

Panasonic

Operating Instructions

إرشادات التشغيل

Microwave Oven

فرن مايكروويف

Household Use Only

استعمال منزلي فقط



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Model No. NN-ST67JS
NN-ST65JB

Panasonic Corporation
Web Site: <http://www.panasonic.com>

Before operating this oven, please read these instructions completely and keep for future reference.

قبل تشغيل هذا الفرن، يرجى قراءة هذه التعليمات بالكامل والاحتفاظ بها كمرجع في المستقبل.

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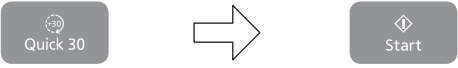


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English

Quick Guide




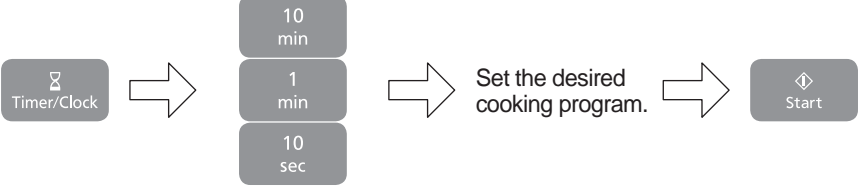
After plugging in, “88:88” will appear in the display window, then you can start to operate.

English

| Feature | How to Operate | |
|--|---|--|
| To Set Clock (☞ page 10) |  <p>Press twice. Set Time of day. Press once.</p> | |
| To Set / Cancel Child Safety Lock (☞ page 10) | To Set:  Press 3 times. | To Cancel:  Press 3 times. |
| To Cook / Reheat / Defrost by Micro Power and Time Setting (☞ page 11) |  <p>Select power. Set the cooking time. Press.</p> | |
| To Use Turbo Defrost Pad (☞ page 12) |  <p>Press. Select the weight of food. Press.</p> | |
| To Cook using Quick 30 Pad (☞ page 13) |  <p>Press to set the desired cooking time. Press.</p> | |
| To Use the Add Time Function (☞ page 13) |  <p>After cooking, press this pad. Add Time by pressing the Time pads. Press.</p> | |
| To Cook using Sensor Cook Pads (☞ page 16) | eg:  <p>Press to select the desired menu number. Optional. Press.</p> | |

Quick Guide

(continued)

| Feature | How to Operate |
|--|--|
| <p>To Cook using Auto Cook Pads (page 16)</p> | <p>eg:</p>  <p>Press to select the desired menu number. Set the weight. Press.</p> |
| <p>To Use as a Kitchen Timer (page 19)</p> |  <p>Press. Set the kitchen time. Press.</p> |
| <p>To Set Standing Time (page 19)</p> | <p>Set the desired cooking program. →</p>  <p>Press. Set the standing time. Press.</p> |
| <p>To Set Delay Start (page 19)</p> |  <p>Press. Set the delay time. Set the desired cooking program. Press.</p> |

English

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

Precautions:

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

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in the microwave oven. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.
10. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
11. Children should be supervised to ensure that they do not play with the appliance.
12. It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
13. The surfaces are liable to get hot during use.

Earthing Instructions

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

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

Important Instructions

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

1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) may explode and should not be heated in microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Remove wire twist-ties from bags before placing bag in oven.
 - (c) 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.
 - (d) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
13. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Circuits

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

Important Safety Instructions *(continued)*

WARNING

- (a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
- (b) 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 of this appliance is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- (e) Before use, the user should check that whether the 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, at the same time it should avoid the boiling liquids splash.
- (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 glass tray when removing containers from the appliance.

English

Installation and General Instructions

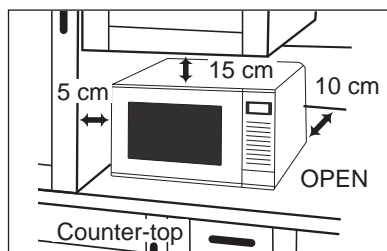
General Use

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

Placement of Oven

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

1. The oven must be placed on a flat, stable surface. It shall not be placed in a cabinet. For correct operation, the oven must have sufficient air flow. Allow 15 cm of space on the top of the oven, 10 cm at back and 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.



