

Panasonic[®]

**Operating Instructions and Cook Book
Microwave, Grill & Convection Oven
Household Use Only**

INVERTER



Model No. NN-CF874B

Please read these instructions carefully before using this product, and save this manual for future use.



We are glad you have chosen to purchase a PANASONIC microwave oven. Before operating this oven, please read these instructions carefully and completely, and keep them for further reference.

If you have only used a microwave oven for reheating and defrosting, with Panasonic's Inverter Technology you can be reassured of excellent results when cooking a variety of foods, as the 'soft' penetration of microwave energy to the centre of food helps prevent over cooking on edges and surfaces. Foods can now be gently simmered without the concern of boil over.

After reading the introductory chapter, we are sure you will be able to master the basic techniques and thereby develop a firm understanding of your new oven. This book includes recipes from starters to desserts. After trying our recipes be sure to adapt your favourite recipes to microwave methods.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave oven.

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The serial number of this product may be found on the back side of the oven. You should note the model number and serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

MODEL NUMBER _____

SERIAL NUMBER _____

DATE OF PURCHASE _____





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Important Safety Instructions

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

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 grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. 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 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 microwave ovens. 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.

Practical Hints:

1. For initial use of GRILL, CONVECTION, and COMBINATION, if you see white smoke arise, it is not malfunction.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during GRILL, CONVECTION, and COMBINATION. Use care when opening or closing door and when inserting or removing food and accessories.
3. The oven has two grill heaters situated in the top of the oven and a convection heater situated in the back of the oven. After using the GRILL, CONVECTION, and COMBINATION functions, the oven will be very hot.
4. The accessible parts may become hot when GRILL, CONVECTION and COMBINATION is in use. Children should be kept away.

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 the 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 the 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 remotecontrol 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.

Important Safety Instructions

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.

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 a cord having an earthing wire 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 a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement applicable only to South Africa)

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 qualified 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 a qualified service technician with the special cord available only from the manufacturer.
- 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.
- g) When the appliance is operated in the GRILL, CONVECTION and COMBINATION modes, children should only use the oven under adult supervision due to the temperatures generated.

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, touch the **STOP/RESET** key and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
3. 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.
4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products 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 the 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 oven. The oven can be very hot after removing the cooking container.
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 ceramic plate 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 labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**

Installation and General Instructions (continued)

11. If the base of the oven is hot, allow to cool before cleaning or placing in water.
12. When using the COMBINATION mode, never place any aluminum or metal container directly on the wire shelf. Always insert a heat-proof, glass plate or dish between the wire shelf and the aluminum container. This will prevent sparking that may damage the oven.
13. It is recommended not to use the wire shelf when cooking in the MICROWAVE mode only.
14. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven cools down.
15. Do not leave the microwave unattended while reheating or cooking food in disposable containers made of plastic, paper or other combustible materials, as these types of containers can ignite if overheated.
16. 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.
2. In case of fitting into an oven housing, please use Panasonic's Trim Kit, NN-TK813CSCP, Stainless.
3. Microwave ovens should not be built into a unit directly above a top front venting conventional cooker. This may be a safety hazard and could result in damage to your oven. This will invalidate your one year guarantee.
4. A microwave which is built in must be more than 850 mm above floor level. Read Trim-Kit instructions carefully before installation. It is recommended that the microwave oven is placed below a conventional oven to avoid heat damage to the fascia of the microwave.

Placement of Oven

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 the back, and 5 cm on both sides. If one side of the oven is placed flush to 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 be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Do not place a cloth on top of the unit during GRILLING/COMBINATION/ CONVECTION/ cooking as the top of the microwave gets very hot. Also allow sufficient space on back and both sides of the oven.
 - 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.

Building-in your oven

1. This oven is intended for counter-top and built-in use only. It is not intended for use inside a cupboard. This oven may be built into a wall cabinet by using the proper trim kit, (NN-TK813CSCP, Stainless) which may be purchased from your local Panasonic dealer.

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 and whole hard-boiled eggs (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, chicken wings, 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 of 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 halfway through cooking time.
 - d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing 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.

Installation and General Instructions (continued)

7. **COOKING TIMES given in the Cooking Guide section 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.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.

When microwaves come in contact with a substance, any one or combination of three things may occur.

They can be:

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection:

Metal substances **REFLECT** microwave energy and because there is no absorption, there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission:

Such substances as paper, glass and plastic **TRANSMIT** microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption:

Food contains moisture and will **ABSORB** microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

Cookware and Utensils Guide

It is important to use the correct container when cooking in a microwave oven. The following will help you make the right selection.

How to Test a Container for Safe Microwave Oven Use

TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE: Fill a 1-cup glass measure with cool water and place it in the microwave oven alongside the empty container to be tested; **heat one (1) minute at High.** If the container is microwave ovensafe (transparent to microwave energy), the container should remain comfortably cool, the water in glass measure should be hot. If the container is hot, it has absorbed some microwave energy and should NOT be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned.

Several types of glassware and dinnerware are not recommended for use in the microwave oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on **High** power. These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, **DO NOT** use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks). **DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.**

Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns. Loosen plastic but let dish stand, covered.

Jars and Bottles

Jars and bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Metal

Metal cookware or utensils, or those with metallic trim, should NOT be used in the microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing".

Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to shield areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used in the microwave oven. Frozen dinner trays can be used in the microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.

Thermometers are available for use in microwave ovens. **DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS** in food while cooking in the microwave oven.

Straw, Wicker and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

Cookware and Utensil Chart

	Microwave	Grill	Convection	Combination
Aluminium foil	for shielding	yes	yes	for shielding
Ceramic Plate	yes	yes	yes	yes
Browning Dish	no	no	no	no
Brown paper bags	no	no	no	no
Dinnerware oven/microwave safe non-oven/microwave safe	yes yes	yes no	yes no	yes no
Disposable paperboard containers	yes* ¹	no	yes* ¹	yes* ¹
Glassware oven glassware & ceramic non-heat resistant	yes no	yes no	yes no	yes no
Metal cookware	no	yes	yes	no
Wire shelf	no	yes	yes	yes* ²
Metal twist-ties	no	yes	yes	no
Oven cooking bag	yes	no	yes* ¹	yes
Paper towels and napkins	yes	no	no	no
Plastic defrosting rack	yes	no	no	no
Plastic dishes microwave safe non microwave safe	yes no	no no	no no	no no
Microwave safe plastic wrap	yes	no	no	no
Straw, wicker, wood	yes	no	no	no
Thermometers microwave safe conventional	yes no	no yes	no yes	no no
Waxed paper	yes	no	no	no
Silicon bakeware	yes* ¹	no	yes* ¹	yes* ¹
Enamel shelf	no	yes	yes	no

