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# Important Safety Instructions

## READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

### English

### Precautions to be taken when using Microwave Ovens for Heating Foodstuffs

#### Inspection for Damage:

A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The door fits squarely and securely and opens and closes smoothly.
2. The door hinges are in good condition.
3. The metal plates of a metal seal on the door are neither buckled nor deformed.
4. The door seals are neither covered with food nor have large burn marks.

#### Precautions:

Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in the microwave oven. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. 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.
11. Young children should be supervised to ensure that they do not play with the appliance.
12. 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.
13. The surfaces are liable to get hot during use.

### Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

**WARNING**—Improper use of the earthing plug can result in electric shock.

### Important Instructions

**WARNING**—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) may explode and should not be heated in microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
  - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - (b) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
  - (c) Remove wire twist-ties from bags before placing bag in oven.
  - (d) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
  - (e) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
13. 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.

### Circuits

Your microwave ovens should be operated on a separate circuit from other appliances. The voltage used must be the same as specified on this microwave oven. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

### Warning

- (a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
- (b) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
- (c) If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- (d) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
- (e) Liquids or other foods must not be heated in sealed containers since they are liable to explode, at the same time it should avoid the boiling liquids splash.
- (f) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

# Installation and General Instructions

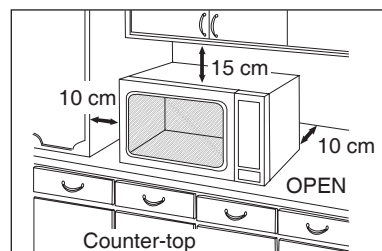
## General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, press the **Stop/Reset** Pad and leave door closed. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike control panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **DO NOT** use this oven to heat chemicals or other non-food products. **DO NOT** clean this oven with any product that is labeled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
11. If glass tray is hot, allow to cool before cleaning or placing in water.
12. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
13. 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.

## Placement of Oven

This oven is intended for Counter-top use only. It is not intended for built-in use or use inside a cupboard.

1. The oven must be placed on a flat, stable surface, more than 85 cm above the floor. For correct operation, the oven must have sufficient air flow. Allow 15 cm of space on the top of the oven, 10 cm at back and 10 cm on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Do not remove feet.



- (a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
  - (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
  - (c) Do not operate oven when room humidity is too high.
2. 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 house; by clients in hotels, motels and other residential environments; bed and breakfast type environments.

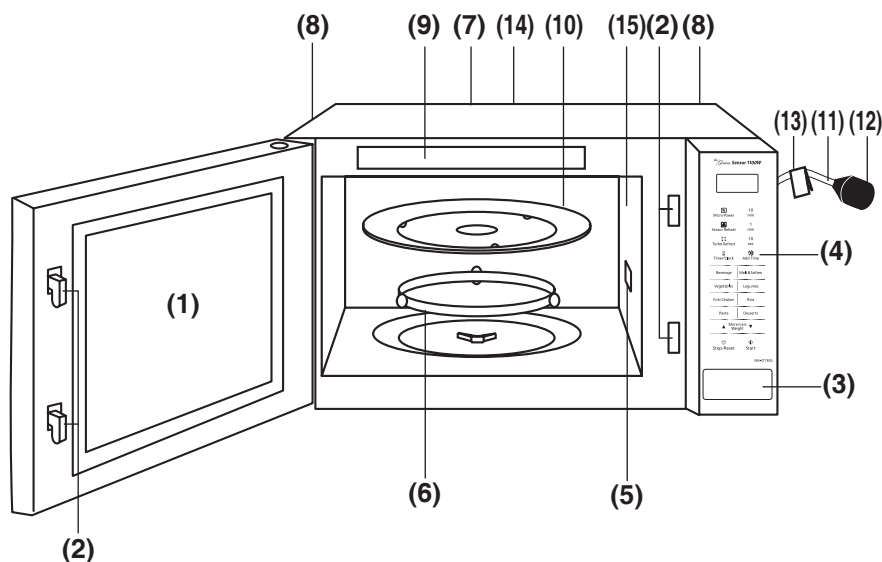
# Installation and General Instructions

## English

### Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell (unless otherwise stated in cookbook). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken.
  - (a) Avoid using straight-sided containers with narrow necks.
  - (b) Do not overheat.
  - (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
  - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
  - (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the cookbook are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. It is better to **UNDERCOOK RATHER THAN OVERCOOK** foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven.  
**NEVER** leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
11. 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.

# Feature Diagram



English

## (1) Oven Window

## (2) Door Safety Lock System

## (3) Door Release Button

Push to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cook resumes as soon as the door is closed and **Start** Pad is pressed. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.

## (4) Control Panel

## (5) Waveguide Cover (do not remove)

## (6) Roller Ring

- Roller Ring should be cleaned regularly to avoid excessive noise.
- Roller Ring and Glass Tray should be used at the same time.

## (7) Identification Plate

## (8) Oven Air Vent

## (9) Menu Label

## (10) Glass Tray

- DO NOT operate the oven without the Roller Ring and Glass Tray in place.
- Only use the Glass Tray specifically designed for this oven. Do not substitute any other Glass Tray.
- If the Glass Tray is hot, allow to cool before cleaning or placing in water.
- DO NOT cook directly on the Glass Tray. Always place food on a microwave-safe dish.
- If food or utensil on the Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
- Glass Tray can rotate in either direction.

## (11) Power Supply Cord

## (12) Power Supply Plug

## (13) Power Supply Cord Label

## (14) Warning Label

## (15) Oven Light

## Oven Light:

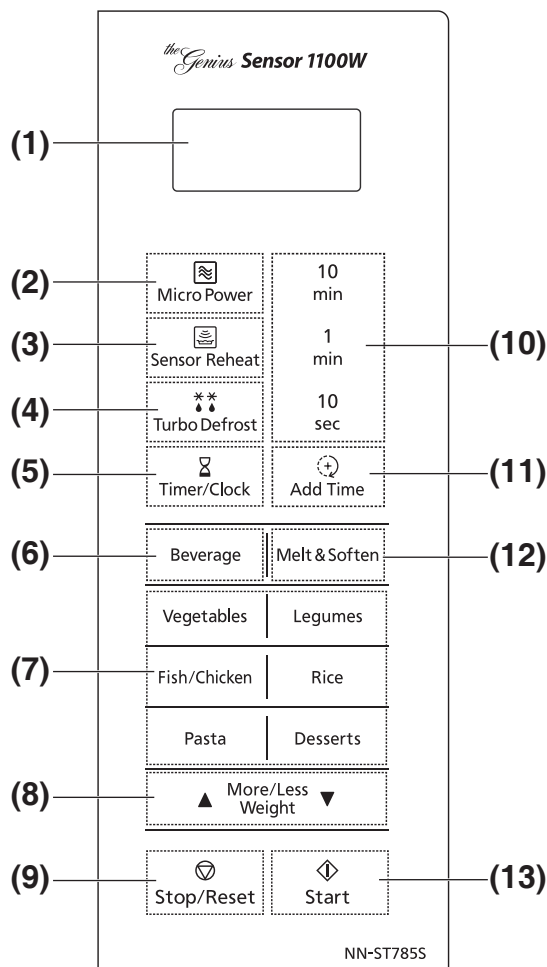
Oven light will turn on during cooking and also when door is opened.