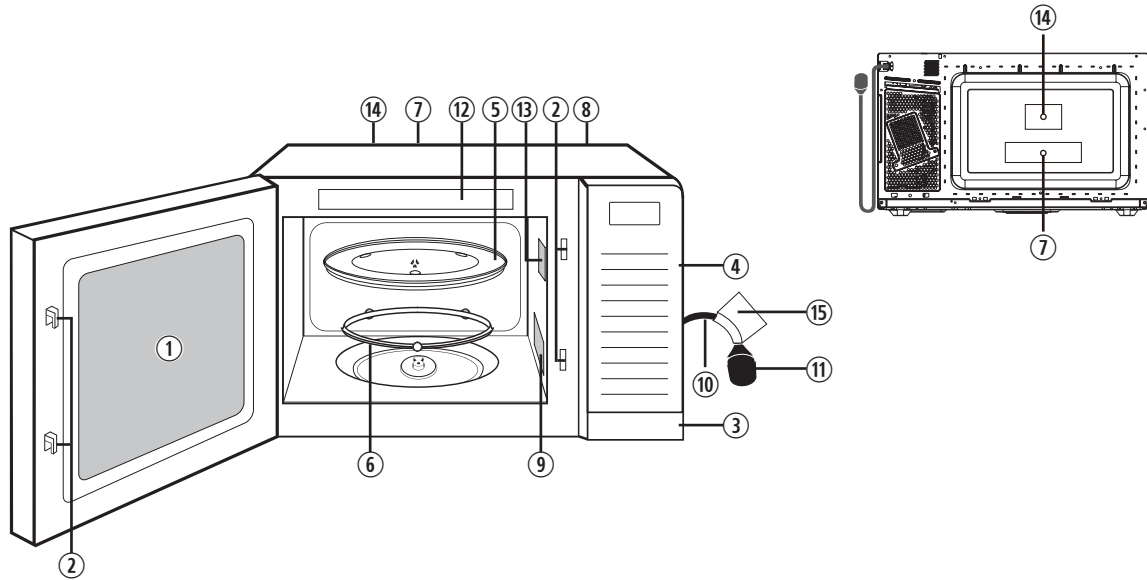
- (a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
 - (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - (c) Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.

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 may explode, even after microwave heating has ended.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken.
 - (a) Avoid using straight-sided containers with narrow necks.
 - (b) Do not overheat.
 - (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
 - (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
 - (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the cookbook are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. It is better to **UNDERCOOK RATHER THAN OVERCOOK** foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Feature Diagram



① **Oven Window**

② **Door Safety Lock System**

③ **Door Release Pad**

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

④ **Control Panel**

⑤ **Glass Tray**

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

⑥ **Roller Ring**

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

⑦ **Identification Plate**

⑧ **Oven Air Vent**

⑨ **Waveguide Cover** (do not remove)