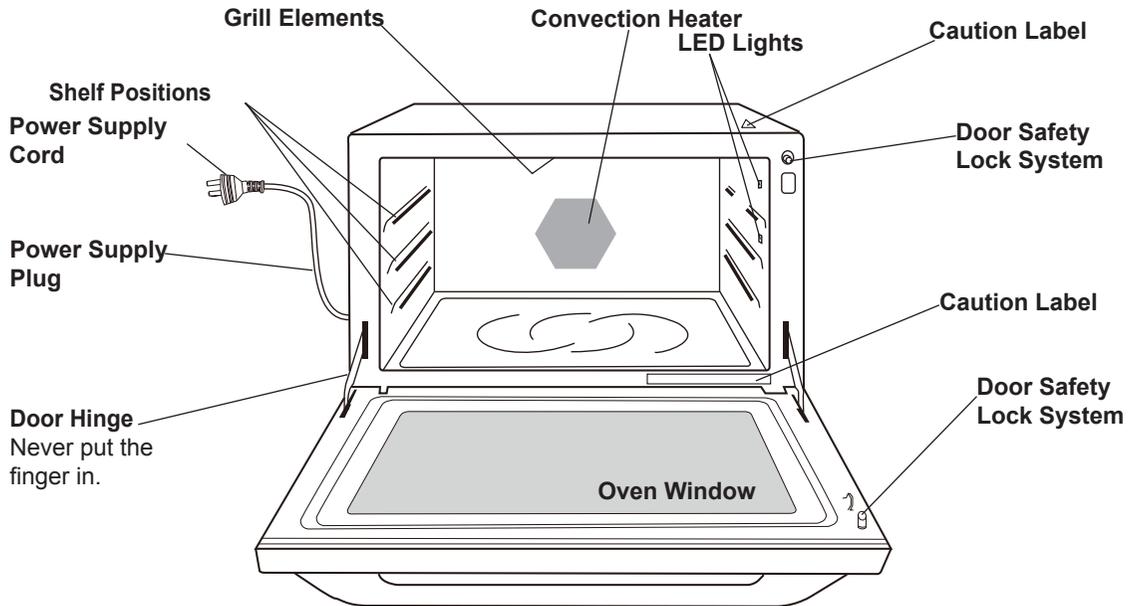
*1 Check manufacturers' recommendation, must withstand heat.

*2 Metal container can not be placed directly on the wire shelf

Feature Diagram

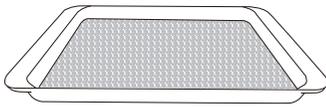
Flat Table

If the flat table is hot, allow cooling down before cleaning
Do not directly place the food on the flat table. Place it on a container or container rack special for the microwave oven.



NOTE:

This illustration is for reference only.



Glass shelf

1. The glass shelf can be used in any of the shelf positions for cooking on any mode.
2. If the glass shelf is hot, let it cool before cleaning or placing in cold water, as this could crack or shatter the accessory.
3. The maximum weight that can be placed on the glass shelf is 4 kg (this includes total weight of food and dish).



Enamel shelf

1. The enamel shelf is for cooking on GRILL, CONVECTION mode. Do not use on COMBINATION modes.
2. For 2 level CONVECTION cooking, the wire shelf can be used as the upper level and the enamel shelf can be used as the lower level.
3. The maximum weight that can be placed on the enamel shelf is 4 kg (this includes total weight of food and dish).

Pull Door Handle

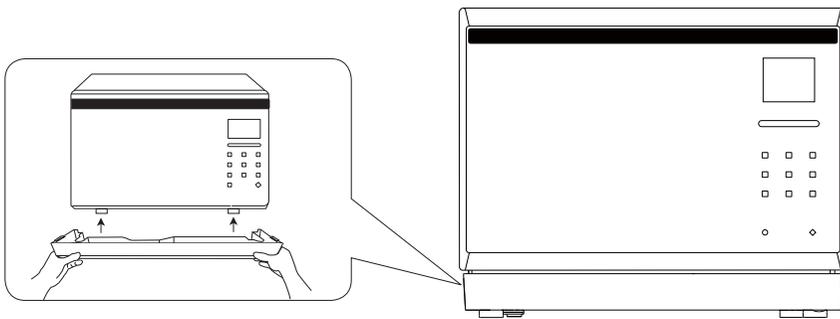
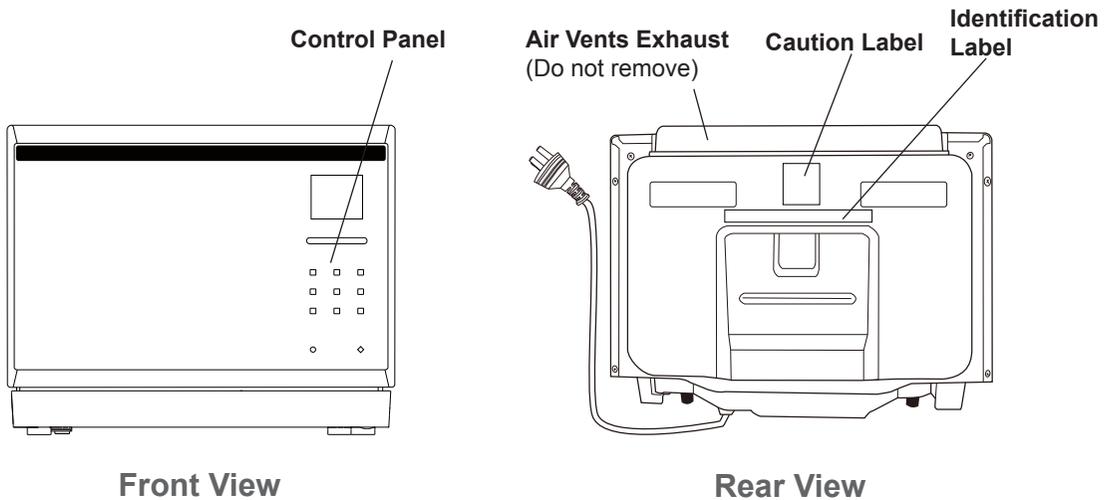
Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and **Start** key is touched. The oven light will turn on and stay on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.



Wire shelf

1. The wire shelf can be used in the upper and middle shelf positions for GRILLING foods. It can be used in the upper, middle or lower shelf positions for CONVECTION or COMBINATION cooking.
2. Do not use any metal container directly on the wire shelf in COMBINATION with MICROWAVE.
3. Do not use the wire shelf in MICROWAVE mode only.
4. The maximum weight that can be placed on the wire shelf is 4 kg (this includes total weight of food and dish).

Feature Diagram (continued)



Drip Tray

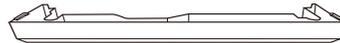
1. Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
2. Connect the drip tray to the plastic feet, as shown in the diagram, before using the oven.
3. Clean and wipe dry after use.
4. After cleaning, re-connect the drip tray to the plastic feet.

Oven Light:

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

NOTE:

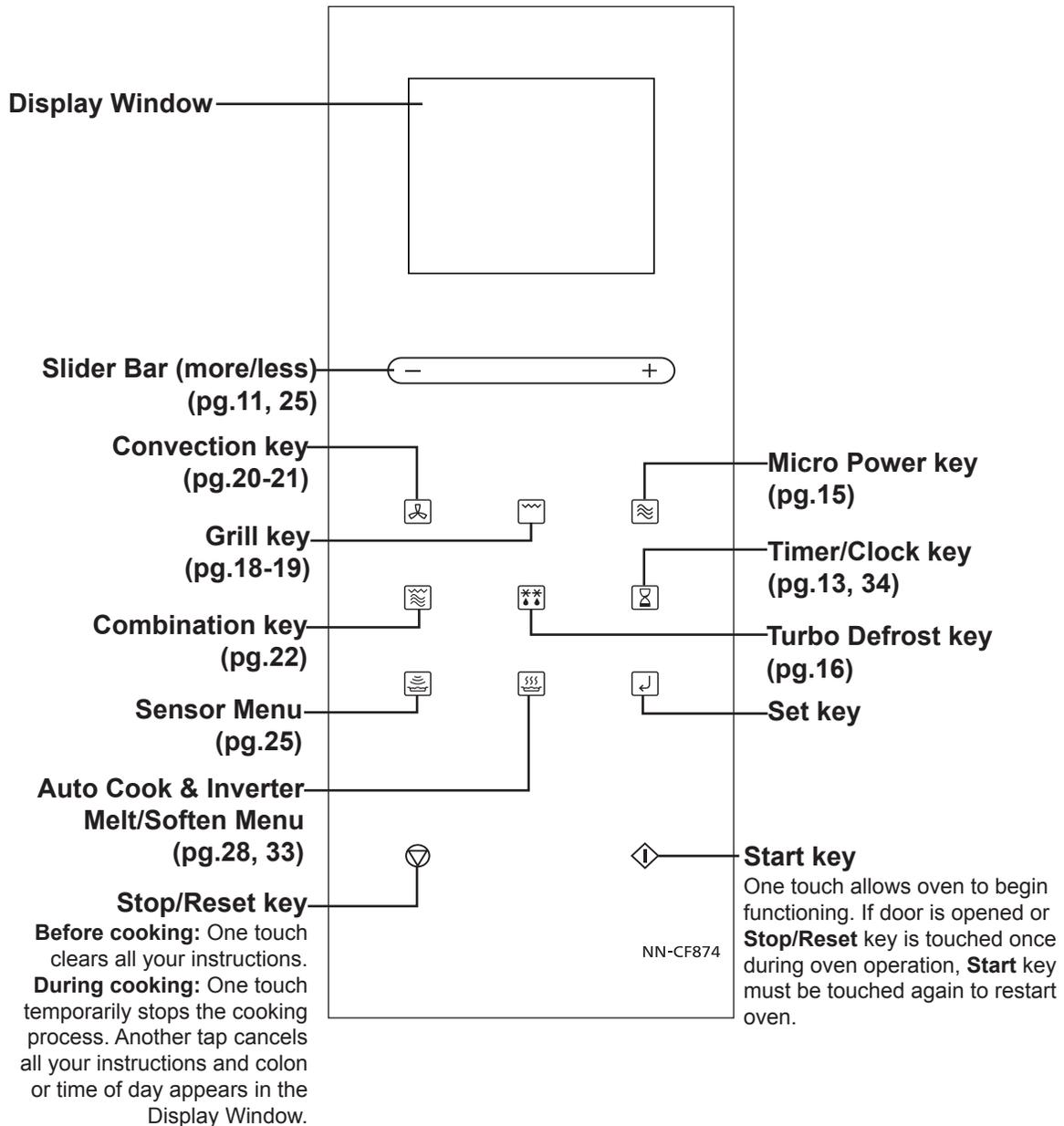
The above illustration is for reference only.



Drip tray

1. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
2. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Re-position the drip tray by clicking back onto the legs.
3. Built-in Oven using a Panasonic trim kit
To clean the drip tray, remove the trim kit frame by opening the door, hold onto the top frame and gently pull forward. Once the clips are released, close the door, hold onto the bottom two corners and pull forward. Remove, clean and re-position the drip tray. Push the trim kit frame back into place ensuring all four corners are secure.
4. **DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.**

Control Panel



Beep Sound

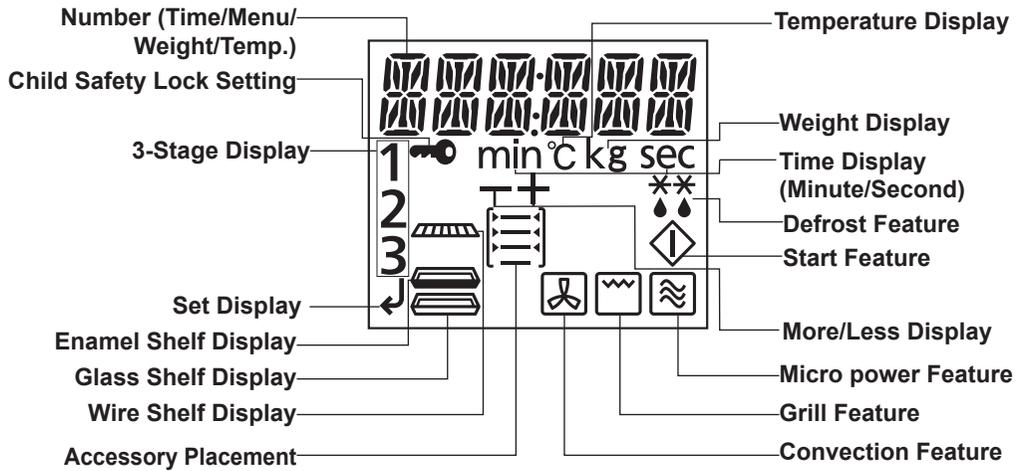
When key is touched correctly, a beep sound will be heard. If a key is touched and no beep is heard, the unit does not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete programme, the oven will beep five times.

NOTE:

1. If an operation is set and **Start** key is not touched, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.
2. 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.
3. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.

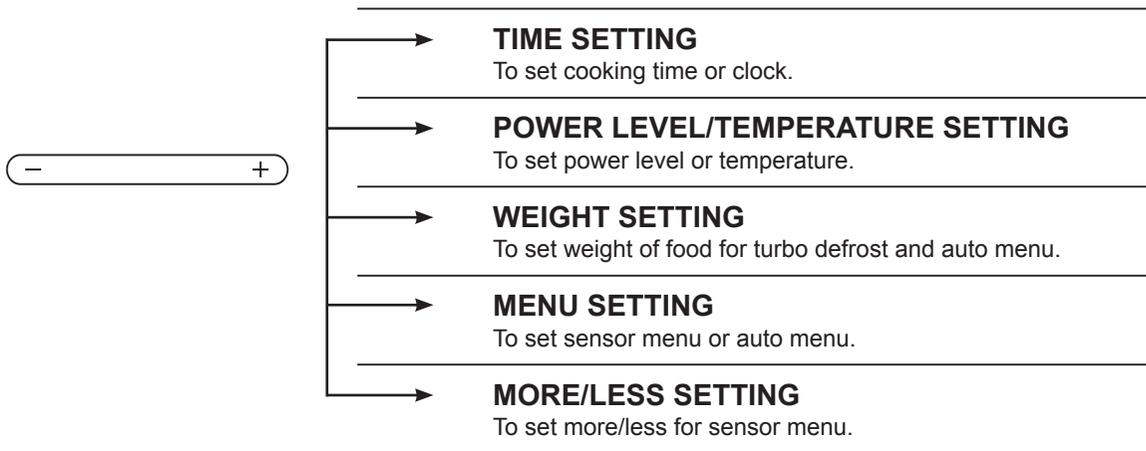
Display Window

To help you operate the oven, the following numbers/symbols will appear in the display window.



Slider bar Features

Select the time or weight by tapping “+”/“-” or swipe the slider bar. The time/weight appears in the display window.



NOTE:

The maximum programmable time using slider bar is up to 9 hours.

Let's Start To Use Your Oven!

1 Plug in

Plug into a properly earthed electrical outlet. "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" appears in the Display Window. (This will immediately cease when any key is pressed.)

2 Open Door

Open the door and place container with food on Flat Table in the oven. Then close the door.

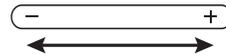
3 Touch once

Touch to select "Micro Power".

4 Select Micro Power Level

e.g. Med-High Power

Tap "+"/"-" or swipe the slider bar until the desired power appears in the display window. (see page 15 for Micro Power chart)



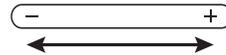
5 Touch Set key

Touch the Set key to verify your selected power level.

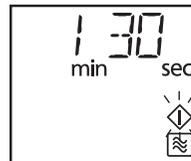


6 Set Time

e.g. 1 minute 30 seconds
tap "+"/"-" or swipe the slider bar until the desired time appears in the display window.



Verify your selection(s) in the Display Window.



7 Press

Cooking will start.
The time in Display Window will count down.

Note:  indicates the icon is blinking.

Operation Guide in the Display Window

To assist you in programming your oven, the following operation will appear in the Display Window. When you become familiar with your oven, the Operation Guide can be turned off.

To turn off:



OPERATION GUIDE OFF



Colon or time of day appears in the display window.

Tap Timer/Clock four times.

Display window

To turn on:



OPERATION GUIDE ON



Colon or time of day appears in the display window.

Tap Timer/Clock four times.

Display window

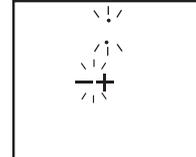
To Set Clock

When the oven is first plugged in "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" appears in display window. You can use the oven without setting the clock.