## NOTE:

The above illustration is for reference only.

# Control Panel

English



(1) Display Window (pg.6)

(2) Micro Power Pad (pg.7)

(3) Sensor Reheat Pad (pg.14)

(4) Turbo Defrost Pad (pg.10)

(5) Timer/Clock Pad (pg.18 / pg.6)

(6) Beverage Pad (pg.12)

(7) Sensor Cook Pads (pg.15)

(8) More/Less/Weight Pads

(9) Stop/Reset Pad

**Before cooking:** One tap clears all your instructions.

**During cooking:** One tap temporarily stops the cooking process. Another tap cancels all your instructions and colon or time of day appears in the Display Window.

(10) Time Pads

(11) Add Time Pad (pg.9)

(12) Melt&Soften Pad (pg.13)

(13) Start Pad

One tap allows oven to begin functioning. If door is opened or **Stop/Reset** Pad is pressed once during oven operation, **Start** Pad must be pressed again to restart oven.

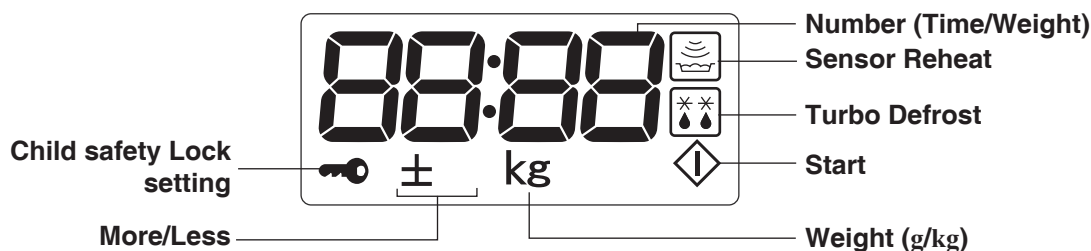
## Beep Sound:

A beep sounds when a pad is pressed. If this beep does not sound, the setting is incorrect. When the oven changes from one function to another, two beeps sound. After completion of cooking, five beeps sound.

## NOTE:

If an operation is set and **Start** Pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.

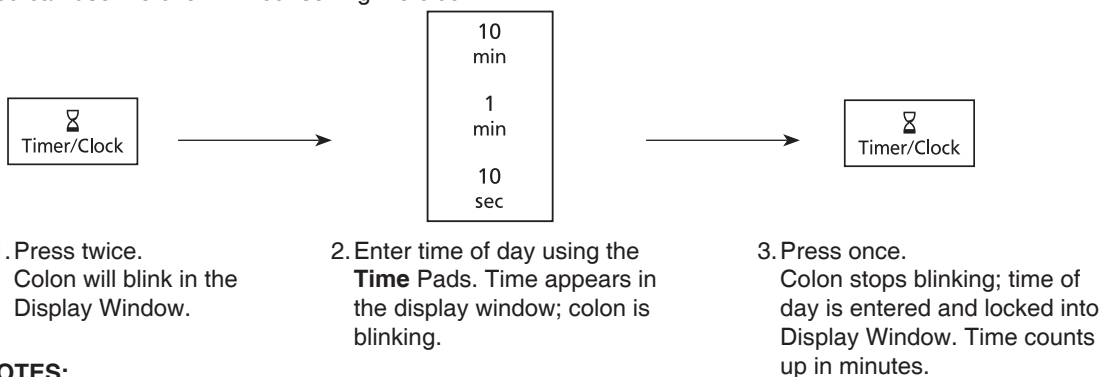
# Display Window



English

## To Set Clock

You can use the oven without setting the clock.



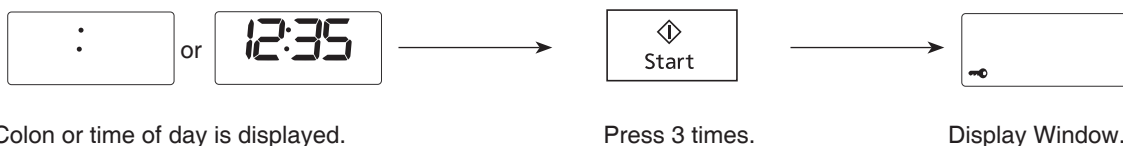
### NOTES:

- Oven will not operate while colon is still blinking.
- To reset time of day, repeat step 1 to 3.
- The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
- Clock is a 12-hour display.

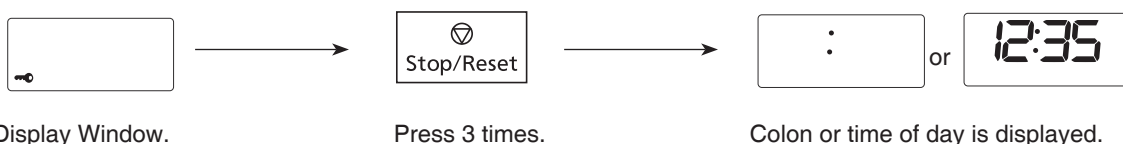
## To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door is open or closed. You can set Child Safety Lock when colon or time of day is displayed.

### To set:



### To cancel:



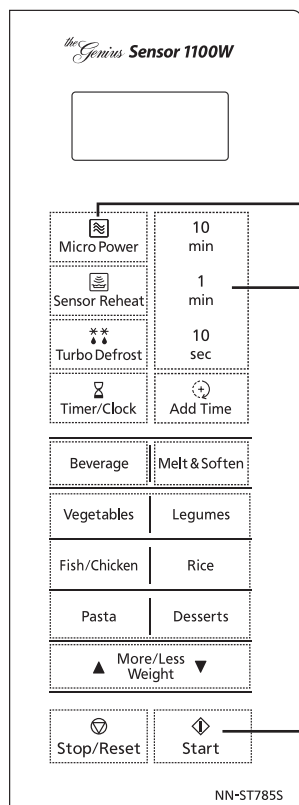
### NOTE:

To set or cancel child safety lock, **Start** Pad or **Stop/Reset** Pad must be pressed 3 times within 10 seconds.

# To Cook / Reheat / Defrost by Micro Power and Time

This feature allows you to set the desired power and time for cooking by yourself.

English



## 1. Put the food into the oven

## 2. Select Micro Power Level

Press **Micro Power** Pad until the desired power level appears in the Display Window. (see chart below)

## 3. Set Cooking Time

(P10 Power: up to 30 minutes.)

(Other Powers: up to 99 minutes and 50 seconds.)

## 4. Press

Cooking will start.

The time in the Display Window will count down.

### NOTES:

1. When selecting P10 Power on the first stage, you can skip step 2.
2. For more than one stage cooking, repeat steps 2 & 3 above then press **Start**. The maximum number of stages for cooking is 3. The oven will beep twice between stages. For the details, please refer to page 8.

