



OWNER'S MANUAL

MICROWAVE OVEN

PLEASE READ THIS OWNER'S MANUAL THOROUGHLY BEFORE OPERATING.

MH638***
(optional, please check model specification)



MFL55318560

www.lg.com

Precautions

Precautions to avoid possible exposure to excessive microwave energy.

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

It is important not to tamper with the safety interlocks.

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

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

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

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 create microwave energy.

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

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

A very safe appliance

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

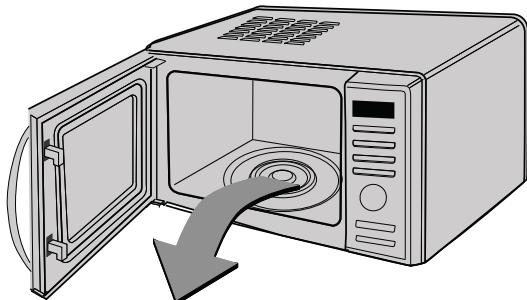
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Unpacking & Installing

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

1

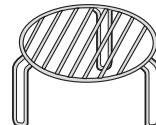
Unpack your oven and place it on a flat level surface.



GLASS TRAY



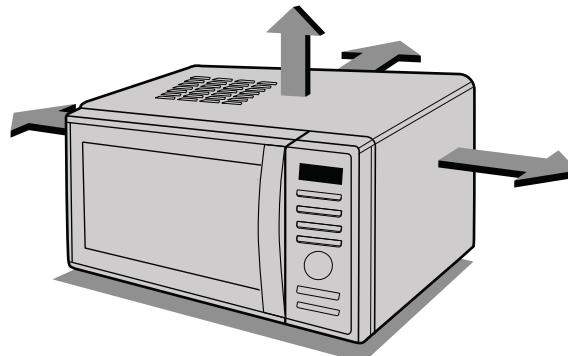
ROTATING RING



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.**



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 35.

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



4 Open your oven door by pulling the **DOOR HANDLE**. Place the **ROTATING RING** inside the oven and place the **GLASS TRAY** on top.

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



When your oven is plugged 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.

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.

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

Plug in your oven for the first time.

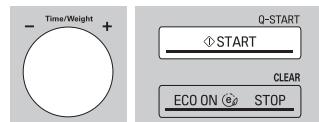
"24H" appears on the display.

(If you want to use different option, Press **TASTE SAVER**

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

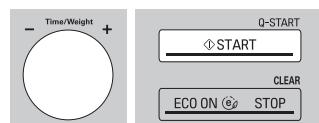


Turn **DIAL** until display shows "14: ".



Press **START** for hour confirmation.

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



Press **START**.

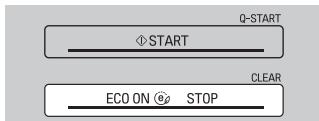
The clock starts counting.

Child Lock



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

Press **STOP/CLEAR**.

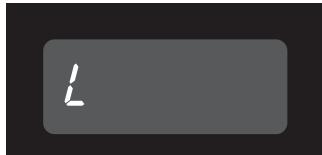
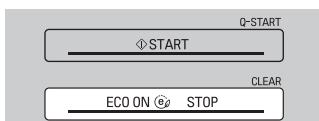


Press and hold **STOP/CLEAR** until "L" appears on the display and BEEP sounds.

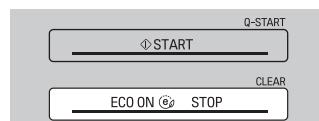
The **CHILD LOCK** is now set.

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

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



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.

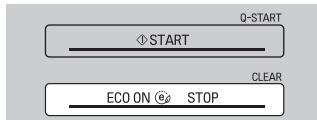


Your oven has five microwave Power settings.

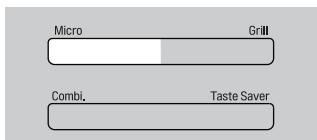
POWER	%	Power Output
HIGH	100%	800W
MEDIUM HIGH	80%	640W
MEDIUM	60%	480W
MEDIUM LOW	40%	320W
LOW	20%	160W

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

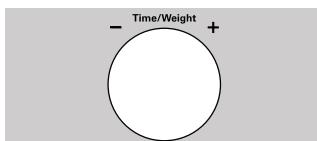
Press **STOP/CLEAR**.



Press **MICRO** twice to select 640 power.
"640" appears on the display.

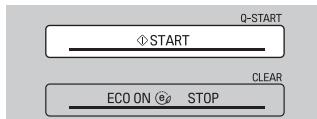


Turn **DIAL** until display shows "5:30".



Press **START**.

After cooking is over, End Reminder Beep Sounds per 1 minute for 5 minutes until the oven door is opened.



