LG
Life's Good

OWNER'S MANUAL

MICROWAVE OVEN-EPGJJ

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

MF5.2***
(optional, please check model specification)

MFL65920583

www.lg.com

Precautions to avoid possible exposure to excessive microwave energy.

You cannot operate your oven with the door open due to the safety interlocks built into the door mechanism. These safety interlocks automatically switch off any cooking activity when the door is opened; which in the case of a microwave oven could result in harmful exposure to microwave energy.
It is important not to tamper with the safety interlocks.

Do not place any object between the oven front face and the door or allow food or cleaner residue to accumulate on sealing surfaces.

Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

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

⚠ Warning

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

When heating liquids, e.g. soups, sauces and beverages in your microwave oven, delayed eruptive boiling can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

1 Avoid using straight sided containers with narrow necks.

2 Do not overheat.

3 Stir the liquid before placing the container in the oven and again halfway through the heating time.

4 After heating, allow to stand in the oven for a short time, stir or shake them(especially the contents of feeding bottles and baby food jars) again carefully and check the temperature of them before consumption to avoid burns (especially, contents of feeding bottles and baby food jars).
Be careful when handling the container.

⚠ Warning

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

Contents

How the Microwave Oven Works

Microwaves are a form of energy similar to radio and television waves and ordinary daylight. Normally, microwaves spread outwards as they travel through the atmosphere and disappear without effect. Microwave ovens, however, have a magnetron which is designed to make use of the energy in microwaves. Electricity, supplied to the magnetron tube, is used to created microwave energy.

These microwaves enter the cooking area through openings inside the oven. A turntable or tray is located at the bottom of the oven. Microwaves cannot pass through metal walls of the oven, but they can penetrate such materials as glass, porcelain and paper, the materials out of which microwave-safe cooking dishes are constructed.

Microwaves do not heat cookware, though cooking vessels will eventually get hot from the heat generated by the food.

A very safe appliance

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

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Please keep for future reference. Read and follow all instructions before using your oven toprevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact yourservice agent or manufacturer about problems that you do not understand.

Important Safety Instructions

This is the safety alert symbol. This symbol alerts you to potential hazards that can kill or hurt you and others.
All safety messages will follow the safety alert symbol and either the word "WARNING" or "CAUTION". These word means :

WARNING This symbol will alert you to hazards or unsafe practices which could cause serious bodily harm or death.

CAUTION This symbol will alert you to hazards or unsafe practices which could cause bodily injury or property damage.

WARNING

1. 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 oven which would involve the removal of any cover protecting against exposure to of the microwave oven are faulty. Repairs should only be undertaken by a qualified service technician.

- Unlike other appliances, the microwave oven 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.

2. Do not use the oven for the purpose of dehumidification. (ex. Operating the microwave oven with wet newspapers, clothes, toys, electric devices, pet or child etc.)

- It can be the cause of serious damage to safety such as a fire, a burn or a sudden death due to an electric shock.

3. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

- Improper use may cause damage such as a fire, electric shock or burn.

4. Accessible parts may become hot during use. Young children should be kept away.

- They may get a burn.

5. 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. Note though that in some cases food should be covered with plastic film, for heating or cooking.

- They could burst.

6. Be certain to use proper accessories on each operation mode,

- Improper use could result in damage to your oven and accessories, or could make spark and a fire.

7. The children should not allow to play with accessories or hang down from the door handle.

- They may get hurt.

Important Safety Instructions

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⚠ WARNING

8. If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

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

10. When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.

⚠ CAUTION

1. You cannot operate your oven 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.)

2. Do not place any object (such as kitchen towels, napkins, etc.) between the oven 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.

3. Do not operate your oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to the: (1) door(bent), (2) hinges and latches (broken or loosened), (3) door seals and sealing surfaces.

- It could result in harmful exposure to excessive microwave energy.

4. 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 your oven.

5. When heating liquids, e.g. soups, sauces and beverages in your microwave oven,

- *** Avoid using straight sided containers with narrow necks.**
- *** Do not overheat.**
- *** Stir the liquid before placing the container in the oven and again halfway through the heating time.**
- *** After heating, let it stand in the oven 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).**
- *** Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.**

6. An exhaust outlet is located on the top, bottom or side of the oven. Don't block the outlet.

- It could result in damage to your oven and poor cooking results.

7. Do not operate the oven when empty. It is best to leave a glass of water in the oven when not in use. The water will safely absorb all microwave energy, if the oven is accidentally started.

- Improper use could result in damage to your oven.

Please keep for future reference. Read and follow all instructions before using your oven toprevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact yourservice agent or manufacturer about problems that you do not understand.

Important Safety Instructions

⚠ CAUTION

8. Do not cook food wrapped in paper towels, unless your cook book contains instructions for the food you are cooking. And do not use newspaper in place of paper towels for cooking.

- Improper use can cause an explosion or a fire.

9. 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 ovens before use. Metallic containers for food and beverages are not allowed during microwave cooking.

- They may heat-up and char. Metal objects in particular may arc in the oven, which can cause serious damage.

