

CONVECTION MICROWAVE OVEN COOKING GUIDE NN-CF770M



AUTO MENU - AUTO COOK MENU					
Program	Fresh Vegetables	Frozen Vegetables	Root Vegetables	Rice	Pasta
Weight Range	100g-400g	200g-500g	250g-900g	100g-400g	150g-500g
Menu	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Recommended Oven Accessory	Shallow microwave safe dish, place on the base of the oven.	Microwave safe dish, place on the base of the oven.	Microwave safe dish, place on the base of the oven.	Large microwave safe dish, place on the glass tray on the base of the oven.	Large microwave safe dish, place on the glass tray on the base of the oven.
Program	Fish	Congee/Porridge	Fresh Pizza	Frozen Pizza	Baked Potato
Weight Range	100g-400g	50g-200g	200g-600g	200g-550g	300g-900g
Menu	Menu 6	Menu 7	Menu 8	Menu 9	Menu 10
Recommended Oven Accessory	Shallow microwave safe dish, place on the base of the oven.	Large microwave safe dish and lid, place on the glass tray on the base of the oven.	Oven tray on lower shelf position.	Oven tray on lower shelf position.	Low wire rack on glass tray on the base of the oven.
Program	Beef/Lamb	Pork	Whole Chicken	Chicken Pieces	Meat Skewers
Weight Range	600g-1200g	600g-1200g	1200g-1500g	400g-1000g	400g-1000g
Menu	Menu 11	Menu 12	Menu 13	Menu 14	Menu 15
Recommended Oven Accessory	Low wire rack on glass tray on the base of the oven.	Low wire rack on glass tray on the base of the oven.	Glass tray on the base of the oven.	Low wire rack on glass tray on the base of the oven.	High wire rack on glass tray on the base of the oven.

REHEAT AND DEFROST - AUTO REHEAT	
Auto Reheat Button	Press once.
Time/Weight Dial	Set weight by using dial (250g-850g)
	Press Start.

COOKING MODES - GRILL	
Press GRILL button to select desired level	Type of Food
1x	Meat, Poultry pieces
2x	Seafood
3x	Garlic Bread, Toast
Time/Weight Dial	Set cooking time by using dial (max 1 hour 30 mins)
	Press Start.

CONVECTION - WITHOUT PREHEAT	
Press CONVECTION button to select desired temperature	40°C and 100°C - 250°C (in increments of 10°C)
Time/Weight Dial	Set cooking time by using dial (max 9 hours)
	Press Start.

REHEAT AND DEFROST - TURBO DEFROST	
Inverter Turbo Defrost Button	Press once.
Time/Weight Dial	Set defrost weight by using dial (100g-3.0kg)
	Press Start.

COOKING MODES - COMBINATION (MICROWAVE & GRILL)	
Press COMBINATION button to select desired level	Type of Food
1x	Whole Poultry
2x	Beef, lamb
3x	Seafood, puddings
Tim/Weight Dial	Set cooking time by using dial (max 9 hours)
	Press Start.

CONVECTION - WITH PREHEAT	
Press CONVECTION button to select desired temperature	100°C - 250°C (in increments of 10°C)
	Press Start to preheat
	When preheat is over, oven will beep 3 times and "P" will flash
Time/Weight Dial	Set cooking time by using dial (max 9 hours)
	Press Start.