Micro Power Level

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

POWER LEVEL	USE	POWER LEVEL (%)	POWER OUTPUT
HIGH	<ul style="list-style-type: none"> * Boil Water * Brown minced beef * Cook poultry pieces, fish, vegetables * Cook tender cuts of meat 	100%	800W
MEDIUM HIGH	<ul style="list-style-type: none"> * All reheating * Roast meat and poultry * Cook mushrooms and shellfish * Cook foods containing cheese and eggs 	80%	640W
MEDIUM	<ul style="list-style-type: none"> * Bake cakes and scones * Prepare eggs * Cook custard * Prepare rice, soup 	60%	480W
MEDIUM LOW	<ul style="list-style-type: none"> * Melt butter and chocolate * Cook less tender cuts of meat 	40%	320W
LOW	<ul style="list-style-type: none"> * Soften butter & cheese * Soften ice cream * Raise yeast dough * All thawing 	20%	160W



Two stage Cooking

In the following example I will show you how to cook some food in two stages. The first stage will cook your food for 11 minutes on HIGH; the second will cook for 35 minutes on 40%.

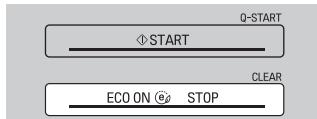


During two stages cooking the oven door can be opened and food checked. Close the oven door and press **START** and the cooking stage will continue.

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

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

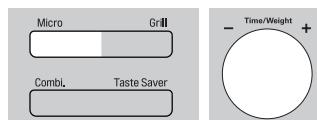
Press **STOP/CLEAR**.



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

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

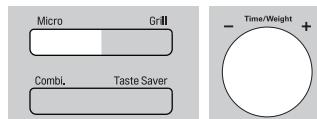
Turn **DIAL** until display shows "11:00".



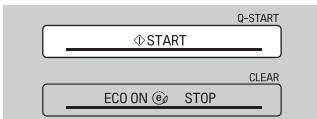
Set the power and the cooking time **for stage2**.

Press **MICRO** four times to select 40% power.

Turn **DIAL** until display shows "35:00".



Press **START**.



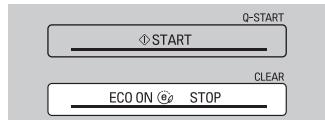
Quick Start

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

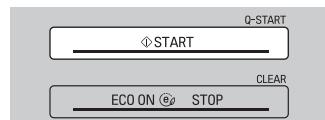


The **QUICK START** feature allows you to set 30 seconds intervals of HIGH power cooking with a touch of the **START** button.

Press **STOP/CLEAR**.



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

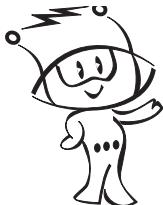


During **QUICK START** cooking, you can extend the cooking time by repeatedly pressing the **START** button.

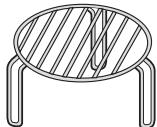


Grill Cooking

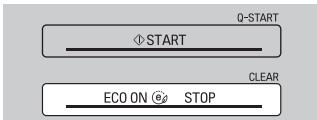
In the following example I will show you how to use the grill to cook some food for 12 minutes and 30 seconds.



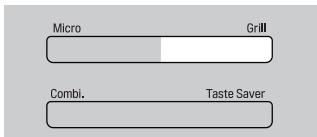
This feature will allow you to brown and crisp food quickly.



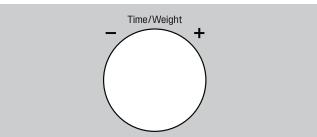
Press **STOP/CLEAR**.



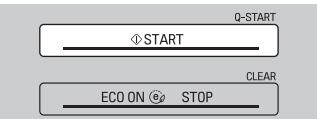
Press **GRILL**.



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

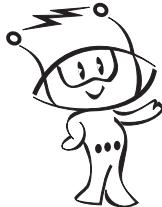


Press **START**.



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

Combination Cooking



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

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

Press **STOP/CLEAR**.

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

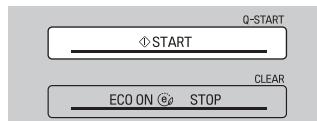
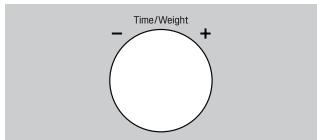
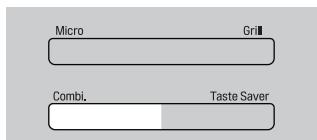
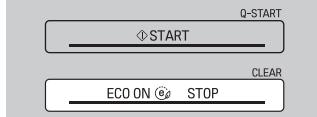
Turn **DIAL** until display shows "25:00".

Press **START**.