E.g.: 10:30

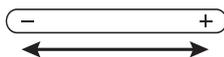
1 Tap twice

"SET TIME" appears in the display window and the colon and "-/+" starts to blink.



2 Enter time

Enter the time by tapping "+"/="-" or swipe the slider bar.

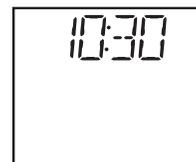


Clock is a 12 hour display. There isn't a.m. or p.m. setting.



3 Touch once

Time of day is entered and locked into Display Window.



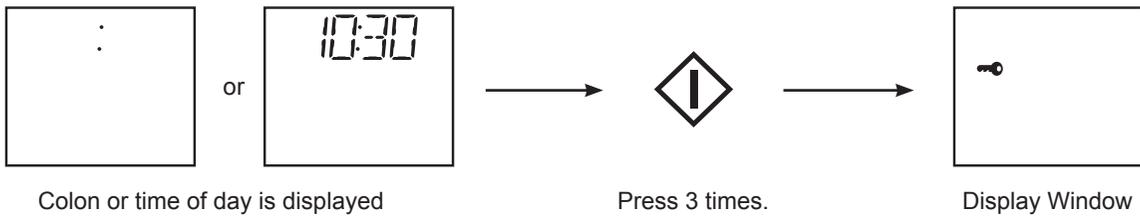
NOTES:

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

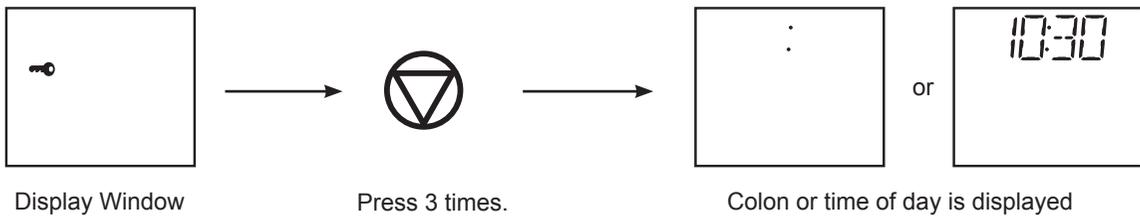
To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open. 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** key or **Stop/Reset** key must be tap 3 times within 10 seconds.

INGREDIENT CONVERSION CHART

INGREDIENT CONVERSION CHART			
¼ cup	60 ml	¼ teaspoon	1 ml
⅓ cup	85 ml	½ teaspoon	2 ml
½ 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	20 ml
1¼ cups	310 ml	1½ tbs	30 ml
1½ cups	375 ml	2 tbs	40 ml
2 cups	500 ml	3 tbs	60 ml
3 cup	750 ml	4 tablespoons	80 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.

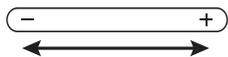
To Cook/Reheat/Defrost on Micro Power by Time Setting

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

1 Touch once

Touch to select "Micro Power".

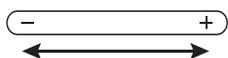
2 Tap "+"/"-" or swipe the slider bar to select Micro Power level



3 Touch once

Touch the Set key to verify your selection Micro Power level.

4 Tap "+"/"-" or swipe the slider bar to select the cooking time



Select the cooking time by tap "+"/"-" or swipe the slider bar
(High: up to 30 minutes, other powers: up to 90 minutes for a single stage)

NOTE:

When cooking time is longer than 60 minutes, the time will appear in hours and minutes.
0 - 3 minute time counts up in 10 seconds. 3 - 8 minute time counts up in 30 seconds. 8 - 30 minute time counts up in 1 minute. Upwards from 30 minutes time counts up in 5 minutes.

5 Touch

Cooking will start.
The time in the Display Window will count down.

For more than one stage cooking,

Repeat steps 1 to 4 above then touch **Start**. The maximum number of stages for cooking is 3. The oven will beep twice between stages. (For further information, refer to page 23)

Micro Power:

The **Micro Power** key 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.

POWER LEVEL	WATTAGE	EXAMPLE OF USE
High	1000 W	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.
Medium-High	800 W	Cook fish and seafood, meat, poultry, eggs and cakes.
Medium	600 W	Cook cakes, stew food, and melt butter and chocolate.
Medium-Low	440 W	Cook tough meat, stew soup and soften butter.
Defrost	300 W	Defrost meat, poultry or seafood.
Low	270 W	Keep food warm and soften ice cream.

NOTE:

You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

To Defrosting

Turbo Defrost

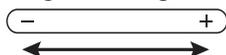
This feature allows you to defrost meat, poultry and seafood automatically by just setting the weight of the food.

- 1 Touch  once

Touch to select "Turbo Defrost".

- 2 Tap "+"/"-" or swipe the slider bar to set defrost weight

The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size. Weight must be programmed in kilograms and tenths of a kilogram (0.1 kg ~ 3.0 kg). For best results, the minimum recommended weight is 0.2 kg.



- 3 Touch 

Cooking will start.
The time in the Display Window will count down.

Note:

The oven will beep twice during the total defrosting time. This indicates that food should be turned, broken apart or removed. After attending to food, close door and touch Start to resume defrosting.

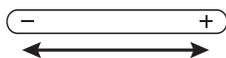
Defrost on Micro Power by Time Setting

This feature allows you to defrost meat, poultry and seafood by **Defrost** and time.

- 1 Touch  once

Touch to select "Micro Power".

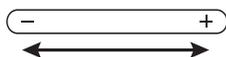
- 2 Tap "+"/"-" or swipe the slider bar to select 300 W



- 3 Touch  once

Touch the Set key to verify your selection Micro Power level.

- 4 Tap "+"/"-" or swipe the slider bar to select the defrosting time



Select the cooking time by tap "+"/"-" or swipe the slider bar

- 5 Touch 

Defrosting will start.
The time in the Display Window will count down.

Defrosting Tips and Techniques

Preparation for Freezing:

1. Heavy-duty plastic wraps, bags and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18 °C or lower).

Defrosting Technique:

1. Remove from wrapper and set on a defrosting rack in a dish on flat table.
2. On Turbo Defrost, the oven will beep during the defrosting time. At "beep", turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
3. Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.
4. After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

Defrosting Chart (by setting Micro Power at Defrost):

FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
MEAT Beef Minced Beef Roast: Topside Beef Tenderloin Chuck or Rump Sirloin, rolled Steak Miscellaneous Pork/Lamb Roast Chops Ribs	 6 - 8 7 - 9 7 - 9 6 - 8 7 - 9 6 - 7 6 - 8 6 - 8 5 - 7 5 - 7	Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted. Turn meat over two to three times during defrosting. Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle. Large roasts may still be icy in centre. Let stand.
POULTRY Chicken whole pieces fillets Duck Turkey	 7 - 9 6 - 8 6 - 8 6 - 8 7 - 9	Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones and ends of poultry with foil. Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces. Rinse poultry under cold water to remove ice crystals. Let stand 5 to 10 minutes, before cooking.
FISH & SHELLFISH Fish Fillets Whole Fish Crabmeat Lobster Tails Sea Scallops Green Prawns	 6 - 8 6 - 8 5 - 7 5 - 7 4 - 6 5 - 7	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted. Let stand, 5 to 10 minutes, before cooking.

To Cook on Grill by Time Setting

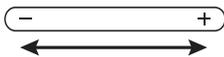
There are three power levels for grill. When grilling, heat is radiated from two heaters. It is especially suitable for thin slices of meat and seafood as well as bread and meals. Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove the wire shelf by holding the accessories firmly.

Without Preheating:

1 Touch  once

Touch to select "Grill".

