



**Operating Instructions** (Original instructions)

**使用說明書** (出廠說明翻譯)

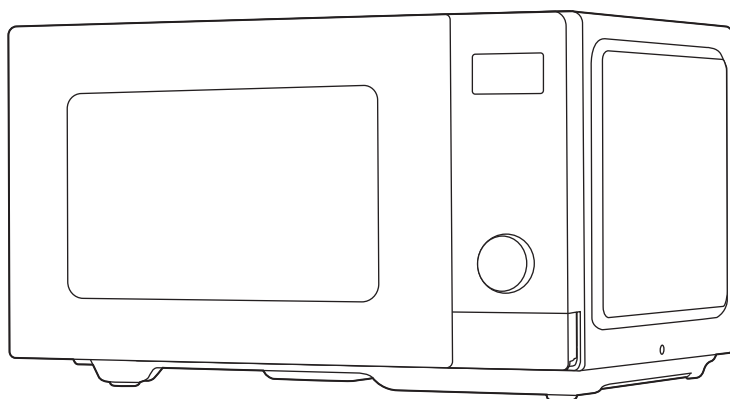
**Microwave Oven / Grill**

**微波 / 烤爐**

**Household Use Only**

**家用**

**Model No.:** **NN-GD35QB**  
**型號:**



**IMPORTANT SAFETY INSTRUCTIONS**  
**READ CAREFULLY AND KEEP FOR FUTURE REFERENCE**

**重要安全措施**  
**仔細閱讀並妥善保存**

English

中文



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**Thank you for purchasing a Panasonic appliance.**

**Important Safety Instructions:**

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

# Quick Guide

English

Feature	How to Operate	
<b>To Set Clock</b> <small>(📖 page 12)</small>	<div> <div>  <p>Timer/Clock 計時/時鐘</p> </div> <div>→</div> <div>  <p>Quick Start / Add Time 快速開始 / 追加烹調</p> </div> <div>→</div> <div>  <p>Start/Set 開始/決定</p> </div> <div>→</div> </div> <p>Press twice</p> <p>Set hours</p> <p>Press once</p> <div> <div>  <p>Quick Start / Add Time 快速開始 / 追加烹調</p> </div> <div>→</div> <div>  <p>Start/Set 開始/決定</p> </div> </div> <p>Set minutes</p> <p>Press once</p>	
<b>To Set/Cancel Child Safety Lock</b> <small>(📖 page 12)</small>	<div> <div> <p><b>To set:</b></p>  <p>Start/Set 開始/決定</p> </div> <p>Press 3 times</p> </div> <div> <p><b>To cancel:</b></p>  <p>Stop/Cancel 停止/取消</p> <p>Press 3 times</p> </div>	
<b>To Cook/Reheat/Defrost on Micro Power by Time Setting</b> <small>(📖 page 13)</small>	<div> <div>  <p>Micro Power 微波火力</p> </div> <div>→</div> <div>  <p>Quick Start / Add Time 快速開始 / 追加烹調</p> </div> <div>→</div> <div>  <p>Start/Set 開始/決定</p> </div> <div>→</div> </div> <p>Press once</p> <p>Select power level</p> <p>Press once</p> <div> <div>  <p>Quick Start / Add Time 快速開始 / 追加烹調</p> </div> <div>→</div> <div>  <p>Start/Set 開始/決定</p> </div> </div> <p>Set cooking time</p> <p>Press once</p>	
<b>To Use the QUICK START Function</b> <small>(📖 page 13)</small>	<div> <div>  <p>Quick Start / Add Time 快速開始 / 追加烹調</p> </div> <div>→</div> <div>  <p>Start/Set 開始/決定</p> </div> </div> <p>Set cooking time</p> <p>Press once</p>	
<b>To Use "Auto Defrost" Pad</b> <small>(📖 page 14)</small>	<div> <div>  <p>Auto Defrost 自動解凍</p> </div> <div>→</div> <div>  <p>Quick Start / Add Time 快速開始 / 追加烹調</p> </div> <div>→</div> <div>  <p>Start/Set 開始/決定</p> </div> </div> <p>Press once</p> <p>Select desired weight</p> <p>Press once</p>	
<b>To Cook using "Grill" Pad</b> <small>(📖 page 15)</small>	<div> <div>  <p>Grill 薄塊燒烤</p> </div> <div>→</div> <div>  <p>Quick Start / Add Time 快速開始 / 追加烹調</p> </div> <div>→</div> <div>  <p>Start/Set 開始/決定</p> </div> <div>→</div> </div> <p>Press once</p> <p>Select power level</p> <p>Press once</p> <div> <div>  <p>Quick Start / Add Time 快速開始 / 追加烹調</p> </div> <div>→</div> <div>  <p>Start/Set 開始/決定</p> </div> </div> <p>Set cooking time</p> <p>Press once</p>	

<p><b>To Cook using "Combination" Pad</b> (☞ page 16)</p>	<div> <div>Combination 組合烹調</div> <div>Press once</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>Set cooking time</div> </div> <div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>Select power level</div> <div>Press once</div> </div> <div> <div>Start/Set 開始/決定</div> <div>Press once</div> </div>
<p><b>To Use the ADD TIME Function</b> (☞ page 17)</p>	<div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>After cooking, turn dial to select ADD TIME Function</div> </div> <div> <div>Start/Set 開始/決定</div> <div>Press once</div> </div>
<p><b>To Use "Auto Menu" Pad</b> (☞ page 18)</p>	<div> <div>Auto Menu 自動食譜</div> <div>Press once</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>Select desired menu number</div> <div>Press once</div> </div> <div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>Select desired weight</div> <div>Press once</div> </div> <div> <div>Start/Set 開始/決定</div> <div>Press once</div> </div>
<p><b>To Use as a Kitchen Timer</b> (☞ page 21)</p>	<div> <div>Timer/Clock 計時/時鐘</div> <div>Press once</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>Set the kitchen time</div> <div>Press once</div> </div> <div> <div>Start/Set 開始/決定</div> <div>Press once</div> </div>
<p><b>To Set Standing Time</b> (☞ page 21)</p>	<div> <div>Set the desired cooking programme</div> <div>Press once</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>Set the standing time</div> </div> <div> <div>Start/Set 開始/決定</div> <div>Press once</div> </div>
<p><b>To Set Delay Start</b> (☞ page 21)</p>	<div> <div>Timer/Clock 計時/時鐘</div> <div>Press once</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>Set the delay time</div> <div>Set the desired cooking programme</div> </div> <div> <div>Start/Set 開始/決定</div> <div>Press once</div> </div>

## READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

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

#### Inspection for Damage:

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

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have light 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. When the oven is not being used, do not store any objects other than oven accessories inside the oven in case it is accidentally turned on.
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.

### Fan Motor Operation after Cooking

After using this oven the fan may rotate to cool the electric components. This is perfectly normal, and you can take out the food from the oven while the fan operates.

## Important Instructions

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

1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars and sealed baby bottles with teat) may explode and should not be heated in microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. Do not store or use this appliance outdoors.
7. Do not immerse cord or plug in water.
8. Keep cord away from heated surfaces.
9. Do not let cord hang over edge of table or counter.
10. To reduce the risk of fire in the oven cavity:
  - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - (b) Heating therapeutic wheat bags is not recommended. If heating, do not leave unattended and follow manufacturers' instructions carefully.
  - (c) Remove wire twist-ties from bags before placing bag in oven.
  - (d) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.
  - (e) Never leave microwave unattended while cooking or reheating.
11. Do not remove outer panel from oven.
12. Appliances are not intended to be operated by means of an external timer or separate remote-control system.
13. The oven should be cleaned regularly and any food deposits removed.
14. 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.

15. A steam cleaner is not to be used for cleaning.
16. The oven lamp must be replaced by a service technician trained by the manufacturer. Do not attempt to remove the outer casing from the oven.

## 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.

## Practical Hints:

1. For initial use of GRILL and COMBINATION, if you see white smoke arise, it is not malfunction.
2. The oven has two grill heaters situated in the top of the oven. After using the GRILL and COMBINATION functions, the ceiling will be very hot.
3. Accessible parts may become hot during use. Young children should be kept away.

4. Before using GRILL and COMBINATION functions for the first time operate the oven without food and glass tray on **Grill 3** for 5 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated empty.

**Caution: All inside surfaces of the oven will be hot.**

5. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during COMBINATION and GRILLING. Take care and use oven gloves when opening or closing the door and when inserting or removing food and accessories.



**Caution! Hot surfaces**

## 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) When the appliance is operated in the GRILL or COMBINATION modes, children should only use the oven under adult supervision due to the temperatures generated.

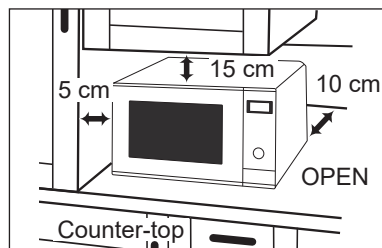
## General Use

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 door closed order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
4. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike control panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. DO NOT use this oven to heat chemicals or other non-food products. DO NOT clean this oven with any product that is labeled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause microwave radiation leaks.
11. If glass tray is hot, allow to cool before cleaning or placing in water.
12. When using the COMBINATION mode, never place any aluminium or metallic container directly on the wire rack. Always insert a heat-proof, glass plate or dish between the wire rack and the aluminium container. This will prevent sparking that may damage the oven.
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. It is recommended not to use the wire rack when cooking in the MICROWAVE mode only.
16. 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, more than 85 cm above the floor. 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 appliance is intended to be used in household and similar applications such as:
    - staff kitchen areas in shops, offices and other working environments;
    - farm houses;
    - by clients in hotels, motels and other residential environments;
    - bed and breakfast type environments.
  3. When this oven is installed, it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.
  4. This oven was manufactured for household use only.

## Accessories

The oven comes equipped with a variety of accessories. Always follow the directions given for use of the accessories.

### Roller ring

1. Do not remove the roller ring from the cavity floor.
2. The roller ring and the oven floor should be cleaned frequently to prevent noise and build-up of remaining food.
3. The roller ring must always be used for cooking together with the glass tray.
4. If you accidentally remove the roller ring, place the roller ring gently into the hole in the centre of the oven and locate it on the spindle beneath. Flat processing is applied on the spindle to firmly hold the roller ring during operation.



## Wire rack

1. The wire rack is used to facilitate browning of small dishes and help with the good circulation of the heat.
2. The metal wire rack must **ONLY** be used as directed for GRILLING and COMBINATION cooking. Never use this on MICROWAVE only. Do not use if operating the oven with less than 200 g (7 oz.) of food on a manual COMBINATION programme. **FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.**
3. When using the COMBINATION mode, never place any aluminium or metallic container directly on wire rack. Always insert a heat-proof, glass plate or dish between wire rack and the aluminium container. This will prevent sparking that may damage the oven.

## Glass tray

1. Always operate the oven with the roller ring and glass tray in place. They are the only accessories used for MICROWAVE cooking.
2. Only use the glass tray specifically designed for this oven. Do not substitute with any other glass tray.
3. If the glass tray is hot, let it cool before cleaning or placing in water.
4. The glass tray can turn in either direction.
5. If the food or cooking vessel on the glass tray touches the oven walls and stops the tray rotating, the tray will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
6. Do not cook foods directly on the glass tray. Always place food in a microwave safe dish.
7. While cooking by MICROWAVE or COMBINATION the glass tray may vibrate. This will not affect cooking performance.

## 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.

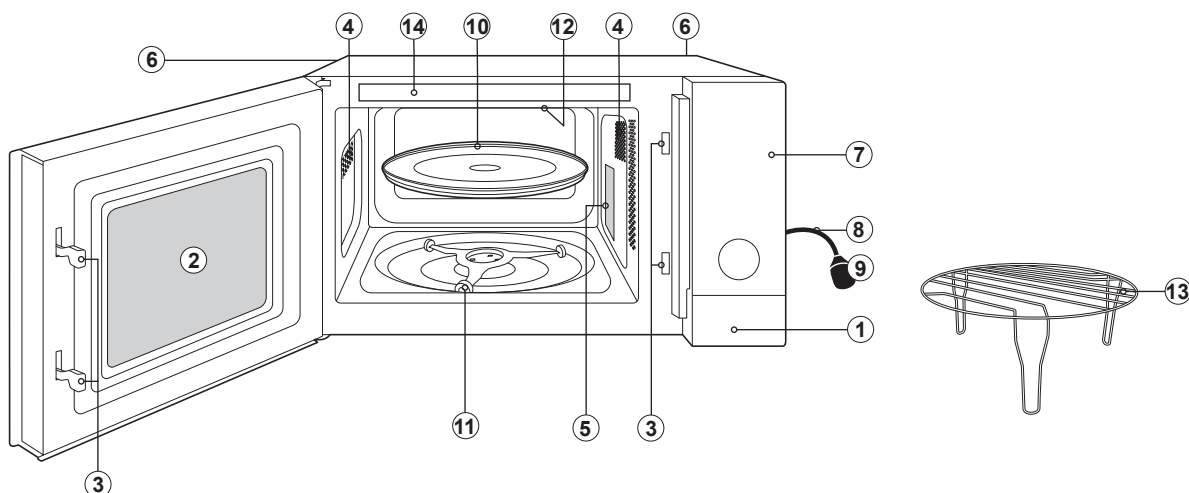
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken.
  - (a) Avoid using 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 Operating Instructions 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.

### Important

If the recommended cooking time is exceeded, the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

# Feature Diagram

English



**① Door Release Button**

Push to open the door. Opening the door during cooking will stop the cooking process without cancelling the programme. Cook 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 programme and there is no risk of microwave exposure.

