	8 ~ 9	5 ~ 10	
Wings	450 g	6 ~ 8	5 ~ 10	
FISH & SEAFOOD				
Whole fish	450 g	6 ~ 8	5 ~ 10	
Fish fillets	450 g	7 ~ 9	5 ~ 10	
Shrimp	450 g	4 ~ 6	5 ~ 10	

Grill cooking guide

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

Grilling meat

1 Trim excess fat from meat.

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

Food	Quantity	Cooking Time (minutes/at High)	Instructions
Beef burgers	50 g x 2 100 g x 2	11 ~ 14 17 ~ 21	1. Baste with oil or melted butter. 2. Thin items should be placed on the rack. 3. Thick items can be placed on to a drip tray. 4. Turn food over after halfway cooking time. 5. Turn frequently.
Beef steaks (2.5 cm (1 ") thick) Rare Medium Well	 230 g x 2 230 g x 2 230 g x 2	 16 ~ 19 19 ~ 21 23 ~ 25	
Lamb chops (2.5 cm (1 ") thick)	 230 g x 2	 22 ~ 29	
Sausages	230 g x 2	11 ~ 14	

Grilling fish and seafood

1 Place fish and seafood on a 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 the time recommended in the guide below.

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

Food	Quantity	Cooking Time (minutes/at High)	Instructions
Fish fillets 1 cm (1/3 ") thick 1 cm (1/2 ") thick	 230 g 230 g	 11 ~ 14 17 ~ 21	Brush with melted butter and turn over halfway through cooking.
Fish steaks 2.5 cm (1 ") thick	 230 g	 18 ~ 23	
Whole fish	 225 ~ 350 g each 400 g	 18 ~ 23 22 ~ 32	Allow extra time for thick and oily fish.
Scallops Prawns uncooked	450 g 450 g	16 ~ 20	Baste well during cooking.

Convection cooking guide

1 Preheat the microwave to the desired temperature.

2 Follow the times and instructions in the table.

Food	Quantity	Convection Temperature	Cook Time (minutes)	Instructions
Muffins (fresh dough)	6 pieces (each 60 g)	200 °C	20 ~ 25	1. Prepare the dough. 2. Place on the rack. 3. Stand for 5 minutes.
Bread Rolls (ready baked)	4 pieces (each 50 g)	180 °C + 180 W (without preheating)	8 ~ 10	1. Arrange rolls on the rack. 2. Stand for 3 minutes.
White bread (Fresh dough)	1 loaf (approx. 500 ~ 750 g)	200 °C	20 ~ 50 or until browned	1. Prepare the dough. 2. Place on the glass tray. 3. Stand for 10 minutes.
Sponge cake (Fresh dough)	1 pan (450 ~ 500 g)	180 °C	25 ~ 40	1. Prepare the dough. 2. Put into a 8-inch diameter round tin pan. 3. Place on the glass tray. 4. Stand for 10 minutes.
Fruit family cake	1 pan (1000 ~ 1200 g)	160 °C + 180 W	40 ~ 60	1. Prepare the dough. 2. Put into a 8 or 9-inch diameter round tin pan. 3. Place on the rack. 4. Bake until skewer inserted into the cake is removed clean. 5. Stand for 10 minutes.
Fresh pizza	1 pan (approx. 1000 g)	200 °C	25 ~ 40	1. Prepare the pizza. 2. Place on the rack. 3. Stand for 2 minutes.
Frozen pizza	400 g	220 °C	18 ~ 25	1. Remove the packaging. 2. Place on the rack. 3. Stand for 2 minutes.
Frozen ready meal (Macaroni & cheese)	300 g	200 °C + 360 W (without preheating)	18 ~ 25	1. Put into a suitable sized heat proof dish. 2. Place on the rack. 3. Stand for 2-3 minutes.

Food	Quantity	Convection Temperature	Cook Time (minutes)	Instructions
Frozen spring rolls	300 g	230 °C	35 ~ 50	1. Brush over the surface with vegetable oil. 2. Place spring rolls side by side on the rack. 3. Stand for 1-2 minutes.
Potato gratin	1000 g	140 °C + 540 W (without preheating)	14 ~ 18	1. Prepare the potato gratin. 2. Place on the rack. 3. Stand for 2-3 minutes.
Roast beef	1000 g	160 °C + 540 W (without preheating)	30 ~ 45	1. Place roast lamb on heat proof glass dish on the glass tray. 2. Turn over after half of the cooking time. 3 Stand for 10-15 minutes with cover.
Roast lamb	1000 g	160 °C + 540 W (without preheating)	34 ~ 48	1. Place roast pork on heat proof glass dish on the glass tray. 2. Turn over after half of the cooking time. 3. Stand for 10-15 minutes with cover.
Roast chicken	1000 g	200 °C + 540 W (without preheating)	32 ~ 47	1. Place on the rack. 2. Turn over after half of the cooking time. 3. Stand for 2-5 minutes with cover.

Speed hot air cooking guide

1 Preheat the microwave to the desired temperature.

2 Follow the times and instructions in the table.

Food	Quantity	Speed hot air temperature	Cook time (minutes)	Instructions
Roast Turkey	400 g	200 °C	30 ~ 38	1. Wash and dry the fresh turkey breasts. 2. Spice or marinade. Place the turkey breasts into a heat proof flat dish on the rack.
Frozen self-rising pizza	400 g	200 °C	8 ~ 14	Put frozen pizza on the rack.
Frozen baguettes with topping	250 g	200 °C	10 ~ 15	Put frozen baguettes with topping on the rack.
Frozen spring rolls	300 g (150gx2)	230 °C	15 ~ 22	Put frozen spring rolls on the rack.
French fries (Frozen potato products)	300 g	220 °C	15 ~ 22	Put frozen potato products on the heat-proof plate.

Food characteristics & microwave cooking

Keeping an eye on things

The recipes in the book have been formulated with great care, but 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 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 undercooked at the lower end of the time range, and you may sometimes want to cook 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 undercooked. 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 the 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 quicker. 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 the food to check if it is 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 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. 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 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 technician 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 walls and between the seal and door surfaces. Wipe up spillovers with a damp cloth straight 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.
- 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 the 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, the microwave can be operated by pressing 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 not glow. 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 operated 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 the 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	530 mm (W) X 322 mm (H) X 427 mm (D)
Power Consumption	
Microwave	1350 W
Grill	1250 W
Combination	max. 2550 W
Convection	max. 2050 W

Disposal

When this  is attached to a microwave it means the microwave 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 your old microwave will help prevent potential negative consequences for the environment and human health.

For more detailed information about disposal of an old microwave, please contact the local council, waste disposal service or the shop where the microwave was purchased.

Guarantee

The John Lewis microwave/grill/convection microwave is covered by a two year parts and labour guarantee. This means that if the microwave/grill/convection microwave develops a fault during the guarantee period we arrange a repair free of charge. The original receipt acts as a guarantee so please make sure that it is retained throughout the guarantee period.

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