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

Combination Cooking Mode

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



Auto Cook



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

Category	Press AUTO COOK
<i>Jacket Potato</i>	1 time
<i>Fresh Vegetable</i>	2 times
<i>Frozen Vegetable</i>	3 times
<i>Rice/Pasta</i>	4 times

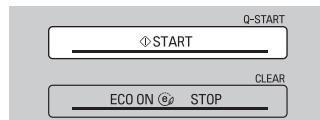
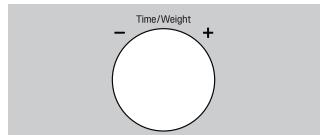
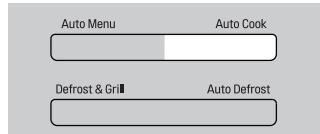
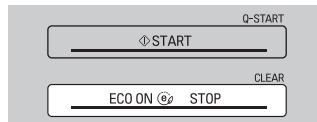
Press **STOP/CLEAR**.

Press **AUTO COOK** two times to select
"Ac-2" appears on the display.

Press **START**.

4

The following example shows how to cook 0.6 kg of fresh vegetable.



FOOD	WEIGHT	UTENSILS	FOOD TEMP.	INSTRUCTIONS										
Jacket Potato (Ac-1)	0.2 kg ~ 1.0 kg	Glass tray	Room temp.	Choose a medium-sized potato weighs 170-200 grams, wash and dry, and prick potato with a fork several times. Place the potato on the glass tray. Adjust weight and press START. After Cooking, let potato stand covered with foil for 5 minutes.										
Fresh Vegetable (Ac-2)	0.2 kg ~ 0.8 kg	Microwavable casserole dish	Room temp.	Place vegetables in a microwavable casserole dish. Add water and wrap it. After Cooking, able to stir and place for 2 minutes by adding more water as follows ** 0.2-0.4 kg : 2 tablespoons ** 0.5-0.8 kg : 4 tablespoons										
Frozen Vegetable (Ac-3)	0.2 kg ~ 0.8 kg	Microwavable casserole dish	Frozen	Place vegetables in a microwavable casserole dish. Add water and wrap it. After Cooking, able to stir and place for 2 minutes by adding more water as follows ** 0.2-0.4 kg : 2 tablespoons ** 0.5-0.8 kg : 4 tablespoons										
Rice/Pasta (Ac-4)	0.1 kg ~ 0.3 kg	Microwavable casserole dish	Room temp.	Wash rice and pour water. Put rice and pour boil water into a large deep bowl. <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>Weight</td> <td>100g</td> <td>200g</td> <td>300g</td> <td>Wrapping</td> </tr> <tr> <td>Boil water</td> <td>200ml</td> <td>400ml</td> <td>600ml</td> <td>wrapped/drain off a corner</td> </tr> </table> **Rice- After cooking is finished, cover it for five minutes until the water evaporates.	Weight	100g	200g	300g	Wrapping	Boil water	200ml	400ml	600ml	wrapped/drain off a corner
Weight	100g	200g	300g	Wrapping										
Boil water	200ml	400ml	600ml	wrapped/drain off a corner										

Auto Menu

Operation		Cooking	Weight Limit	Utensil	Instructions												
Auto Menu 1 time	tc-1	Stir-fried Squid with yellow curry sauce	0.60 kg	Fire-Resistant Glass Bowl (2.5L)	Ingredients Splendid squid 300 grams Onion, quartered and sliced ½ head Red chili, diagonal sliced 2 chilies Chinese celery, cut into pieces 2 stalks Shallots, cut into pieces 2 stalks Curry Powder 2 tablespoons Cooking: 1. Clean the squid, cut in half lengthwise, remove inedible parts, clean again, drain, then score the squid in a crosshatch pattern, cut into large pieces and drain. 2. Put an egg into a bowl, pour milk, put sugar and oyster sauce, then mix together and add curry powder, mix together again and let it rest. 3. Put the mixture into a fire-resistant glass bowl, add onion, red chilies, Chinese celery, shallots and squid. 4. Place food in the oven. 5. Select the menu and press Start. 6. When beep sounds, remove food out and stir well. 7. Place food into the oven again, press Start to continue. When cooking time is finished, remove food from the oven and serve.	Chicken egg	1 egg	Evaporated milk	3 tablespoons	Oyster sauce	2 tablespoons	Sugar	2 teaspoons	Roasted chili paste	2 tablespoons	Vegetable oil for stir-fried	2 tablespoons
Auto Menu 2 times	tc-2	Seafood spicy soup	1.50 kg	Fire-Resistant Glass Bowl (2.5L)	Ingredients Mussel meat 300 grams Squid 5 inch long 3 squid Tiger shrimps 200 grams Crab claws 3 claws Lemongrass 2 stalks Coriander leaves 6 leaves Cooking: 1. Clean mussel meat and put into a shallow basket to drain. Peel tiger shrimps, cut head and leave the tail, slice its back and remove a black line. 2. Remove inedible parts of the squid and cut into wedges and let it rest. 3. Add mussel meat, squid, shrimp, crab, and mix together in a large bowl. 4. Place food in the oven 5. Select menu and press start. 6. When cooking time is finished, remove food from the oven and serve.	Galangal	5 slices	Holy basil	½ cup	Guinea chili, green and red	10 chilies	Lemon juice	3-4 tablespoons	Fish sauce	2 tablespoons	Chicken stock	3 cups