⑩ **Power Supply Cord**

⑪ **Power Supply Plug**

⑫ **Menu Label**

⑬ **Oven light**

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

⑭ **Warning Label**

⑮ **Power Supply Cord Label**

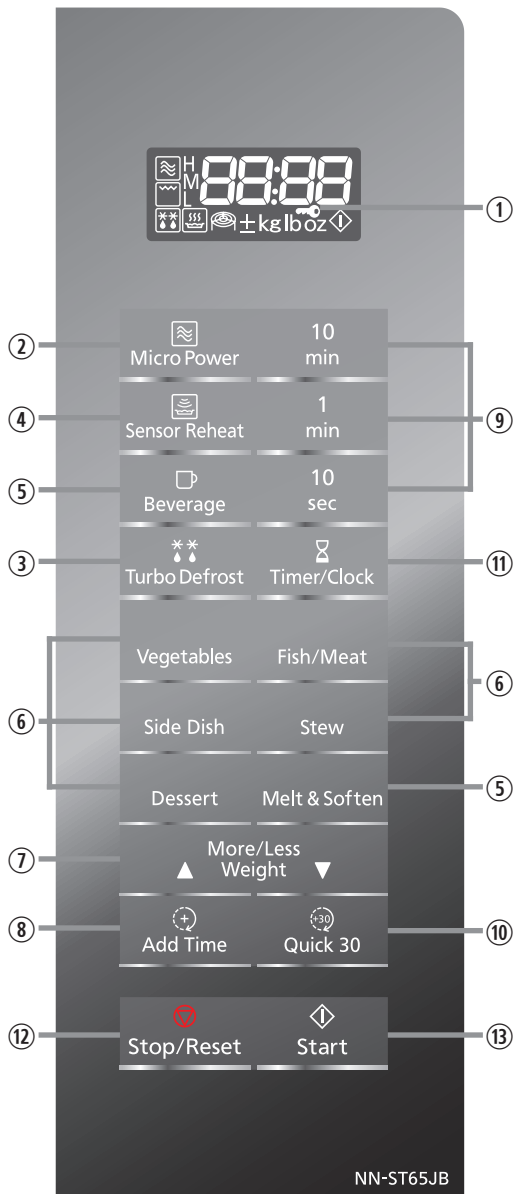


Note

1. The above illustration is for reference only.
2. 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 (page 11)**
- 3 **Turbo Defrost pad (page 12)**
- 4 **Sensor Reheat Pad (page 14-16)**
- 5 **Beverage**
- 6 **Sensor Cook pads (page 14-16)**
- 7 **More/Less/Weight Pads**
Set desired weight by pressing the ▲ / ▼ pads. ▲ / ▼ pads also can be used for Sensor Cook function to increase/decrease the cooking time. (see details on page 17)
- 8 **Add Time pad (page 13)**
- 9 **Time pads**
- 10 **Quick 30 pad (page 13)**
- 11 **Timer/Clock pad (page 10, 19)**
- 12 **Stop/Reset pad:**
Before cooking: One tap clears all your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and colon or time of day appears in the display window.
- 13 **Start pad**
After cooking program setting, one tap allows oven to begin functioning. If door is opened or **Stop/Reset** Pad is pressed once during oven operation, **Start** Pad must be pressed again to restart oven.



Note

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



Beep Sound

When a pad is pressed correctly, a beep will be heard. If a pad is pressed and no beep is heard, the unit did not or cannot accept the instruction. The oven will beep twice between programmed stages. At the end of any complete program, the oven will beep 5 times.

*NN-ST67JS and NN-ST65JB – The design of your control panel may vary from the panel displayed, but the words on the pads will be the same.

Cookware and Utensil Chart

| | Microwave |
|--|------------------|
| Aluminium foil | for shielding |
| 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 plastic wrap | yes |
| Straw, wicker, wood | yes |
| Thermometers microwave safe | yes |
| conventional | no |
| Waxed paper | yes |
| Silicon bakeware | yes* |

English

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

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.

English



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. Oven will not operate while colon is blinking.

Child Safety Lock Setting

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

To set:



Press Start three times.
Colon or time of day will disappear. Actual time will not be lost.

“” appears in the display window.

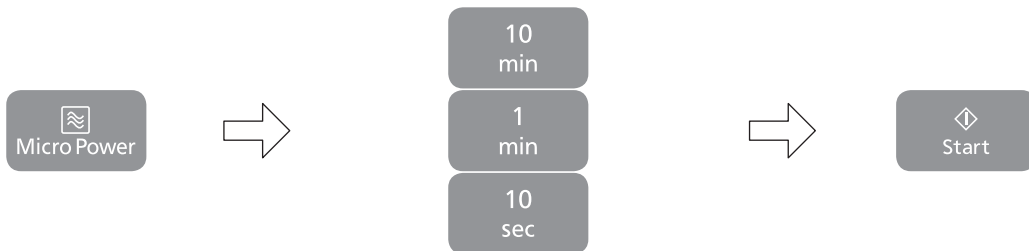
To cancel:



Press Stop/Reset three times.
Colon or time of day will reappear in the display window.