### Micro Power:

The **Micro Power** Pad gives you a selection of different power levels representing decreasing amounts of microwave energy, used for cooking foods at different speeds.

e.g. The lower the micro power setting, the more evenly the food cooks, although it will take a little longer.

To select the correct power level for cooking different foods, refer to the chart below.

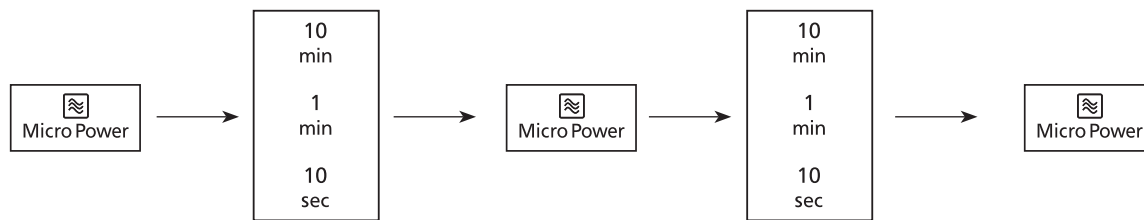
Press	Power Level	Example of Use
1x	P10	Boil water. Cook vegetables, rice, pasta and noodles. Reheating.
2x	P9	Cook fresh fruits.
3x	P8	Cook cakes, desserts. Heat milk.
4x	P7	Whole chicken and chicken pieces.
5x	P6	Cook beef, lamb and eggs. Melt butter.
6x	P5	Cook meatloaves. Melt chocolate.
7x	P4	Cook fish and seafood.
8x	P3	Defrost meat, poultry and seafood. Cook christmas pudding, corned beef, dried beans and peas.
9x	P2	Simmer soups, stews and casseroles (less tender cuts).
10x	P1	Keep cooked foods warm, simmer slowly.



# 3-Stages Setting

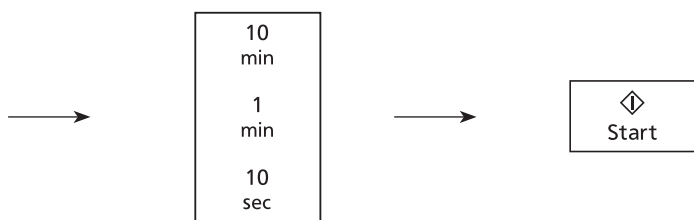
This feature allows you to program 3 Stages of cooking continuously.

**E.g.: Continually set [P8] 2 minutes, [P10] 3 minutes and [P6] 2 minutes.**



English

1. Press 3 times.
2. Set as 2 minutes by using **Time** Pads.
3. Press once.
4. Set as 3 minutes by using **Time** Pads.
5. Press 5 times.



6. Set as 2 minutes by using **Time** Pads.
7. Press once.  
The time will count down at the first stage in the display window.

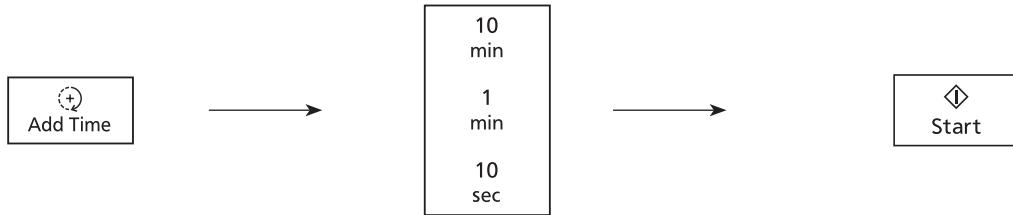
## NOTES:

1. When operating, two beeps will sound between each stage.
2. This feature is not available for Turbo Defrost, Sensor Cook and Reheat, Beverage and inverter Melt&Soften function.
3. When using Standing Time or Delay Time, it's up to 2 power stages.

# To Use Add Time

This feature allows you to add cooking time at the end of previous cooking, the add time feature will be cancelled after 1 minutes, if you don't do any operation after cooking.

English



1. Press **Add Time** Pad once.
2. Select cooking time using **Time Pads**, maximum cooking time for Highest power is up to 30 minutes while other powers are 99 minutes and 50 seconds.
3. Press **Start** Pad and the remaining time will count down in the display window. Cooking begins and the time will count down. At the end of cooking, 5 beeps sound.

## NOTES:

1. This feature is only available for Micro Power setting.
2. You can also use Add time function after multi-stage setting except Standing Time feature and the default power level is same as the last stage.

# To Use Turbo Defrost

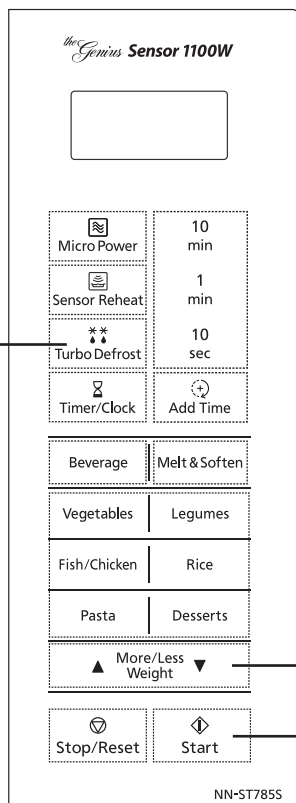
## Turbo Defrost

This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight of the food. Weight must be programmed in kilograms.

English

**1. Put the food into the oven**

**2. Press Turbo Defrost Pad**



**3. Select the Weight of food by pressing the More/Less/Weight Pads (0.1 kg - 3.0 kg)**

When selecting 0.1 kg, you can skip this step.

**4. Press**

Defrosting time appears in the Display Window and begins to count down.

When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

### NOTES:

1. Turbo Defrost can be used to defrost many cuts of meat, poultry and fish by weight. To use, simply program Turbo Defrost and the weight of the food in kg (1.0) and tenths of a kg (0.1). The oven will determine the defrosting time and power levels. Once the oven is programmed, the defrosting time will appear in the display. For best results the minimum recommended weight is 0.2 kg.
2. BONE-IN ROASTS, such as a Beef Rib Roast have a smaller muscle than a boneless roast of the same weight. Therefore, for bone-in roasts weighing over 2 kg reduce weight by 0.5 kg. For bone-in roasts weighing less than 2 kg, reduce weight by 0.25 kg.
3. Turn over or remove or shield food when beep in the middle of cooking.
4. There are two ways available to use this function: You can also select required weight by pressing turbo defrost pad only after you pressed the turbo defrost pad.

