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English

# Quick Guide to Operation

After plugging in, “88 : 88” will appear in the display window, then you can start to operate.



















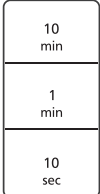




English

Feature	How to Operate	
<b>To Set Beep Choice On/Off</b> page 11)	After plugging in: →  → Press once. Default mode is “On”      Set the mode      Press once	
<b>To Set/Cancel Child Safety Lock</b> page 11)	<b>To set</b> → Press 3 times	<b>To cancel</b> → Press 3 times      Time of day or colon reappears in the display
<b>To Set Clock</b> page 11)	→  → Press twice      Set time of day (12-hour)      Press once	
<b>To Cook / Reheat / Defrost by Micro Power and Time Setting</b> page 12)	→  →  → Press once      Select power.      Set the cooking time.      Press once	
<b>To Cook using Quick 30 Pad</b> page 13)	→ Press to set the desired cooking time.      Press once	
<b>To Use the Add Time Feature</b> page 13)	As soon as manual cooking ends, the display will flash “0” →  → Add Time by pressing the Time pads      Press once	
<b>To Use Sensor Reheat Pad</b> page 16)	→ Press once      Press once	
<b>To Use Turbo Defrost Pad</b> page 17)	→  → Press once      Select the weight.      Press once	

# Quick Guide to Operation

(continued)

English

Feature	How to Operate
<b>To use Beverage Pad</b> (page 18)	 →  →  → Press once      Select the desired menu No.      Press once  →  Select the Serv.      Press once
<b>To use Auto Menu (No.3-15 Sensor Cook)</b> (page 19)	 →  →  → Press once      Select the desired menu No.      Press once  Press once
<b>To use Auto Menu (No.16-19 Melt &amp; Soften)</b> (page 23)	 →  →  → Press once      Select the desired menu No.      Press once  →  Select the weight      Press once
<b>To Use as a Kitchen Timer</b> (page 14)	 →  →  Press once      Set the kitchen time.      Press once
<b>To Set Standing Time</b> (page 14)	<b>Set the desired cooking programme, up to 2 stages (see page 15)</b> →  →  →  Press once      Set the standing time.      Press once
<b>To Set Delay Start</b> (page 14)	 →  → <b>Set the desired cooking programme, up to 2 stages (see page 15)</b> →  Press once      Set the delay time      Press once

# 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 allow metallic items, such as fast food foil containers, to touch the sides 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. 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.

### 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 a 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 the cord hang over the edge of a table or counter.
10. To reduce the risk of fire in the oven cavity:
  - (a) Do not overcook food. Carefully watch the 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 in the microwave 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 the 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.
14. **WARNING:** Ensure that the cavity does not contain any items or utensils that are not suitable for use with the microwave oven before you operate the appliance.
15. **WARNING:** Do not use the cavity for storing combustible products, cooking utensils, or food and similar when the microwave oven is not in use.
16. The appliance shall not be cleaned with a steam cleaner.
17. The appliance must be operated with the decorative door open.

# IMPORTANT SAFETY INSTRUCTIONS (continued)

## 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.

English

## 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) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- c) 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.
- d) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- e) Before use, the user should check whether utensils are suitable for use in microwave ovens.
- f) Liquids and other foods must not be heated in sealed containers since they are liable to explode.
- g) 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.
- h) Care should be taken not to displace the turntable when removing containers from the appliance.

# Installation and General Instructions

English

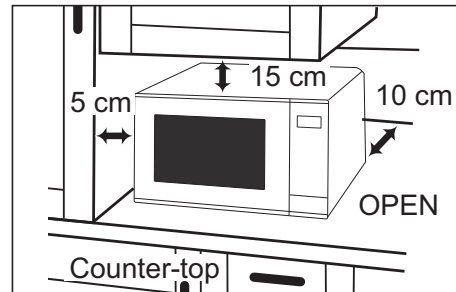
## General Use

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/Cancel** pad and leave the 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. Do not dry clothes, newspapers or other materials in the microwave oven. They may catch on 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, as this may cause damage.
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 the Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking container.)
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.**
11. If the Glass Tray is hot, allow it 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 has cooled down.
13. 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.
14. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloths and similar can lead to risk of injury, ignition or fire.
15. Metallic containers for food and beverages are not allowed during microwave cooking.
16. Only use utensils that are suitable for use in microwave ovens.
17. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

## Placement of Your 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. For correct operation, the oven must have sufficient air flow. Allow more than 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 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 be overheated and damaged. When using any cloth over the oven, the air intake and exhaust should not be blocked. Also allow sufficient space on back and both sides of the oven.
  - (b) Do not place the oven near a hot or damp surface such as a gas stove, electric range or sink etc.
  - (c) Do not operate the oven when room humidity is too high.
2. This oven was manufactured for household use only.

# Installation and General Instructions (continued)

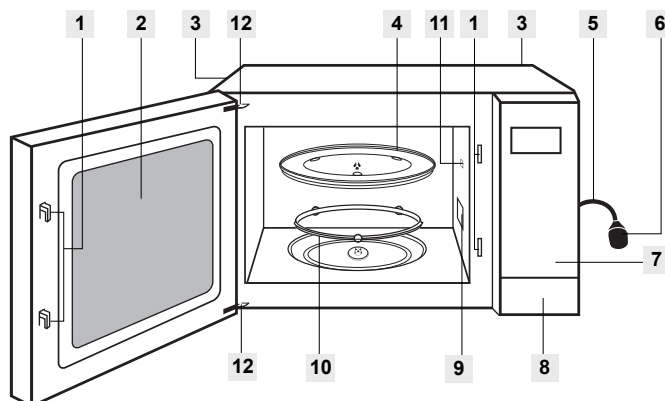
English

## 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. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they can explode, even after microwave heating has ended.
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.
  - (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 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 the minimum time as recommended by the manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave the microwave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

# Feature Diagram

English



## 1 Door Safety Lock System

## 2 Oven Window

The oven window with vapor barrier film (do not remove)

## 3 Oven Air Vent

## 4 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, or on a rack set in a microwave-safe dish.
- Always place the container on the center of the glass tray when cooking.
- If food or utensils on the Glass Tray touch oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
- The Glass Tray can rotate in either direction.