Auto Menu

Operation	Cooking	Weight Limit	Utensil	Instructions				
Auto Menu 3 times	tc-3	Fried Sea Bass with Stir-Fried Onion	0.3 kg	Fire-Resistant Glass Bowl	Ingredients Sea bass 300 grams Onion, quartered and sliced 1 head Chili, red and yellow, diagonal 2 chilies sliced, each Shallots, cut into pieces 2 stalks Crispy flour $\frac{1}{4}$ cup Oyster sauce 2 tablespoons Cooking: 1. Clean fish fillets, cut into large pieces and mix thoroughly with crispy flour and let it rest. 2. Put vegetable oil for frying in the fire-resistant glass bowl, then place the fish. 3. Place food in the oven. 4. Select menu and press Start. 5. When beep sounds, flip the fish. 6. Place food into the oven again, then press Start to continue. When cooking time is finished, remove fish from the oven and set aside to drain oil. 7. Put cooking oil into another fire-resistant glass bowl, then add the onion, garlic, shallots, and chilies, then season with oyster sauce, seasoning sauce, and sugar, and stir well. 8. Pour the boil chicken stock, then place the fried fish and onion. 9. Put the food into the oven until boil. Remove from the oven, places on a plate to serve.	Seasoning sauce Sugar Chopped garlic Chicken stock Vegetable oil for frying Vegetable oil for stir-frying	1 tablespoon 1 teaspoon 1 tablespoon $\frac{1}{4}$ cup 1 cup 2 tablespoons	

Auto Menu

Operation	Cooking		Weight Limit	Utensil	Instructions					
Auto Menu 4 times	tc-4	Shrimps with sauce over rice	0.40 kg	Fire-Resistant Glass Bowl (2.5L)	Ingredients Jasmine rice 3 cups Tiger shrimps 300 grams Light soy sauce 1 tablespoon Dark soy sauce 1 teaspoon Oyster sauce 1 tablespoon Sesame oil 1 teaspoon Cornstarch for marinating shrimp 2 tablespoons Cornstarch, dissolved 3 tablespoons Chinese cooking wine 1 tablespoon Cooking: 1. Clean shrimps, peel, cut head and leave the tail, slice its back and remove the black line. Marinating with light soy sauce, Chinese cooking wine and sesame oil. Put cornstarch, mix well and let stand. 2. Combine all ingredients in a fire-resistant bowl and mix well. 3. Place in the oven. 4. Select menu and press Start. 5. After the cooking finished, remove from the oven, put over rice and serve.		Shiitake mushroom, soaked, quartered	4 mushrooms		
Auto Menu 5 times	tc-5	Curry with featherback fish balls	1 kg	Fire-Resistant Glass Bowl (2.5L)	Ingredients Featherback meat, scraped 200 grams Red curry paste 2 tablespoons Thai eggplant, quartered 4 eggplants Chili, red and yellow, diagonal sliced, each 1 chili Fresh peppercorn 2 bunches Fingerroot, julienned 1/4 cup Cooking: 1. Pound featherback meat with salted water to make sticky and let stand. Make featherback meat to be a meatball. 2. Put water in a fire-resistant glass bowl, put featherback meatball and other ingredients in the bowl. 3. Place food in the oven. 4. Select menu and press Start. 5. After cooking finished, remove the food from the oven and serve.	Coriander leaves, ripped	5 leaves			

Auto Menu

Operation	Cooking	Weight Limit	Utensil	Instructions				
Auto Menu 6 times	tc-6	Stewed streaky pork	1.2 kg	Fire-Resistant Glass Bowl (2.5L)	Ingredients <p> Streaky pork with less fat 300 grams Pork stock 4 cups Anises 4 stars Palm sugar 2 tablespoons Cinnamon 1 inch long 3 sticks Light soya sauce 2 tablespoons Garlic, slightly crushed 5 cloves Black soya sauce 2 teaspoons Dried peppercorn seed 2 teaspoons Seasoning sauce 2 tablespoons coriander root, slightly crushed 2 roots Cheesecloth for wrapping spices </p> <p>Cooking:</p> <ol style="list-style-type: none"> 1. Clean streaky pork, cut into large pieces, put in a bowl. Halve light soy sauce, dark soy sauce, and seasoning sauce to marinate with pork. Mix well and let stand about 30 minutes. 2. Put stock in a fire-resistant glass bowl, and then put other ingredients in the bowl. 3. Place food in the oven. 4. Select menu and press Start. 5. After cooking finished, remove the food from the oven and serve. 			
Auto Menu 7 times	tc -7	Pudding gelatin	0.50 kg	Fire-Resistant Glass Bowl (2.5L)	Ingredients <p> Gelatin powder 1 tablespoon Water 1 1/2 cups Chicken egg 2 eggs Palm sugar 1/4 cup Coconut milk 1/4 cup Pandan leaves, cut in pieces 3 leaves </p> <p>Cooking:</p> <ol style="list-style-type: none"> 1. Mix eggs, palm sugar, coconut milk and pandan leaves with hands, strain and let stand. 2. Mix water with gelatin, stir well, then put the mixture and stir well. 3. Place food in the oven. 4. Select menu and press Start. 5. After cooking finished, remove the food from the oven. Put in the prepared molds and leave to hard. 			