# Defrosting Guidelines/Turbo Defrost

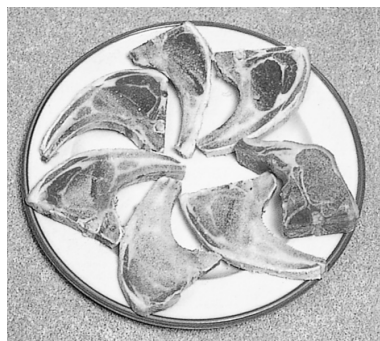
English

This feature allows you to enter the weight in kilos and the oven will select the correct defrosting time for most foods. However, do not use for

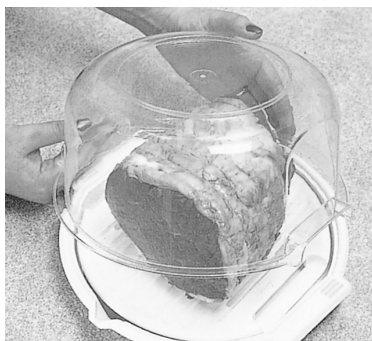
porous foods e.g. bread and cakes etc.

During the defrosting process, the oven will beep to remind you to check the food i.e. turn, shield or break the food apart, as shown below.

## Tips for Defrosting



Separate chops and small items e.g. Quiche slice where possible.



Give large joints of meat further standing to ensure meat is not still icy in the center.



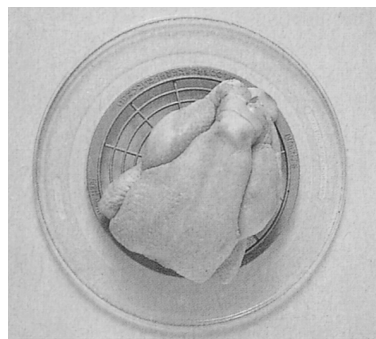
Break up small items e.g. scallops, minced meat, halfway through defrosting.



Remove wrappers from meat. Place on microwave rack or up-turned saucer.



Shield edges, back of fat of joints and thin edges of fish with small pieces of SMOOTH tin foil to prevent over-defrosting.



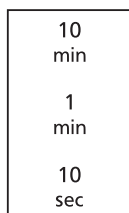
Turn dense foods and meat 2-3 times during defrosting.

### To Defrost by Micro Power and Time Setting.

By selecting the DEFROST power level from the microwave power key and setting a time, you can defrost food in your microwave.



1. Press eight times.



2. Press **Time** Pads to set a defrost time.



3. Press once.

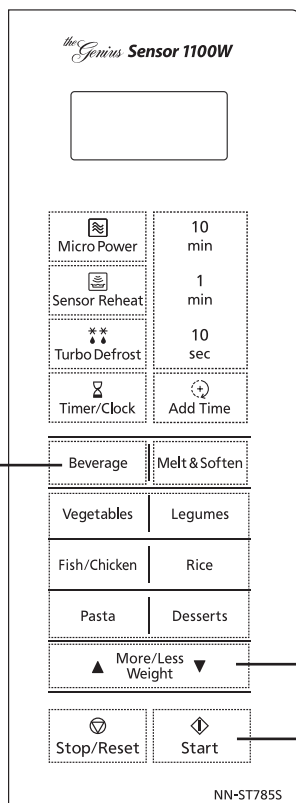
# To Use Beverage

This feature allows you to reheat coffee/milk without setting micro power and time.

## 1. Put the beverage into the oven

## 2. Press Beverage Pad

Press once to reheat coffee.  
Press twice to reheat milk.



## 3. Select the Weight of beverage by pressing the More/Less/Weight Pads

For example: To reheat 2 cups coffee press **Beverage** Pad once, then press **Weight** (▲ or ▼) Pad twice until desired menu number appears in the display window, press Start.

## 4. Press

Cooking time appears in the Display Window and begins to count down.

Press	Menu Number (Press ▲/▼ Pad)	Menu
1x	1-1	1 cup coffee
	1-2	2 cups coffee
2x	2-1	1 cup milk
	2-2	2 cups milk

### NOTES:

1. Use a microwave safe cup.
2. Heated coffee/milk can erupt if not mixed with air. Do not heat coffee/milk in your microwave oven without stirring before and halfway through heating.
3. Care must be exercised not to overheat coffee/milk when using the coffee/milk feature. It is programmed to give proper result when heating 1 cup or 2 cups of coffee/milk, starting from room temperature for coffee and refrigerator temperature for milk. Overheating will cause an increased risk of scalding, or water eruption. Refer to page 2, item 5.
4. 1 cup of milk is 200 ml to 250 ml and 1 cup of coffee is 150 ml to 200 ml.

# To Use Inverter Melt & Soften

This feature allows you to melt butter and chocolate, soften cream cheese and ice cream by just setting the weight of the food. Weight must be programmed in grams the oven operates automatically after pressing Start Pad.

English

## 1. Put the food into the oven

## 2. Press Melt & Soften Pad

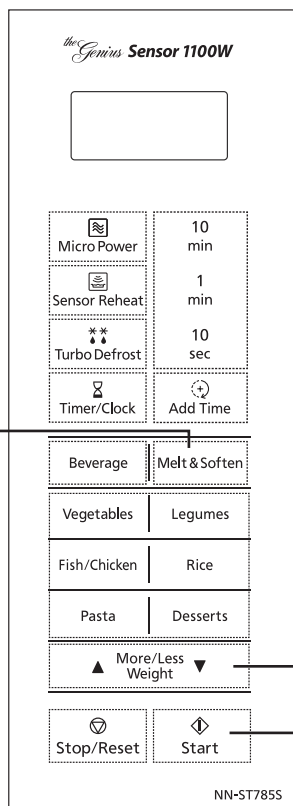
Press once to melt chocolate.  
Press twice to melt butter  
Press three times to soften cream cheese.  
Press four times to soften ice cream.

## 3. Select the Weight of food by pressing the More/Less/Weight Pads

(see chart below)  
Either pad will start from minimum weight

## 4. Press

Melting time appears in the Display Window and begins to count down.



Food Category	Weight						Recommended Containers
3. Chocolate	50 g	100 g	150 g	200 g	250 g	300 g	microwave safe dish
4. Butter	50 g	100 g	150 g	200 g	250 g	300 g	microwave safe dish with plastic wrap
5. Cream Cheese	50 g	100 g	150 g	200 g	250 g	300 g	microwave safe dish with plastic wrap
6. Ice Cream	200 g	500 g	1000 g	2000 g	-	-	-

### Inverter melt soften hints:

#### 3. Chocolate

Remove wrapper, separate chocolate into small pieces, and place in a microwave safe dish. Cook without cover. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press Start Pad to continue. After heating, stir until completely melted. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

**Note:** Chocolate holds its shape even when softened.

#### 4. Butter

Remove wrapper, cut butter into 3 cm cube, and place into a microwave safe dish. Cover with plastic wrap. Stir after cooking. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

#### 5. Cream Cheese

It is suitable for softening cream cheese. Remove wrapper, cut cheese into 3 cm cube, and place into a microwave safe dish, cover with plastic wrap.

#### 6. Ice Cream

Soften slightly without lid.

### NOTE:

If food needs more time cooking or weight exceeds range, cook using Low power for softening.

# To Reheat Food Using **Sensor Reheat**

The feature allows you to reheat precooked room temperature or refrigerator temperature food without having to select cooking time and power. The oven does it automatically.