**② Oven Window**

**③ Door Safety Lock System**

**④ Oven Air Vent**

**⑤ Microwave Feed Guide** (do not remove)

**⑥ External Oven Air Vents**

**⑦ Control Panel**

**⑧ Power Supply Cord**

**⑨ Plug**

**⑩ Glass Tray**

**⑪ Roller Ring**

**⑫ Grill Elements**

**⑬ Wire rack**

**⑭ Menu Label**

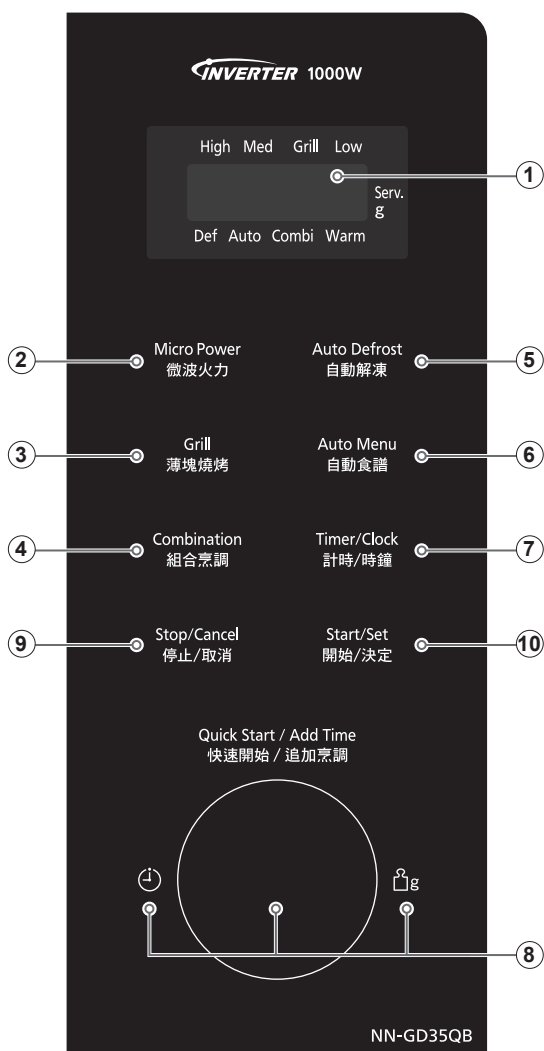
Identification and warning labels are attached on the oven.

## ■ Notes

1. The above illustration is for reference only.
2. The glass tray and wire rack are the only accessories 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 13)
3. Grill pad (page 15)
4. Combination pad (page 16)
5. Auto Defrost pad (page 14)
6. Auto Menu pad (page 18)
7. Timer/Clock pad (page 12, 21)
8. Dial  
Enter time or weight of food by turning the dial. Use the dial for the QUICK START and ADD TIME function. (page 13, 17)
9. Stop/Cancel 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 dot or time of day appears in the display window.
10. Start/Set Pad  
After cooking programme setting, one tap allows oven to begin functioning. If door is opened or **Stop/Cancel** Pad is pressed once during oven operation, **Start/Set** Pad must be pressed again to restart oven.  
Press to confirm setting after you select the MICROWAVE level, GRILL level, COMBINATION level, or AUTO DEFROST weight or AUTO MENU number.

## Notes

1. If an operation is set and **Start/Set** Pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or dot mode.
2. Place the oven with the display window no higher than eye level for optimal viewing experience.

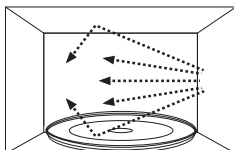
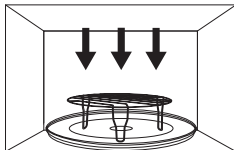
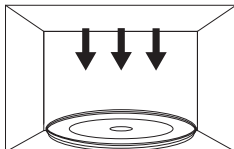
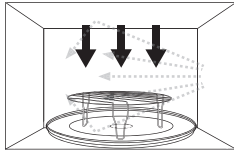
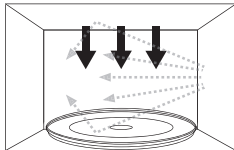
## Beep Sound

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 programme, the oven will beep 5 times.

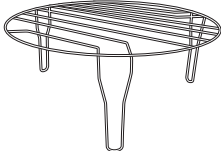
# Cooking Modes

The diagrams shown below are examples of the accessories. It may vary depending on the recipe/dish used.

English

Cooking modes	Uses	Accessories to use	Containers
<b>MICROWAVE</b> 	<ul style="list-style-type: none"> <li>Defrosting.</li> <li>Reheating.</li> <li>Melting: butter, chocolate, cheese.</li> <li>Cooking fish, vegetables, fruits, eggs.</li> <li>Preparing: stewed fruits, jam, sauces, custards, pastry, caramel, meat, fish.</li> <li>Baking cakes without browning.</li> </ul>	—	<p>Microwaveable (e.g. Pyrex® dishes, plates or bowls) directly on the glass tray.</p> <p>No metal.</p>
<b>GRILL</b>  <p>or</p> 	<ul style="list-style-type: none"> <li>Grilling thin pieces of meat or fish.</li> <li>Grilling toast</li> </ul>	Wire rack	—
<b>COMBINATION</b>  <p>or</p> 	<ul style="list-style-type: none"> <li>Roasting meat steaks and chicken pieces.</li> </ul>	Wire rack	No metal.
	<ul style="list-style-type: none"> <li>Cooking lasagne, meat, potato, or vegetable gratins.</li> <li>Baking cakes and puddings with browning.</li> </ul>	—	<p>Microwaveable and heatproof, directly on the glass tray.</p> <p>No metal.</p>

# Cookware and Utensil Chart

	MICROWAVE	GRILL	COMBINATION
<b>Wire rack</b> (oven accessories) 	no	yes	yes
<b>Aluminium foil</b>	no	yes	no
<b>Ceramic plate</b>	yes	yes	yes
<b>Browning dish</b>	yes	no	no
<b>Brown paper bags</b>	no	no	no
<b>Dinnerware</b> oven/microwave safe	yes	yes	yes
non-oven/microwave safe	no	no	no
<b>Disposable</b> paperboard containers	yes*	yes*	yes*
<b>Glassware</b> oven glassware & ceramic	yes	yes	yes
non-heat resistant	no	no	no
<b>Metallic cookware</b>	no	yes	no
<b>Metallic twist-ties</b>	no	yes	no
<b>Oven cooking bag</b>	yes	yes*	yes
<b>Paper towels and napkins</b>	yes	no	no
<b>Plastic defrosting rack</b>	yes	no	no
<b>Plastic dishes</b> microwave safe	yes	no	no
non microwave safe	no	no	no
<b>Microwave safe plastic wrap</b>	yes	no	no
<b>Straw, wicker, wood</b>	yes	no	no
<b>Thermometers</b> microwave safe	yes	no	no
conventional	no	yes	no
<b>Waxed paper</b>	yes	yes	yes
<b>Silicon bakeware</b>	yes*	yes*	yes*

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

# Clock Setting

When the oven is first plugged in "88•88" appears in the display window.

English

Timer/Clock  
計時/時鐘



Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定



**Press Timer/Clock twice.**  
Hours starts to blink.

**Turn the dial to set hours.**

**Press Start/Set.**  
Minutes start to blink.

Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定

**Turn the dial to set minutes.**

**Press Start/Set.**  
Time of day is now locked into the display.

## ■ Notes

1. To reset the clock, repeat the whole step above.
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.

# 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 dot or time of day is displayed.**

**To set:**

Start/Set  
開始/決定

**Press Start/Set three times.**  
Dot or time of day will disappear. Actual time will not be lost.  
"Child" appears in the display window.

**To cancel:**

Stop/Cancel  
停止/取消

**Press Stop/Cancel three times.**  
Dot 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.

# Micro Power Setting

The glass tray must always be in position when using the oven.



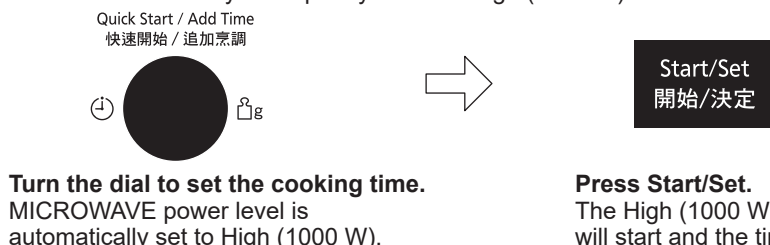
Power Level	Maximum Time	Example Of Use
High (1000 W)	30 minutes	Boil water. Cook fresh fruits, vegetables, rice, pasta, noodles preserved fruit and candies. Heat milk.
Med-High (800 W)	95 minutes	Cook fish and seafood, meat, poultry, and eggs.
Medium (600 W)		Cook cakes, stew food.
Med-Low (440 W)		Cook tough meat, stew soup.
Low (300 W)		Simmer, stew. Melt butter and chocolate. Soften butter.
Defrost (160 W)		Defrost meat, poultry or seafood.
Warm (100 W)		Keep food warm and soften ice cream.

## Notes

- After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use ADD TIME function, refer to page 17. To cancel ADD TIME function, press any pad when "Add" is displayed.
- For MULTI-STAGE COOKING refer to page 22.
- You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 10 seconds increments, up to 10 minutes.
- Do not use metallic containers on MICROWAVE mode.
- Stand time can be programmed after micro power and time setting. Refer to using the timer page 21.
- When the microwave oven is operated at High (1000 W) MICROWAVE power for long time, the microwave oven automatically adjust the power to protect the components of the microwave oven.

# Quick Start Function

This function allows you to quickly start the High (1000 W) MICROWAVE programme.



## Notes

- Maximum cooking time for the QUICK START function is 30 minutes.
- You can use the QUICK START function to set the first stage of MULTI-STAGE COOKING. Set the second or third stage after turning the dial. See page 22 for the MULTI-STAGE COOKING.

# Auto 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 2.0 kg.

English

Food	Maximum Weight
Minced meat, Chicken Pieces, Chops	2 kg
Beef roast, lamb, whole chickens	2 kg
Whole fish, scallops, prawns, fish fillets	1 kg

Auto Defrost  
自動解凍



Start/Set  
開始/決定

**Press Auto Defrost.**

**Select the Weight of food by turning the dial.**

**Press Start/Set.**

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

- You can also press Auto Defrost repeatedly to select the weight of food.

## Tips for AUTO DEFROST

When thawing meat with bones, subtract the weight of the bones from the total weight.

For 2 kg of meat with bones, subtract 0.5 kg. For meat with bones weighing less than 2 kg, subtract 0.25 kg.

## Two buzz beeps

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

## 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.

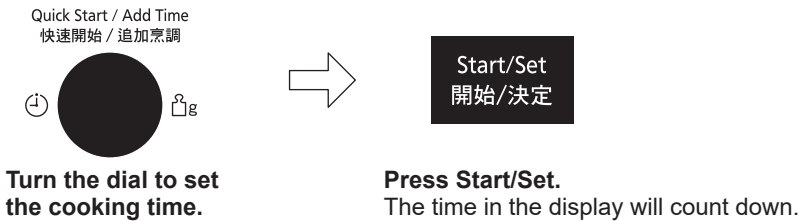


Remove the package of the fish fillet and place it on the plate.



# Grill Setting

There are three power levels for GRILL. When grilling, heat is radiated from the two heater. The GRILL is especially suitable for thin slices of meat and seafood as well as bread and meals.



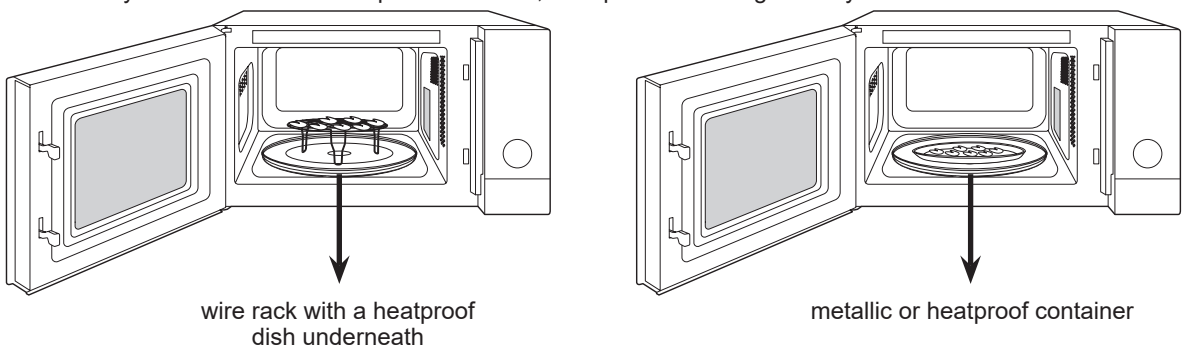
Power Level		Maximum Time	Example of Use
Grill 3 (High)	1000 W	95 minutes	Meat, poultry (pieces), toast
Grill 2 (Medium)	850 W		Seafood, garlic bread
Grill 1 (Low)	700 W		Slice meat, Thin seafood, Reheat bread

## Guidelines

- After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use ADD TIME function, refer to page 17. To cancel ADD TIME function, press any pad when "Add" is displayed.
- Use the wire rack provided.
- Do not attempt to preheat the GRILL.
- The GRILL will only operate with the oven door closed. It is not possible to use the GRILL function with the door open.
- There is no MICROWAVE power used in GRILL cooking.
- Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove wire rack using oven gloves.
- After turning, return food to the oven and close door, and then press Start/Set. The oven display will continue to count down the remaining GRILLING time.
- The grill elements will glow on and off during cooking - this is normal.
- DO NOT touch heating device on top of inside cavity while cavity is hot. Heating device may be still hot.
- After GRILL use, the product may not operate for some time to prevent overheating.
- You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 10 seconds increments, up to 10 minutes.

## Accessories to use

When GRILLING, you can place foods directly on wire rack with a heatproof dish underneath. Or you can place food directly onto a metallic or heatproof container, then placed on the glass tray.