Auto Menu

Operation	Cooking		Weight Limit	Utensil	Instructions				
Auto Menu 8 times	tc-8	Roasted honey-glazed pork ribs	0.5 kg	High Rack	Ingredients Pork baby back ribs 500 grams Light soya sauce 5 tablespoons Tomato sauce 3 tablespoons Salt 1 teaspoon Cooking: 1. Clean ribs, chop in 5 inches long, marinate in light soya sauce, tomato sauce, salt, honey and pineapple juice for 30 minutes. 2. Lay the marinated ribs side-by-side on the rack for grilling in the oven. 3. Place in the oven. 4. Select menu and press Start. 5. When beep sounds, flip the ribs over. 6. Press Start to continue. After cooking finished, arrange on a plate and serve with Asian pickled vegetables.				
Auto Menu 9 times	tc-9	Korean grilled Meat	0.5 kg	High Rack	Ingredients Beef tenderloin 500 grams Teriyaki sauce 3 tablespoons Dried peppercorn 2 teaspoons Sugar 2 tablespoons Shallots, julienned 2 tablespoons Ingredients for sauce Bird eye chili, green and red, minced 2 tablespoons Coriander root, minced 1 tablespoon Garlic, minced 2 tablespoons Cooking: 1. Clean tenderloin, pat dry, slice thin, put in a mixing bowl, then put sesame, pepper, shallots, sugar, teriyaki sauce, Chinese cooking wine and sesame oil, mix well and marinating for one hour. 2. Clean all vegetables, cut hard parts of asparagus out and remove the base of corn. 3. Prepare sauce by mixing pickled garlic juice, sugar, and salt together and stir well. Place in the oven until boil, then remove from the oven. Put chili, coriander root, and garlic, then mixes well. Let it stand. 4. Lay the marinated tenderloin side-by-side on the rack for grilling in the oven. 5. Place in the oven. 6. Select menu and press Start. 7. After Cooking finished, arrange on a plate and grill vegetables for just cooked. Arrange on the plate. 8. Serve with sauce.				

Auto Menu

Operation	Cooking	Weight Limit	Utensil	Instructions			
Auto Menu 10 times	tc-10 Grilled teriyaki chicken and rice	0.5 kg	High Rack	Ingredients Jasmine rice 3 cups Skin on chicken breast 150 grams 3 pieces Teriyaki sauce $\frac{1}{2}$ cups Kimchi	Cooking: 1. Clean chicken, halve teriyaki sauce for marinating chicken, prick the chicken all over with a fork, then marinating for 30 minutes. 2. Arrange marinated chicken side-by-side on the grill rack in the oven. 3. Place in the oven. 4. select menu and press Start. 5. When beep sounds, turn chicken over. 6. Press Start to continue. After cooking finished and remove from the oven. 7. Put rice on a plate, cut teriyaki chicken in mouth-sized pieces, set aside rice, put remaining teriyaki sauce over as needed and serve with Kimchi.		
Auto Menu 11 times	tc-11 Steamed curry stuffed in grilled prawns	6 Shrimps	High Rack	Ingredients Giant prawns 150 grams each 6 prawns Shrimp, coarse minced $\frac{1}{4}$ cup Spicy curry paste 1 tablespoons Coconut milk $\frac{3}{4}$ cup Coconut milk for steamed curry $\frac{1}{4}$ cup Rice flour Fish sauce Palm sugar Hot basil leaves Chili, red, cut into fine strips	1 teaspoon 2 teaspoons 1 teaspoon $\frac{1}{4}$ cup 1 chili		