10. Do not use recycled paper products.

- They may contain impurities which may cause sparks and/or fires when used in cooking.

11. Do not rinse the tray and rack by placing it in water just after cooking. This may cause breakage or damage.

- Improper use could result in damage to your oven.

12. Be certain to place the oven so the front of the door is 8 cm or more behind the edge of the surface on which it is placed, to avoid accidental tipping of the appliance.

- Improper use could result in bodily injury and oven damage.

13. Before cooking, pierce the skin of potatoes, apples or any such fruit or vegetable.

- They could burst.

14. Do not cook eggs in their shell. Eggs in their shell and whole hardboiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.

- Pressure will build up inside the egg which will burst.

15. Do not attempt deep fat frying in your oven.

- This could result in a sudden boil over of the hot liquid.

16. If smoke is observed (or emitted), switch off or unplug the appliance and keep the door closed in order to stifle any flame.

- It can cause serious damage such as a fire or electric shock.

17. When food is heated or cooked in disposable containers made of plastic, paper or other combustible materials, keep an eye on the oven and check it frequently.

- Your food may be poured due to the possibility of container deterioration, which also can cause a fire.

18. The temperature of accessible surfaces may be high when the appliance is operating. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, accessories and dishes during grill mode, convection mode and auto cook operations, before clearing make sure they are not hot.

- As they will become hot, there is the danger of a burn unless wearing thick culinary gloves .

19. The oven should be cleaned regularly and any food deposits should be removed.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Important Safety Instructions

Please keep for future reference. Read and follow all instructions before using your oven toprevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact yourservice agent or manufacturer about problems that you do not understand.

⚠ CAUTION

20. Only use the temperature probe recommended for this oven.

- You can not ascertain that the temperature is accurate with an unsuitable temperature probe.

21. Follow exact directions given by each manufacturer for their popcorn product. Do not leave the oven unattended while the corn is being popped. If corn fails to pop after the suggested times, discontinue cooking. Never use a brown paper bag for popping corn. Never attempt to pop leftover kernels.

- Overcooking could result in the corn catching a fire.

22. This appliance must be earthed.

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

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

The wire which is colored BLUE must be connected to the terminal which is marked with the letter N or Colored BLACK. The wire which is colored BROWN must be connected to the terminal which is marked with the letter L or colored RED. The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or ⏚.

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

- Improper use may cause serious electric damage.

23. This oven should not be used for commercial catering purposes.

- Improper use could result in damage to your oven.

24. The connection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules.

- Using improper plug or switch can cause an electric shock or a fire.

25. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

26. The devices are not intended to be operated by an external timer or by a separate control.

27. Only use utensils that are suitable for use in microwave ovens.

28. This microwave oven must not be placed in a cabinet.

29. This microwave oven is intended to be used freestanding.

30. Keep the appliance and its cord out of reach of children less than 8 years.

31. The door or the outer surface may get hot when the appliance is operating.

Please keep for future reference. Read and follow all instructions before using your oven toprevent the risk of fire, electric shock, personal injury, or damage when using the oven. This guide does not cover all possible conditions that may occur. Always contact yourservice agent or manufacturer about problems that you do not understand.

Important Safety Instructions

⚠ CAUTION

32. **This appliance is intended to be used in household and similar applications such as**
- **staff kitchen areas in shops, offices and other working environments**
- **farm houses**
- **by clients in hotels, motels and other residential environments**
- **bed and breakfast type environments**

33. **The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.**

34. **The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.**

35. **According to the installation requirements set, otherwise the impact of heat, prone to danger.**

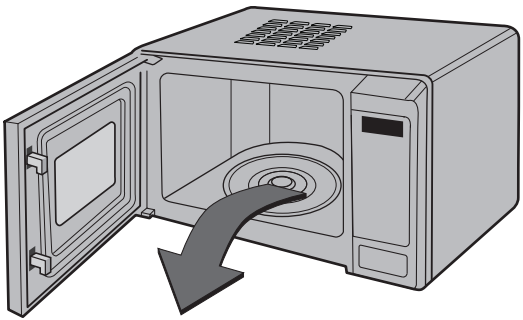
36. **If the supplied flexible mains cord of this appliance is damaged, it must be replaced using the special mains cord part number:** EAD62088301. **This appliance is supplied with BS 1363 approved 13 Amp fused mains plug. When replacing the fuse always use a 13 Amp BS 1362 approved type. Never use this plug with the fuse cover omitted. To obtain a replacement fuse cover contact your supplying dealer or LG Electronics U.K. LTD.**
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 13 Amp fuse.

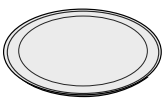
Improper use may cause serious damage of safety such as a fire, an electric shock.