## 5 Power Supply Cord

## 6 Power Supply Plug

## 7 Control Panel

## 8 Door Release Button

Push to open the door. 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/Set** 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.

## 9 Waveguide Cover (do not remove)

## 10 Roller Ring

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

## 11 Oven Light

The oven light will turn on during cooking and also when the door is opened. It will turn off after 1 minute if the door is left open.

## 12 Door Hinges

To prevent injury when opening or closing the door, keep fingers away from the door hinges.



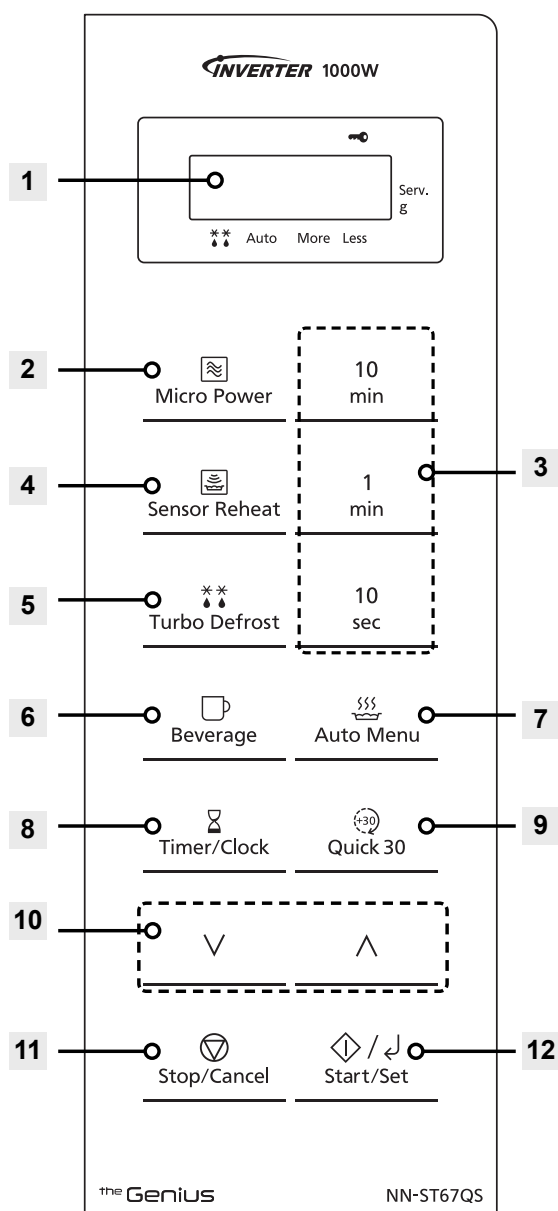
## Note

- The above illustration is for reference only.
- The Glass Tray is the only accessory with this oven. All other cooking utensils mentioned in this manual must be purchased separately.



# Control Panel

English



## 1 Display Window

## 2 Micro Power Pad (see page 12)

## 3 Time Pads

## 4 Sensor Reheat Pad (see page 16)

## 5 Turbo Defrost Pad (see page 17)

## 6 Beverage Pad (see page 18)

## 7 Auto Menu Pad (see page 19-23)

## 8 Timer/Clock Pad (see page 11, 14)

## 9 Quick 30 Pad (see page 13)

## 10 Up/Down Selection pad

## 11 Stop/Cancel Pad

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

**During cooking:** One press temporarily stops the cooking process. Another press cancels all your instructions and colon or time of day appears in the display window.

## 12 Start/Set Pad

One press allows the oven to begin Featureing. If the door is opened or the **Stop/Cancel** pad is pressed once during oven operation, the **Start/Set** pad must again be pressed to restart the oven.

\* NN-ST67QS/NN-ST65QB – The design of your control panel may vary from the panel displayed, but the words on the pads will be the same.



## Note

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

## Beep Sound

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

# Cookware and Utensil Chart

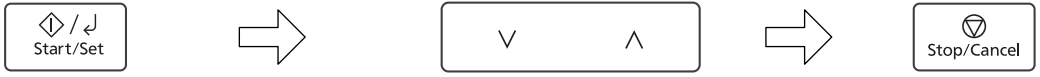
English

	Microwave
Aluminium foil	no
Ceramic Plate	yes
Browning Dish	yes
Brown paper bags	no
Dinnerware oven/microwave safe	yes
Non-oven/microwave safe	no
Disposable paperboard containers	yes*
Glassware oven glassware & ceramic	yes
Non-heat resistant	no
Metal cookware	no
Metal twist-ties	no
Oven cooking bag	yes
Paper towels and napkins	yes
Plastic defrosting rack	yes
Plastic dishes microwave safe	yes
Non-microwave safe	no
Microwave safe cling film	yes
Straw, wicker, wood	yes
Thermometers microwave safe	yes
conventional	no
Waxed paper	yes
Silicon bakeware	yes*

\* Check manufacturers' recommendation, must withstand heat or follow the recipe instructions.

# Beep Choice

The oven has both "Beep On" and "Beep Off" mode. This unique Feature of your Panasonic microwave oven allows you to establish the initial non-cooking features of your oven.