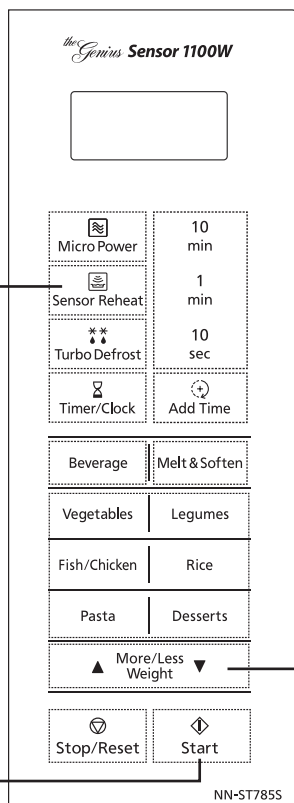
## 1. Put the food into the oven

## 2. Press Sensor Reheat Pad

(If desired, press **More/Less/Weight** Pads.)

## 3. Press

After the heat and humidity is detected by the SENSOR the oven will beep twice, the remaining time appears in the Display Window and begins to count down.



### More/Less/Weight Pads:

Preferences for food doneness vary with each individual. After having used Sensor Reheat a few times, you may decide you would prefer your food cooked to a different doneness. By using the **More/Less/Weight** Pads, the programs can be adjusted to cook food for a longer or shorter time.

Press **More/Less/Weight** Pads before pressing **Start** Pad.

Press **▲ (More)** Pad for more cooking with indication—"+".

Press **▼ (Less)** Pad for less cooking with indication—"–".

If you are satisfied with the result of the Auto Sensor program, you don't have to use this pad.

### For best results on Sensor Reheat, follow these recommendations:

1. The room temperature should not be more than 35 °C and not less than 0 °C.
2. Food being reheated should weigh between 125 g and 1.0 kg. Foods weighing less than 125 g and more than 1.0 kg, use a manual micro power setting.
3. All food must be previously cooked and at room or refrigerator temperature.
4. Food should always be covered loosely, but completely, with plastic wrap. (Do not use any snap closing lids.)
5. Be sure the glass tray, the outside of the cooking containers and the inside of the microwave are dry before placing food in the oven. Residual beads of moisture turning into steam can mislead the sensor.
6. DO NOT open the oven door until 2 beeps sound and cooking time appears on the display Window. Doing so will cause inaccurate cooking since the steam from food is no longer contained within the oven cavity. Once the cooking time begins to count down, the oven door may be opened to stir, turn, or rearrange foods.
7. DO NOT reheat bread or pastry products (raw or uncooked), or beverages.
8. DO NOT use if oven cavity is warm (from previously cooked foods).
9. All food should have a covered stand time of at least 3 to 5 minutes.
10. The cavity may become very hot during and after use, please take special care and use kitchen gloves to take out the container when the oven beeps.

# To Cook Food Using Sensor Cook

The feature allows you to cook most of your favourite foods by select the category only. Select the category of food and then just press **Start** Pad. The oven determines the microwave power level and the cooking time automatically.

English

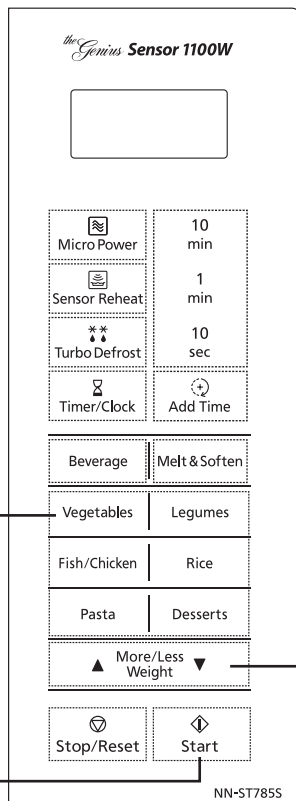
## 1. Put the food into the oven

## 2. Select the desired Category

The desired food category number will appears in the Display Window. (If desired, press **More/Less/Weight** Pads.)

## 3. Press

After the heat and humidity is detected by the SENSOR the oven will beep twice, the remaining time appears in the Display Window and begins to count down.



### More/Less/Weight Pads:

Preferences for food doneness vary with each individual. After having used Sensor Cook a few times, you may decide you would prefer your food cooked to a different doneness. By using the **More/Less/Weight** Pads, the programs can be adjusted to cook food for a longer or shorter time.

Press **More/Less/Weight** Pads before pressing **Start** Pad.

Press **▲ (More)** Pad for more cooking with indication—"+".

Press **▼ (Less)** Pad for less cooking with indication—"–".

If you are satisfied with the result of the Auto Sensor program, you don't have to use this pad.

### For best results on Sensor Cook, follow these recommendations:

1. The room temperature should not be more than 35 °C and not less than 0 °C.
2. Be sure the glass tray, the outside of the cooking containers and the inside of the microwave are dry before placing food in the oven. Residual beads of moisture turning into steam can mislead the sensor.
3. Food should always be covered loosely, but completely, with plastic wrap. (Do not use any snap closing lids.)
4. DO NOT open the oven door until 2 beeps sound and cooking time appears on the display Window. Doing so will cause inaccurate cooking since the steam from food is no longer contained within the oven cavity. Once the cooking time begins to count down, the oven door may be opened to stir, turn, or rearrange foods.
5. All food should have a covered stand time of at least 3 to 5 minutes.
6. DO NOT use if oven cavity is warm (from previously cooked foods).

### Sensor cook food number sequence:

Food category pad	Menu	Recommended Weight
	<b>Sensor Reheat</b>	125 g - 1.0 kg
<b>Vegetables</b>	<b>7 Vegetables</b>	125 g - 500 g
	<b>8 Frozen Vegetables</b>	125 g - 1.0 kg
<b>Legumes</b>	<b>9 Legumes</b>	1 cup - 4 cups
	<b>10 Potatoes</b>	125 g - 1.0 kg
<b>Fish/Chicken</b>	<b>11 Steam Fish</b>	125 g - 500 g
	<b>12 Steam Chicken Pieces</b>	400 g - 1.0 kg

Food category pad	Menu	Recommended Weight
<b>Rice</b>	<b>13 Rice</b>	1 cup - 2½ cups
	<b>14 Curries</b>	2 serv. - 6 serv.
	<b>15 Quinoa</b>	¼ cup - 1 cup
<b>Pasta</b>	<b>16 Fresh Pasta</b>	125 g - 625 g
	<b>17 Dried Pasta</b>	125 g - 500 g
<b>Dessert</b>	<b>18 Dessert</b>	1 serv. - 4 serv.