Unpacking & Installing

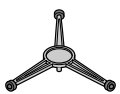
By following the basic steps on these two pages you will be able to quickly check that your oven is operating correctly. Please pay particular attention to the guidance on where to install your oven. When unpacking your oven make sure you remove all accessories and packing. Check to make sure that your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

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





GLASS TRAY

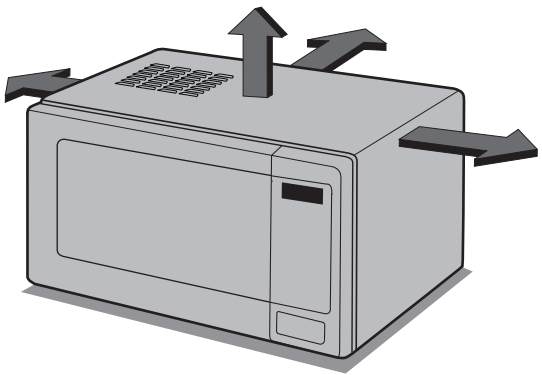


ROTATING RING



RACK

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



THIS OVEN SHOULD NOT BE USED FOR COMMERCIAL CATERING PURPOSES

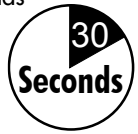
3 Plug your oven into a standard household socket. Make sure your oven is the only appliance connected to the socket. **If your oven does not operate properly, unplug it from the electrical socket and then plug it back in.**

4 Open your oven door.
Place the **ROLLER REST** inside the oven and place the **GLASS TRAY** on top.

5 Fill a **microwave safe container** with 300 ml (1/2 pint) of water. Place on the **GLASS TRAY** and close the oven door. If you have any doubts about what type of container to use please refer to page 31.



6 Press the **START** button once to set 30 seconds of cooking time.



7 The **DISPLAY** will count down from 30 seconds When it reaches 0, BEEP sounds. Open the oven door and test the temperature of the water. If your oven is operating the water should be warm. **Be careful when removing the container it may be hot.**



YOUR OVEN IS NOW INSTALLED

Setting the Clock

You can set either 12 hour clock or 24 hour clock.
In the following example I will show you how to set the time for 14:35 when using the 24 clock.
Make sure that you have removed all packaging from your oven.



When youroven isplugged in for the first time or when power resumes after a power cut,a '24H' will be shown in the display; you can reset the clock.

If the clock (or display) shows any strange looking symbols, unplug your oven from the electrical socket and plug it back in and reset the clock.

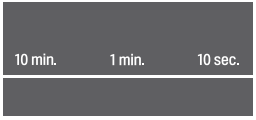
1

Make sure that you have correctly installed your oven as described earlier in this book.
Plug in your oven for the first time.
"24H" appears on the display.
(If you want to use different option,Press **TASTE SAVER / CLOCK .**
If you want to change different option after setting clock,
you have to unplug and plug it back in.)



2

Press **10 MIN** fifteen times.
Press **1 MIN** three times.
Press **10 SEC** five times.



3

Press **TASTE SAVER** to set the time.
The clock starts counting.



Child Lock



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

1

Press **STOP/CLEAR.**



2

Press and hold **STOP/CLEAR** until "**L**" appears on the display and BEEP sounds.
The **CHILD LOCK** is now set.

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



3

"L" remains on the display to let you know that **CHILD LOCK** is set.



4

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



Micro Power Cooking

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



Your oven has five microwave Power settings.

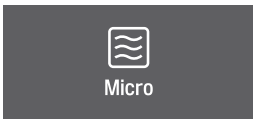
POWER	%	Power Output
HIGH MAX	100%	900W
MEDIUM HIGH	80%	720W
MEDIUM	60%	540W
MEDIUM LOW	40%	360W
LOW	20%	180W

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

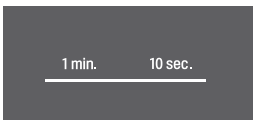
Press **STOP/CLEAR.**



2 Press **MICRO** twice to select 720 power.
"720" appears on the display.



3 Press **1 MIN** five times.
Press **10 SEC** three times.



4 Press **START**.



Micro Power Level

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

POWER LEVEL	USE	*POWER LEVEL (%)*	POWER OUTPUT
HIGH	* Boil Water * Brown minced beef * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat	100%	900W
MEDIUM HIGH	* All reheating * Roast meat and poultry * Cook mushrooms and shellfish * Cook foods containing cheese and eggs	80%	720W
MEDIUM	* Bake cakes and scones * Prepare eggs * Cook custard * Prepare rice, soup	60%	540W
MEDIUM LOW	* Melt butter and chocolate * Cook less tender cuts of meat	40%	360W
LOW	* All thawing * Soften butter & cheese * Soften ice cream * Raise yeast dough	20%	180W



Two stage Cooking

In the following example I will show you how to cook some food in two stages. The first stages will cook your food for 11 minutes on HIGH; the second will cook for 35 minutes on 360.



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

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

Should you wish to clear the programme press **STOP/CLEAR** twice.

1 Press **STOP/CLEAR.**



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

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

Press **10 MIN** once.

Press **1 MIN** once.





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

Press **MICRO** four times to select *360* power.

Press **10 MIN** three times.

Press **1 MIN** five times.





4 Press **START**.



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

Quick Start



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

1 Press **STOP/CLEAR .**



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



3 During **QUICK START** cooking, you can extend the cooking time by repeatedly pressing the **START** button.

Energy Saving



ECO ON feature saves energy by turning off the display. The display will also turn off when the unit is not active for 5 minutes.