- 
- 1. Press the Start/Set pad after plugging in.**  
"bBEEP" appears in the display window. The default mode is "On".
  - 2. Press Up/Down Selection pad.**  
The mode changes to "OFF".
  - 3. After setting, tap Stop/Cancel pad to exit**



## Note

1. The choice can be selected only when you plug-in the oven.
2. Tapping the Up/Down Selection pad again during step 2 will revert back to the initial "On" mode

# Child Safety Lock Setting

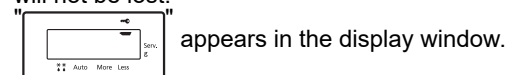
This feature allows you to prevent operation of the oven by a young child; however, the door will open. **This feature can be set when colon or time of day is displayed.**

**To set:**



**Press Start/Set 3 times.**

Colon or time of day will disappear. Actual time will not be lost.



**To cancel:**



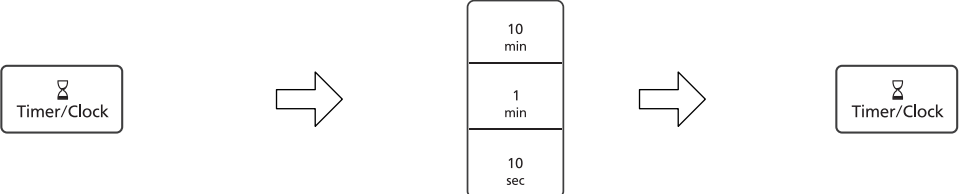
**Press Stop/Cancel 3 times.**

Colon or time of day will reappear in the display window.

To set or cancel child safety lock, Start/Set pad or Stop/Cancel pad must be pressed 3 times within 10 seconds.

# Clock Setting

You can use the oven without setting the clock.

- 
- 1. Press twice.**  
Colon will blink in the display window.
  - 2. Set the time by pressing the Time pads.**  
Time appears in the display window; colon is blinking.
  - 3. Press once.**  
Colon stops blinking; time of day is entered and locked in the display window. Time counts up in minutes.

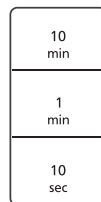


## Note

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

# Micro Power Setting

English



**1. Press once to select the Micro Power feature.**

**2. Press Up/Down Selection pad to select power level.**  
Power will appear in the display window. (see chart below)

**3. Select cooking time by pressing the Time pads.**  
(1000 W: up to 30 minutes  
Other Powers Levels: up to 99 minutes and 50 seconds)

**4. Press Start/Set.**  
The time in the display window will count down.

Power Level	Example Of Use
1000 W (HIGH)	Boil water. Reheat. Cook vegetables, rice, pasta and noodles.
800 W (MED-HIGH)	Cook poultry, meat, cakes, desserts. Heat milk.
600 W (MEDIUM)	Cook beef, lamb, eggs, fish and seafood. Melt butter.
440 W (MED-LOW)	Simmer soups, stews and casseroles (less tender cuts).
300 W (DEFROST)	Thaw foods.
100 W (LOW)	Keep cooked foods warm, simmer slowly.



## Note

1. You can select the power level by pressing the **Micro Power** Pad as well.
2. It is possible to programme no more than 3 stages of cooking as one cooking set. For 2 or 3 stage cooking, repeat steps 1-3 above before pressing the **Start/Set** pad. When selecting 1000 W on the first stage, you can skip step 1-2. When operating, two beeps will be heard between each stage. (Please refer to page 15 for details).
3. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press **1 min** pad to a maximum of 10 minutes. Cooking time can not be decreased during cooking.
4. Do not use metal containers on microwave mode.
5. Standing time can be programmed after Micro Power and time setting.  
Refer to using the timer page 14.

# To Cook Using the Quick 30 Feature

This feature allows you to quickly set cooking time in 30 second increments.



## 1. Press Quick 30 to set the desired cooking time (up to 5 minutes).

Each press is 30 seconds. Time appears in the display. Power level is pre-set at 1000 W.

## 2. Press Start/Set.

The cooking will start and the time in the display will count down. At the end of cooking, five beeps will sound.

English



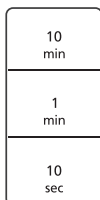
## Note

1. This feature is only available for **Micro Power** mode. If desired, you can use other power levels. Select desired Micro Power level before pressing **Quick 30**.
2. After setting the time by **Quick 30**, you cannot use **Time** pads.

# Using the Add Time Feature

This feature allows you to add cooking time at the end of previous cooking.

## 1. As soon as manual cooking ends, the display will flash "0"



## 2. Add cooking time by pressing the Time pads.

Maximum cooking time:  
Microwave: 1000 W up to 30 minutes;  
other power levels up to 99 minutes and 50 seconds.

## 3. Press Start/Set.

Time will be added.  
The time in the display window will count down.



## Note

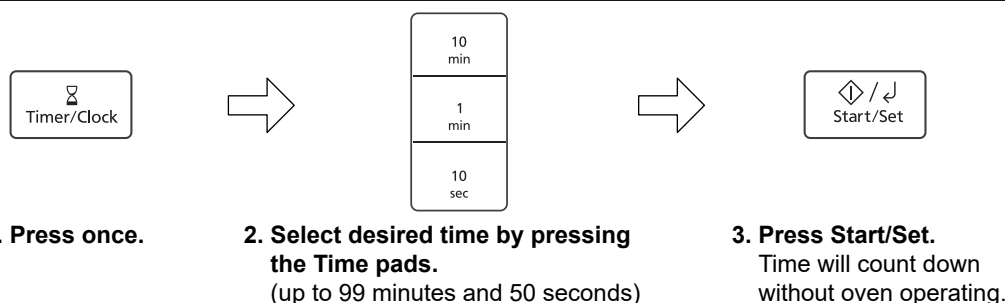
1. This feature is only available for Micro Power, Quick 30 and Timer features and it is not available for Auto programs.
2. The Add Time feature is only available within 1 minute after cooking.
3. The Add Time feature can be used after 3-stage cooking. The power level is the same as the last stage.