# Combination Setting

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

English



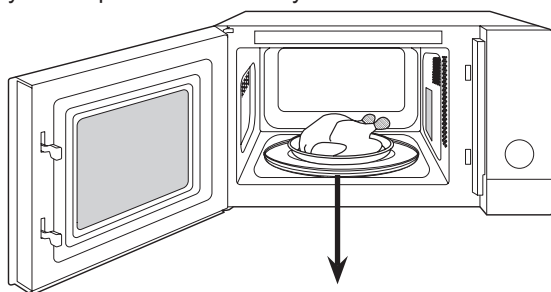
Level	MICROWAVE	GRILL	Maximum Time	Example of Use
Combination 3	Med-Low (440 W)	High (1000 W)	95 minutes	Baked potatoes, Whole poultry
Combination 2	Low (300 W)	High (1000 W)		Beef, Lamb
Combination 1	Low (300 W)	Medium (850 W)		Sea food, Puddings

## Guidelines

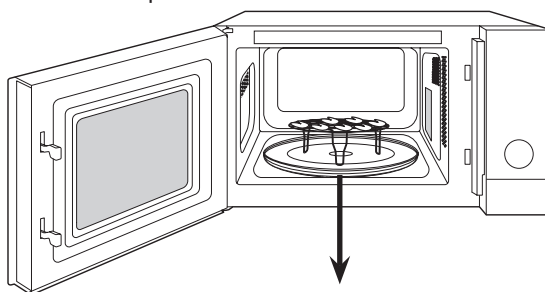
- After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use ADD TIME function, refer to page 17. To cancel ADD TIME function, press any pad when "Add" is displayed.
- The wire rack is designed to be used for COMBINATION and GRILLING. Never use any other metal accessory except the one provided with the oven. Place a microwaveable and heatproof dish underneath to catch any fat or drips.
- Use the wire rack only as described.
- DO NOT use COMBINATION if operating the oven with less than 200 g of food. For small quantities, do not cook by COMBINATION, but cook by GRILL or MICROWAVE ONLY for best results.
- Never cover foods when cooking on COMBINATION.
- DO NOT preheat the oven on COMBINATION.
- Arcing may occur accidentally if the incorrect weight of food is used, the wire rack has been damaged, or a metallic container has been used. Arcing is flashes of blue light seen in the microwave oven. If this occurs, stop the oven immediately.
- Some foods should be cooked on COMBINATION without using the wire rack i.e. roasts, gratins, pies and puddings. The food should be placed in a heatproof non-metallic dish and placed directly onto the glass tray.
- DO NOT use plastic microwave containers on COMBINATION programmes (unless suitable for COMBINATION cooking). Dishes must be able to withstand the heat of the top grill - heatproof glass or ceramic is ideal.
- DO NOT use your own metallic dishes or tins, as the microwaves will not penetrate the food evenly.
- You can change the cooking time during cooking if required. Turn dial to increase or decrease the cooking time. Time can be increased/decreased in 10 seconds increments, up to 10 minutes.

## Accessories to use

When cooking, you can place foods directly on the base of the oven in a microwaveable and heatproof dish. Or you can place foods directly on wire rack with a microwaveable and heatproof dish underneath.



microwaveable and  
heatproof dish



wire rack with a microwaveable  
and heatproof dish underneath

English

## Using the Add Time Function

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

Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定

**After cooking, turn the dial to select ADD TIME function.**

Maximum cooking time:  
MICROWAVE: High (1000 W) up to 30 minutes; other powers up to 95 minutes;  
GRILL, COMBINATION: 95 minutes.

**Press Start/Set.**

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

## Notes

1. This function is only available for MICROWAVE, GRILL and COMBINATION function and it is not available for AUTO DEFROST and AUTO MENUS.
2. After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use ADD TIME function again.
3. ADD TIME function will be cancelled, if you do not perform any operation for 1 minute after cooking, or if you press any pad when "Add" is displayed.
4. The ADD TIME function can be used after the MULTI-STAGE COOKING.  
The power level is the same as the last stage. This function will not operate if the last stage was standing time.

# Auto Menu Setting

Auto Menu  
自動食譜



Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定



**Press Auto Menu.**  
AUTO MENU number  
appears in the display.

**Select the desired AUTO MENU Programme  
by turning the dial.**  
(You can also press Auto Menu repeatedly to  
select the AUTO MENU Programme.)

**Press Start/Set to  
confirm the setting.**

Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定

**Select the Weight of food  
by turning the Dial.**  
(see chart below)

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

Menu No.	Menu Category	Weight				Recommended containers or accessory
1	Reheat Meal	200 g	400 g	600 g	800 g	casserole with lid
2	Reheat Pizza	200 g	300 g	400 g	-	wire rack
3	Reheat Soup	1 cup	2 cups	3 cups	4 cups	microwave safe cup
4	Reheat Frozen Food/ Dim Sum	50 g	100 g	150 g	200 g	microwave safe dish with lid or plastic wrap
5	Congee/Porridge	50 g	100 g	150 g	-	casserole with lid
6	Instant Noodles	1 serv.	2 servs.	-	-	casserole with lid
7	Vegetables	100 g	200 g	300 g	400 g	casserole with lid
8	Double Boil	4-6 servs.	1-3 servs.	-	-	casserole with lid
9	Casserole Rice	100 g	200 g	300 g	-	casserole with lid
10	Steam Fish	100 g	200 g	300 g	400 g	microwave safe dish with plastic wrap
11	Steam Chicken	200 g	400 g	600 g	800 g	
12	Roast (Whole) Chicken	600 g	900 g	1200 g	-	microwave safe dish
13	Roast Beef/Lamb	200 g	400 g	600 g	-	wire rack with dish underneath
14	BBQ Meat Pieces	200 g	400 g	600 g	-	wire rack with dish underneath
15	Reheat Fried Food	50 g	150 g	350 g	-	wire rack with dish underneath
16	Aqua Clean	-				-

## ■ Notes

1. When you select an AUTO MENU programme, the AUTO MENU 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 MENU Programme, to allow heat to continue conducting to the centre.

## 1. Reheat Meal

Pre-cooked foods are reheated automatically by setting the food's weight. You need not select power level or reheating time. The foods should be at refrigerator temperature (5-7 °C). Use suitable size microwave safe casserole, add 3-5 tbsp of water if desired, and cover with lid. Stir when beep sounds.

## 2. Reheat Pizza



It is suitable for reheating pizza at refrigerator temperature (5-7 °C). Put the pizza on wire rack on the glass tray. Cook without cover.

## 3. Reheat Soup

It is suitable for reheating soup at refrigerator temperature (5-7 °C). Use microwave safe cup. Cook without cover. Stir before serving.

**Note:** 1 cup = 180 ml

## 4. Reheat Frozen Food/Dim Sum

It is suitable for reheating frozen foods/Dim Sum, like Steamed bun, shumai, etc. Put frozen foods on a suitable microwave safe dish, sprinkle with some water. Cover with lid or plastic wrap.

## 5. Congee/Porridge

It is suitable for cooking congee/porridge. Place the rice/ porridge in a suitable size microwave safe casserole. Add recommended water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover with lid. Stir when first beep sounds, and partially cover with lid, then go on cooking, stir when another beep sounds. Stand 5-10 minutes covered after cooking.

Rice/Porridge	Recommended Water	Recommended casserole volume
50 g	250 ml	1.5 L
100 g	650 ml	2 L
150 g	850 ml	3 L

## 6. Instant Noodles

It is suitable for cooking instant noodles. Place the instant noodles and seasonings in a suitable size microwave safe casserole. Add recommended hot tap water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover with lid. Stir when beep sounds. Stand 1-2 minutes after cooking.

Serving	Recommended hot tap water
1 Serv.	450 ml
2 Servs.	800 ml

## 7. Vegetables

It is 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. Cut all vegetables into the same size pieces. Place vegetables in a suitable size microwave safe casserole. Add water if you prefer a softer cooked texture. Butter, herbs etc. may be added before heating, but do not add salt until serving. Cover with lid. Stir when beep sounds.

Vegetables	Recommended Water or Stock
100 g	3 tsp. water or stock
200 g	4 tsp. water or stock
300 g	5 tsp. water or stock
400 g	7 tsp. water or stock

## 8. Double Boil

It is suitable for cooking traditional soups; herbal soup, birdnest soup, etc., that requires slow simmer or "double boil". This method ensures food remains tender without losing its shape. It also extracts and retains the aromatic flavour of the food. Place all ingredients in a microwave safe casserole. Add recommended ingredients listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover with lid. Stir when first beep sounds, and partially cover with lid, then go on cooking, stir when another beep sounds.

Serving	Meat	Vegetables	Recommended Water
4-6 servs.	400 g	300 g	800 ml
1-3 servs.	200 g	150 g	600 ml

## 9. Casserole Rice

It is suitable for cooking white rice including short, long grain, jasmine and basmati. Place rice in a suitable size microwave safe casserole. Add recommended water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Partially cover with lid. Stand 5 minutes covered after cooking.

Rice	Recommended Water	Recommended casserole volume
100 g	180 ml	1.5 L
200 g	300 ml	2 L
300 g	450 ml	3 L

Rice will boil over if the casserole is too small. This setting is not suitable for cooking brown rice.

## 10. Steam Fish

It is suitable for cooking whole fish and fish fillets. Put the prepared fish in a microwave safe dish. Add recommended sauce and water listed below. Cover dish with plastic wrap.

Fish	Recommended Water or Stock
100 g	2 tsp. water or stock
200 g	3 tsp. water or stock
300 g	4 tsp. water or stock
400 g	5 tsp. water or stock

(It may be necessary to adjust the amount of water or sauce to your personal preference.)

Allow large amounts of fish to stand for 3 to 5 minutes after cooking before serving.

**Note:** Thickness of fish should not be more than 3 cm.

## 11. Steam Chicken

It is suitable for cooking chicken pieces, such as wings, drumsticks, thighs, half breasts etc. Chicken pieces should be thawed completely before cooking. Pierce the chicken pieces and marinate with gravy or vegetables if needed. Put the prepared chicken pieces onto a microwave safe dish. Add oil if you prefer a softer cooked texture. Cover dish with plastic wrap. Turn over when beep sounds.

Chicken Pieces	Recommended Oil
200 g	3 tsp. oil
400 g	4 tsp. oil
600 g	5 tsp. oil
800 g	6 tsp. oil

## 12. Roast (Whole) Chicken

It is suitable for roasting whole chicken. Pierce the chicken before roasting. Put the prepared chicken onto a microwave safe dish with chicken breast side down. Turn over when beep sounds.

## 13. Roast 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 wire rack with dish underneath. Turn over when beep sounds.

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

## 14. BBQ Meat Pieces



It is suitable for cooking meat pieces. Cut the meat into thin pieces. Pierce the meat pieces and marinate with gravy or vegetables if needed. Place prepared meat pieces on a wire rack with dish underneath. Turn over when beep sounds.

## 15. Reheat Fried Food












It is suitable for reheating most kinds of fried foods, like fried chicken, curry puffs, fried spring rolls and etc. Arrange fried foods on a wire rack with dish underneath. Turn over when beep sounds.

## 16. Aqua Clean

Cleaning programme. Refer to page 25.

## ■ Note

The Symbols "", "", " on pages 19-20 are intended to prompt you which features are used during cooking. "", "", " will not display on the display window.

: COMBINATION      : GRILL      : MICROWAVE

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

## To Use as a Kitchen Timer

**Press Timer/Clock.**

**Select desired time by turning the dial.**  
(up to 95 minutes)

**Press Start/Set.**  
Time will count down without oven operating.

Timer/Clock  
計時/時鐘



Start/Set  
開始/決定

English

## To Set Standing Time

**Press Timer/Clock.**

**Select desired standing time by turning the dial.**  
(up to 95 minutes)

**Press Start/Set.**  
Cooking will start. After cooking, standing time will count down without oven operating.

**Set the desired cooking programme.**



Timer/Clock  
計時/時鐘



Start/Set  
開始/決定

## To Set Delay Start

**Press Timer/Clock.**

**Select desired delay time by turning the dial.**  
(up to 95 minutes)

**Press Start/Set.**  
Delayed time will count down. Then cooking will start.

Timer/Clock  
計時/時鐘



**Set the desired cooking programme.**



Start/Set  
開始/決定

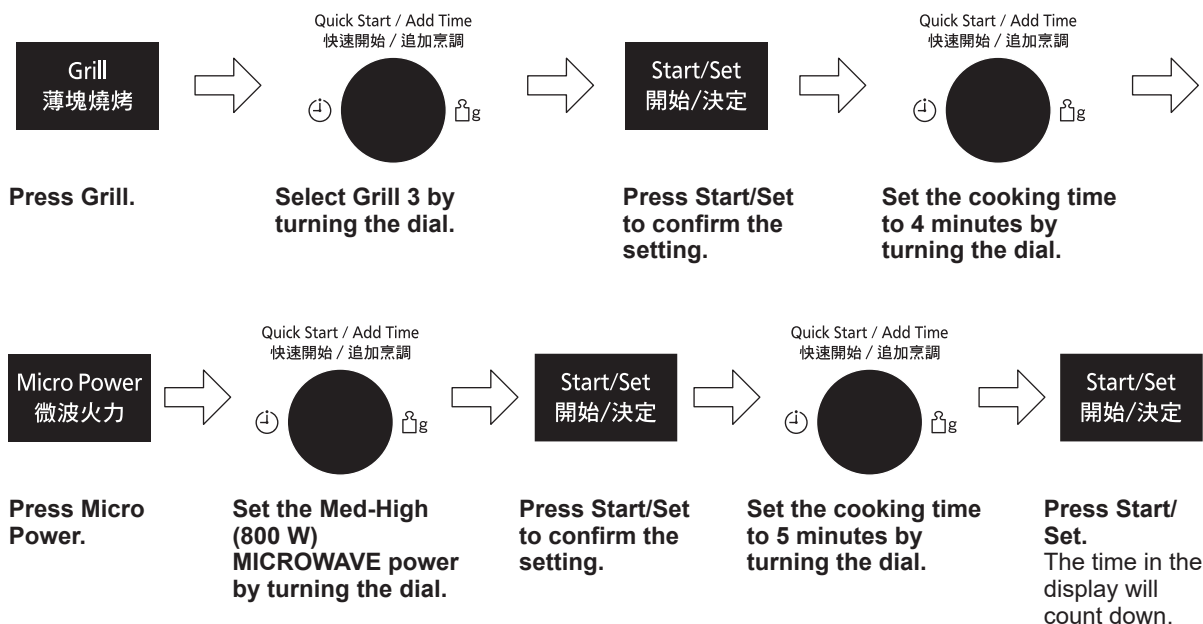
## ■ Notes

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 AUTO DEFROST and AUTO MENUS. 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. MULTI-STAGE COOKING can be programmed including standing time or delay start.