1 Press **STOP/CLEAR(ECO ON) .**
"0" appears on the display.



2 Press **STOP/CLEAR(ECO ON) .**



3 Press any key to turn the display back on.

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



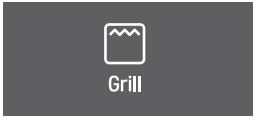
This feature will allow you to brown and crisp food quickly.



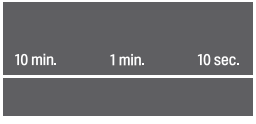
1 Press **STOP/CLEAR.**



2 Press **GRILL.**



3 Set the cooking time.
Press **10 MIN** once.
Press **1 MIN** twice.
Press **10 SEC** three times.



4 Press **START.**



Combination
Cooking

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



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

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

1 Press **STOP/CLEAR .**

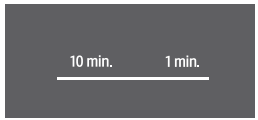


2 Press **Combi** three times.
"Co-3" appears on the display.



3 Set the cooking time.

Press **10 MIN** twice.
Press **1 MIN** five times.



4 Press **START**.

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



Combination Cooking Mode

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

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

Auto Cook



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

Category	Press AUTO COOK
Jacket potato	1 time
Fresh vegetable	2 times
Frozen vegetable	3 times
Rice / Pasta	4 times
Fresh Fish	5 times
Roast beef	6 times
Roast pork	7 times
Chicken legs	8 times

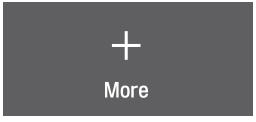
1 Press **STOP/CLEAR .**



2 Press **AUTO COOK** twice to select Fresh vegetable.
"Ac-2" appears on the display.



3 Press the **MORE** key five times to enter 0.6kg.



4 Press **START.**



<table>
<tr><th>FOOD CATEGORY</th><th>FOOD TEMP.</th><th>UTENSILS</th><th>WEIGHT LIMIT</th><th>INSTRUCTIONS</th></tr>
<tr><td>1. Jacket potato
(Ac-1)</td><td>Room</td><td>On Glass tray</td><td>0.2 kg ~ 1.0 kg</td><td>Choose medium sized potatoes 170-200g .
Wash and dry potatoes. Pierce the potatoes several times with fork. Place the potatoes on the glass try. Adjust weight and press start. After cooking, remove the potatoes from the oven. Let stand covered with foil for 5 minutes.</td></tr>
<tr><td>2. Fresh vegetable
(Ac-2)</td><td>Room</td><td>Microwave-safe bowl</td><td>0.2 kg ~ 0.8 kg</td><td>Place vegetables in a microwave-safe bowl. Add water.
Cover with wrap. After cooking, stir and allow to stand for 2 minutes.
Add amount of water according to the quantity.
** 0.2kg - 0.4kg : 2 Tablespoon
** 0.5kg - 0.8kg : 4 Tablespoon</td></tr>
<tr><td>3. Frozen vegetable
(Ac-3)</td><td>Frozen</td><td>Microwave-safe bowl</td><td>0.2 kg ~ 0.8 kg</td><td>Place vegetables in a microwave-safe bowl. Add water.
Cover with wrap. After cooking, stir and allow to stand for 2 minutes.
Add amount of water according to the quantity.
** 0.2kg - 0.4kg : 2 Tablespoon
** 0.5kg - 0.8kg : 4 Tablespoon</td></tr>
<tr><td>4. Rice / Pasta
(Ac-4)</td><td>Room</td><td>Microwave-safe bowl</td><td>0.1 kg ~ 0.3 kg</td><td>Wash rice. Darin water.
Plase rice & boiling water in a deep and large bowl.
<table><tr><td>Weight</td><td>100g</td><td>200g</td><td>300g</td><td>Cover</td></tr><tr><td>Boiling water</td><td>200ml</td><td>400ml</td><td>600ml</td><td>Yes/Vent corner</td></tr></table>** Rice/Pasta -- After cooking, stand covered for 5 minutes or until water is absorbed.</td></tr>
</table>

FOOD CATEGORY	FOOD TEMP.	UTENSILS	WEIGHT LIMIT	INSTRUCTIONS
5. Fresh fish (Ac-5)	Refrigerated	Microwave-safe flan dish	0.2 kg ~ 0.6 kg	Whole fish, steaks - Oily fish : salmon, mackerel - White fish : cod, haddock Arrange in a single layer in a large microwave-safe flan dish. Cover dish tightly with plastic wrap and pierce in several places. Place on the glass turntable. Adjust weight and press start. After cooking, remove the dish from the oven. Allow to stand for 3 minutes before serving.
6. Roast beef (Ac-6)	Refrigerated	rack	0.5 kg ~ 1.5 kg	Brush the beef with melted margarine or butter. Place on the rack. The oven will beep, turn food over and press start to continue. After cooking, stand covered with foil for 10 minutes before serving.
7. Roast pork (Ac-7)	Refrigerated	rack	0.5 kg ~ 1.5 kg	Brush the pork with melted margarine or butter. Place on the rack. The oven will beep, turn food over and press start to continue. After cooking, stand covered with foil for 10 minutes before serving.
8. Chicken legs (Ac-8)	Refrigerated	rack	0.2 kg ~ 0.8 kg	Wash and dry skin. Brush the chicken legs with melted margarine or butter. Place on the rack over the glass turntable. Place microwave-safe container for dropping meat juice under the rack. When BEEP, turn food over. And then press start to continue cooking. After cooking, stand covered with foil for 2-5 minutes.