# Sensor Reheat/Cook Menus

Ingredient Conversion Chart			
¼ cup	60 ml	¼ teaspoon	1 ml
½ cup	85 ml	½ teaspoon	2 ml
¾ cup	125 ml	1 teaspoon	5 ml
⅔ cup	165 ml	2 teaspoons	10 ml
¾ cup	190 ml	3 teaspoons	15 ml
1 cup	250 ml	1 tablespoon	15 ml
1¼ cups	310 ml	1½ tablespoons	22 ml
1½ cups	375 ml	2 tablespoons	30 ml
2 cups	500 ml	3 tablespoons	45 ml
3 cups	750 ml	4 tablespoons	60 ml
3½ cups	875 ml		
4 cups	1 litre		
6 cups	1.5 litre		
8 cups	2 litre		

All recipes are tested using standard measurement that appear in the above chart.

## Sensor Reheat

All foods must be pre-cooked. Casseroles, plated dinners, soups, stews, pasta dishes (except lasagne), canned foods. Foods should be reheated from refrigerator or room temperature, do not reheat frozen foods on this setting. Do not reheat in foil or plastic containers as unsuccessful reheating times will result. All foods should be covered securely with plastic wrap. Where possible after heating, stir foods and stand covered for 3 to 5 minutes before serving.

## 7. Vegetables

Suitable for cooking all types of leaf, green and soft varieties, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these. All vegetables should be trimmed or prepared and cut into even size pieces. Add 1 tablespoon to ¼ cup water if vegetables appear slightly dehydrated. Add water if you prefer a softer cooked texture. Place in a suitable size dish. Butter, herbs etc. may be added before heating, but do not add salt until serving. Cover with plastic wrap. At the completion of heating, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

## 8. Frozen Vegetables

It is suitable for all types of frozen vegetables. Put them in a microwave safe container. Do not use plastic dishes. Best results are achieved if large quantities are placed in a single layer. Add 1 tablespoon to ¼ cup water to vegetables, if desired. Butter, herbs etc. may be added before heating, but do not add salt until serving. Cover dishes securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the end of the cooking, stir vegetables and let stand, covered, for 2 to 3 minutes.

## 9. Legumes

It is Suitable for cooking chickpeas, split peas dried beans and peas and brown rice. Cover legumes with cold water and soak overnight, drain. Place legumes and boiling water into an appropriate sized microwave safe container. (See table for quantities)

Amount of Legumes	1 cup	2 cups	3 cups	4 cups
Amount of Boiling Water	3 cups	4 cups	6 cups	8 cups
Dish Size	2 litre	3 litre	4 litre	4 litre

Cover dishes securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR AND REMOVE THE PLASTIC WRAP WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the end of cooking, allow legumes to stand for 5 minutes if required.

## 10. Potatoes

Potatoes should be trimmed or prepared and cut into evenly sliced pieces. Add 1 tablespoon to ¼ cup of water to vegetables. If dehydrated or softer texture is desired. Place in a appropriate size dish and cover with plastic wrap. Halfway through the cooking time, stir potatoes. This will assist in even cooking.

## 11. Steam Fish

Suitable for cooking whole fish and fish fillets. Select fish suitable for microwave cooking and place in a single layer in a shallow dish, with skin-side down. Add butter, spices, herbs, or lemon juice to flavor. Overlap thin edges of fillets to prevent overcooking. If stuffing whole fish with seasoning, cooking time may need to be extended. Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking. Cover dish securely with plastic wrap. Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving. (thickness of fish should not be more than 3 cm)

# Sensor Reheat/Cook Menus

## 12. Steam Chicken Pieces

It is suitable for cooking chicken portions, chicken wings, thighs, drumsticks, etc.  
May be marinated with gravy or vegetables. Place prepared chicken on a microwave safe and heat proof dish. Cover dish securely with plastic wrap. Select the program then press Start. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press Start Pad to continue. Let stand 5 to 10 minutes at the end of cooking.

## 13. Rice

It is suitable for cooking short and long grain rice including specialty rices. It is not suitable for cooking brown rice or wild rice. Place rice with water at room temperature in a suitable microwave safe dish. We recommend the following proportions of rice to cold tap water:

Rice	1 cup	1½ cups	2 cups	2½ cups
Water	1½ cups	2½ cups	3½ cups	4½ cups
Dish Size	3 litre	3 litre	4.5 litre	4.5 litre

It may be necessary to adjust the water to your personal preference. Soak in water for 10 - 15 minutes. Always allow at most ½ depth of volume for evaporation to prevent boiling over. Do not cook rice in plastic dishes as incorrect cooking times may result. Cover securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR AND REMOVE THE PLASTIC WRAP WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the end of the cooking, let stand 5 to 10 minutes, covered.

## 14. Curries

It is suitable for cooking curries. See chart below for quantities to use.

Serves	2	4	6
Weight of meat	250 g	500 g	750 g
Amount of liquid (coconut milk, stock)	375 ml	500 ml	750 ml
Weight of hard vegetables	200 g	400 g	600 g

Cut meat and vegetables into even size pieces. Place curry paste, meat, onion and hard vegetable into a suitable size casserole dish, do not use plastic dishes. Cover securely with plastic wrap and place container at the center of the glass tray. Select curries then **Start**. Open the door to **STIR AND ADD REMAINING INGREDIENTS INCLUDING LIQUID WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the end of cooking time, allow to stand for 5-10 minutes. Serve with rice.

## 15. Quinoa

It is suitable for cooking quinoa. Place quinoa in a microwave safe 3 qt casserole dish. Add 2 parts water to 1 part quinoa. Cover securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the end of the cooking, let stand 14 minutes.

## 16. Fresh Pasta

It is suitable for cooking fresh pasta such as fettuccine, tagliatelle, tortellini, ravioli and agnolotti. (Gnocchi should be cooked by manual MICRO POWER.) Place pasta in an appropriate size microwave safe dish with boiling water. Use the above chart as a guide:

Pasta	150 g	250 g	350 g	500 g	625 g
Boiling Water	4 cups	5 cups	6 cups	8 cups	8 cups
Dish Size	3 litre	3 litre	4 litre	4 litre	5 litre

Always allow at most ½ depth of volume for evaporation to prevent boiling over. Add 1 tablespoon of oil, if desired, before cooking to prevent pasta from sticking together. Cover securely with plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR AND REMOVE THE PLASTIC WRAP WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the end of the cooking, cover and let stand for 5 to 10 minutes, if required, before draining.

## 17. Dried Pasta

Suitable for cooking dried pasta. Place pasta and water in a large sized dish to prevent from boiling over. Use hot tap water at a ratio of:

Add 1 tablespoon of oil, if desired, before cooking to prevent

Pasta	Water
150 g	4 cups
250 g	5 cups
350 g	6 cups
500 g	8 cups

the pasta from sticking together. Cover with plastic wrap. Halfway through the cooking time, the oven will 'beep' to prompt you to stir and rearrange. Then cook pasta uncovered. Stand for 5 to 10 minutes at the completion of cooking time.