Auto Menu

Operation	Cooking	Weight Limit	Utensil	Instructions				
Auto Menu 12 times	tc-12 Grilled splendid squid stuffed with seasoned rice	4 squids	High Rack	Ingredients Splendid squid 6 inch long 4 grams Bird chili, green and red, minced 1 tablespoon Cooked brown rice 1½ cups Garlic minced ½ tablespoon Salt ½ teaspoon Carrot minced 2 tablespoons Dried peppercorn ½ teaspoon Frozen spinach minced 3 tablespoons Cooking: 1. Clean squid, remove inedible parts, clean again and drain. 2. Put oil and garlic in a fire-resistant glass bowl, place in the oven until boil and garlic fragrant, put carrot and continue until cooked. 3. Put rice and season with salt, dried peppercorn, spinach, and chili and stir well. 4. Put seasoned rice into squids but not full. Score the squid 3-4 slashes. 5. Arrange on the high rack for grilling and place in the oven. 6. Select menu and press Start. 7. When beep sounds, turn squids over. 8. Place the food in the oven again and press Start to continue. 9. After cooking finished, arrange the dish and serve with fresh vegetables.				
Auto Menu 13 times	tc-13 Baked chicken wings in red sauce	6 pieces	High Rack	Ingredients Chicken wings 6 pieces Chinese cooking wine 1 tablespoon Garlic crushed 5 cloves Salt 1 teaspoon Tomato sauce ½ cup Dried peppercorn 1 teaspoon Light soya sauce 3 tablespoons Water 2½ cups Seasoning sauce 1 tablespoon Vegetable oil 3 tablespoons Sugar 3 tablespoons Vegetable oil for frying ½ cup Cooking: 1. Clean chicken wings, remove all hairs and pat dry. 2. Marinate chicken wings in salt and peppercorn. Mix up in about 15 minutes. 3. Put oil for frying in a fire-resistant glass bowl. 4. Put chicken wings, place on the high rack and place in the oven. 5. Select menu and press Start. 6. When beep sounds, turn the chicken wings over. 7. Place the food in the oven again and press Start to continue. 8. After cooking finished, remove the food from the oven, remove chicken wings from oil and let stand. 9. Mix tomato sauce, water, sugar, Chinese cooking wine, light soya sauce and seasoning sauce together, let them stand, then put oil and garlic in another bowl. Place in the oven until brown and fragrant. Put a mixture of tomato sauce and continue cooking until boil. 10. Put fried chicken wings and continue cooking until the mixture cooked and little sauce remained. Remove from the oven, arrange a dish and serve.				

Auto Menu

Operation	Cooking		Weight Limit	Utensil	Instructions				
Auto Menu 14 times	tc-14	Pandan grilled kipper	0.4 kg	High Rack	Ingredients Kipper 300 grams Salt Pandan leaves large Coriander root, garlic, peppercorn, pound Lemongrass Coriander leaves ripped Fresh vegetables e.g. cucumber, bok choy, basil leaves Cooking: 1. Clean the kipper by removing fish guts, clean again and pat dry. 2. Salt the whole fish, put coriander root, lemongrass and coriander leave in the fish mouth, and then wrap the fish with pandan leaves, let it stand. 3. Place the fish on the high rage in the oven. 4. Select menu and press Start. 5. While cooking, prepare the sauce by pounding bird eye chili with garlic then put in the bowl. Put fish sauce, sugar, lemon juice, mix well and let it stand. 6. When beep sounds, turn over the fish. 7. Place the food in the oven again and press Start to continue. 8. After cooking finished, arrange in a dish and serve with fresh vegetables and sauce.	Ingredients for sauce Garlic Bird eye chili, green and red 10 leaves 2 tablespoons 2 stalks 5 leaves Lemon juice Fish sauce Sugar	1 fish 1 teaspoon 10 leaves 2 tablespoons 2 stalks 5 leaves	1 tablespoon 15 chili 2 tablespoons 2 tablespoons 2 teaspoons	
Auto Menu 15 times	tc-15	Pork Satay with milk	0.6 kg	High Rack	Ingredients Pork for Satay 200 grams Evaporated milk Salt Black pepper, coarse ground Garlic minced Cooking: 1. Clean pork and pat dry. 2. Mix evaporated milk, salt, peppercorn, coriander root and galic well. 3. Put pork to marinate, prick the pork all over with a fork and marinating in a refrigerator for 1 hour. 4. Arrange the marinated pork on the high rack for grilling and put in the oven. 5. Select menu and press Start. 6. When beep sounds, turn over the pork. 7. Place the food in the oven again and press Start to continue. 8. After cooking finished, arrange in a dish and serve with vegetable stir-fry with butter.	Coriander root minced Pork stock Salted butter Cornstarch Vegetables stir fry with butter e.g. carrot, potato, asparagus	3 pieces 1/4 cup 1 teaspoon 1 tablespoon 1 tablespoon	2 roots 1/4 cup 1 tablespoon 1 teaspoon	

Auto Defrost



Your oven has 4 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 Auto Defrost
Meat	1 time
Poultry	2 times
Fish	3 times
Bread	4 times

The temperature and density of food varies, it is recommended 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** program is suitable for defrosting small items such as rolls or a small loaf. These will require a standing time to allow the center to thaw. The following example shows how to defrost 1.4 Kg of frozen poultry.

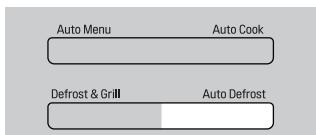
Press **STOP/CLEAR**.

Weigh the food that you are about to defrost.

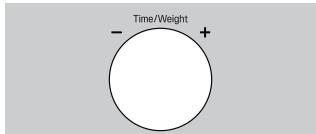
Be certain to remove any metallic ties or wraps, then place the food in your oven and close the oven door.