Auto
Defrost

The temperature and density of food varies, I would recommend that the food is checked before cooking commences. Pay particular attention to large joints of meat and chicken, some foods should not be completely thawed before cooking. The BREAD programme is suitable for defrosting small items such as rolls or a small loaf. These will require a standing time to allow the centre to thaw. In the following example I will show you how to defrost 1.4 Kg of frozen poultry.



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

Category	Press **DEFROST**	
MEAT	1	time
POULTRY	2	times
FISH	3	times
BREAD	4	times

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



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

"dEF 2" appears on the display.



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

Press the **MORE** key fourteen times to enter 1.4 kg.



4 Press **START.**



5 During defrosting your oven will "BEEP", at which point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to help slow down thawing. After checking close the oven door and press **START** to resume defrosting.
Your oven will not stop defrosting (even when the beep sounded) unless the door is opened.

AUTO WEIGHT DEFROST GUIDE

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

Category	Weight Limit	Utensil	Food
Meat (dEF1) **Poultry** (dEF2) **Fish** (dEF3)	0.1 ~ 4.0 kg	Microwave ware (Flat plate)	**Meat** Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger Pork chops, Lamp chops, Rolled roast, Sausage, Cutlets(.2cm) Turn food over at beep. After defrosting, let stand for 5-15 minutes. **Poultry** Whole chicken, Legs, Breasts, Turkey breasts(under 2.0kg) Turn food over at beep. After defrosting, let stand for 20-30 minutes. **Fish** Fillets, Steaks, Whole fish, Sea foods Turn food over at beep. After defrosting, let stand for 10-20 minutes.
Bread (dEF4)	0.1 ~ 0.5 kg	Paper towel or flat plate	Sliced bread, Buns, Baguette, etc. Separate slices and place between paper towel or flat plate. Turn food over at beep. After defrosting, let stand for 1-2 minutes.

Quick Defrost

Use this function to thaw only 0.5kg of Minced meat very quickly.
This will require a standing time to allow the center to thaw. In the following example will show you how to defrost 0.5kg of frozen minced meat.



Your oven has a microwave quick defrost setting (MEAT).

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



2 Press **QUICK DEFROST.**
The oven will start automatically.



3 During defrosting your oven will "BEEP", at which point open the oven door, turn food over and separate to ensure even thawing. Remove any portions that have thawed or shield them to help slow down thawing. After checking close the oven door and press **START** to resume defrosting.
Your oven will not stop defrosting (even when the beep sounded) unless the door is opened.

AUTO WEIGHT DEFROST GUIDE

Use this function to defrost quickly for minced meat.

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

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

Defrost & Grill

In the following example I will show you how to cook 0.3kg of "Salmon Fillet".



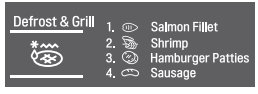
Defrost & Grill allows you to cook most of your favorite food easily by selecting the food type and entering the weight of food.

Category	Press Defrost & Grill
Salmon Fillet	1 time
Shrimp	2 times
Hamburger Patties	3 times
Sausage	4 times

1 Press **STOP/CLEAR.**



2 Press **Defrost & Grill** once.
"dG-1" appears on the display.



3 Press the **MORE** key twice to enter 0.3 kg.



4 Press **START**.



FOOD CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD TEMP.	INSTRUCTIONS
Salmon fillet (dG-1)	0.2-0.6kg	Rack	Frozen	Choose salmon fillet of 200g weight and 2.5cm thickness each. Frozen it. Place food on rack. Choose the menu and weight, press start. After cooking, remove from the oven and stand.
Shrimp (dG-2)	0.1-0.4kg		Frozen	Clean and de-vein shrimps. Place on the rack. When beep, turn food over.
Hamburger Patties (dG-3)	1-4 piece		Frozen	Place hamburger Patties on the rack. Choose the menu and weight, press start. After cooking, remove from the oven and stand.
Sausage (dG-4)	0.2-0.6kg		Frozen	Remove all packages and slit on the surface. Place on the rack. When beep, turn food over.

Taste Saver

In the following example I will show you how to use the taste saver function to warm food at high level in 90 min.



If you want to warm your food when using the AUTO COOK programme, you can get the warming food by pressing the key.

When the food without Auto function need warming you can set warming at any point by pressing the key.

Taste saver function has only one time level-90 minutes. But the function will stop when you open the door.