# Multi-stage Cooking

**Example: To GRILL at Grill 3 for 4 minutes and cook food on Med-High (800 W) MICROWAVE power for 5 minutes.**

English



## ■ Notes

1. For 3 stage cooking, enter another cooking programme before pressing Start/Set.
2. During operation, pressing Stop/Cancel once will stop the operation. Pressing Start/Set will re-start the programmed operation. Pressing Stop/Cancel twice will stop and clear the programmed operation.
3. AUTO DEFROST and AUTO MENUS cannot be used with MULTI-STAGE COOKING.
4. When operating, 2 beeps will sound between each stage, and 5 beeps will sound after all stages have finished.
5. High (1000 W) MICROWAVE power can be set only once in MULTI-STAGE COOKING.



# 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.
There are humming and clicking noises from my oven when I cook by COMBINATION.	These noise occur as the oven automatically switch the GRILL. This is normal.
The oven has an odor and generates smoke when using COMBINATION and GRILL function.	It is essential that your oven is wiped out regularly particularly after cooking by COMBINATION or GRILL. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
Some smoke will be given off from the cavity when using GRILL, COMBINATION, for the first time.	It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.

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.
	<b>Start/Set</b> Pad was not pressed after programming.	Press <b>Start/Set</b> Pad.
	Another programme has already been entered into the oven.	Press <b>Stop/Cancel</b> Pad to cancel the previous programme and programme again.
	The programme has not been entered correctly.	Programme again according to the Operating Instructions.
When the oven is turning on, there is noise coming from Glass Tray.	<b>Stop/Cancel</b> Pad has been pressed accidentally.	Programme oven again.
	The roller ring and oven bottom are dirty.	Clean these parts according to care of your oven (See next page).
The "Child" appears in the display window.	The Child Safety Lock was activated by pressing <b>Start/Set</b> Pad 3 times.	Deactivate Lock by pressing <b>Stop/Cancel</b> 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

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 the oven door open to prevent the 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 oven is operated under high humidity conditions and in no way indicates malfunction of the oven.
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 roller ring and the oven cavity floor with mild detergent, and hot water then dry with a clean cloth. Cooking vapors collect during repeated use but in no way affect the bottom surface or roller ring wheels. Do not remove the roller ring from the oven cavity floor for cleaning.
8. When using the GRILL or the COMBINATION mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to "smoke" during use. These marks will be more difficult to clean later.
9. After GRILL or COMBINATION cooking the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by GRILL or COMBINATION. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. Avoid cleaning oven door and the microwave feed guide area situated on the right hand side of the cavity wall.  
DO NOT SPRAY DIRECTLY INSIDE THE OVEN.  
A steam cleaner is not to be used for cleaning.
10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
11. This oven should only be serviced by qualified personnel. For maintenance and repair of the oven contact the nearest authorised dealer.
12. Failure to maintain the oven in a clean condition could lead to deterioration of surfaces that could adversely affect the life of the appliance and possibly result in a hazardous situation.
13. Keep air vents clean at all times. Check that no dust or other material is blocking any of the air vents. If air vents become blocked this could cause overheating which would affect the operation of the oven and possibly result in a hazardous situation.

# Using the Aqua Clean Programme

This programme is to clean the cavity and remove any food odour from the microwave oven.

Place 200 ml tap water with 1 tbsp lemon juice in a microwaveable container (e.g. Pyrex® jug or bowl). Use a jug or bowl of at least 500 ml volume.



Auto Menu  
自動食譜



Quick Start / Add Time  
快速開始 / 追加烹調



Press Auto Menu.

Select the **AUTO MENU Programme 16** by turning the dial.

(You can also press Auto Menu repeatedly to select Programme 16.)

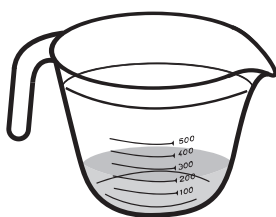
Start/Set  
開始/決定



Five beeps sound at the completion of the programme. Open the oven door and wipe the cavity and door area with a soft cloth.

**Press Start/Set.**

The programme runs for 20 minutes.



Or



## ■ Notes

1. Do not remove the glass tray and roller ring during this programme.
2. To clean the glass tray and roller ring, refer to page 24.
3. Repeat the above procedure as required.

## Technical Specifications

Power Supply:		230 - 240 V 50 Hz	220 V 50 Hz
Power Consumption:	Microwave	1550 W	
	Grill	1000 W	
	Combination	1550 W	
Output Power:	Microwave	1000 W (IEC-60705)	
	Grill	1000 W	
Outside Dimensions:		495 mm (W) × 378 mm (D) × 292 mm (H)	
Oven Cavity Dimensions:		330 mm (W) × 347 mm (D) × 251 mm (H)	
Overall Cavity Volume:		29 L	
Glass Tray Diameter:		288 mm	
Operating Frequency:		2450 MHz	
Net Weight:		11 kg	

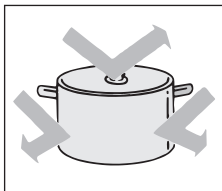
- Weight and Dimensions shown are approximate.
- Specifications subject to change without notice.
- As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.

# Microwaves and How They Work

Microwaves are a form of high frequency electromagnetic waves (app. 12 cm wave length) similar to those used by a radio. Electricity is converted into microwave energy by the magnetron tube. The microwaves travel from the magnetron tube to the oven cavity where they are reflected, transmitted or absorbed.

## Reflection

Microwaves are reflected by metal just as a ball is bounced off a wall. A combination of stationary (interior walls) and rotating metal (glass tray or stirrer fan) helps assure that the microwaves are well distributed within the oven cavity produce even cooking.



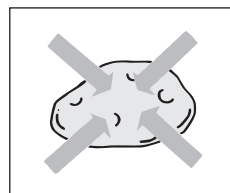
## Transmission

Microwaves pass through some materials such as paper, glass and plastic much like sunlight shining through a window. Because these substances do not absorb or reflect the microwave energy, they are ideal materials for microwave oven cooking containers.



## Absorption

Microwaves are absorbed by food. They penetrate to a depth of about 2-4 cm. Microwave energy excites the molecules in the food (especially water, fat and sugar molecules), and causes them to vibrate very quickly.



The vibration causes friction and heat is produced. In large foods, the heat which is produced by friction is conducted to the center to finish cooking the food.

## Food Characteristics

### FOOD CHARACTERISTICS

Food characteristics which affect conventional cooking are more pronounced with microwave heating.

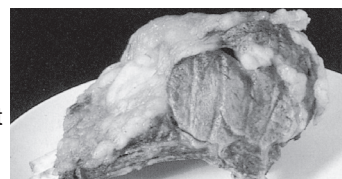
**Size** — Small portions cook faster than large ones.

**Shape** — Uniform sizes heat more evenly. To compensate for irregular shapes, place thin pieces toward the centre of the dish and thicker pieces toward the edge of dish.



**Starting Temperatures** — Room temperature foods take less time to heat up than refrigerator frozen foods.

**Bone and Fat** — Both affect heating. Bones may cause irregular heating. Large amounts of fat absorb microwave energy and meat next to these areas may overcook.



**Density** — Porous, airy foods take less time to heat than heavy, compact foods.



## Timing

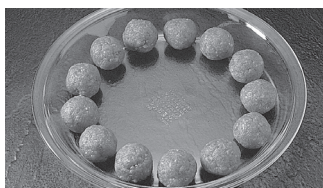
A range in heating time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature and regional preferences. Always cook food for the minimum cooking time given in the recipe and check for doneness. If the food is undercooked, continue cooking. It is easy to add time to an undercooked product. Once the food is overcooked, nothing can be done!

## Spacing

Individual foods, such as baked potatoes, cupcakes and hors d'oeuvres, will heat more evenly if placed in the oven equal distance apart. When possible, arrange foods in a circular pattern.



Similarly, when placing foods in a baking dish, arrange around the outside of dish, not lined up next to each other. Food should NOT be stacked on top of each other.



## Piercing

The skin or membranes on some foods will cause steam to build up during microwave cooking. Foods must be pierced, scored or have a strip of skin peeled off before cooking to allow steam to escape.

## Eggs

Pierce egg yolk twice and egg white several times with a toothpick.



## Whole Clams and Oyster:

Pierce several times with a toothpick.

**Whole Potatoes and Vegetables:** Pierce with a fork.

**Frankfurters and Sausages:** Score smoked polish sausage and frankfurters. Pierce fresh sausage with a fork.

## Browning

Foods will not have the same brown appearance as conventionally cooked foods or those foods which are cooked utilizing a browning feature. Meats and poultry may be coated with browning sauce, Worcestershire sauce, barbecue sauce or shake-on browning sauce. To use, combine browning sauce with melted butter or margarine; brush on before cooking.

For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.

## Covering

As with conventional cooking moisture evaporates during microwave cooking. Because microwave cooking is done by time and not direct heat, the rate of evaporation cannot be easily controlled. This, however, can be easily corrected by using different materials to cover dishes. However, unless specified, a recipe is heated uncovered. Casserole lids or cling film are used for a tighter seal. Various degrees of moisture retention are also obtained by using wax paper or paper towels.

## Stirring

Stirring is usually necessary during microwave cooking. We have noted when stirring is helpful, using the words once, twice, frequently or occasionally to describe the amount of stirring required. Always bring the cooked outside edges toward the centre and the less cooked centre portions toward the outside.



## Turning and Rearranging

It is not possible to stir some foods to redistribute the heat. At times, microwave energy will concentrate in one area of a food. To help ensure even cooking, some foods need to be turned or rearranged. Turn over large foods such as roasts or turkeys. Generally, they are turned over once halfway through heating.

Rearrange small items such as chicken pieces, shrimp or hamburger patties. Rearrange pieces from the edge to the centre and pieces from the center to the edge of the dish.

## Standing Time

Most foods will continue to cook by conduction after the microwave oven is turned off. In meat cookery, the internal temperature will rise 5 °C if allowed to stand, covered, for 10-20 minutes.

Casseroles and vegetables need a shorter amount of standing time, but this standing time is necessary to allow foods to complete cooking in the center without overcooking on the edges.

## Testing for Results

The same test for doneness used in conventional cooking may be used for microwave cooking.

Cakes are done when a wooden stick comes out clean and cake pulls away from side of the pan.

Chicken is done when juices are clear yellow and drumstick moves freely.

Meat is done when fork tender or splits at fibres.

Fish is done when it flakes and is opaque.

## Converting Favorite Recipes

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as cooked souffles or two-crust pies would be less than satisfactory. Never attempt to deep fat fry in your microwave oven. A basic rule, when converting conventional recipes to microwave recipes, is to cut the suggested cooking time to a quarter. Also, find a similar microwave recipe and adapt that time and power setting. Season meats with herbs and spices (and half the salt) before cooking; the rest of the salt after cooking.



Stews are not browned before cooking. Omit any oil or fat that would be used for browning. Cut stew meat into 2.5 cm pieces. Cut carrots, potatoes and other firm vegetables into small pieces. Carrots should be thinly sliced and potatoes cut into dice.

Cover with glass lid and cook at High (1000 W) to bring liquid to a boil and cook at Warm (100 W) until tender. Stir occasionally. Note: A small plate placed on top of the meat and vegetables will help stop the meat overcooking.



Casseroles microwave cook well. Cut foods into uniform pieces. Condensed soup makes a good base for casseroles.

Select a dish that is large enough to allow for stirring. Cooking covered with a glass lid or cling film reduces cooking time. Stir occasionally during cooking. To keep crumb topping crisp sprinkle on before stand time.



## Heating Frozen Foods

Most frozen convenience foods have microwave heating directions on the back of the package. Refer to these directions for recommended power levels, heating times and general instructions.

## General Directions for Heating Frozen Convenience Foods

Pierce pouch vegetables or entrees with a fork or knife. Place pouch in a dish before heating.

Frozen foods in **metallic containers deeper than 2 cm** such as lasagna or baked stuffed potatoes, must be removed from the foil container and placed in an appropriately sized microwave-safe container. Heat covered with a lid or plastic wrap.

**NOTE:** If food is difficult to be removed from container, rinse the bottom of the container with hot water.

**To heat frozen dinner in foil containers,** remove dinner from box, if there is a foil cover, remove it. Some foods, such as bread, French fries or batter type desserts such as brownies, do not microwave well. Remove these types of food from tray. Cover tray except desserts with plastic wrap. Heat according to manufacturers' directions.

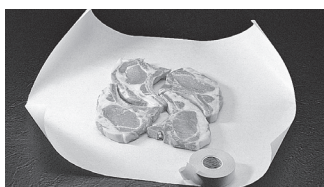
## DEFROST

### Preparing Foods for Freezing

The finished quality of the prepared food will depend on the original quality before freezing, the care the food receives during freezing, and the techniques and times used for defrosting. Select fresh, good quality food and freeze as soon as possible after purchasing. Heavy-duty plastic wraps and bags, and freezer wrap are suitable for use in the freezer. Meats may also be frozen in their store packaging for short periods of time.