2 Tap "+"/ "-" or swipe the slider bar to select Grill level

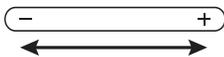


Power Level	WATTAGE	Type of Food
Grill 1 (High)	1300 W	Garlic Bread, Toast
Grill 2 (Medium)	950 W	Seafood
Grill 3 (Low)	700 W	Slice meat or ploultry pieces

3 Touch  once

Touch the Set key to verify your selection Grill level.

4 Tap "+"/ "-" or swipe the slider bar to select the cooking time



Select the cooking time by tap "+"/ "-" or swipe the slider bar (Up to 90 minutes.)

5 Touch 

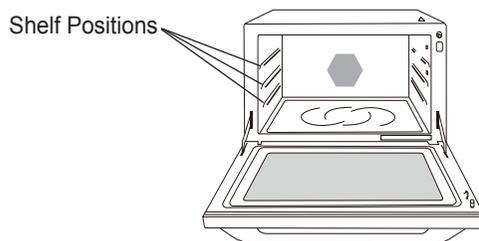
Cooking will start.
The time in the Display Window will count down.

Notes:

You can change the cooking time during cooking if required. Tap "+"/ "-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

Oven accessories to use

When grilling foods the wire shelf should be in the upper shelf position and the glass shelf in the middle position to catch drips. Alternatively you can use the enamel shelf in the top or middle positions. When positioning the wire shelf, the vertical wires of the shelf should sit lower than the sides of the shelf.



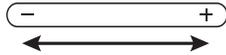
To Cook on Grill by Time Setting (continued)

With Preheating:

- 1 Touch  once**

Touch to select "Grill".

- 2 Tap "+"/ "-" or swipe the slider bar to select Grill level**



Power Level	WATTAGE	Type of Food
Grill 1 (High)	1300 W	Garlic Bread, Toast
Grill 2 (Medium)	950 W	Seafood
Grill 3 (Low)	700 W	Slice meat or ploultry pieces

- 3 Touch  once**

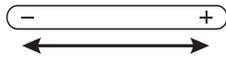
Touch the Set key to verify your selection Grill level.

- 4 Touch  to preheat**

Touch Start to preheat.

A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.

- 5 Tap "+"/ "-" or swipe the slider bar to select the cooking time**



Select the cooking time by tap "+"/ "-" or swipe the slider bar (Up to 90 minutes.)

- 6 Touch **

Cooking will start.

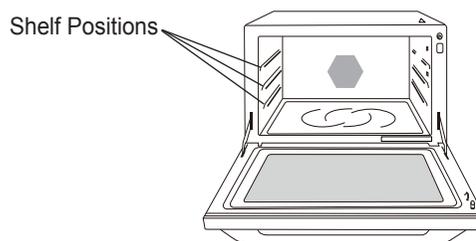
The time in the Display Window will count down.

Notes:

You can change the cooking time during cooking if required. Tap "+"/ "-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.

Oven accessories to use

When grilling foods the wire shelf should be in the upper shelf position and the glass shelf in the middle position to catch drips. Alternatively you can use the enamel shelf in the top or middle positions. When positioning the wire shelf, the vertical wires of the shelf should sit lower than the sides of the shelf.



To Cook on Convection by Time Setting

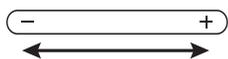
The oven can be used as a conventional oven using the CONVECTION mode which incorporates a heating element with a fan. For best results always place food in a preheated oven. The grill will come on when the oven is preheating.

Without Preheating:

- 1 Touch  once**

Touch to select "Convection".

- 2 Tap "+"/"-" or swipe the slider bar to select desired temperature.
(40 °C, 100 °C~230 °C)**

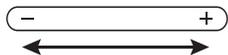


The oven offer a choice of convection temperatures 40 °C and 100 °C ~ 230 °C in 10 °C increments. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C.

- 3 Touch  once**

Touch the Set key to verify your desired temperature.

- 4 Tap "+"/"-" or swipe the slider bar to select the cooking time**



Select the cooking time by tap "+"/"-" or swipe the slider bar (Up to 9 hours.)

- 5 Touch **

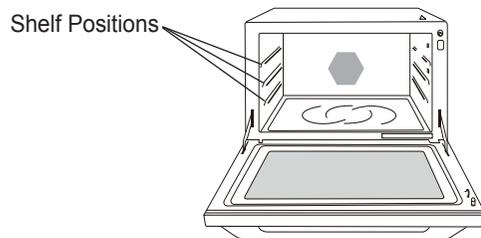
Cooking will start.
The time in the Display Window will count down.

Notes:

1. You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
2. After touching Start, the selected temperature can be recalled and changed. Touch Convection once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature (except 40 °C) by tapping "+"/"-".

Oven accessories to use

It is possible to cook on one or two levels when using convection cooking.
When using the oven accessories, please put oven accessories directly on the shelves.



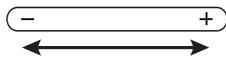
To Cook on Convection by Time Setting (continued)

With Preheating:

- 1 Touch  once**

Touch to select "Convection".

- 2 Tap "+"/"-" or swipe the slider bar to select desired temperature.
(40 °C, 100 °C~230 °C)**



The oven offer a choice of convection temperatures 40 °C and 100 °C ~ 230 °C in 10 °C increments. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C.

- 3 Touch  once**

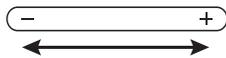
Touch the Set key to verify your desired temperature.

- 4 Touch  to preheat**

Touch Start to preheat.

A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash. Then open the door and place the food inside.

- 5 Tap "+"/"-" or swipe the slider bar to select the cooking time**



Select the cooking time by tap "+"/"-" or swipe the slider bar (Up to 9 hours.)

- 6 Touch **

Cooking will start.

The time in the Display Window will count down.

Notes:

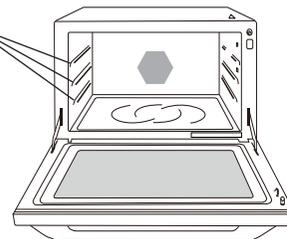
1. The oven can not preheat to 40 °C.
2. You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
3. After touching Start, the selected temperature can be recalled and changed. Touch Convection once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature (except 40 °C) by tapping "+"/"-".
4. The oven will maintain the selected preheated temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to colon or time of day.

Oven accessories to use

It is possible to cook on one or two levels when using convection cooking.

When using the oven accessories, please put oven accessories directly on the shelves.

Shelf Positions



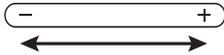
To Cook on Combination by Time Setting

There are three power levels for combination. It's a good way for roasting foods by combining microwave and grill effectively. It's suitable for roasting poultry, meat and seafood. This function can ensure the foods even cooking and keep the crispness of certain foods. Please open the door and turn over the foods when half of the cooking time, then continue cooking.

1 Touch once

Touch to select "Combination".

2 Tap "+"/"-" or swipe the slider bar to select Combination level

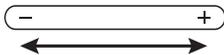


Power Level	Combination	Type of Food
Combination 1 (High)	Defrost+Grill 1	Sea food, Puddings
Combination 2 (Medium)	Defrost+Grill 2	Beef, Lamb
Combination 3 (Low)	Defrost+Grill 3	Whole poultry

3 Touch once

Touch the Set key to verify your selection Combination level.

4 Tap "+"/"-" or swipe the slider bar to select the cooking time



Select the cooking time by tap "+"/"-" or swipe the slider bar
(Up to 9 hours.)

5 Touch

Cooking will start.
The time in the Display Window will count down.

Note:

1. It is not possible to preheat when using this mode and food should always be cooked uncovered.
2. You can change the cooking time during cooking if required. Tap "+"/"-" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes. Tapping "-" to zero will end cooking. It is not possible to adjust time by swiping the slider during cooking.
3. To turn food just pull the door handle downwards to open, remove the accessories, turn the food, return to the oven, close the door and touch Start. The oven will continue to count down the remaining cooking time.