LEVEL	Press Taste Saver		Display
Low level	1	time	HO-L
High level	2	times	HO-H

1 Taste saver manually

Put some food into the micro-wave oven,
Press **TASTE SAVER** two times, "HO-H" appears on the display.
Press **START**.



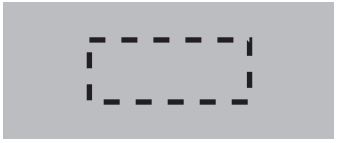
2 Taste saver after AUTO COOK

1. Set the required AUTO COOK programme.
   Press **START.** And after the AUTO COOK programme, it will automatically run Taste saver function when five minutes later after AUTO COOK is over.
2. When the AUTO COOK is over, you can also press **TASTE SAVER**, and "HO-H" appears on the display.
   Press **START**.



3 *TIME display

When Taste saver is running, it will display
And then you press "taste saver" again, left time of Taste saver will appear on the display.



Microwave-safe Utensils

Never use metal or metal trimmed utensils in your microwave oven

Microwaves cannot penetrate metal. They will bounce off any metal object in the oven and cause arcing, an alarming phenomenon that resembles lightning.

Most heat resistant non metallic cooking utensils are safe for use in your microwave oven. However, some may contain materials that render them unsuitable as microwave cookware. If you have any doubts about a particular utensil, there's a simple way to find out if it can be used in your microwave oven.

Place the utensil in question next to a glass bowl filled with water in the microwave oven. Microwave at power HIGH for 1 minute. If the water heats up but the utensil remains cool to the touch, the utensil is microwave~safe. However, if the water does not change temperature but the utensil becomes warm, microwaves are being absorbed by the utensil and it is not safe for use in the microwave oven. You probably have many items on hand in your kitchen right now that can be used as cooking equipment in your microwave oven. Just read through the following checklist.

Dinner plates

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

Glassware

Glassware that is heat-resistant is microwave-safe. This would include all brands of oven tempered glass cookware. However, do not use delicate glassware, such as tumblers or wine glasses, as these might shatter as the food warms.

Plastic storage containers

These can be used to hold foods that are to be quickly reheated. However, they should not be used to hold foods that will need considerable time in the oven as hot foods will eventually warp or melt plastic containers.

Paper

Paper plates and containers are convenient and safe to use in your microwave oven, provided that the cooking time is short and foods to be cooked are low in fat and moisture. Paper towels are also very useful for wrapping foods and for lining baking trays in which greasy foods such as bacon are cooked. In general, avoid coloured paper products as the colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.

Plastic cooking bags

Provided they are made specially for cooking, cooking bags are microwave safe. However, be sure to make a slit in the bag so that steam can escape. Never use ordinary plastic bags for cooking in your microwave oven, as they will melt and rupture.

Plastic microwave cookware

A variety of shapes and sizes of microwave cookware are available. For the most part, you can probably use items you already have on hand rather than investing in new kitchen equipment.

Pottery, stoneware and ceramic

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

CAUTION

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

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

Food characteristics &
Microwave cooking

Keeping an eye on things

The recipes in the book have been formulated with great care, but your success in preparing them depends on how much attention you pay to the food as it cooks. Always watch your food while it cooks. Your microwave oven is equipped with a light that turns on automatically when the oven is in operation so that you can see inside and check the progress of your food. Directions given in recipes to elevate, stir, and the like should be thought of as the minimum steps recommended. If the food seems to be cooking unevenly, simply make the necessary adjustments you think appropriate to correct the problem.

Factors affecting microwave cooking times

Many factors affect cooking times. The temperature of ingredients used in a recipe makes a big difference in cooking times. For example, a cake made with ice-cold butter, milk, and eggs will take considerably longer to bake than one made with ingredients that are at room temperature. All of the recipes in this book give a range of cooking times. In general, you will find that the food remains under-cooked at the lower end of the time range, and you may sometimes want to cook your food beyond the maximum time given, according to personal preference. The governing philosophy of this book is that it is best for a recipe to be conservative in giving cooking times. While overcooked food is ruined for good. Some of the recipes, particularly those for bread, cake, and custards, recommend that food be removed from the oven when they are slightly undercooked. This is not a mistake. When allowed to stand, usually covered, these foods will continue to cook outside of the oven as the heat trapped within the outer portions of the food gradually travels inward. If the food is left in the oven until it is cooked all the way through, the outer portions will become overcooked or even burnt. You will become increasingly skilful in estimating both cooking and standing times for various foods.

Density of food

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

Height of food

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

Moisture content of food

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

Bone and fat content of food

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

Quantity of food

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

Shape of food

Microwaves penetrate only about 2.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 in cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm . Round thin foods and ring shaped foods cook successfully in the microwave.

Covering

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

Browning

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

Covering with greaseproof paper

Greaseproofing effectively prevents spattering and helps food retain some heat. But because it makes a looser cover than a lid or clingfilm, it allows the food to dry out slightly.