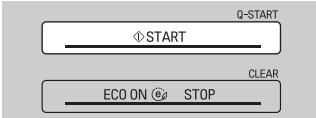
Press **AUTO DEFROST** twice to select the **POULTRY** defrosting program.
"dEF2" shows on the display.



Enter the weight of the frozen food that you are about to defrost.
Turn **DIAL** knob until the display shows "1.4".



Press **START**.



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

Your oven will not stop defrosting (even when the beep sounded) unless the door is opened.

AUTO WEIGHT DEFROST GUIDE

- * Food to be defrosted should be in a microwavable container and place uncovered on the glass tray.
- * Wrap small areas of meat or poultry with flat pieces of aluminum foil. This will prevent some areas becoming warm during defrosting. Ensure the foil does not touch the oven walls.
- * Separate items like minced meat, chops, sausages and bacon.
- * When BEEP, open the oven door and turn the food over. Remove the thawed food from the microwave oven and press Start to continue defrosting the remaining. At the end of the program, remove the food from the microwave oven, cover with foil and allow standing until completely thawed.
For large meat and whole chickens should stand for a minimum of 1 hour before cooking.

CATEGORY	WEIGHT LIMIT	UTENSILS	FOOD
Meat (dEF1)	0.1 ~ 4.0 kg	Microwave Ware (Flat Plate)	<p>Meat</p> <p>Minced beef, Fillet steak, Cubes for stew, Sirloin steak, Pot roast, Rump roast, Beef burger Pork chops, Lamb chops, Rolled roast, Sausage, Cutlets (2 cm)</p> <p>Turn food over at beep.</p> <p>After defrosting, let stand for 5-15 minutes.</p>
Poultry (dEF2)			<p>Poultry</p> <p>Whole chicken, Legs, Breasts, Turkey breasts (under 2.0 kg)</p> <p>Turn food over at beep.</p> <p>After defrosting, let stand for 20-30 minutes.</p>
Fish (dEF3)			<p>Fish</p> <p>Fillets, Steaks, Whole fish, Seafoods</p> <p>Turn food over at beep.</p> <p>After defrosting, let stand for 10-20 minutes.</p>
Bread (dEF4)	0.1 ~ 0.5 kg	Paper towel or flat plate	<p>Sliced bread, Buns, Baguette, etc.</p> <p>Separate slices and place on paper towel or flat plate.</p> <p>Turn food over at beep.</p> <p>After defrosting, let stand for 1-2 minutes.</p>

Defrost & Grill

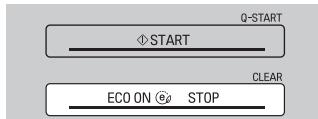
The following example shows how to cook 0.3 kg of salmon fillet.



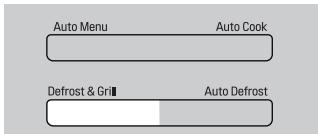
Defrost & Grill allows you to cook most of your favorite food easily by selecting the food type and entering the weight of food.

Category	Press DEFROST & GRILL
Salmon Fillet	1 time
Shrimp	2 times
Hamburger Patties	3 times
Sausage	4 times

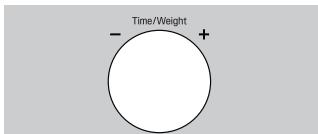
Press **STOP/CLEAR**.



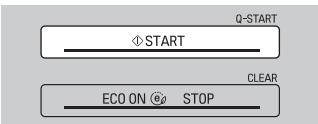
Press **DEFROST & GRILL** once.
"dG-1" appears on the display.



Turn **DIAL** knob until the display show "0.3" kg.



Press **START**.



Food	Weight	Utensil	Food Temp.	Instructions
Salmon fillet (dG-1)	0.2-0.6 kg	Grill tray + rack	Freezing	Choose salmon fillet of 200g weight and 2.5 cm. thickness each. Frozen it. Place food on the grill tray and the rack. Choose the menu and weight, press START. After cooking, remove from the oven and let them stand.
Shrimp (dG-2)	0.1-0.2 kg		Freezing	1.Clean shrimps and place on the rack. 2.When beep sounds, turn the shrimps over.
Hamburger patties (dG-3)	1-4 piece		Freezing	Place hamburger Patties on the rack. Choose the menu and weight, press START. After cooking, remove from the oven and let them stand.
Sausage (dG-4)	0.2-0.6 kg		Freezing	1.Clean and remove the plastic wrapped the sausages. Place on the rack. 2.When beep sounds, turn sausages over.

Taste Saver



If you want to warm your food when the AUTO COOK program, 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.

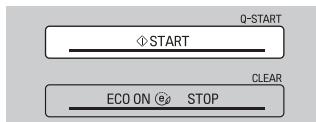
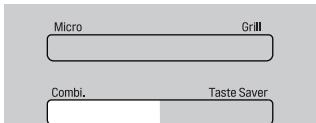
Taste saver function has only one time level-90 minutes. But the function will stop when you open the door.