## 18. Dessert

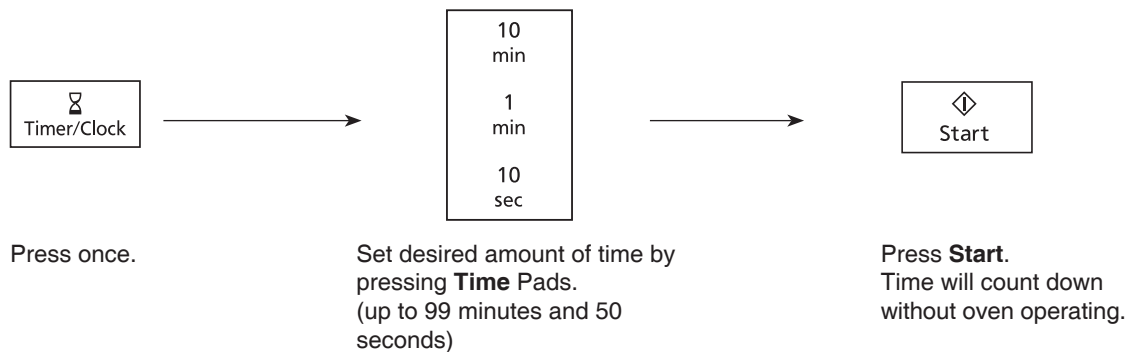
It is suitable for cooking individual steamed sponge puddings. Use packet mixes available from supermarkets or individual recipes. Not suitable for heavy fruit type puddings. See chart below for quantities.

	2 Serv.	4 Serv.
self raising flour	½ cup	1 cup
cocoa powder	½ tablespoon	1 tablespoon
caster sugar	⅙ cup	⅓ cup
milk	¾ cup	¾ cup
vanilla essence	½ teaspoon	1 teaspoon
chocolate	25 g	50 g
butter	50 g	100 g
brown sugar	¾ cup	¾ cup
cocoa, extra	1 tablespoon	2 tablespoons
water	¼ cup	½ cup

Sift flour and cocoa into a bowl. Add sugar, milk and vanilla essence. Mix well and set aside. Melt chocolate and butter in a separate microwave safe container and pour it into the mixture while hot. Mix well. Combine brown sugar, cocoa and water in a jug. Spread all the mixture into base of a 2-litre casserole dish. Select the program then press **Start**. **DO NOT USE PLASTIC WRAP OR LID.**

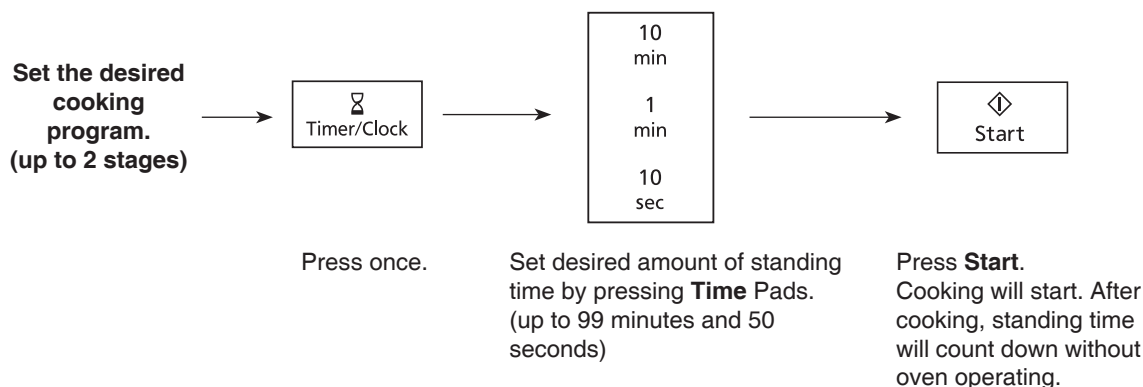
# To Use Timer Pad

## To Use as a Kitchen Timer

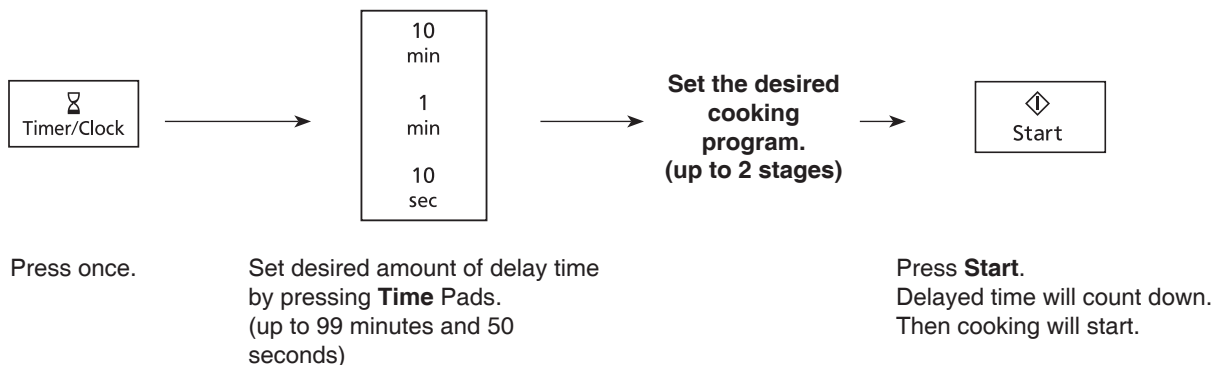


English

## To Set Standing Time



## To Set Delay Start



### NOTES:

1. If oven door is opened during the Standing Time, Delay Start or Kitchen Timer, the time in the Display Window will continue to count down.
2. Delay Start/Standing Time cannot be programmed before/after any Auto Control function. This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results and / or food may deteriorate.
3. When using Standing time or Delay Start, it's up to 2 Power stages.

# Before Requesting Service

## English

### ALL THESE THINGS ARE NORMAL:

The oven causes interference with my TV.

Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

Steam accumulates on the oven door and warm air comes from the oven vents.

During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.

I accidentally operate my microwave oven without any food in it.

Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.

### PROBLEM

### POSSIBLE CAUSE

### REMEDY

Oven will not turn on.



The oven is not plugged in securely.

Remove plug from outlet, wait 10 seconds and re-insert.

Circuit breaker or fuse is tripped or blown.

Contact the specified service center.

There is a problem with the outlet.

Plug another appliance into the outlet to check if the outlet is working.

Oven will not start cooking.



The door is not closed completely.

Close the oven door securely.

**Start** Pad was not pressed after programming.

Press **Start** Pad.

Another program has already been entered into the oven.

Press **Stop/Reset** Pad to cancel the previous program and program again.

The program has not been entered correctly.

Program again according to the Operating Instructions.

**Stop/Reset** Pad has been pressed accidentally.

Program oven again.

When the oven is turning on, there is noise coming from Glass Tray.



The roller ring and oven bottom are dirty.

Clean these parts according to care of your oven (See next page).

The "🔒" appears in the Display Window.



The Child Safety Lock was activated by pressing **Start** Pad 3 times.

Deactivate Lock by pressing **Stop/Reset** Pad 3 times.

The oven stops cooking by microwave and "H00", "H97" or "H98" appears in the Display Window.



This display indicates a problem with the microwave generation system.