Arranging and spacing

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

Stirring
Stirring is one of the most important of all microwaving techniques. In conventional cooking, food is stirred for the purpose of blending. Microwaved food, however, is stirred in order to spread and redistribute heat. Always stir from the outside towards the centre as the outside of the food heats first.

Turning over
Large, tall foods such as roasts and whole chickens should be turned so that the top and bottom will cook evenly. It is also a good idea to turn cut up chicken and chops.

Placing thicker portions facing outwards
Since microwaves are attracted to the outside portion of food, it makes sense to place thicker portions of meat, poultry and fish to the outer edge of the baking dish. This way, thicker portions will receive the most microwave energy and the food will cook evenly.

Shielding
Strips of aluminium foil (which block microwaves) can be placed over the corners or edges of square and rectangular foods to prevent those portions from overcooking. Never use too much foil and make sure the foil is secured to the dish or it may cause 'arcing' in the oven.

Elevating
Thick or dense foods can be elevated so that microwaves can be absorbed by the underside and centre of the foods.

Piercing
Foods enclosed in a shell, skin or membrane are likely to burst in the oven unless they are pierced prior to cooking. Such foods include yolks and whites of eggs, clams and oysters and whole vegetables and fruits.

Testing if cooked
Food cooks so quickly in a microwave oven, it is necessary to test it frequently. Some foods are left in the microwave until completely cooked, but most foods, including meats and poultry, are removed from the oven while still slightly undercooked and allowed to finish cooking during standing time. The internal temperature of foods will rise between 5^{0}F (3^{0}C) and 15^{0}F (8^{0}C) during standing time.

Standing time
Foods are often allowed to stand for 3 to 10 minutes after being removed from the microwave oven. Usually the foods are covered during standing time to retain heat unless they are supposed to be dry in texture (some cakes and biscuits, for example). Standing allows foods to finish cooking and also helps flavour blend and develop.

To Clean Your Oven

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

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

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

4 The door and door seals should be kept clean. Use only warm, soapy water, rinse then dry thoroughly.
DO NOT USE ABRASIVE MATERIALS, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS.
Metal parts will be easier to maintain if wiped frequently with a damp cloth.

5 Do not use any steam cleaner.

Questions &
Answers

Q What's wrong when the oven light will not glow?
A There may be several reasons why the oven light will not glow.
Light bulb has blown
Door is not closed

Q Does microwave energy pass through the viewing screen in the door?
A No. The holes, or ports, are made to allow light to pass; they do not let microwave energy through.

Q Why does the beep tone sound when a pad on the Control Panel is touched?
A The beep tone sounds to assure that the setting is being properly entered.

Q Will the microwave oven be damaged if it operates empty?
A Yes Never run it empty or without the glass tray.

Q Why do eggs sometimes pop?
A When baking, frying, or poaching eggs, the yolk may pop due to steam build up inside the yolk membrane. To prevent this, simply pierce the yolk before cooking. Never microwave eggs in the shell.

Q Why is standing time recommended after microwave cooking is over?
A After microwave cooking is finished, food keeps on cooking during standing time. This standing time finishes cooking evenly throughout the food. The amount of standing time depends on the density of the food.

Q Is it possible to pop corn in a microwave oven?
A Yes, if using one of the two methods described below
1 Popcorn-popping utensils designed specifically for microwave cooking.
2 Prepackaged commercial microwave popcorn that contains specific times and power outputs needed for an acceptable final product.

FOLLOW EXACT DIRECTIONS GIVEN BY EACH MANUFACTURER FOR THEIR POPCORN PRODUCT. DO NOT LEAVE THE OVEN UNATTENDED WHILE THE CORN IS BEING POPPED. IF CORN FAILS TO POP AFTER THE SUGGESTED TIMES, DISCONTINUE COOKING. OVERCOOKING COULD RESULT IN THE CORN CATCHING FIRE.

CAUTION
NEVER USE A BROWN PAPER BAG FOR POPPING CORN. NEVER ATTEMPT TO POP LEFTOVER KERNELS.

Q Why doesn't my oven always cook as fast as the cooking guide says?
A Check your cooking guide again to make sure you've followed directions correctly, and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, chosen to help prevent overcooking, the most common problem in getting used to a microwave oven. Variations in the size, shape, weight and dimensions of the food require longer cooking time. Use your own judgement along with the cooking guide suggestions to test food condition, lust as you would do with a conventional cooker.

• **Microwave defrosting**

Meal	Microwave setting (watts), Cooking time	Notes
Meat	180W, 10 1/2 ~11 1/2 min. or Auto key function	Place a flat plate on the center of the glass tray. Turn after half of total cooking time.

• **Microwave cooking**

Meal	Microwave setting (watts), Cooking time	Notes
Custard	360W, 25 ~ 30 min.	Place a Pyrex dish on the center of the glass tray.
Sponge cake	540W, 8 ~ 11 min.	Place a ø 22cm Pyrex dish on the center of the glass tray.
Meatloaf	540W, 19 ~ 21 min.	Place a Pyrex dish on the center of the glass tray.