# Timer Setting (Kitchen Timer/Standing Time/Delay Start)

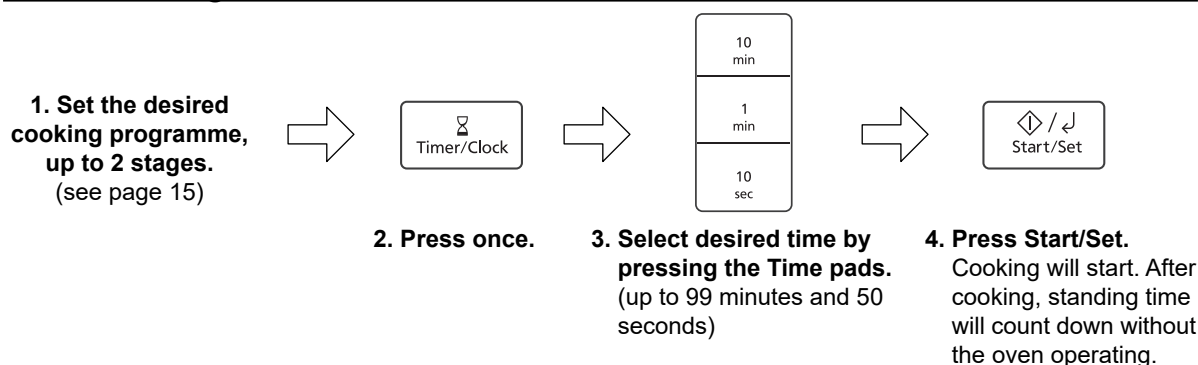
This feature allows you to program standing time after cooking is complete, program the oven as a minute or a second timer, or to program a delayed start.