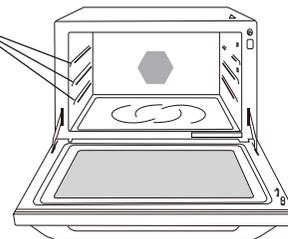
Oven accessories to use

DO NOT USE THE ENAMEL SHELF FOR COMBINATION COOKING.

Food can be placed directly onto the wire shelf in the top or middle shelf positions.

The glass shelf can be placed underneath to catch any drips. When cooking fish or small items, food can be placed directly on the glass shelf.

Shelf Positions



3-Stages Setting

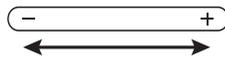
This feature allows you to program 3 Stages of cooking continuously.

E.g.: Continually set [Medium Power] 2 minutes, [Combination 1] 3 minutes and [Grill 1] 2 minutes.

1. Touch to select Micro Power



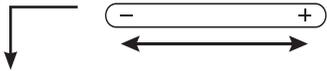
2. Tap "+" / "-" or swipe the slider bar to select Medium Power.



3. Touch the Set key to verify your desired power level.



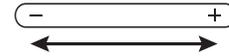
6. Tap "+" / "-" or swipe the slider bar to select Combination 1.



5. Touch to select Combination.



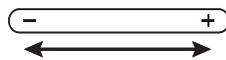
4. Tap "+" / "-" or swipe the slider bar to set 2 minutes.



7. Touch the Set key to verify your desired power level.



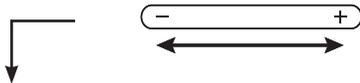
8. Tap "+" / "-" or swipe the slider bar to set 3 minutes.



9. Touch to select Grill



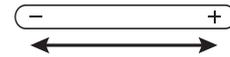
12. Tap "+" / "-" or swipe the slider bar to set 2 minutes.



11. Touch the Set key to verify your desired power level.



10. Tap "+" / "-" or swipe the slider bar to select Grill 1.



13. Touch 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 cannot be used in combination with auto features.

To Cook using the Recipe Store

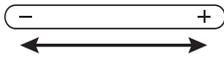
This feature allows you to pre-program your oven for regular reheating or cooking tasks. You are able to preprogram your oven for a specific power level and time that is convenient for you. You are able to preprogram three memory tasks.

To Set a Recipe Program:

1 Touch Once

The menu appears in the Display Window.

2 Select Recipe number



Tapping "+"/ "-" or swipe the slider bar until the desired "memory 1 ~ 3" appears in the Display Window.

3 Touch once

Touch the Set key to verify your selection Recipe number.

4 Set the desired cooking programme

Recipe Store can store 3 stages cooking. (refer to P23)

5 Touch once

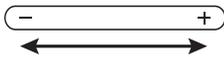
Touch the Set key to verify the selection. Memory number appears in the display window.

To Start Recipe Store Program:

1 Touch Once

The menu appears in the Display Window.

2 Select Recipe number



Tapping "+"/ "-" or swipe the slider bar until the desired "Memory 1 ~ 3" appears in the Display Window.

3 Touch once

Touch the Set key to verify the desired recipe program.

4 Touch once

Cooking will start.
The time in the Display Window will count down.

NOTES:

1. Auto Control Functions cannot be programmed into Recipe Store.
2. Grill/Convection pre-heat mode cannot be programmed into Recipe Store.
3. Recipe Store can store 3 stages cooking.
4. The combined maximum cooking time is 9 hours.
5. To reset recipe program, repeat "To Set a Recipe Program" steps 1-5.
6. A new recipe program will cancel the recipe program previously stored.

To Cook Food Using Sensor Reheat/Cook

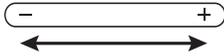
Sensor Cook/Reheat allows you to cook foods without selecting times and power levels. The sensor detects the heat and humidity generated by the food and cooks your food automatically.

Place food into an appropriate sized dish for the volume of food you are cooking. Cover securely with plastic wrap or a securely fitting lid (do not use any snap closing lids). Plastic dishes are not suitable as a secure seal cannot be achieved and inaccurate cooking may result.

1 Touch Once

The menu appears in the Display Window.

2 Select desired menu



Tapping “+”/“-” or swipe the slider bar until the desired menu appears in the Display Window. (see below chart).

Menu	Recommended Weight Range	Accessory and Recommended Container
1. Sensor Reheat	125 - 1000 g	-
2. Vegetables	125 - 500 g	-
3. Frozen vegetables	125 - 1000 g	-
4. Rice	1 - 2.5 cups	-
5. Dried pasta	125 - 500 g	-
6. Fresh pasta	200 - 800 g	-
7. Casserole	800 - 2000 g	-
8. Steam Fish	125 - 500 g	-
9. Steam Frozen Fish	250 - 550 g	-
10. Jacket potato	300 - 1200 g	Glass shelf in middle position
11. Frozen potato products	500 - 1000 g	Glass shelf in higher position

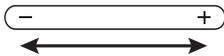
Note:

If you are satisfied with the result of the SENSOR Reheat/Cook programme, please skip to step 5.

3 Touch once

Touch the Set key to verify the selection.

4 Adjust to Taste



Preferences for degree of cooking vary for each individual. After having used auto sensor programs a few times, you may decide you would prefer your food cooked to a different degree of cooking. By using “+/-” the programs can be adjusted to cook food for a longer or shorter time. After selecting the sensor program, tap “+/-” or swipe the slider bar before touching Start. The oven will automatically cook the food 10% more or 10% less.

5 Touch Once

Do not stop the oven or open the door during this part of the cooking stage as inaccurate cooking may result. After the heat humidity is detected by the SENSOR, the remaining time appears in the Display Window and begins to count down.

NOTES:

1. If the temperature of the cavity is high, sensor cook/reheat feature can not be used. Display window will display "HOT". Sensor Reheat/Cook feature can not be used until the "HOT" disappears.
2. When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed.

To Cook Food Using Sensor Reheat/Cook (continued)

1. Sensor Reheat (uses microwave only)

Reheating by Sensor is suitable for pre-cooked foods. There is a setting for frozen and refrigerator temperature or room temperature foods. It is suitable for casseroles, plated meals, soup, stews, pasta dishes (except lasagna) and canned foods. Do not reheat bread or pastry products, raw, uncooked food or beverages on Sensor Reheat. Foods greater than 1 kg or smaller than 125 g should be cooked by micro power and time. Cover foods securely with plastic wrap. During the heating time, the oven will 'beep' and prompt you to stir the food. There is no need to recover if not required. After heating, stir the food, check it is hot and allow standing for 2 to 3 minutes.

2. Vegetables (uses microwave only)

Suitable for cooking all types of leaf, green and soft varieties of vegetables, 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 evenly sized pieces. Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired. Place in a suitable size dish. Butter, herbs, etc., may be added before heating, but do not salt vegetables until serving. Cover dishes securely with plastic wrap. During the heating time, the oven will 'beep' and prompt you to stir the food. Let stand and covered for 2 to 3 minutes.

3. Frozen Vegetables (uses microwave only)

Suitable for cooking all types of frozen vegetables. Place in a suitable size dish. 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 securely with plastic wrap. During the cooking time, the oven will 'beep' and prompt you to stir vegetables. At the end of the cooking time, stir vegetables and let stand, covered, for 2 to 3 minutes.

4. Rice (uses microwave only)

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

Rice	Water	Dish Size
1 cup (200 g)	350 ml	3 litre
1½ cups (300 g)	525 ml	3 litre
2 cups (400 g)	700 ml	4.5 litre
2½ cups (500 g)	875 ml	4.5 litre

It may be necessary to adjust the water to your personal preference. Using a large size dish will prevent the rice from boiling over. Do not cook rice in plastic dishes as incorrect cooking times may result. Cover securely with plastic wrap. During cooking, the oven will 'beep' and instruct you to stir and remove cover. There is no need to cover the rice again. At the completion of the cooking time, let stand 5 to 10 minutes.