Notes: If aluminium foil is used for wrapping, all pieces of foil must be removed before defrosting prevent arcing.

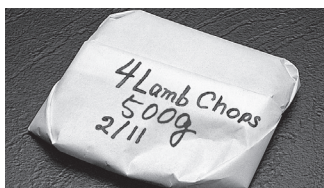
When WRAPPING FOR FREEZING, arrange meat, poultry, fish and seafood in thin uniform layers. Package minced meat in 2.5-5 cm thick rectangular, square or round shapes.



Remove giblets from fresh whole poultry. (The giblets may be frozen separately, if desired.) Clean and dry poultry. Tie legs and wings with string.



Remove all air before sealing plastic bags. LABEL package with type and cut of meat, date and weight.



FREEZE foods in a freezer which is maintained at -18 °C or lower. Defrosting time given in the charts on page 30 are for thoroughly frozen foods. (i.e. foods should be frozen at least 24 hours before defrosting)

## DEFROST

To use, select Defrost (160 W) and programme the defrosting time. Follow defrosting times and directions given in this section and page 30.

### Techniques for Defrosting

- 1) Foods should be frozen in moisture and vapor proof wrapping materials. Small items such as chops, hamburger patties, fish fillets, poultry pieces etc. should be frozen in 1 or 2 pieces layers.



- 2) Remove original wrapper. Set meat on a microwave roasting rack placed in a dish. Select Defrost (160 W) and heat for the time recommended in the chart on page 30.
- 3) Turn over meat or poultry two or three times during defrost.
- 4) Halfway through the defrost cycle, break apart ground beef, shrimp, scallops or crab meat. Separate chops or poultry pieces and remove meat that is defrosted.



- 5) Large roast, or whole poultry may still be icy in center. Allow to stand.



# Defrosting Chart

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

English

Food	Weight/Quantity	Time & Mode	Method
Beef/Lamb/Joint (1) (3)	450 g (1 lb)	160 W 9-11 min.	standing 30 min.
Steaks (1) (3)	2 pcs 250 g	160 W 4 min. 30 sec. - 5 min. 30 sec.	standing 3 min.
Minced beef (1) (3)	450 g (1 lb)	160 W 9-10 min.	standing 5 min.
Stewing steak (1) (3)	450 g (1 lb)	160 W 9-11 min.	standing 10 min.
Whole chicken (1) (3)	450 g (1 lb)	160 W 8-10 min.	standing 10 min.
Chicken portions (1) (3)	450 g (1 lb)	160 W 9-11 min.	standing 5 min.
Whole Fish (1) (3)	450 g (1 lb)	160 W 9-11 min.	standing 5 min.
Fish Fillets (2) (3)	450 g (1 lb)	160 W 8-10 min.	standing 5 min.
Prawns (2) (3)	450 g (1 lb)	160 W 7-9 min.	standing 5 min.
Fruits, Soft (1)	250 g	160 W 5-6 min.	standing 2 min.
Margarine (3)	250 g	160 W 1-2 min.	standing 2 min.
Cheese (3)	450 g (1 lb)	160 W 5-6 min.	standing 2 min.
Plated Meals Homemade Adult Size (2)	350 g	160 W 7-8 min.	standing 3-5 min.
Cooked Fruit (2)	540 g	160 W 7-8 min.	standing 3-5 min.
Cooked Meat (2)	520 g	160 W 9-11 min.	standing 3-5 min.
Quiche (3)	1 pc 65 g	160 W 4-5 min.	standing 2 min.
Casseroles (1)	750 g	1000 W 6-7 min.	standing 3-5 min.
Bread rolls (1)	1 pc 85 g	1000 W 20-30 sec.	standing 5 min.
Brioche large (1) (3) (4)	1 pc 400 g	Combination 2; 3 min. 30 sec.	standing 5 min.
Croissants (1) (4)	2 pcs 100 g	Combination 2; 1 min-1 min 30 sec.	Add 1 min Grill 3 for more crispness
Pastry puff (1) (3)	1 roll 375 g	160 W 5 min. - 5 min. 30 sec.	Stand time 20 min. in refrigerator
Pastry shortcrust (1) (3)	1 roll 500 g	160 W 7-8 min.	Stand time 20 min. in refrigerator
Pizza dough (1) (3)	1 ball 240 g	160 W 4 min. 30 sec. - 5 min.	standing 10 min.
Doughnuts (1) (4)	2 pcs 100 g	Combination 2; 1 min-1 min 30 sec.	Stand 3 min. in oven
Waffles (1) (4)	2 pcs 40 g	Combination 2; 1 min-1 min 30 sec.	Add 1 min Grill 3 for more crispness
Fruit tarte (3)	470 g	160 W 6-7 min.	standing 5 min.

1000 W: High, 800 W: Med-High, 600 W: Medium, 440 W: Med-Low, 300 W: Low, 160 W: Defrost, 100 W: Warm

(1) Turn or stir at half time.

(2) Separate and turn several times.

(3) Remove packaging and place on a heat resistant plate.

(4) Place on wire rack, if required in a heatproof dish.



# Reheating Chart

The times given in the charts below are a guideline only, and will vary depending on starting temperature, dish size etc.

Food	Weight/Quantity	Time & Mode	Method
Drinks-Coffee-Milk			
Coffee	1 mug 250 ml	1000 W 1 min 30 sec.	Stir before, and after reheating.
Coffee	2 mugs 500 ml	1000 W 2 min. 30 sec.-3 min.	
Milk	1 mug 250 ml	1000 W 1 min 20 sec.-1 min 30 sec.	
Breads			
Croissants	2 pcs 200 g	1000 W 10-20 sec. or Grill 3; 3 min.-3 min. 30 sec.	Place on microwave safe plate on glass tray. Do not cover. If using GRILL mode, use wire rack or heatproof plate. Turn at half time.
	4 pcs 400 g	1000 W 30-40 sec. or Grill 3; 4 min.	
Rolls	1 pc	1000 W 10-20 sec. or Grill 3; 3 min.-3 min. 30 sec.	
	4 pcs	1000 W 30-40 sec. or Grill 3; 4-5 min.	
Naan Bread	225 g	1000 W 30-40 sec.	Do not cover. Turn at half time.
Pitta Bread	2 pcs	1000 W 20-30 sec.	
Plated meals-Homemade			
Vegetables (cooked)	300 g	1000 W 2 min.	Cover. Stir at half time.
	700 g	1000 W 5 min-5 min. 30 sec.	
Potato puree	500 g	1000 W 3-4 min.	
Rice, quinoa, couscous	300 g	1000 W 2 min.-2 min. 20 sec.	
Babyfood	120 g	600 W 30-40 sec.	
Canned Food			
Baked Beans	225 g	1000 W 1 min 30 sec.-2 min	Place in a microwave safe bowl on glass tray. Cover. Stir halfway.
Spaghetti in tomato sauce	200 g	1000 W 1 min 30 sec.	
Cream of tomato soup	400 g	1000 W 2 min. 30 sec.	
Chicken soup	425 g	1000 W 3 min. 30 sec.	
Pastry Products			
Quiche	400 g	1000 W 2-3 min. or Combination 2; 4-6 min.	Place on microwave safe plate on glass tray. Do not cover. If using COMBINATION mode, use heatproof plate.
Samosas/spring rolls	4 pcs 240 g	1000 W 1-1 min 30 sec. or Combination 2; 5-6 min.	
Purchased Convenience Foods			
Cottage pie (chilled)	450 g	1000 W 5-6 min. or Combination 2; 12-15 min.	Place on microwave safe plate on glass tray. Do not cover. If using COMBINATION mode, use heatproof plate.
Lasagne (chilled)	400 g	1000 W 7-8 min. or Combination 2; 10-12 min.	
Shepherd's pie (Frozen)	450 g	1000 W 3-4 min. then Combination 2; 22-25 min.	

1000 W: High, 800 W: Med-High, 600 W: Medium, 440 W: Med-Low, 300 W: Low, 160 W: Defrost, 100 W: Warm

# Cooking Chart

English

Food	Weight/Quantity	Time & Mode	Method
Beans & Pulses-should be pre-soaked (except lentils)			
Chick peas	225 g	1000 W 8 min. then 440 W 35-45 min.	Use 600 ml (1 pt) boiling water in a large bowl. Cover. Stir halfway.
Lentils	225 g	440 W 35-40 min.	
Red kidney beans	225 g	1000 W 15 min. then 440 W 35-45 min.	
Fresh vegetable, slice, chop into even sized pieces.			
Asparagus	200 g	1000 W 4-5 min.	Add 30 ml (2 tbsp) of water, cover. Stir halfway.
Broccoli	250 g	1000 W 3-4 min.	
Potatoes	250 g	1000 W 4-5 min.	
Lamb/Beef-from raw-Caution: Hot Fat! Remove dish with care.			
Chops	450 g (1 lb)	Combination 2; 10 min.	Place on wire rack with heatproof plate underneath. Turn halfway.
Joint	450 g (1 lb)	600 W 10-13 min. then Combination 3; 6-10 min.	Place on upturned saucer in microwave safe dish or rack on glass tray. Cover and turn joint over halfway. Drain off fat during cooking. Uncover when using COMBINATION mode.
Pasta-Place in a large 3 litre (6 pints) microwave safe casserole			
Macaroni	225 g	1000 W 13-15 min.	Use 1 litre (1¾ pints) boiling water. Cover. Stir halfway.
Spaghetti, Tagliatellie	225 g	1000 W 11-12 min.	
Pizza-Fresh chilled- N.B. Remove all packaging. Pizza will have a soft base.			
Thin & Crispy	300 g	1000 W 2-3 min. or Combination 2; 10-12 min.	Place on heatproof plate on glass tray. Do not cover. If using COMBINATION mode, please use wire rack.
Deep Pan	400 g	1000 W 4-6 min. or Combination 2; 10-12 min.	
Potato Products Part Cooked-Frozen			
Croquettes	300 g	Combination 2; 12-13 min.	Place on wire rack on glass tray. Turn halfway.
Waffles	2 pcs 120 g	Grill 3; 16-17 min.	
Sausages-from raw-Caution: Hot Fat! Remove dish with care.			
Thick	4 pcs 240 g	1000 W 2-3 min. or Combination 2; 8-10 min.	Place on microwave safe plate on glass tray. Cover. If using COMBINATION/GRILL mode, use wire rack. Do not cover. Turn halfway.
Thin	4 pcs 120 g	1000 W 1 min 30 sec.-2 min. 30 sec. or Grill 3; 16-17 min.	

1000 W: High, 800 W: Med-High, 600 W: Medium, 440 W: Med-Low, 300 W: Low, 160 W: Defrost, 100 W: Warm

## ■ Note

Always check that food is piping hot after reheating in the microwave. If unsure, return to oven. Foods will still require a stand time, especially if they cannot be stirred. The denser the food the longer the stand time.

## NOTES:

The cooking power and time in the recipes are only for your reference.



## CHICKEN WITH PINEAPPLE

### Ingredients:

600 g	chicken pieces
1 tbsp.	corn flour
2 tbsp.	water
5 g	spring onions for garnishing (finely sliced)
A: 1 tsp.	ground pepper
10 g	young ginger (finely chopped)
2 tbsp.	tomato sauce
2 tbsp.	oyster sauce
2 tbsp.	fish sauce
B: 200 g	pineapple (½ cm thick dges)
5 g	fresh chilli (deseeded and finely sliced)
½ tbsp.	salt

### Method:

1. Marinate chicken pieces with combined ingredients A in a casserole for 1 hour.
2. Add in ingredients B.
3. Cover and cook on power Med-High (800 W) for 13-15 minutes.
4. Stir in cornflour mixture towards last 5 minutes of cooking time.
5. Serve hot with rice.

Makes: 4-6 servings



## CRISPY ROAST CHICKEN

600 g	chicken portions, cut into pieces
-------	-----------------------------------

### Marinade:

½ tbsp.	cooking oil
½ tbsp.	honey
A: 2 tbsp.	oyster mushroom sauce
1 tbsp.	honey
1 tbsp.	cooking oil
¼ tbsp.	dark mushroom sauce

### Method:

1. Clean and wash chicken, prick meat with a fork and pat dry with kitchen paper.
2. Marinate chicken with A overnight or at least ½ hour in the fridge.
3. Place marinated chicken on wire rack with a microwave safe plate underneath.
4. Baste chicken with oil before roasting.
5. Cook on Combination 3 for 14-15 minutes, turn over halfway through cooking.
6. Baste chicken with honey at the last 5-10 minutes of cooking process.
7. Cut roasted chicken into serving pieces and arrange on an attractive platter. Serve hot.

Makes: 4-6 servings



## STEAM PRAWNS

### Ingredients:

300 g	big prawns with shell
100 g	tomato (sliced)
A: 1/3 cup	water
1/4 tsp.	salt
1/4 tsp.	sugar
10 g	ginger(shredded)
1 tsp.	lemon juice

### Method:

1. Trim prawn whiskers and skewer prawns from tail to head with cocktail stick.
2. Arrange sliced tomato and prawns in a circle on a dinner plate. Combine ingredients A and pour over prawns.
3. Cover with plastic wrap and cook on power Med-High (800 W) for 5-6 minutes.
4. Serve hot.

Makes: 4-6 servings



## FISH MASALA

### Ingredients:

1	black pomfret (350 g cut into 4 pcs)
1/3 cup	yoghurt
1/3 cup	water
1/4 tsp.	salt
A: 1 tbsp.	ghee
10 g	coriander leaves (cut into 4 cm lengths)
10 g	ginger (shredded)
50 g	big onion (sliced)
5 g	curry leaves
1 cm	cinnamon stick
2	cloves
B: (to be blended with 1/4 cup oil)	
1 tbsp.	cumin seed
20 g	dried chilli (soaked)
10 g	garlic
50 g	small onion

### Method:

1. Combine ingredients A and fry in a casserole on power High (1000 W), uncovered for 2-3 minutes.
2. Stir in ingredients B and further fragrant on power High (1000 W) for 3-4 minutes.
3. Add in fish, yoghurt, water and salt.
4. Cover and cook on power Medium (600 W) for 7-8 minutes. Turn the fish halfway through cooking.
5. Serve hot with rice.