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

Micro Power Setting



- 1. Press to select micro power level.**
(see chart below)
- 2. Set cooking time.**
Select cooking time by pressing the Time pads.
(1000 W: up to 30 minutes
Other Powers: up to 99 minutes and
50 seconds)
- 3. Press Start.**
The time in the display window will count down.

| Press | Power Level | Example of Use |
|---------|------------------|---|
| once | 1000 W (HIGH) | Boil water. Reheat. Cook vegetables, rice, pasta and noodles. |
| twice | 800 W (MED-HIGH) | Cook poultry, meat, cakes, desserts. Heat milk. |
| 3 times | 600 W (MEDIUM) | Cook beef, lamb, eggs, fish and seafood. Melt butter. |
| 4 times | 440 W (MED-LOW) | Simmer soups, stews and casseroles (less tender cuts). |
| 5 times | 300 W (DEFROST) | Thaw foods. |
| 6 times | 100 W (LOW) | Keep cooked foods warm, simmer slowly. |



Note

- It is possible to programme no more than 3 stages cooking as one cooking set. For 2 or 3 stages cooking, repeat steps 1 and 2 above before pressing **Start** Pad. When operating, two beeps will be heard between each stage. (Please refer to page 20 for details).
- You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add Time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.
- Do not use metal containers on microwave mode.
- Stand time can be programmed after micro power and time setting. Refer to using the timer page 19.

Turbo Defrost Setting

This feature allows you to defrost meat, poultry and seafood automatically by setting the weight. The serving/weight is 0.1 kg to 3 kg.

| Food | Maximum Weight |
|--|----------------|
| Minced meat, Chicken Pieces, Chops | 3 kg |
| Beef roast, lamb, whole chickens | 3 kg |
| Whole fish, scallops, prawns, fish fillets | 1 kg |



1. **Press once.**
(default weight is 0.1 kg)

2. **Select the weight of food by pressing Turbo Defrost pad or ▲ / ▼ pads.**

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

English

Tips for Turbo defrost

Meat, which is with bones. For example, if the meat with bones has the same weight as the pure meat, the meat in the former one is lighter than the latter one. So, subtract 0.5 kg for 2 kg meat with bones is better for defrosting and 0.25 kg for meat with bones which is less than 2 kg.

Two buzz beeps

Turn over the meat, chicken, fish and shellfish. Separate the stewed meat, chicken pieces and meat loaf. Apart the meat loaf from the hamburger. Shield the edge of chicken wings, roast, fat or bones.

Key to defrosting

For evenly 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.



Shield the front part of the chicken drumsticks by using aluminum foil.



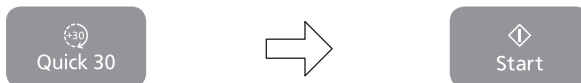
Shield the head and tail of the whole fish by using aluminum foil.



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

To Cook Using the Quick 30 Function

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



Note

1. This function is only available for Microwave. Select desired micro power level before pressing **Quick 30**.
2. After setting the time by **Quick 30**, you cannot use the Time pads.

Using the Add Time Function

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



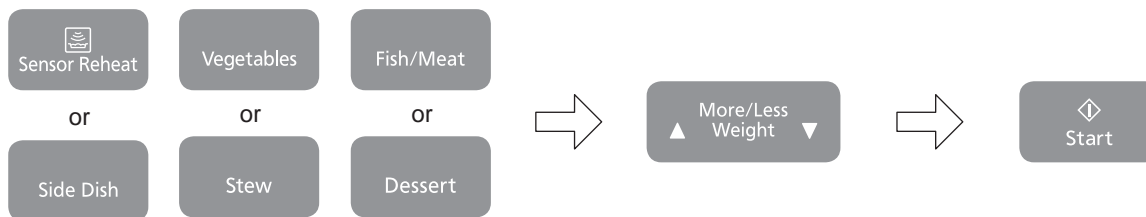
1. **After cooking, press 'Add Time' pad.**
2. **Add cooking time by pressing the Time pads.**
Maximum cooking time:
Microwave: 1000 W up to 30 minutes;
other powers up to 99 minutes and 50 seconds.
3. **Press Start.**
Time will be added.
The time in the display window will count down.



Note

1. This function is only available for Microwave and Timer function and it is not available for Turbo Defrost and Auto Cook.
2. The Add Time function will not operate after 1 minute cooking.
3. The Add Time function can be used after the 3-stage cooking.
4. The power level is the same as the last stage.