## To Use as a Kitchen Timer

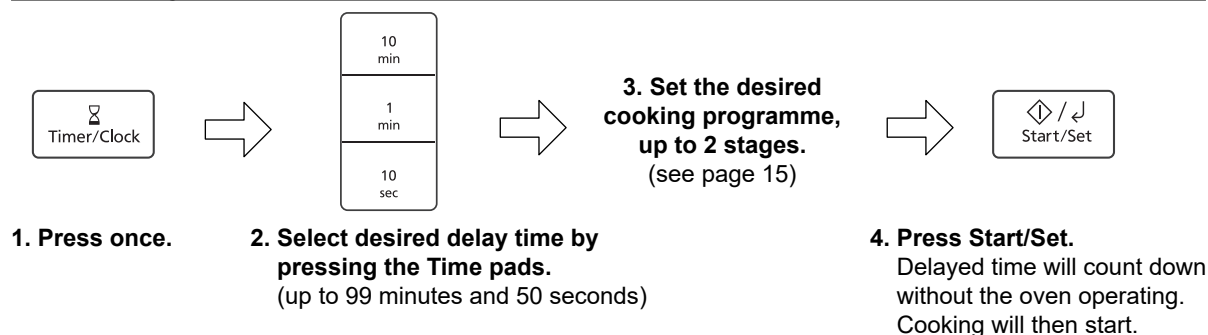
English



## To Set Standing Time



## To Set Delay Start



## Note

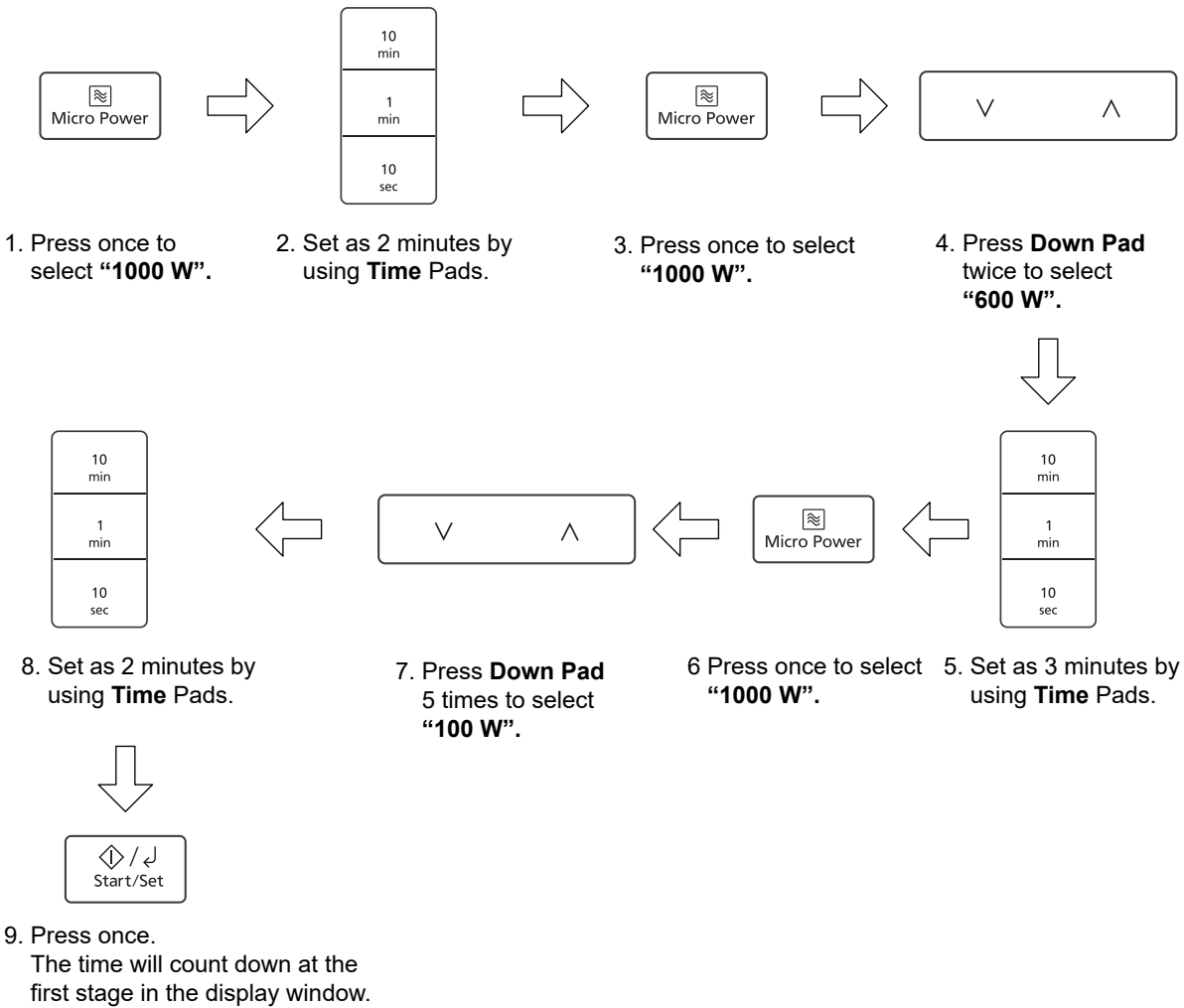
1. If the oven door is opened during the Standing Time, Delay Start or Kitchen Timer, the time in the display window will continue to count down.
2. Delay Start and Standing Time cannot be programmed together with Turbo Defrost, Beverage, Sensor Reheat and Auto Menu. This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause inaccurate results.
3. When using Standing Time or Delay Start, it's up to 2 Power stages.

# 3-Stage Setting

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

E.g.: Continually set [1000 W] 2 minutes, [600 W] 3 minutes and [100 W] 2 minutes.

English



## Note

1. When operating, two beeps will sound between each stage.
2. This feature is not available for Turbo Defrost, Beverage, Sensor Reheat and Auto Menu.

# To Use Sensor Reheat

This feature allows you to reheat foods without selecting times and power levels. The sensor detects the heat and humidity generated by the food and reheats your food automatically.

English



**1. Press once to select the Sensor Reheat feature.**

**2. Press Start/Set.**

After the heat and humidity is detected by the Genius Sensor the oven will beep twice, the remaining time appears in the display window and begins to count down.

	Recommended Weight	
Sensor Reheat	125 g - 1.0 kg	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 time 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.



## Note

1. If desired, press **Up/Down Selection** pad to adjust the cooking time before pressing **Start/Set**.
2. Reheating using the Genius Sensor is suitable for pre-cooked foods from refrigerated or room temperature. It is suitable for casseroles, plated meals, soup, stews, pasta dishes (except lasagne) and canned foods. Food being reheated should weigh between 125 g and 1 kg. For foods weighing less than 125 g and more than 1 kg, use a manual micro power setting.
3. **Do not** reheat bread or pastry products (raw or uncooked), or beverages.
4. **Do not** use if oven cavity is warm (from previously cooked foods).
5. Cover foods securely with plastic wrap. (Do not use any snap closing lids.)
6. The door should not be opened before the time appears in the display window.
7. During the heating time, the oven will 'beep' and prompt you to stir/rearrange the food. There is no need to recover if not required.
8. All foods should have a covered standing time of at least 3 to 5 minutes.



# Turbo Defrost Setting

This feature allows you to defrost meat, poultry and seafood automatically by setting the weight. The serving/weight is 100 g to 3000 g.



**1. Press once.**  
(default weight is 100 g)

**2. Select the weight of food by pressing Up/Down Selection pads.**

**3. Press Start/Set.**  
Defrosting time appears in the display window and begins to count down.

Food	Maximum Weight
Minced meat, chicken pieces, chops	3000 g
Beef roast, lamb, whole chickens	3000 g
Whole fish, scallops, prawns, fish fillets	1000 g



## Note

You can select the weight by pressing the **Turbo Defrost** Pad as well.

## Tips for Turbo Defrost

Care must be taken when defrosting meat with bones. For example, if the meat with bones has the same weight as boneless meat, the meat in the former one is lighter than the latter one. So, subtracting 500 g for 2000 g meat with bones is better for defrosting. Subtract 250 g when defrosting meat with bones that weighs less than 2000 g.

## When Two Beeps Sound

Turn over the meat, chicken, fish and shellfish. Separate the stewed meat, chicken pieces and meat loaf. Apart the meat loaf from the hamburger.

## Key to defrosting

For even defrosting, turn over the foods or move the position of the foods in the containers during the progress of defrosting.



Remove the package of the raw meat and place it on the plate.