5. Dried Pasta (uses microwave only)

Suitable for cooking dried pasta such as spaghetti, fettuccine, macaroni, penne, spiral and various pasta shapes. Place pasta in an appropriate size dish with boiling water.

Use the following as a guide:

Pasta Qty	Boiling Water	Dish size
125 g	1 L	3 litres
250 g	1.3 L	3 litres
350 g	1.6 L	4 litres
500 g	2 L	4 litres

Add 1 tablespoon of oil, if desired, before cooking top revent pasta from sticking together. Cover securely with plastic wrap. During cooking, the oven will 'beep' and instruct you to stir and remove cover. At the end of the cooking time, cover and let stand or 5 to 10 minutes, if required, before draining.

6. Fresh Pasta (uses microwave only)

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 dish with boiling water. Use the below chart as a guide:

Pasta Qty	Boiling Water	Dish Size
200 g	1 litre	3 litres
400 g	1.25 litres	3 litres
600 g	2.0 litres	3.5 litres
800 g	2.5 litres	4 litres

Add 1 tablespoon of oil, if desired, before cooking top revent pasta from sticking together. Cover dish securely with plastic wrap. During cooking, the oven will 'beep' and instruct you to stir and remove cover. At the end of the cooking time, cover and let stand for 5 to 10 minutes, if required, before draining.

To Cook Food Using Sensor Reheat/Cook (continued)

7. Casserole (uses microwave only)

Suitable for cooking casserole with less tender cut soft meat combined with liquid and vegetables. Cut meat and vegetables into even size pieces. Place in a suitable size dish. Dish should be approximately $\frac{3}{4}$ full. Do not use plastic dishes as incorrect cooking time may result.

Use the below chart as a guide:

Total Weight	Meat Qty	Vegetable Qty	Stock Liquid Qty
800 g	400 g	200 g	200 ml
1200 g	600 g	300 g	300 ml
1600 g	800 g	400 g	400 ml
2000 g	1000 g	500 g	500 ml

Cover securely with plastic wrap or a well fitting lid. During the cooking time, the oven will 'beep' and instruct you to stir. At the end of cooking time, allow the casserole to stand for 5 to 10 minutes.

Note: total weight equals weight of meat plus vegetables plus liquid.

8. Steam Fish (uses microwave only)

Suitable for most varieties of fish fillets, steak and cutlets. Place the fish in a single layer with any seasonings or flavourings in a suitable sized microwave safe dish. Using a toothpick, gently pierce the fish at 2 cm intervals to prevent flesh bursting during cooking. Cover securely with plastic wrap. During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange. Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

9. Steam Frozen Fish (uses microwave only)

Suitable for most varieties of fish fillets, steak and cutlets that have been frozen in individual portions. Place the fish in a single layer with any seasonings or flavorings in a suitable sized microwave safe dish. Using a toothpick, gently pierce the fish at 2 cm intervals to prevent flesh bursting during cooking. Cover securely with plastic wrap. During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange. Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

10. Jacket Potato

(uses microwave + combination + convection)

Suitable for cooking whole potatoes with their skin left on. Choose medium sized potatoes weighing approximately 200-250 g each. Wash and scrub potatoes and dry well. Prick with a fork several times. Brush with oil and sprinkle with salt. Place on glass shelf in middle shelf position. At the end of cooking time, allow the potato to stand for 5 to 10 minutes.

11. Frozen Potato Products

(uses microwave + convection + grill)

Use for cooking frozen pre-cooked potato products like wedges, chips, gems, etc. Spread the frozen product in a single layer onto the glass shelf in the higher shelf position. During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange.

To Cook Food Using **Auto Cook**

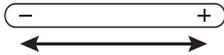
This feature allows you to cook most of your favourite foods by setting the weight only. The oven determines the Microwave power level and/or Combination setting, then the cooking time automatically. Select the category of food and then just enter the weight. Do not include the weight of any added water or the container weight.

For Menu without preheat, please operate as follows:

1 Touch Once

The menu appears in the Display Window.

2 Select desired menu

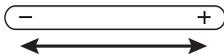


Tapping "+"/"-" or swipe the slider bar until the desired menu appears in the Display Window.

3 Touch once

Touch the Set key to verify the selection.

4 Select desired weight



Tapping "+"/"-" or swipe the slider bar until the desired weight appears in the Display Window.

5 Touch Once

The cooking time appears in the display window and begins to count down.

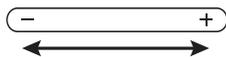
To Cook Food Using Auto Cook (continued)

For Menu with preheat, please operate as follows:

1 Touch  Once

The menu appears in the Display Window.

2 Select desired menu

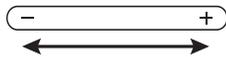


Tapping "+"/"-" or swipe the slider bar until the desired menu appears in the Display Window.

3 Touch  once

Touch the Set key to verify the selection.

4 Select desired weight



Tapping "+"/"-" or swipe the slider bar until the desired weight appears in the Display Window.

5 Touch  Once

Touch Start to preheat.

A "P" will appear in the display window. When the oven is preheated the oven will beep and the "P" will flash.

Then open the door and place the food inside.

6 Touch  Once

The cooking time appears in the display window and begins to count down.

To Cook Food Using Auto Cook (continued)

Menu	Weight					Accessory and Recommended Container
	400 g	600 g	800 g	1000 g	-	
12. Grill chicken pieces	400 g	600 g	800 g	1000 g	-	wire shelf in middle position with glass shelf in lower position
13. BBQ meat pieces	400 g	600 g	800 g	1000 g	-	wire shelf in middle position with glass shelf in lower position
14. Roast Chicken	1200 g	1500 g	2000 g	2500 g		wire shelf in lower position
15. Roast Beef	500 g	1000 g	1500 g	2000 g	2500 g	glass shelf in lower position
16. Roast Lamb	500 g	1000 g	1500 g	2000 g	2500 g	glass shelf in lower position
17. Roast Pork	500 g	1000 g	1500 g	2000 g	2500 g	glass shelf in lower position
18. Fresh Pizza*	200 g	400 g	600 g	800 g	-	enamel shelf in higher position
19. Frozen Pizza	300 g	400 g	500 g	600 g	-	wire shelf in higher position with glass shelf in lower position
20. Fresh crispy top*	500 g	700 g	1000 g	1300 g	-	enamel shelf in lower position
21. Frozen crispy top*	400 g	600 g	800 g	1000 g	-	enamel shelf in lower position
22. Fruit poached	250 g	500 g	750 g	1000 g	1500 g	-
23. Sponge pudding	1 serv.	2 serv.	3 serv.	4 serv.	-	-

NOTE:

- * Preheat is necessary.
- When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed.
- If the temperature of the cavity is so high, auto cook feature can not be used. Display window will appear "HOT". Auto Cook feature can be used until the "HOT" disappears.
- Cook according to the following cooking method.

To Cook Food Using Auto Cook (continued)

12. Grill Chicken Pieces (uses combination + grill)

Suitable for most cuts of chicken pieces. Pieces can be marinated or plain. Place marinated chicken pieces on wire shelf in middle shelf position and glass shelf in lower position. During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange. Select Auto Menu Grill Chicken Pieces, then select the weight of the food, then touch **Start**. Do not use plastic wrap or lid.

13. BBQ Meat Pieces (uses combination + grill)

Allow you to roast meat skewer, chicken pieces or seafood. Place marinated meat pieces on wire shelf in the middle shelf position and glass shelf in lower position. During the cooking time, the oven will 'beep' and prompt you to turn over and rearrange. Select Auto Menu BBQ Meat Pieces, then select the weight of the food, then touch **Start**. Do not use plastic or lid.