Makes: 4-6 servings



## FRIED RICE

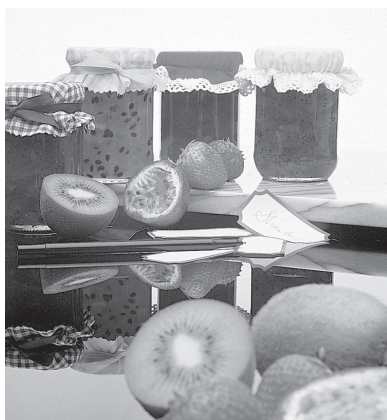
### Ingredients:

400 g	cooked rice
150 g	mix vegetables
2 tbsp.	thin soya sauce
2 tbsp.	sesame oil
A: 150 g	small prawns (shelled and deveined)
50 g	crab meat
1 tsp	thin soya sauce
½ tsp.	sugar
B: 10 g	garlic (chopped)
20 g	shallot (chopped)
3 tbsp.	oil

### Method:

1. Combine ingredients A and leave aside.
2. Fry combined ingredients B in 22 cm casserole on power High (1000 W), uncovered for 1 minute 30 seconds to 2 minutes.
3. Stir in seasoned ingredients A and further cook on power Medium (600 W), uncovered for 2-3 minutes.
4. Add in remaining ingredients and cook on power High (1000 W), uncovered for 9-10 minutes. Stir every 3 minutes.
5. No standing time.

Makes: 3-4 servings



## FRUIT JAM

### Ingredients:

200 g	fruit (such as strawberry, apple, grape, kiwi berry, etc.)
100 g	castor sugar
2 tsp.	lemon juice

### Method:

1. Peel and cut fruits into bite-size (1-2 cm) pieces and place in 2-litre casserole dish. Add castor sugar and lemon juice. Mix well.
2. Cook on power Medium (600 W) for 13-14 minutes. Stir every 3 minutes. After cooking, stir and cool.

**NOTE:** You cannot cook orange jam. Preserve in the fridge. You can adjust the level of the sugar content if you like. Less sugar makes preservation term shorter.

**NOTE:** Double ingredients for 2 cups fruits jam.

Makes: approximately 1 cup





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多謝選購Panasonic產品。

## 重要安全措施:

操作本微波爐前，請完整閱讀本操作指南和注意事項並保留以便日後參閱。

# 簡易操作指南

父母

功能	使用方法		
時鐘設定 (第12頁)	<div><div>Timer/Clock 計時/時鐘</div><div>按2次</div><div><div>Quick Start / Add Time 快速開始 / 追加烹調</div><div></div><div>設定分鐘</div></div></div> <div><div></div><div>設定分鐘</div></div> <div><div>Start/Set 開始/決定</div><div>按1次</div></div>	<div><div>Quick Start / Add Time 快速開始 / 追加烹調</div><div></div><div>設定小時</div></div> <div><div>Start/Set 開始/決定</div><div>按1次</div></div>	<div><div>Start/Set 開始/決定</div><div>按1次</div></div>
兒童安全鎖設定 / 取消 (第12頁)	<div>設定：</div> <div><div>Start/Set 開始/決定</div><div>按3次</div></div>	<div>取消：</div> <div><div>Stop/Cancel 停止/取消</div><div>按3次</div></div>	
微波火力設定 (烹調 / 再加熱 / 解凍) (第13頁)	<div><div>Micro Power 微波火力</div><div>按1次</div><div><div>Quick Start / Add Time 快速開始 / 追加烹調</div><div></div><div>設定所需烹調時間</div></div></div> <div><div></div><div>設定所需烹調時間</div></div> <div><div>Start/Set 開始/決定</div><div>按1次</div></div>	<div><div>Quick Start / Add Time 快速開始 / 追加烹調</div><div></div><div>選擇火力</div></div> <div><div>Start/Set 開始/決定</div><div>按1次</div></div>	<div><div>Start/Set 開始/決定</div><div>按1次</div></div>
「快速開始」功能設定 (第13頁)	<div><div>Quick Start / Add Time 快速開始 / 追加烹調</div><div></div><div>設定所需烹調時間</div></div> <div><div>Start/Set 開始/決定</div><div>按1次</div></div>	<div><div>Start/Set 開始/決定</div><div>按1次</div></div>	
「自動解凍」設定 (第14頁)	<div><div>Auto Defrost 自動解凍</div><div>按1次</div><div><div>Quick Start / Add Time 快速開始 / 追加烹調</div><div></div><div>選擇所需的重量</div></div></div> <div><div></div><div>選擇所需的重量</div></div> <div><div>Start/Set 開始/決定</div><div>按1次</div></div>	<div><div>Quick Start / Add Time 快速開始 / 追加烹調</div><div></div><div>選擇所需的重量</div></div> <div><div>Start/Set 開始/決定</div><div>按1次</div></div>	<div><div>Start/Set 開始/決定</div><div>按1次</div></div>
「薄塊燒烤」設定 (第15頁)	<div><div>Grill 薄塊燒烤</div><div>按1次</div><div><div>Quick Start / Add Time 快速開始 / 追加烹調</div><div></div><div>設定所需烹調時間</div></div></div> <div><div></div><div>設定所需烹調時間</div></div> <div><div>Start/Set 開始/決定</div><div>按1次</div></div>	<div><div>Quick Start / Add Time 快速開始 / 追加烹調</div><div></div><div>選擇火力</div></div> <div><div>Start/Set 開始/決定</div><div>按1次</div></div>	<div><div>Start/Set 開始/決定</div><div>按1次</div></div>

Quick Start / Add Time  
快速開始 / 追加烹調

**Start/Set**  
開始/決定

按1次



<p>「組合烹調」設定 (第16頁)</p>	<div> <div>Combination 組合烹調</div> <div>按1次</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>選擇火力</div> <div>Start/Set 開始/決定</div> <div>按1次</div> </div> <div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>設定所需烹調時間</div> <div>Start/Set 開始/決定</div> <div>按1次</div> </div>
<p>「追加烹調」功能設定 (第17頁)</p>	<div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>料理結束後，旋轉旋鈕 設定「追加烹調」功能</div> <div>Start/Set 開始/決定</div> <div>按1次</div> </div>
<p>「自動食譜」設定 (第18頁)</p>	<div> <div>Auto Menu 自動食譜</div> <div>按1次</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>選擇所需的食譜編號</div> <div>Start/Set 開始/決定</div> <div>按1次</div> </div> <div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>選擇所需的重量</div> <div>Start/Set 開始/決定</div> <div>按1次</div> </div>
<p>廚房定時器設定 (第21頁)</p>	<div> <div>Timer/Clock 計時/時鐘</div> <div>按1次</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>設定廚房定時器時間</div> <div>Start/Set 開始/決定</div> <div>按1次</div> </div>
<p>放置時間設定 (第21頁)</p>	<div> <div>設定所需的烹調程序</div> <div>Timer/Clock 計時/時鐘</div> <div>按1次</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>設定放置時間</div> </div> <div> <div>Start/Set 開始/決定</div> <div>按1次</div> </div>
<p>延遲開始設定 (第21頁)</p>	<div> <div>Timer/Clock 計時/時鐘</div> <div>按1次</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>設定延遲開始時間</div> <div>設定所需的烹調程序</div> </div> <div> <div>Start/Set 開始/決定</div> <div>按1次</div> </div>

## 仔細閱讀並妥善保存 使用微波爐烹調應注意之事項

### 檢查有否損壞：

使用微波爐前應先檢查下列各項：

1. 燒烤保護網柵有否損裂。
2. 爐門是否妥當，可暢順開關。
3. 門鉸是否妥當。
4. 爐門的金屬邊緣不可弄曲或變形。
5. 爐門的邊緣不可沾上食物或積聚油污。

### 預防事項：

請注意以下事項。（否則可能會導致微波外洩）：

1. 切勿損壞爐門的安全鎖。
2. 當微波爐運作時，請勿使用任何物件，特別是金屬物件，強行打開爐門。
3. 切勿放置任何金屬物體於爐內，包括金屬容器，罐頭或任何金屬物品等。
4. 不可讓其他金屬物體如速食食品之錫紙包裝，碰觸爐壁。
5. 清潔爐腔，應使用水和溫和洗潔液清理爐門及其邊緣位置。不可使用具腐蝕性的清潔劑，以免損壞爐腔。
6. 使用微波爐時必須應用附設的轉盤或製造商建議的烹調用具。
7. 使用微波爐時，爐內應放有可吸收能量的物質。（例如：食物，水）。除本說明書特別許可的情況外。
8. 微波爐不使用時，請勿在爐體內儲存配件外的其他物品，以防微波爐意外啟動。
9. 微波爐內切勿使用密封的容器。嬰兒用的奶樽亦算密封容器。
10. 本微波爐不能由身體虛弱（包括未成年人）或缺乏經驗和相關知識的人來操作，除非在監護人的監督指導下安全使用。
11. 應對兒童進行監督，不要將微波爐當作玩具。
12. 除受過專業培訓的合資格的維修人員外，其他人員拆下機殼來進行檢修操作是非常危險的，如在檢修過程中錯誤拆下防止微波能量洩漏的機件等操作。
13. 微波爐在使用過程中，表面可能會變得很燙。

### 接地操作指南

本設備必須接地。萬一漏電，接地可以提供電流回路以避免觸電。本設備配有一個接地插頭。這插頭必須接插在確實接地的插座上。

注意-錯誤地使用接地插頭會有觸電的危險。

### 電動風扇的操作

在使用某些功能菜單後，電動風扇會繼續開動。這是正常情況，此時也可隨意取出食物。

### 使用要點說明

注意-使用本微波爐時，為避免發生著火，漏電，傷人或微波外洩等意外，必須注意以下安全要點：

1. 在使用本設備前，請參閱重要安全指引。
2. 生雞蛋及密封盒之類的東西，例如：密封的玻璃器皿及嬰兒用奶樽容易引起爆裂，故不能放入爐內加熱烹調。
3. 本設備只適用於本說明書所指示之用途。
4. 小孩使用本設備時必須有監護人監管。
5. 當微波爐操作不正常、受損或跌撞時，應停止繼續使用。
6. 不可於室外存放或使用。
7. 不可將電線或插頭浸入水中。
8. 不可將電線接近高溫處。
9. 不可將電線掛在桌子或櫃台邊。
10. 為避免微波爐起火：
  - (a) 不可過度烹調食物。注意放入爐內的材料如：紙，塑膠或其他易燃物品等。
  - (b) 不建議加熱小麥熱敷包。如進行加熱，請時刻看管，並仔細遵守製造商的指示。
  - (c) 放盒子入微波爐時，請取走金屬包裝。
  - (d) 萬一爐內的東西著火，請保持爐門緊閉，然後拔去電源插頭，或關掉屋內電源總開關。
  - (e) 烹調或加熱進行時，請勿離開。
11. 切勿拆開爐身。
12. 請勿通過外接計時器或獨立遙控系統操作本微波爐。
13. 微波爐必須定期清洗去除食物殘渣。
14. 未能保持微波爐清潔可能導致微波爐表面損壞，這將影響微波爐的使用壽命或導致其有所損壞。

15. 不可用蒸氣清潔劑進行清潔。
16. 爐燈必須由經過製造商訓練的維修技術人員更換。  
請勿嘗試拆下微波爐的外殼。

## 電源：

Panasonic微波爐需以獨立電源運作，而所用的電壓應與標籤上提供的資料一致。否則電路保險線有機會被溶斷和/或會延長所需烹調時間。禁止插入高容量的電線板。

## 操作要點：

1. 首次使用「薄塊燒烤」及「組合烹調」功能時，如有白煙冒出，並非故障現象。
2. 微波爐頂部有兩根加熱器。使用「薄塊燒烤」及「組合烹調」功能後，加熱器部件將處於高溫狀態。
3. 使用過程中，可接觸到的部件可能會變熱。兒童應遠離。

4. 在第一次使用「薄塊燒烤」及「組合烹調」功能之前，請在沒有放置任何食物及玻璃轉盤的情況下選擇薄塊燒烤3運作5分鐘。這樣可以燃燒掉燒烤管上的保護油。只有此情況下微波爐才可在沒有負載情況下啟動。

**注意：微波爐內壁會變得很熱。**

5. 微波爐外表面，包括機殼上的通風口和爐門，在「組合烹調」和「薄塊燒烤」模式下會變熱。打開或關閉爐門以及放入或取出食品和配件時應格外小心並使用隔熱手套。



**小心！熾熱表面**

## 警告

- (a) 門縫範圍應以濕布清潔。若本產品的門邊及線縫，若有損壞，必須停止使用，並交由維修人員修理。
- (b) 如果門或門邊線縫有損壞，請勿使用微波爐，並交由維修人員修理。
- (c) 必須由指定製造商所訓練的維修人員做調整或修理服務，讓他人修理，會有危險。
- (d) 如電源線損壞，必須由維修人員或有相關維修資格的人員進行維修，以避免危險。
- (e) 使用前，使用者必須檢查清楚所用的烹調用具是否適用於微波爐。
- (f) 液體食品或其他食品一定不要放在密封的容器裏加熱，因為這樣有可能會發生爆炸，同時應預防被沸騰液體噴濺，以防燙傷。
- (g) 兒童要單獨使用微波爐，監護人必須給予正確指導，並清楚讓兒童知道使用方法不正確所帶來的危害。
- (h) 微波爐運行「薄塊燒烤」及「組合烹調」功能時，由於會產生高溫，兒童必須在成人監護下使用。