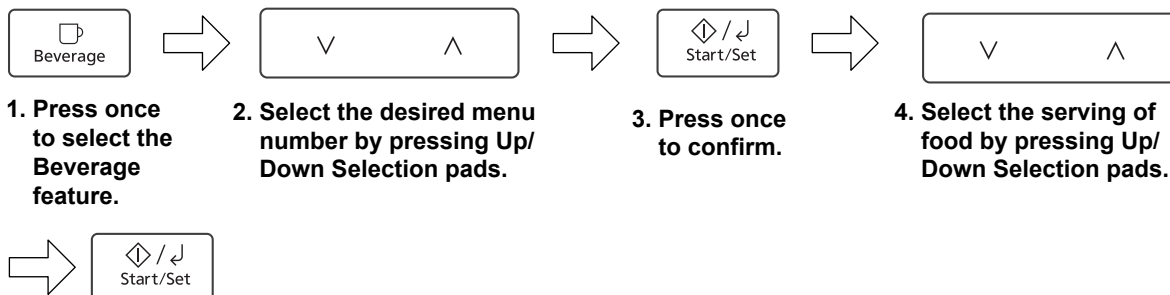


Remove the package of the fish fillet and place it on the plate.

# To Use Beverage

This feature allows you to reheat coffee/milk without setting Micro Power and time.

English



## 5. Press Start/Set.

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

Menu No.	Menu	Serving		Recommended containers
1	Coffee	1-1 (1 cup coffee)	1-2 (2 cups coffee)	Microwave safe cup
2	Milk	2-1 (1 cup milk)	2-2 (2 cups milk)	



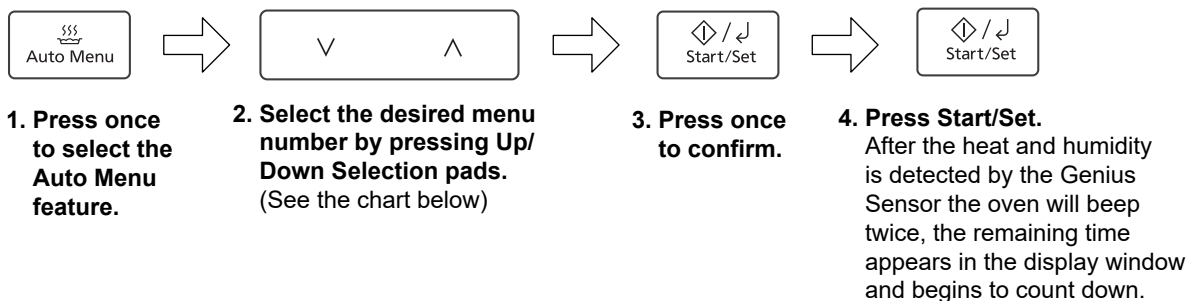
## Note

1. You can select the Menu No. by pressing the **Beverage** Pad as well.
2. Use a microwave safe cup. 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 **Beverage** feature. It is programmed to give proper results 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 liquid eruption.
4. 1 cup of milk is 200 ml to 250 ml and 1 cup of coffee is 150 ml to 200 ml.

# To Use Auto Menu

## To Use Sensor Cook Menus

Menu numbers 3 - 15 are Sensor Cook Menus. This feature allows you to cook foods without selecting a time and power level. Just select the desired menu number, and the oven will cook your food automatically.



## Note

1. You can select the Menu No. by pressing the **Auto Menu** Pad as well.
2. If desired, press **Up/Down Selection** pad to adjust the cooking time before step 4.
3. The door should not be opened before the time appears in the display window.
4. Do not use plastic dishes as a secure seal cannot be achieved and inaccurate cooking may occur.
5. Only cook foods within the weight ranges described and with the containers as indicated.
6. To prevent any mistakes during auto sensor programs ensure that the base of the oven and container are dry.
7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Menu No.	Menu	Recommended Serving/Weight	Recommended containers
3	Warak Enab	4-6 servs	Casserole with lid or plastic wrap
4	Kabsa Rice	4 servs	Casserole with lid or plastic wrap
5	Vegetables	125 g - 500 g	Casserole with lid or plastic wrap
6	Frozen Vegetables	125 g - 1.0 kg	Casserole with lid or plastic wrap
7	Fish	125 g - 500 g	Microwave safe dish with plastic wrap
8	Chicken Pieces	400 g - 1.0 kg	Casserole with lid or plastic wrap
9	Beef/Lamb	200 g - 800 g	Casserole with lid or plastic wrap
10	Pasta	150 g - 500 g	Casserole with lid or plastic wrap
11	Potatoes	250 g - 900 g	Casserole with lid or plastic wrap
12	Stew	4-6 servs 1-3 servs	Casserole with lid or plastic wrap
13	Fruit	150 g-700 g	Casserole with lid or plastic wrap
14	Jam	100 g- 500 g	Microwave safe dish
15	Pudding	2/4 servs	Microwave safe dish

# To Use Auto Menu

(continued)

## English

### 3. Warak Enab

Grape leaves (jar, rinsed)	35-40 pcs (½ jar)
Potatoes (1 cm slices)	1 piece
Tomatoes (1 cm slices)	1 piece
Onions (1 cm slices)	1 piece
Water	3 cups (or as needed)
Salt	½ tsp (or to taste)
Lemon (small size, freshly squeezed)	½ piece
Olive oil	½ tbsp

#### Filling

Medium grain rice (rinsed and drained)	1 ½ cups
Parsley leaves (finely chopped)	1 cup
Onion (small-medium size, finely diced)	1 piece
Tomatoes (finely diced)	2 pieces
Ground mint/fresh mint leaves (finely chopped)	1 tbsp
Olive oil	1 tbsp
Salt	2 tsp
Black pepper	1 tsp
Lemon (freshly squeezed)	1 piece

**Put all the filling ingredients into a large bowl and set it aside.**

#### Preparing the Grape Leaves

Take the brined grape leaves out of the jar, gently separate them one by one. Rinse them with cold water. Layer each leaf flat on a tray or a large plate.