Please contact the specified service center.

If it seems there is a problem with the oven, contact an authorized Service Centre.

# Care of your Microwave Oven

1. Turn the oven off and remove the power plug from the wall socket before cleaning, if possible.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.
3. The outside oven surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray-on cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning press **Stop/Reset** Pad to clear display window .
5. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.
6. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
7. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent, water or window cleaner and dry. The roller ring may be washed in mild sudsy water or dish washer. Cooking vapors collect during repeated use but in no way affect the bottom surface or roller ring wheels. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
8. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
9. The oven should be cleaned regularly and any food deposits removed.

English

## Technical Specifications

Model Number:	NN-ST785SPTE	NN-ST785SKPQ
Power Source:	220 V 50 Hz	230 V - 240 V 50 Hz
Power Consumption: Microwave:	4.6 A 1,000 W	4.4 A 1,000 W
Output: Microwave*:	1,100 W	
Outside Dimensions (W x H x D):	555 mm x 304 mm x 493 mm	
Oven Cavity Dimensions (W x H x D):	418 mm x 228 mm x 470 mm	
Operating Frequency:	2,450 MHz	
Net Weight:	Approx. 14.3 kg	

\* IEC Test Procedure

Specifications subject to change without notice.

As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.

# Quick Guide to Operation

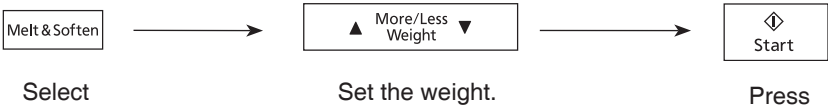
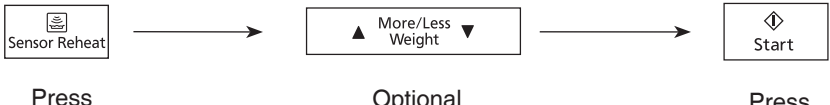
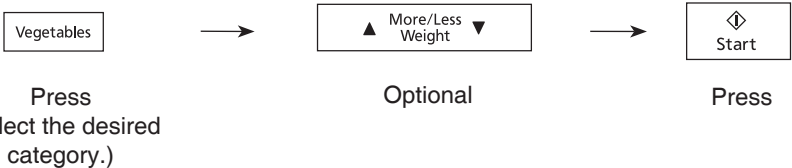
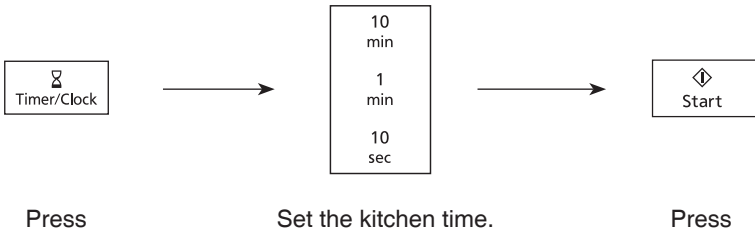
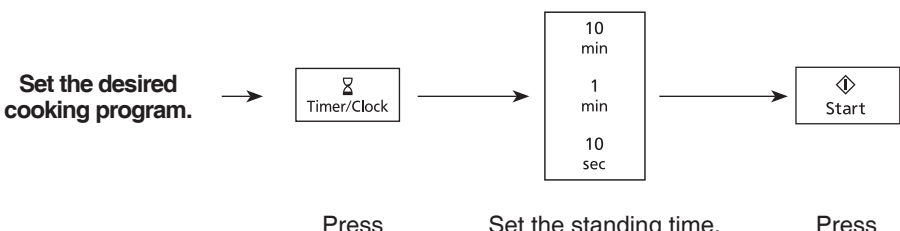
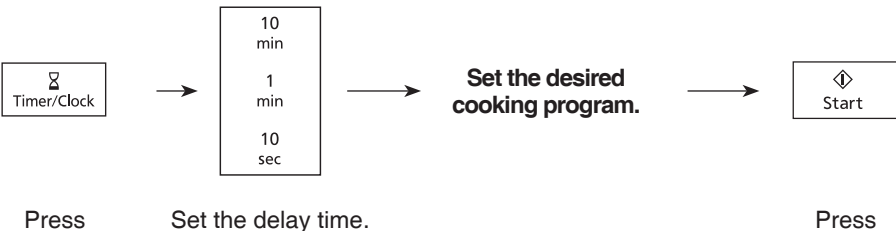
English

Feature	How to Operate
<b>To Set Clock</b> page 6)	<p>Press twice                      Set time of day.                      Press</p>
<b>To Set / Cancel Child Safety Lock</b> page 6)	<div> <b>To Set:</b>                      Display   →              Press 3 times.         </div> <div> <b>To Cancel:</b>                      Display   →  or              Press 3 times.         </div>
<b>To Cook / Reheat / Defrost by Micro Power and Time Setting</b> page 7)	<p>Select power.                      Set the cooking time.                      Press</p>
<b>To Use Add Time Pad</b> page 9)	<p>At the end of program →  →  → </p> <p>Press                      Set time.                      Press</p>
<b>To Use Turbo Defrost Pad</b> page 10)	<p>Press                      Set the weight.                      Press</p>
<b>To Use Beverage</b> page 12)	<p>Select                      Set the weight.                      Press</p>

# Quick Guide to Operation

(continued)

English

Feature	How to Operate
<b>To Use Melt &amp; Soften Pad</b> (page 13)	 <pre> graph LR     A[Melt &amp; Soften] --&gt; B[More/Less Weight]     B --&gt; C[Start]                     </pre> <p>Select                      Set the weight.                      Press</p>
<b>To Reheat using Sensor Reheat Pad</b> (page 14)	 <pre> graph LR     A[Sensor Reheat] --&gt; B[More/Less Weight]     B --&gt; C[Start]                     </pre> <p>Press                      Optional                      Press</p>
<b>To Cook using Sensor Cook Pads</b> (page 15)	eg:  <pre> graph LR     A[Vegetables] --&gt; B[More/Less Weight]     B --&gt; C[Start]                     </pre> <p>Press (Select the desired category.)                      Optional                      Press</p>
<b>To Use Kitchen Timer</b> (page 18)	 <pre> graph LR     A[Timer/Clock] --&gt; B[10 min, 1 min, 10 sec]     B --&gt; C[Start]                     </pre> <p>Press                      Set the kitchen time.                      Press</p>
<b>To Set Standing Time</b> (page 18)	 <pre> graph LR     A[Set the desired cooking program.] --&gt; B[Timer/Clock]     B --&gt; C[10 min, 1 min, 10 sec]     C --&gt; D[Start]                     </pre> <p>Press                      Set the standing time.                      Press</p>
<b>To Set Delay Start</b> (page 18)	 <pre> graph LR     A[Timer/Clock] --&gt; B[10 min, 1 min, 10 sec]     B --&gt; C[Set the desired cooking program.]     C --&gt; D[Start]                     </pre> <p>Press                      Set the delay time.                      Press</p>