Sensor Reheat/Cook Menus



1. Select desired menu number.

Press to select the desired pad until the desired menu number appears in the display window.

2. ▲ / ▼ Pads (Optional*):

Preferences for food doneness vary with each individual. After having using Sensor Cook a few times, you may decide you would prefer your food cooked to a different doneness. By using the ▲ / ▼ pads, the programs can be adjusted to cook food for a larger or shorter time.

Press ▲ Pad for more cooking with indication—"+".

Press ▼ Pad for less cooking with indication—"-".

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

3. Press Start.

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

English

| Food category pad | Menu | Recommended Weight |
|-------------------|---------------------|--------------------|
| | Sensor Reheat | 125 g - 1.0 kg |
| Vegetables | 3 Vegetables | 125 g - 500 g |
| | 4 Root Vegetables | 125 g - 1.0 kg |
| | 5 Frozen Vegetables | 125 g-1.0 kg |
| Fish/Meat | 6 Fish | 125 g- 500 g |
| | 7 Chicken Pieces | 400 g- 1.0 kg |
| | 8 Beef Lamb | 200 g-800 g |
| Side Dish | 9 Pasta | 150 g- 500 g |
| | 10 Rice | 1 cup- 2.5 cup |
| | 11 Potatoes | 250 g -900 g |
| Stew | 12 Stew | 1-6 servs |
| Desserts | 13 Fruit | 150 g-700 g |
| | 14 Jam | 100 g- 500 g |
| | 15 Pudding | 1-4 servs |

For best results on Sensor Cook, follow these recommendations:

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

Sensor Reheat/Cook Menus

Sensor Reheat

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

3. Vegetables

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

4. Root Vegetables

Suitable for cooking root vegetables such as potatoes, sweet potatoes, pumpkin, onions, swede, carrots, turnip and beetroot. All vegetables should be trimmed or prepared and cut into even sized pieces. Add 1 tablespoon to ¼ cup of water to vegetables if dehydrated or a softer cooked texture is desired. Place into an appropriate size dish and cover securely with plastic wrap. If desired, butter, herbs etc. may be added but do not add salt until after cooking. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the completion of cooking, stir larger quantities of vegetables. Let stand, covered, for 2 to 3 minutes

5. Frozen Vegetables

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

6. Fish

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

7. Chicken Pieces

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

8. 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. Select the program then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking. press **Start** Pad to continue. Note: Meat should be thawed completely. Thickness of meat should not be more than 2 cm.

9. 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

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

the pasta from sticking together. Cover with plastic wrap. Select the program then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. At the end of the cooking, let stand 5 to 10 minutes, covered.

10. Rice

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

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

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

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. Select the program then press **Start**. Open the door to **STIR AND REMOVE THE PLASTIC WRAP WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

12. Stew

It is suitable for cooking tougher cuts of meat/poultry stews. Place all ingredients and liquid in a high microwavable and heat proof casserole. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cook covered with a lid. Select the program then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** 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 | ⅓ cup | ¼ cup | ½ cup | ¾ 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**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** 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. Cook covered with a lid or plastic wrap and place container at the center of the glass tray. Select the program then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. Preserve in fridge for a longer storage life. See chart below for quantities.

| Fruit | Castor sugar | Lemon juice |
|-------|--------------|----------------|
| 100 g | 50 g | ½ tablespoon |
| 200 g | 100 g | 1 tablespoon |
| 300 g | 150 g | 1 ½ tablespoon |
| 400 g | 200 g | 2 tablespoon |
| 500 g | 250 g | 2 ½ tablespoon |

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 | ½ cup | 1 cup |
| cocoa powder | ½ tablespoon | 1 tablespoon |
| caster sugar | ⅓ cup | ⅔ cup |
| milk | ¾ cup | 1 ½ cup |
| vanilla essence | ½ teaspoon | 1 teaspoon |
| chocolate | 25 g | 50 g |
| butter | 50 g | 100 g |
| brown sugar | ¾ cup | 1 ½ cup |
| cocoa, extra | 1 tablespoon | 2 tablespoons |
| water | ¼ cup | ½ cup |

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

Auto Cook Setting — To Use Beverage

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

1. Put the beverage into the oven



2. Press Beverage Pad

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

3. Select the Weight of beverage by pressing the ▲ / ▼ Pads

For example: To reheat 2 cups coffee press **Beverage** Pad once, then press "▲" Pad twice.