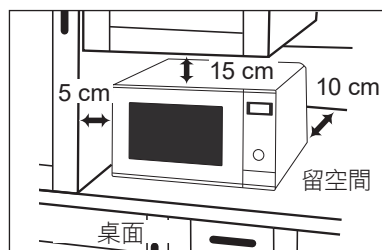
## 一般使用

1. 為保持高質素的烹調效果，切勿讓微波爐空著操作，因為當沒有食物或水份在爐內吸收能量的情況下，微波能量會不停地在爐內反射。這會導致爐腔損壞，包括爐腔內產生電弧。
2. 如發現微波爐起煙，請緊閉爐門，並按**停止/取消**鍵，以熄滅爐內的火焰。然後中斷電源或關閉電路板及保險絲。
3. 本產品主要用來加熱食物和飲料。切勿用來烘乾食物或衣物，或加熱電熱器，拖鞋，海綿，濕布和其他類似產品，否則可能引起受傷，著火或者火災。
4. 不可使用再生紙製品，因其含有容易引起火花和火種的雜質。
5. 不可將報紙或紙盒用於微波爐。
6. 不可敲打控制面板以免損壞控制器。
7. 取出已煮完的食物時必須使用鍋夾，因為熱力會從高溫的食物傳至烹調容器，然後再由烹調容器傳至玻璃轉盤，當烹調容器從爐內取出，玻璃轉盤會非常熱。
8. 不可將易燃物放在爐內或爐頂以免導致起火。
9. 如非食譜所指定，不可直接在玻璃轉盤上烹調食物。（食物必須放入適合的烹調器皿中。）
10. 請勿使用該微波爐加熱化學劑或其他非食物製品。不可用含有腐蝕性化學劑的製品清洗微波爐。在爐內加熱腐蝕性化學劑可能會引起微波外洩。
11. 當玻璃轉盤仍很熱時，請待其冷卻後方清洗或置於水中。
12. 當使用「組合烹調」模式時，請勿將鋁製或金屬容器直接放置在燒烤架上。請確保在燒烤架和鋁製容器之間放入耐熱玻璃碟或容器。這可防止出現可能損壞微波爐的火花。
13. 烹調時，蒸氣會在爐門上及 / 或爐門內會少量凝聚，這是正常現象，微波爐仍可安全使用，冷卻後蒸氣將會自動消散。
14. 在使用微波功能時，請不要將食物或飲料放在金屬容器內。
15. 僅使用微波功能烹調時，建議您不要使用燒烤架。
16. 僅使用微波爐適用容器。

## 微波爐的放置

該微波爐僅供桌面使用。它不能放置於廚櫃內。

1. 微波爐必須平穩地擺放在平面上，高出地面多於**85**厘米。不應放置在廚櫃內。正常地使用，爐的周圍必需保持空氣流通。爐的頂端需留**15**厘米及左右兩壁需留**5**厘米空隙，後壁需留**10**厘米。若微波爐有一側緊靠著牆壁，另一側或頂端必須留出規定的空間。不可取去爐腳。



- (a) 不可堵塞微波爐上的通風口。如在使用過程中被堵塞，會使微波爐過熱，安全鍵會自動關閉微波爐。並待微波爐冷卻後才可使用。
  - (b) 不可放置微波爐於高溫潮濕地方，例如煤氣爐，電爐或水槽等。
  - (c) 如室內溫度過高則不能使用微波爐。
2. 該電器適合室內使用，類似應用包括：
    - 商店、辦公室以及其他工作環境中的員工廚房；
    - 農舍；
    - 在酒店、汽車旅館以及其他居住環境中供客人使用；
    - 在提供住宿及早餐的酒店中使用。
  3. 微波爐安裝好後，應保證可通過拔下插頭或操作斷路器輕鬆將該電器斷開供電。
  4. 本微波爐只適用於家庭使用。

## 配件

本微波爐配有多種配件。請務必遵守配件提供的說明指示。

### 轉盤圈

1. 請勿從爐腔底部取下轉盤圈。
2. 轉盤圈和爐腔底層應經常清潔，以防止產生噪音和剩餘食物堆積。
3. 烹調時轉盤圈必須與玻璃轉盤一起操作。
4. 如果您不小心取下轉盤圈，請輕輕將轉盤圈放進微波爐中心口並放在下方主軸。  
主軸已經過平面加工，便於在運行過程中穩固地撐住轉盤圈。

## 燒烤架

1. 燒烤架用於促進小份菜餚上色並幫助熱量更好地循環。
2. 金屬燒烤架必須按指導僅用於「薄塊燒烤」和「組合烹調」烹調模式下。切勿用於「微波」模式。在手動「組合烹調」程式中，加工小於200克 (7 oz.) 食物時，請勿使用。無法正確使用配件可能損傷您的微波爐。
3. 當使用「組合烹調」模式時，請勿將鋁製或金屬容器直接放置在燒烤架上。請確保在燒烤架和鋁製容器之間放入耐熱玻璃碟或容器。這可防止出現可能損壞微波爐的火花。

## 玻璃轉盤

1. 操作微波爐時通常應保持轉盤圈和玻璃轉盤在適當位置。此為微波烹調時僅使用的兩個配件。
2. 僅使用專門設計於本微波爐的玻璃轉盤。請勿用其他玻璃轉盤代替。
3. 若玻璃轉盤變熱，在清潔或放入水中前，先讓其冷卻。
4. 玻璃轉盤可沿任何方向旋轉。
5. 當玻璃轉盤上的食物或烹調容器碰觸到爐壁而使轉盤停止旋轉時，玻璃轉盤會自動逆向旋轉。這是正常情況。打開微波爐門，重新放置食物並且重啟。
6. 請勿直接在玻璃轉盤上烹調食物。請確保一直將食物放置在微波安全容器中。
7. 當用「微波」或「組合烹調」模式烹調時，玻璃轉盤可能震動。這不會影響烹調性能。

## 食物

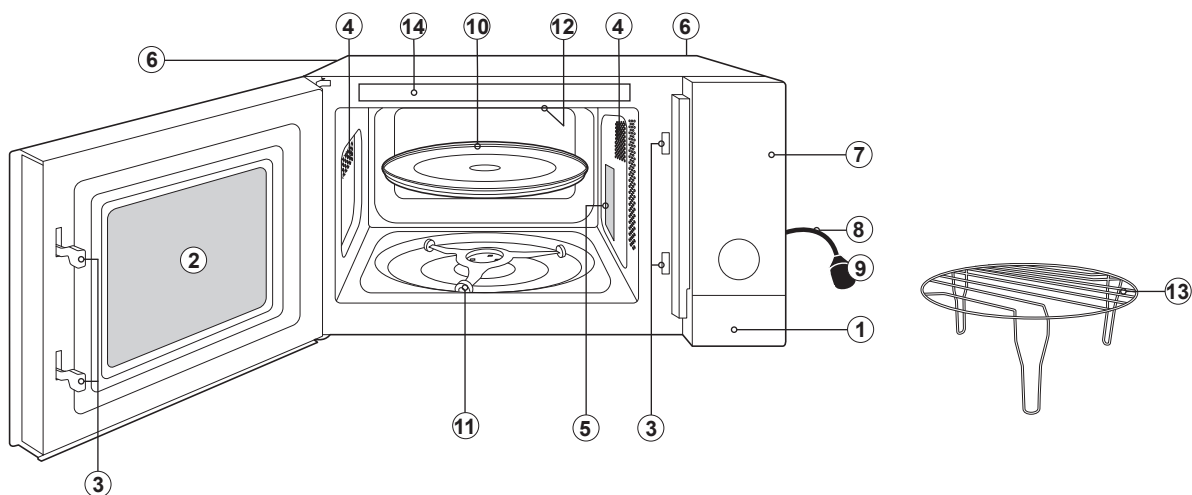
1. 不可將密封罐裝食物或瓶子放入微波爐，當氣壓增加，瓶子可能會爆炸，而且微波爐不能使食物維持在適當的溫度，微波可能會引致罐裝食物變質及進食後可能會對身體有害。
2. 不可用微波爐煎炸食物。
3. 帶殼的雞蛋以及完全煮熟的雞蛋不應放在微波爐中加熱，即使微波加熱至中途或已經結束仍不可以，這也可能導致爆炸。
4. 馬鈴薯、蘋果、蛋黃、整個南瓜和香腸等帶皮的食物在烹調前必須刺穿以防止爆開。

5. 當加熱湯、醬汁或飲品等液體食物時，若加熱過度便會有滾瀉的現象出現。要避免這種情況發生，請留意以下各點：
  - (a) 避免使用窄頸的樽形容器。
  - (b) 不要過熱。
  - (c) 加熱前以及加熱中途略加攪拌。
  - (d) 加熱後，使其在爐中靜置片刻，在從容器中小心倒出前再次攪拌。
  - (e) 微波加熱飲料會導致延遲噴濺沸騰，因此取出時必須小心謹慎。
6. 不可使用一般的測肉溫度計於微波爐。若檢查肉類的烹調溫度，請使用微波爐專用測肉溫度計。當食物從微波爐拿出後，可以使用一般的測肉溫度計。若烹調不足，則再放入微波爐內用適當的火力和時間多煮數分鐘。確認肉類和禽類完全煮熟是非常重要的。
7. 使用說明書所提供的烹調時間為大約時間。影響烹調時間的因素有：所喜歡的生熟程度，開始溫度、海拔高度、份量、大小、食物形狀和盛載器皿。若您熟悉爐的操作，則可以適當參照以上這些因素加以修正烹調時間。
8. 烹調食物時最好是寧可烹調不足也不要烹調過度。若食物烹調不足則可重新再加以烹調，但若烹調過度則無法補救。請時常選用最短時間。
9. 爆米花必須用微波爐專用的爆米花器皿盛載。請按照製造商建議的最短烹調時間，並使用適合您微波爐的瓦特。烹調爆米花時，請加倍注意，切勿離開。
10. 當使用所購食品包裝的塑膠、紙或其他易燃材料的容器加熱或烹調時，請時常留意加熱情況，以免容器過熱而燃燒。
11. 在使用奶樽或其他容器餵食嬰兒前，要對這些食品進行攪拌或搖晃並試一試溫度以防止燙傷嬰兒。

### 重要提示

若超出建議的烹調時間，則食物會變質，在極端條件下，可能起火並且可能損壞微波爐的內部。

# 功能指示



## ① 爐門開關鍵

按下以開門。烹調過程中打開爐門會使烹調過程停止，但不會取消程式。關閉爐門並按下**開始/決定**鍵後，烹調立即恢復。烹調程式運行中任何時候開門均是安全的，沒有微波輻射的風險。

## ② 爐門窗

## ③ 爐門安全鎖

## ④ 通風口

## ⑤ 波導口（請勿拆下。）

## ⑥ 外部通風口

## ⑦ 控制面板

## ⑧ 電源線

## ⑨ 插頭

## ⑩ 玻璃轉盤

## ⑪ 轉盤圈

## ⑫ 燒烤管

## ⑬ 燒烤架

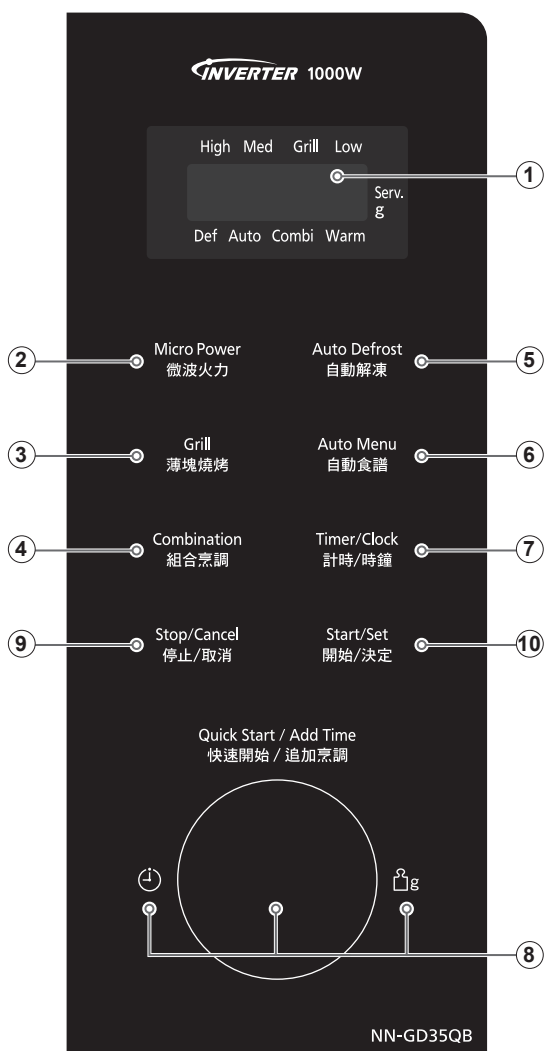
## ⑭ 菜單標籤

微波爐上貼有識別和警告標籤。

## ■ 註

1. 圖示僅供參考，請以實際產品為準。
2. 玻璃轉盤和燒烤架是微波爐的唯一配件。說明書中提到的其他所有料理器具必須單獨購買。





1. 顯示屏
2. 微波火力鍵 (第13頁)
3. 薄塊燒烤鍵 (第15頁)
4. 組合烹調鍵 (第16頁)
5. 自動解凍鍵 (第14頁)
6. 自動食譜鍵 (第18頁)
7. 計時/時鐘鍵 (第12, 21頁)

## 8. 旋鈕

通過旋轉旋鈕選擇所需要的時間及重量。使用旋鈕設定「快速開始」及「追加烹調」功能。(第13, 17頁)

## 9. 停止/取消鍵：

**烹調前：**按一次可消除已輸入的指示。

**烹調時：**按一次可暫時中止烹調程序。再按一次即將所輸入的指示消除，而時鐘設定的時間或點則會出現在顯示屏上。

## 10. 開始/決定鍵

按一次，微波爐即自動運轉。如烹調時曾打開爐門或曾按**停止/取消**鍵，則須再次按動**開始/決定**鍵令微波爐繼續運轉。

在您選擇「微波」火力、「燒烤」火力、「組合烹調」火力、「自動解凍」重量或「自動食譜」編號後，按下進行確認設定。

## ■ 註

1. 若您設置完烹調程序後，沒有按**開始/決定**鍵開始進行烹調，6分鐘後，電腦程序將自動取消此次設置，恢復到時鐘或點狀態。
2. 將微波爐放置在顯示屏不高於視線高度的位置，以獲得最佳視覺體驗。