#### Creating the Rolls

Lay flat one grape leaf with the vein side up on a flat surface. Trim off and discard the stem with kitchen scissors. Place one spoonful of filling in a straight line near the stem, in the middle of the leaf. (Adjust the size of the filling according to the size of each leaf.) Fold over the bottom of the leaf over the filling and then fold the both sides as well, and roll it up to create a cylindrical parcel.

#### Layering and Cooking

Mix ½ tablespoon of olive oil, the juice of ½ lemon, and ½ teaspoon of salt in a cup to make a lemon mix. Spread approximately ½ teaspoon of the mix on the bottom of a large pot. Place a layer of sliced potato and half amount of the sliced onion, then place the stuffed grape leaves in two layers. Sprinkle another teaspoon of the mixture. Place the sliced onion, remaining potato, and tomato on top so that the stuffed grape leaves are not visible. Sprinkle the remaining mixture. Place a heat-proof plate on top of the layers like a lid. Pour water around the edges of the plate until the rolls and vegetables are soaked enough in the water. Cover with lid or plastic wrap. Select the program then press **Start/Set**. Serve warm or cold, topped with a little extra olive oil if desire.

### 4. Kabsa Rice

Chicken thighs/legs	4 pieces
Vegetable oils	1 ½ tbsp
Cloves (whole)	1 piece
Cumin	⅛ tsp
Nutmeg	⅛ tsp
Coriander	⅛ tsp
Saffron	⅓ tsp
Cardamom	⅓ tsp
Cinnamon	⅓ tsp
All spice	⅓ tsp
White pepper	⅓ tsp
Dried lime powder	⅓ tsp
Salt	1 ⅓ tsp
Butter	35 g
Onion (diced)	1 piece
Garlic cloves (minced)	4 pieces
Tomato paste	⅓ cup
Can diced tomatoes	½ can
Basmati rice	1 ⅓ cups
Chicken broth	3 cups
Raisins or dried apricots	⅓ cup
Almonds (slivered and toasted)	⅓ cup
Black pepper	1 pinch

Place chicken pieces in a bowl and rub the chicken with vegetable oil until well coated. Mix all spices and salt in a small bowl. Wash rice and drain well. Put butter, onions and garlic in a microwave safe casserole, and cook on 1000 W (High) MICROWAVE power for 3 minutes until translucent and soft. Add diced tomatoes, and tomato paste to the casserole to make tomato sauce. Add the chicken and stir until well coated with the tomato sauce. Add rice and spices and mix well. Add chicken broth, Cover with lid or plastic wrap. Select the program then press **Start/Set**. Serve rice onto a dish placing the chicken pieces on top. Sprinkle with browned almonds, raisins/apricots, and a pinch of black pepper. Add more salt and pepper to taste.

### 5. 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 dish securely with plastic wrap or lid. Select the program then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start/Set** Pad to continue. At the completion of heating, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes.

# To Use Auto Menu

(continued)

English

## 6. 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/Set**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start/Set** Pad to continue. At the end of the cooking, stir vegetables and let stand, covered, for 2 to 3 minutes.

## 7. 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. Cover with plastic wrap. Select the program then press **Start/Set**. 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)

## 8. 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 or lid. Select the program then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start/Set** Pad to continue. Let stand 5 to 10 minutes at the end of cooking.

## 9. Beef/Lamb

It is suitable for cooking beef and lamb. Meat may be cooked marinated with gravy or vegetables. Place prepared beef/lamb on a microwave safe and heat proof dish. Cover dish securely with plastic wrap or lid. Select the program then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start/Set** Pad to continue.

Note: Meat should be thawed completely. Thickness of meat should not be more than 2 cm.

## 10. Pasta

Suitable for cooking dried pasta. Place pasta and water in a large sized dish to prevent from boiling over. Use hot tap water according to below chart. Add 1 tablespoon of oil, if desired, before cooking to prevent the pasta from sticking together. Partially cover with a lid and select the program then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start/Set** Pad to continue. At the end of the cooking, let stand 5 to 10 minutes, covered.

Pasta	Water	Dish Size
150 g	4 cups	3 litre
250 g	5 cups	3.5 litre
350 g	6 cups	5 litre
500 g	8 cups	5 litre

## 11. 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 or lid. Select the program then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start/Set** Pad to continue.

## 12. Stew

It is suitable for cooking tougher cuts of meat/poultry stews. Place all ingredients and liquid in a high microwaveable and heat proof casserole. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cook covered with plastic wrap or lid. Select the program then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start/Set** Pad to continue.

Serving	Meat	Vegetables	Recommended Water
4-6 servs.	1200 g	400 g	600 ml
1-3 servs.	600 g	200 g	300 ml

## 13. Fruit

It is suitable for cooking fruits that would usually be stewed or poached. Fruits such as apples, stone fruits, pears, figs, pineapple, kiwi fruit and berries can be used. Trim and cut fruit into even sized pieces. Place all ingredients into a microwave safe container. See chart below for quantities.

Fruit	150 g	250 g	500 g	700 g
Water	75 ml	125 ml	250 ml	375 ml
Castor Sugar	1/8 cup	1/4 cup	1/2 cup	3/4 cup

Stir to dissolve sugar. Spices can be added if desired. Cook covered with a lid or plastic wrap and place container at the center of the glass tray. Select the program then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start/Set** Pad to continue.

## 14. Jam

It is suitable for cooking fruit jam, such as strawberry, apple, grape, kiwi berry, etc. Peel and cut fruits into bite-size (1-2 cm) pieces and place in microwave safe casserole dish. Add castor sugar, lemon juice and a drop of vegetable oil. Mix well. Do not cover and place container at the center of the glass tray. Select the program then press **Start/Set**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start/Set** Pad to continue. Stir halfway and end of cooking to prevent sticking together. Preserve in fridge for a longer storage life. See chart below for quantities.