4. Press Start.

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

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



Note

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

Auto Cook Setting — To Use Melt & Soften



1. **Select desired menu number.**
2. **Select the Weight of food by pressing ▲/▼ pads.** (see chart below)
3. **Press Start.** The cooking time appears in the display window and begins to count down.

Press

Melt & Soften

| Menu No. | Menu Category | Weight | | | | | | Recommended containers or accessories |
|----------|---------------|--------|-------|-------|--------|-------|-------|---------------------------------------|
| | | 50 g | 100 g | 150 g | 200 g | 250 g | 300 g | |
| 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 | - | - | - |



Note

1. When you select an Auto Cook program, the auto and cooking function indicators light and menu number appear in the display.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package information.
4. Most foods benefit from a standing time, after cooking with an Auto Cook Program, to allow heat to continue conducting to the centre.

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**. 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**. 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**. Stir after cooking. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

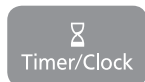
19. Ice Cream

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

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

To Use as a Kitchen Timer

Press once.



Select desired time by pressing the Time pads.
(up to 99 minutes and 50 seconds)



Press Start.

Time will count down without oven operating.



To Set Standing Time

Press once.

Set the desired cooking program.



Select desired time by pressing the Time pads.
(up to 99 minutes and 50 seconds)



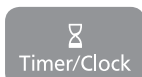
Press Start.

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



To Set Delay Start

Press once.



Select desired delay time by pressing the Time pads.
(up to 99 minutes and 50 seconds)



Set the desired cooking program.



Press Start.

Delayed time will count down. Then cooking will start.