Power Level	Press "keep warming"	Display
Low	1 time	Ho-L
High	2 times	Ho-H

The following example shows how to use the taste saver function to keep food temperature at high level in 90 min.

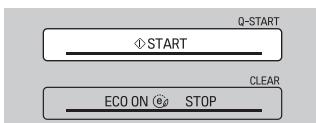
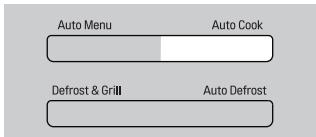
TASTE SAVER manual

Put some food in the microwave oven, press **TASTE SAVER** 2 times, "HO-H" appears on the display. Press **START**.



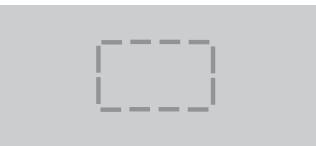
Using TASTE SAVER after AUTO COOK (sample)

1. Set the required AUTO COOK program. Press **START** and when 5 minutes later after the AUTO COOK program is over, TASTE SAVER function will automatically run.
2. When the AUTO COOK is over, you can press **TASTE SAVER**, and "HO-H" appears on the display. Press **START**.



*TIME display

When function is running, it will display and then you press **TASTE SAVER** again, time of function will appear on the display.

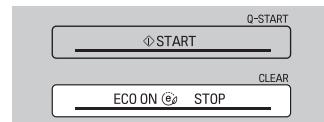


Energy Saving

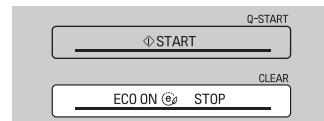


The ECO ON feature allows you to save energy through display off during stand-by status, or after 5 minutes with door open or closing, display will off automatically.

Press **STOP/CLEAR**.
1
"0" appears on the display.



Press **STOP/CLEAR** or
2
After 5 minutes with door open or closing, display off.



3
During ECO ON status, if you press any key, display will on.

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Read and follow all instructions before using your oven to prevent 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 your service 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 words mean :



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 the microwave oven are faulty. Repairs should only be undertaken by a qualified service technician.
2. 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.
3. 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.)
4. 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.
5. 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.

1. Improper use may cause damage such as a fire, electric shock or burn.
2. Accessible parts may become hot during use. Young children should be kept away.
 - They may get a burn.
3. 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.
4. Be certain to use proper accessories on each operation mode.
5. Improper use could result in damage to your oven and accessories, or could make spark and a fire.
6. 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.

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Read and follow all instructions before using your oven to prevent 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 your service 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.

IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

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CAUTION

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.

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

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 separate remote-control system.

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Read and follow all instructions before using your oven to prevent 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 your service agent or manufacturer about problems that you do not understand.

IMPORTANT SAFETY INSTRUCTIONS

⚠ CAUTION

- 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.
- 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.** This appliance 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 appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- 37.** Steam cleaner is not to be used.

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 Lamb are cooked. In general, avoid coloured paper products as the colour may run. Some recycled paper products may contain impurities which could cause arcing or fires when used in the microwave oven.

Plastic cooking bags

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

Plastic microwave cookware

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

Pottery, stoneware and ceramic

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

⚠ CAUTION

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

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

Food characteristics & Microwave cooking

Keeping an eye on things

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

Factors affecting microwave cooking times

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

Density of food

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

Height of food

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

Moisture content of food

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

Bone and fat content of food

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

Quantity of food

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

Shape of food

Microwaves penetrate only about 2.5cm into food, the interior portion of thick foods are cooked as the heat generated on the outside travels inward. Only the outer edge of food is cooked by microwave energy; the rest is cooked by conduction. The worst possible shape for a food that is to be microwaved is a thick square. The corners will burn long before the centre is even warm. Round thin foods and ring shaped foods cook successfully in the microwave.

Covering

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

Browning

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

Covering with greaseproof paper

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

Arranging and spacing

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

Food characteristics & Microwave cooking

Stirring

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

Turning over

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

Placing thicker portions facing outwards

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

Shielding

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

Elevating

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

Piercing

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

Testing if cooked

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

Standing time

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

To Clean Your Oven

1 Keep the inside of the oven clean

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

2 Keep the outside of the oven clean

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

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

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

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

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

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, just as you would do with a conventional cooker.

Plug wiring information/ Technical Specifications

Warning

This appliance must be earthed

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

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

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

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

The wire which is colored GREEN & YELLOW or GREEN must be connected to the terminal which is marked with the letter E or $\frac{1}{2}$.

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

Technical Specification

MH638***	
Power Input	230 V AC /50Hz
Output	800 W (IEC60705 rating standard)
Microwave Frequency	2,450 MHz
Outside Dimension	485 mm(W) X 280mm(H) X 430mm (D)
Power Consumption	1,200 Watts
Microwave	
Grill	1,000 Watts
Combination	1,200 Watts