• **Combination cooking with the microwave**

Meal	Microwave setting (watts), Cooking time	Temperature	Notes
Potato gratin	Convection + 360W, 38~43 min.	220˚C	Place a ø 22cm Pyrex dish on the rack.
Cake	Grill + 180W, 3 1/2 min.	-	Place a ø 22cm Pyrex dish on the rack.
	Convection + 180W, 15~20 min.	230˚C	
Chicken	Grill + 180W, 45~50 min. or Auto key function	-	Place chicken breast-side down on the heat-proof plate. Turn after half of total cooking time and drain juice if needed.

Technical Specifications

Technical Specification

	MH704✶✶✶
Power Input	230 V AC /50Hz
Output	900 W (IEC60705 rating standard)
Microwave Frequency	2,450 MHz +/- 50MHz(Group 2/Class B)
Outside Dimension	508 mm(W) X 290mm(H) X 400mm(D)
Power Consumption Microwave	1,300 Watts
Grill	1,000 Watts
Combination	1,450 Watts

Group 2 equipment: group 2 contains all ISM RF equipment in which radio-frequency energy in the frequency range 9 kHz to 400GHz is intentionally generated and used or only sed, in the form of uelectromagnetic radiation, inductive and / or capacitive coupling, for the treatment of material or inspection/analysis purposes.

Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

<English>



Disposal of your old appliance

1. 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.
2. The correct disposal of your old appliance will help prevent potential negative consequences for the environment and human health.
3. 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.

MAFF

Reheating Cooked Chilled Foods

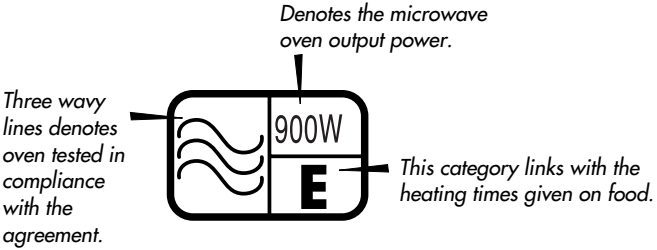
This microwave oven has been tested and labeled to the Ministry of Agriculture Fisheries and Food (MAFF) agreement, concerning the reheating of cooked chilled food.

The heating characteristics and output power levels of microwave ovens are usually calculated using a 1000 gram load, (IEC 60705). However, at smaller loads the heating characteristics of the microwave oven change. Most prepacked food normally falls into this category, usually being packed in smaller individual portions of approx. 350 grams. Therefore, it was clear that a new approach for reheating this type of food was required.

MAFF working in partnership with the food companies and microwave oven manufacturers such as 'LG electronics' have overcome this problem by the introduction of heating categories.

Because you may not yet be familiar with this system, we have used the following explanation as an example. However, please refer to the actual rating as printed on the oven door.

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.



When applying this method for reheating cooked chilled food stuffs, the following information must be adhered to:

1. The microwave oven must be set at maximum power level. (refer to instructions)
2. Refer to the cooking instructions given on the packaging.
3. As with all cooked food, check for evenness of cooking and ensure that foods are piping hot, prior to consumption.

Technology with the human touch

GUARANTEE

LG ELECTRONICS U.K. LTD. WILL PROVIDE THE FOLLOWING SERVICES IN ORDER TO EXPEDITE THIS GUARANTEE.

1. All faulty components which fail due to defective manufacture will be replaced free of charge for a period of 12 months from the original date of purchase.
2. The dealer (or his Service Agent) who sold the product will be reimbursed for any labor provided in the repair of this LG electronics equipment, for a period of 12 months from the original date of purchase. These claims must be made in accordance with the published scale of service charges and relevant claims procedure.

PLEASE NOTE:

A. The dealer may restrict the guarantee to the original purchaser.
B. The dealer is not obliged to carry out service under guarantee if unauthorized modifications are made to the apparatus, or if non standard components are used or if the serial number of the apparatus is removed, defaced, misused, or altered.
C. Any claims made under guarantee must be directed to the dealer from whom the equipment was originally purchased. The dealer may, before carrying out service under guarantee, require a receipted account as evidence of the date of purchase.
D. We respectfully point out that your dealer is not obligated to replace batteries if they become exhausted or worn in use.
E. Aerial alignment and consumer control adjustments are not covered by this guarantee.

This guarantee does not affect your statutory rights.

REQUIREMENTS TO MAINTAIN WARRANTY COVERAGE:

RETAIN YOUR RECEIPT TO PROVE DATE OF PURCHASE. A COPY OF YOUR RECEIPT MUST BE SURRENDERED AT THE TIME GUARANTEE SERVICE IS PROVED.

PRODUCT REGISTRATION CARD: It is helpful to complete at least, your name, address, phone, model & serial numbers and return it. This will enable LG Electronics to assist you in the future should you lose your receipt, your units stolen, or should modification be necessary.

To obtain information or assistance: Call 01753 500470 Monday-Friday 9:00 am ~ 4:30 pm

MODEL	SERIAL# *	DATE OF PURCHASE

*** Please complete for your own record**

In all cases of difficulty - consult your LG dealer from whom the product was purchased.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