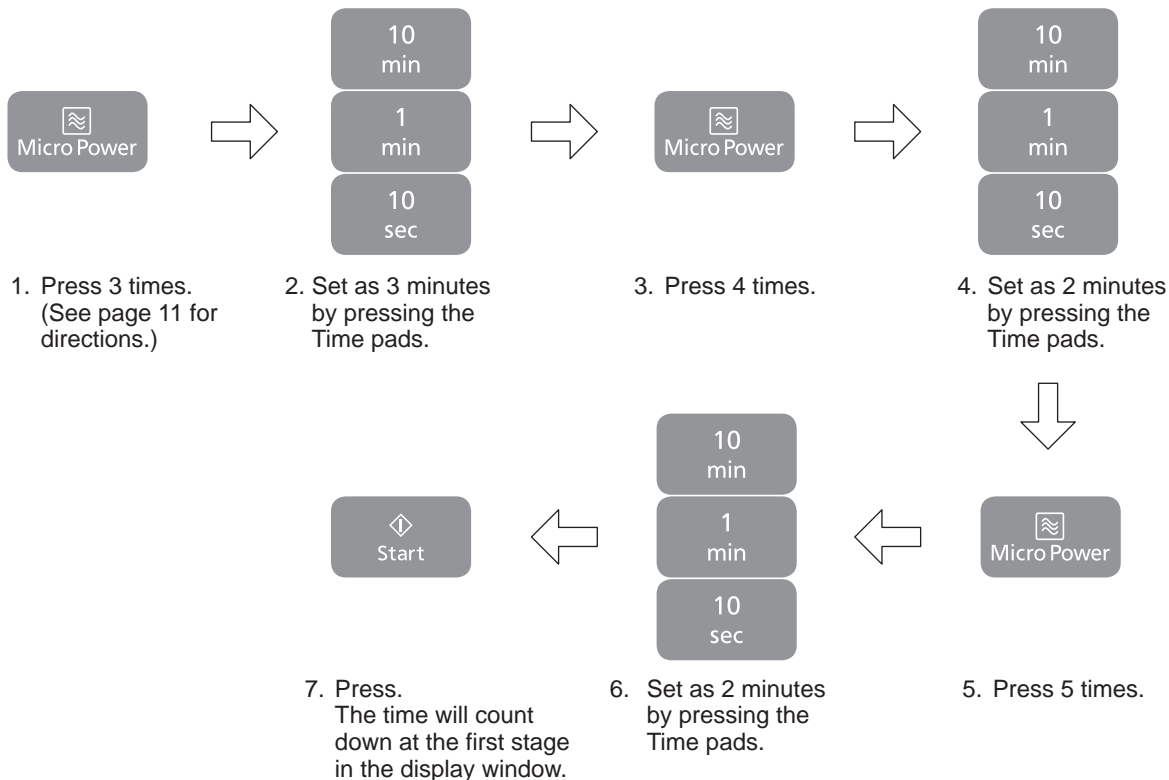


Note

1. If oven door is opened while Standing Time, Delay Start or Kitchen Timer has been set, the time in the display window will continue to count down.
2. Delay Start and Standing Time can not be programmed together with Turbo Defrost and Auto Cook. 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

Example: Continually set [600 W] 3 minutes, [440 W] 2 minutes and [300 W] 2 minutes.



English

Example to use

| | Cook 300 g fish fillets | |
|---------|-------------------------|-------|
| 1-stage | 600 W | 3'00" |
| 2-stage | 440 W | 2'00" |
| 3-stage | 300 W | 2'00" |



Note


1. When operating, two beeps sound will be heard between each stage.
2. This feature is not available for Turbo Defrost and Auto Cook.

Before Requesting Service

ALL THESE THINGS ARE NORMAL:

| | |
|--|---|
| The oven causes interference with my TV. | Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven. |
| Steam accumulates on the oven door and warm air comes from the oven vents. | During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal and safe. Steam will disappear after the oven is cool down. |
| 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. |

English

| PROBLEM | POSSIBLE CAUSE | REMEDY |
|--|---|---|
| Oven will not turn on. | The oven is not plugged firmly. | Remove plug from outlet, wait 10 seconds and re-insert. |
| | Circuit breaker or fuse is tripped or blown. | Contact the specified service center. |
| | There is a problem with the outlet. | Plug another appliance into the outlet to check if the outlet is working. |
| Oven will not start cooking. | The door is not closed completely. | Close the oven door securely. |
| | Start Pad was not pressed after programming. | Press Start Pad. |
| | Another program has already been entered into the oven. | Press Stop/Reset Pad to cancel the previous program and program again. |
| | The program has not been entered correctly. | Program again according to the Operating Instructions. |
| | Stop/Reset Pad has been pressed accidentally. | Program oven again. |
| When the oven is turning on, there is noise coming from Glass Tray. | The roller ring and oven bottom are dirty. | Clean these parts according to care of your oven (See next page). |
| The “  ” appears in the display window. | The Child Safety Lock was activated by pressing Start Pad 3 times. | Deactivate Lock by pressing Stop/Reset Pad 3 times. |
| “H00”, “H97” or “H98” appears in the display window. | The display indicates a problem with microwave generation system. | Contact the specified service centre. |

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

Care of your Microwave Oven

English

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/Reset** Pad to clear display window.
5. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.
6. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
7. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent, water or window cleaner and dry. The roller ring may be washed in mild sudsy water or dish washer. Cooking vapors collect during repeated use but in no way affect the bottom surface or roller ring wheels. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
8. 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.

Technical Specifications

| | | | |
|-------------------------------------|------------|--------------------------|---------------------|
| Model name: | | NN-ST67JSSTM | NN-ST65JBKPQ |
| Power Supply: | | 220 V 50-60 Hz | 230-240 V 50 Hz |
| Power Consumption: | Microwave | 4.6 A 1000 W | 4.2 A 950 W |
| Cooking Power: | Microwave* | 1000 W | |
| Outside Dimensions (W x H x D): | | 525 mm x 310 mm x 388 mm | |
| Oven Cavity Dimensions (W x H x D): | | 355 mm x 251 mm x 365 mm | |
| Overall Cavity Volume: | | 32 L | |
| Glass Tray Diameter: | | Ø340 mm | |
| Operating Frequency: | | 2450 MHz | |
| Uncrated Weight: | | Approx. 11.5 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.