Fruit	Castor sugar	Lemon juice
100 g	50 g	1/2 tablespoon
200 g	100 g	1 tablespoon
300 g	150 g	1 1/2 tablespoons
400 g	200 g	2 tablespoons
500 g	250 g	2 1/2 tablespoons

## 15. Pudding

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	1/2 cup	1 cup
cocoa powder	1/2 tablespoon	1 tablespoon
caster sugar	1/6 cup	1/3 cup
milk	3/8 cup	3/4 cup
vanilla essence	1/2 teaspoon	1 teaspoon
chocolate	25 g	50 g
butter	50 g	100 g
brown sugar	3/8 cup	3/4 cup
cocoa, extra	1 tablespoon	2 tablespoons
water	1/4 cup	1/2 cup

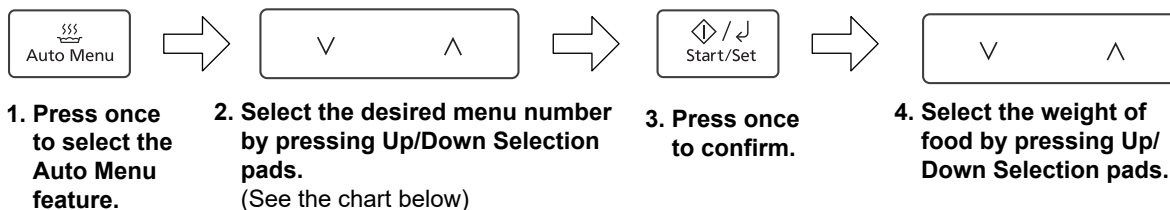
Sift flour and cocoa into a bowl. Add sugar, milk and vanilla essence. Mix well and set aside. Melt chocolate and butter in a separate microwave safe container and pour it into the mixture while hot. Mix well. Combine brown sugar, cocoa and water in a jug. Spread all the mixture into base of an appropriate size microwave safe casserole dish. Place container at the center of the glass tray. Select the program then press **Start/Set**. **DO NOT USE PLASTIC WRAP OR LID**. At the end of the cooking, let stand 5-10 minutes.

# To Use Auto Menu

(continued)

## To Use Melt & Soften Menus

Menu numbers 16 - 19 are Melt & Soften Menus. This feature allows you to melt or soften foods without selecting a time and power level. Just select the desired menu number and weight, and the oven will melt or soften your food automatically.



### 5. Press Start/Set.

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

Menu No.	Menu	Weight						Recommended containers
16	Cream Cheese	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish with plastic wrap
17	Chocolate	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish
18	Butter	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish with plastic wrap
19	Ice Cream	300 g	600 g	900 g	1200 g	-	-	-

### 16. Cream Cheese

Remove wrapper, cut cheese into 3 cm cube, and place in a microwave safe bowl/dish. Cover with plastic wrap. Select the program and weight then press **Start/Set**. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

### 17. Chocolate

Remove wrapper, separate chocolate into small pieces, and place into a microwave safe dish. Cook without cover. Select the program and weight then press **Start/Set**. 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.

### 18. Butter

Remove wrapper, cut butter into 3 cm cube, and place into a microwave safe dish. Melt with plastic wrap. Select the program and weight then press **Start/Set**. Stir after cooking. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

### 19. Ice Cream

Soften slightly without lid. Select the program and weight then press **Start/Set**. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.



## Note

1. You can select the Menu No. by pressing the **Auto Menu** Pad as well.
2. When you select an Auto Menu program, the menu number shows in the display.
3. Only cook foods within the weight ranges described.
4. Always weigh the food rather than relying on the package information.
5. Most foods benefit from a standing time, after cooking with an Auto Menu Program, to allow heat to continue conducting to the centre.
6. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

# 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, bluetooth 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 in the oven cavity and 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 the steam and warm air are removed from the oven vents, but some steam will condense on cooler surfaces such as in the oven cavity and on the oven door. This is normal. Always wipe to dry after cooling down.

Steam accumulates inside the oven door.

During cooking, some steam will condense on cooler surfaces such as inside the oven door. It is normal and safe to use the product.

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 Centre.
	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.
	<b>Start/Set</b> Pad was not pressed after programming.	Press <b>Start/Set</b> Pad.
	Another program has already been entered into the oven.	Tap <b>Stop/Cancel</b> pad to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	<b>Stop/Cancel</b> pad has been tapped 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 Microwave Oven' (See next page).
"  appears in the display window.	The Child Lock was activated by tapping <b>Start/Set</b> pad 3 times.	Deactivate Lock by tapping <b>Stop/Cancel</b> pad 3 times.
"H + number (eg. H98)" appears in the Display Window.	This display indicates a problem with the microwave generation system.	Contact the authorised service centre.

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 oven cavity 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/Cancel 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. A steam cleaner is not to be used for cleaning.
9. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
10. The oven should be cleaned regularly and any food deposits removed.

English

## Technical Specifications

Model name:		<b>NN-ST67QS</b>	<b>NN-ST65QB</b>
Power Supply:		220-230 V~, 50-60 Hz	230-240 V~, 50 Hz
Power Consumption:	Microwave	6.0 A 1260 W	5.3 A 1250 W
Cooking Power:	Microwave*	1000 W	
Outside Dimensions (W × H × D):		525 mm × 310 mm × 388 mm	
Oven Cavity Dimensions (W × H × D):		355 mm × 251 mm × 365 mm	
Overall Cavity Volume:		32 L	
Glass Tray Diameter:		Ø340 mm	
Operating Frequency:		2450 MHz	
Uncrated Weight:		Approx. 11.3 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.

Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point.