14. Roast Chicken

(uses combination + convection)

Use for roasting whole chickens that are unstuffed. Wash and dry chicken, truss or tie legs. Brush the surface of the skin with butter or oil and sprinkle with seasoning if desired. Place chicken back-side down on wire shelf in the lower shelf position set a dish underneath. During the cooking time, the oven will 'beep' and prompt you to turn over. Select Auto menu Roast Chicken, then select the weight closest to the actual weight of the chicken, and then touch **Start**. Do not use plastic wrap or lid.

Note: small sized chickens with stuffing can be cooked using the setting one weight higher than the actual weight. For example. To cook a 1400 g chicken that has stuffing, use the 1500 g setting even though the total weight of the chicken with stuffing is 1400 g.

15. Roast Beef (uses convection only)

Suitable for roasting joints of beef such as rump, bolar, fillet, topside, rib eye. Choose roasting pieces that are even in shape and if boneless have been rolled and tied. Brush with oil and seasonings. Place fat side up on glass shelf in the lower shelf position. Select Auto Menu Roast Beef then select the weight closest to the weight of the piece, and then touch **Start**. Do not use plastic wrap or lid.

16. Roast Lamb (uses convection only)

Suitable for roasting joints of lamb, legs, boned and rolled loin, rack of lamb and shoulder roasts. Brush roast with oil and seasonings. Place fat side up on glass shelf in the lower shelf position.

Select Auto Menu Roast Lamb, then select the weight closest to the weight of the piece, and then touch **Start**. Do not use plastic wrap or lid.

17. Roast Pork (uses microwave + convection)

Suitable for roasting joints of pork, leg, boned and rolled loin, rib roast and shoulder. Score rind, brush with lemon juice and rub liberally with salt. Place roast rind side up on glass shelf in the lower position. Select Auto menu Roast Pork, then select the weight closest to the weight of the meat, and then touch **Start**. Do not use plastic wrap or lid.

18. Fresh Pizza (uses convection + grill)

Use for cooking fresh pizza either purchased or home made.

Select Auto Menu Fresh Pizza, then select the weight of the pizza (total weight of base plus topping ingredients). See chart below for quantities.

Total	Dough	Ingredients
200 g	100 g	100 g
400 g	200 g	200 g
600 g	300 g	300 g
800 g	400 g	400 g

Touch **Start** to preheat the oven. Place assembled pizza on the enamel shelf. When the oven is preheated, place the enamel shelf in the higher shelf position. Close door and touch **Start**.

19. Frozen Pizza (uses combination + convection)

Allow you to bake frozen pizza. Place pizza on wire shelf in the higher shelf position and the glass shelf in the lower position. Select Auto Menu Frozen Pizza, then select the weight of the pizza (total weight of base plus topping ingredients). Touch **Start**. Do not use plastic wrap or lid.

Notes: No need to use aluminum foil or grease.

To Cook Food Using Auto Cook Menu (continued)

20. Fresh Crispy Top

(uses convection only)

Use for heating and crisping the top of foods like pasta bake, macaroni cheese, cottage pie and lasagna. All foods must be pre-cooked and cold. Transfer crispy top to a similar sized heat proof container. Select Auto menu Fresh Crispy Top then, select the weight of food. Touch **Start** to preheat the oven. Do not cover and place on enamel shelf in lower shelf position after preheated. Allow standing for 2 minutes. Ensure food is hot before consuming.

21. Frozen Crispy Top (uses convection only)

Use for heating and browning the top of frozen purchased savoury dishes like macaroni cheese, shepherd's pie and lasagna. All foods must be pre-cooked and frozen. Transfer crispy top to a similar sized heatproof container. Select Auto menu Frozen Crispy Top then select the weight of food. Touch start to preheat the oven. Do not cover and place it on enamel shelf in the lower shelf position after preheated. Allow standing for 2 minutes. Ensure food is hot before consuming.

22. Fruit Poached (uses microwave only)

Use for cooking fruits that would usually be stewed or poached. Suitable for fruits such as rhubarb, apples, stone fruits, pears, figs, pineapple, kiwi fruit and berries. Trim and cut fruit into even sized pieces. Place into a microwave safe container. See chart below for quantities.

Fruit	Water	Sugar
250 g	125 ml	¼ cup
500 g	250 ml	½ cup
750 g	375 ml	¾ cup
1000 g	500 ml	1 cup
1500 g	750 ml	1½ cup

Stir to dissolve sugar. Spices can be added if desired. Do not cover. Place dish onto the base of the oven. Select Auto Menu Fruit Poached, then select the weight of the fruit, and then touch **Start**. When beep, stir during cooking.

23. Sponge Pudding (uses microwave only)

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 4 servs quantities.

jam	2 tablespoons
butter	100 g
caster sugar	¾ cup
eggs	2
self rasing flour	¾ cup
milk	¼ cup

Spoon jam into bottom of pudding bowl. Cream butter and sugar in a separate bowl until light and fluffy. Add eggs (one at a time), beating well after each addition. Fold in flour alternately with milk. Mix until well combined. Pour mixture over jam. Smooth top and place pudding bowl onto the base of the oven. Select Auto Menu Sponge Pudding, then select the number of serves, and then touch **Start**. Allow standing for 5 minutes before turning out.

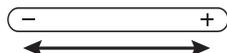
To Use Inverter Melt & Soften

This feature allows you to melt/soften food. There is no need to select the power level or cooking time as the microwave does this for you.

1 Touch Once

The menu appears in the Display Window.

2 Select desired menu

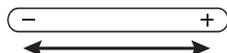


Tapping “+”/“-” or swipe the slider bar until the desired menu appears in the Display Window.

3 Touch once

Touch the Set key to verify the selection.

4 Select desired weight



Tapping “+”/“-” or swipe the slider bar until the desired weight appears in the Display Window. (see below chart).

Menu	Weight					
24. Melt Butter	50 g	100 g	150 g	200 g	250 g	300 g
25. Melt Chocolate	50 g	100 g	150 g	200 g	250 g	300 g
26. Soften Cream Cheese	50 g	100 g	150 g	200 g	250 g	300 g
27. Soften Ice Cream	200 g	500 g	1000 g	2000 g	-	-

5 Touch Once

The cooking time appears in the display window and begins to count down.

For best results, follow these recommendations:

24. Melt Butter

Remove wrapper, cut butter into 2 tbsp cube, and place into a microwave safe dish. Melt with lid or plastic wrap. Stir after cooking.

25. Melt Chocolate

Remove wrapper and place chocolate into a microwave safe dish. Cook without cover. During the cooking time, the oven will ‘beep’ and prompt you to stir. After heating, stir until completely melted.

Note: Chocolate holds its shape even when softened.

26. Soften Cream Cheese

Soften slightly without lid.

27. Soften Ice Cream

Remove wrapper and place in a microwave safe bowl/dish. Soften without cover.

Note:

If food needs more time cooking or weight exceeds range, cook using 300 W for melting and softening.

To Use Timer

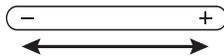
This feature allows you to program standing after cooking is completed and to program the oven as a minute or 10 seconds timer or program delay start.

To Use as a Kitchen Timer

Touch once.



Set desired amount of time.
(up to 90 minutes)



Touch Start.

Time will count down without oven operating.



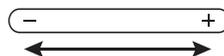
To Set Standing Time

Touch once.

Set the desired cooking programme.



Set desired amount of standing time.
(up to 90 minutes)



Touch Start.

Cooking will start. After cooking, standing time will count down without oven operating.

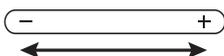


To Set Delay Start

Touch once.



Set desired amount of delay time.
(up to 90 minutes)



Set the desired cooking programme.



Touch Start.

Delayed time will count down without oven operating. Then cooking will 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.