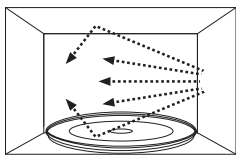
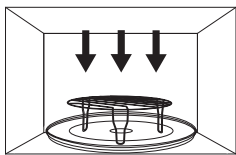
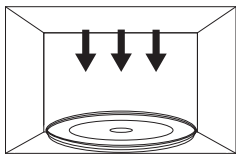
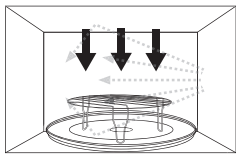
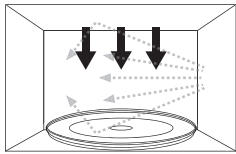
## ■ 蜂鳴器聲訊號：

當正確按下鍵時，會聽到「嗶」一聲。若按下鍵沒有聽到「嗶」一聲，表示微波爐並未或無法接受指令。在不同程式之間，微波爐會「嗶」2次。在完整程式結束後，微波爐「嗶」5次。

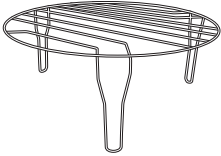


# 烹調模式

以下表格顯示各功能下所使用的配件，效果會因食品種類和容器條件而異。

烹調模式	使用	建議配件	容器
<p>「微波」</p> 	<ul style="list-style-type: none"> <li>• 解凍。</li> <li>• 再加熱。</li> <li>• 熔化：牛油、朱古力、芝士。</li> <li>• 烹調魚類、蔬菜、水果、蛋類。</li> <li>• 準備食材：燉水果、果醬、醬汁、蛋奶、酥皮、焦糖、肉和魚等。</li> <li>• 烘烤無需上色的蛋糕。</li> </ul>	—	<p>將Pyrex® 碟子或碗或微波專用容器直接放在玻璃轉盤中央。</p> <p>鐵製容器除外。</p>
<p>「薄塊燒烤」</p>  <p>或</p> 	<ul style="list-style-type: none"> <li>• 烤製肉類或魚類。</li> <li>• 烤多士。</li> </ul>	燒烤架	—
<p>「組合烹調」</p>  <p>或</p> 	<ul style="list-style-type: none"> <li>• 烹調肉串及雞塊。</li> </ul>	燒烤架	鐵製容器除外。
	<ul style="list-style-type: none"> <li>• 烹調千層麵、肉類、馬鈴薯或蔬菜。</li> <li>• 烘烤需上色的蛋糕及布丁。</li> </ul>	—	<p>將耐熱微波安全容器放在玻璃轉盤上。</p> <p>鐵製容器除外。</p>

# 烹調用具使用指南

	「微波」	「薄塊燒烤」	「組合烹調」
<b>燒烤架</b> (微波爐配件) 	不可	可	可
錫紙	不可	可	不可
陶瓷盤	可	可	可
微波碟	可	不可	不可
牛皮紙袋	不可	不可	不可
<b>快餐用紙碟</b> 耐熱 / 微波安全	可	可	可
非耐熱 / 微波安全	不可	不可	不可
<b>一次性紙容器</b>	可*	可*	可*
<b>玻璃器皿</b> 耐熱玻璃 / 陶瓷	可	可	可
非耐熱玻璃 / 陶瓷	不可	不可	不可
金屬器皿	不可	可	不可
金屬線	不可	可	不可
耐熱烹飪袋	可	可*	可
廚房紙巾及餐紙	可	不可	不可
塑料解凍架	可	不可	不可
<b>塑膠碟子</b> 微波安全	可	不可	不可
不可用於微波	不可	不可	不可
微波安全保鮮紙	可	不可	不可
草、柳及木製容器	可	不可	不可
<b>溫度計</b> 微波安全	可	不可	不可
常規市售	不可	可	不可
蠟紙	可	可	可
矽膠烤盤	可*	可*	可*

\* 請嚴格按照廠商的建議溫度及食譜操作使用。

# 時鐘設定

微波爐首次接通電源，顯示屏上顯示「88•88」。



按下計時/時鐘鍵2次。  
小時開始閃爍。

通過旋轉旋鈕以設定小時。

按下開始/決定鍵。  
分鐘開始閃爍。

Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定

通過旋轉旋鈕以設定分鐘。

按下開始/決定鍵。  
時間現在鎖定於螢幕中。

## ■ 註

1. 如需重設時間，重複上述的整個步驟。
2. 只要不拔掉電源，時鐘會連續運轉。
3. 這是12小時制的時鐘。

# 兒童安全鎖設置

此功能可防止兒童胡亂開動微波爐，不過爐門可以打開。  
請在顯示屏呈現點或時鐘狀態時進行設定。

設定：

Start/Set  
開始/決定

按下開始/決定鍵3次。  
點或時鐘於顯示屏消失。實際時間並不會丟失。  
「Child」（兒童）出現在顯示屏上。

取消：

Stop/Cancel  
停止/取消

按下停止/取消鍵3次。  
點或時鐘重新出現在顯示屏上。

要設定或取消兒童安全鎖，開始/決定鍵或停止/取消鍵必須在10秒內按3次。

# 微波火力設定

使用微波爐時玻璃轉盤必須安裝在適當位置上。



按下微波火力鍵。

通過旋轉旋鈕以選擇所需的火力。  
(您亦可以重複按下微波火力鍵以選擇火力。)

按下開始/決定鍵以確  
認設定。



火力級	最長時間	適用類型
高火 (1000 W)	30分鐘	沸煮清水、烹煮鮮果、蔬菜、米飯、各種麵食、果乾及糖果。加熱牛奶。
中高火 (800 W)	95分鐘	烹煮魚肉、海鮮、肉類、家禽類及雞蛋。
中火 (600 W)		烹煮糕餅、燉菜。
中低火 (440 W)		烹煮較韌的肉類、燉湯。
低火 (300 W)		煨、燉。融化牛油及朱古力。軟化牛油。
解凍 (160 W)		解凍肉類、家禽類或海鮮。
保溫 (100 W)		食物保溫及軟化雪糕。

## ■ 註

- 烹調程序完成後，「Add」（追加）會出現在顯示屏上約1分鐘。顯示期間，您可以使用「追加烹調」功能，請參閱第17頁。要取消「追加烹調」功能，當「Add」（追加）顯示時按下任何鍵。
- 若要瞭解「多段連動烹調」，請參閱第22頁。
- 烹調過程中可根據需要改變烹調時間。通過旋轉旋鈕以增加或減少烹調時間。時間以10秒為單位逐漸增加或減少，最長10分鐘。
- 請不要在「微波」功能下使用任何金屬容器。
- 微波功能設置完後可再設置放置時間。參照第21頁。
- 微波爐以高火 (1000 W) 「微波」火力長時間運行時，微波爐會自動調整功率以保護微波爐組件。

# 快速開始功能

此功能讓您可以快速開始高火 (1000 W) 「微波」火力程式。



## ■ 註

- 「快速開始」功能的最長烹調時間為30分鐘。
- 您可以使用「快速開始」功能設定「多段連動烹調」的首個階段。旋轉旋鈕後設定第二或第三階段。有關「多段連動烹調」，請參閱第22頁。

# 自動解凍設定

此功能可使您在僅設定食物重量的情況下，自動解凍肉類，禽類和海鮮類。  
重量從0.1公斤～2.0公斤。

食物	最高重量
肉餡、雞塊、肉排	2公斤
牛肉、羊肉、全雞	2公斤
魚、扇貝、蝦及魚柳片	1公斤

Auto Defrost  
自動解凍



Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定

按下自動解凍鍵。

通過旋轉旋鈕以設置您所需解凍  
食物的重量。

按下開始/決定鍵。  
顯示屏顯示解凍時間，並  
開始倒計時。

- 您亦可以重複按下自動解凍鍵以選擇食物重量。

## 「自動解凍」的建議

解凍帶骨肉時，從總重量中減去骨頭的重量。

解凍2公斤帶骨肉時，減去0.5公斤。解凍少於2公斤的帶骨肉時，減去0.25公斤。

## 聽到兩聲蜂鳴聲時

翻轉所有的肉、雞、魚及貝殼類。分開燉肉、雞塊和肉餡。

## 解凍方法

為了均勻地解凍，請在解凍過程中將食物翻轉，或移動食物在容器中的位置。



冷藏的生肉要除去包裝  
放在盤子上解凍。



切片的魚要除去包裝放  
在盤子上解凍。

# 薄塊燒烤設定

「薄塊燒烤」可設定三種燒烤方式。燒烤時，熱量由爐頂處兩個加熱器發出。「薄塊燒烤」特別適用於燒烤薄的肉類與海鮮，同樣也適用於烤麵包。



按下薄塊燒烤鍵。  
「薄塊燒烤」火力(3、2或1)出現在顯示屏上。

通過旋轉旋鈕以選擇所需的火力。  
(您亦可以重複按下薄塊燒烤鍵以選擇火力。)

按下開始/決定鍵以確認設定。

Quick Start / Add Time  
快速開始 / 追加烹調



通過旋轉旋鈕以設定烹調時間。

Start/Set  
開始/決定

按下開始/決定鍵。  
顯示屏顯示烹調時間，並開始倒計時。

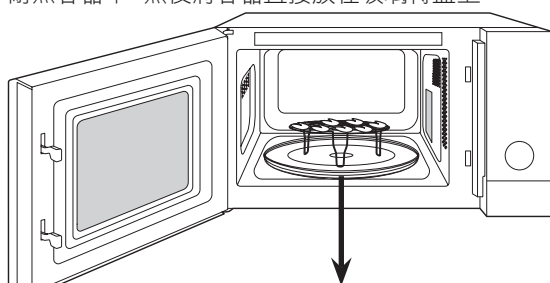
薄塊燒烤火力		最長時間	適用類型
薄塊燒烤3(高火)	1000 W	95分鐘	肉、雞鴨(肉塊)、吐司
薄塊燒烤2(中火)	850 W		海鮮、大蒜麵包
薄塊燒烤1(低火)	700 W		肉片、海鮮薄片、翻熱麵包

## 操作指南

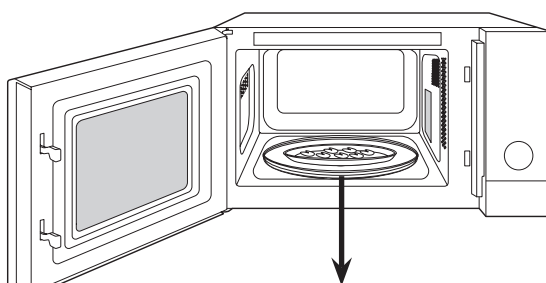
- 烹調程序完成後，「Add」(追加)會出現在顯示屏上約1分鐘。顯示期間，您可以使用「追加烹調」功能，請參閱第17頁。要取消「追加烹調」功能，當「Add」(追加)顯示時按下任何鍵。
- 請根據說明使用提供的燒烤架。
- 此功能不可預熱。
- 「薄塊燒烤」只會在爐門緊閉時運行。爐門打開時無法使用「薄塊燒烤」功能。
- 「薄塊燒烤」模式中不使用「微波」火力。
- 大多數食物在烹調中途需要翻轉。當翻轉食物時，打開爐門並且用隔熱手套小心地取出燒烤架。
- 翻轉後，將食物放回微波爐中並關閉爐門，然後按下開始/決定鍵。微波爐顯示屏將繼續倒計時剩餘「燒烤」時間。
- 燒烤管在烹調過程中會亮起並熄滅，這是正常現象。
- 在爐腔發熱時，請勿接觸頂部的加熱裝置和爐腔內部。加熱裝置可能仍然很熱。
- 使用「薄塊燒烤」模式後，產品可能有一段時間無法運行，以防止過熱。
- 烹調過程中可根據需要改變烹調時間。通過旋轉旋鈕以增加或減少烹調時間。時間以10秒為單位逐漸增加或減少，最長10分鐘。

## 微波爐配件的使用

在使用「薄塊燒烤」時，可以將食物放置在燒烤架上並在燒烤架下放置一個耐熱的碟子。或者將食物放入一個金屬或耐熱容器中，然後將容器直接放在玻璃轉盤上。



燒烤架下放置一個耐熱的碟子



金屬或耐熱容器

# 組合烹調設定

「組合烹調」功能有三段火力可供選擇。此功能是把「微波」和「燒烤」功能有效結合起來的燒烤方式。適用於燒烤肉質較厚實的家禽類、肉類及海鮮等。既可確保食物熟透，又可達到烘烤類食物特有的脆性。當程序進行到一半時間時，請打開爐門小心翻轉食物，翻轉好食物再放回爐內，關好爐門繼續烹調。



按下組合烹調鍵。  
「組合烹調」火力 (3、2或  
1) 出現在顯示屏上。

通過旋轉旋鈕以選擇所需的「組合烹調」火力。  
(您亦可以重複按下組合烹調鍵以選擇「組合烹調」火力。)

按下開始/決定鍵以確  
認設定。

Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定

通過旋轉旋鈕以設定  
烹調時間。

按下開始/決定鍵。  
顯示屏顯示烹調時間，並開始倒計時。

等級	「微波」	「薄塊燒烤」	最長時間	適用類型
組合烹調3	中低火 (440 W)	高火 (1000 W)	95分鐘	烤馬鈴薯，家禽類。
組合烹調2	低火 (300 W)	高火 (1000 W)		牛肉，羊肉。
組合烹調1	低火 (300 W)	中火 (850 W)		海鮮類，布丁。

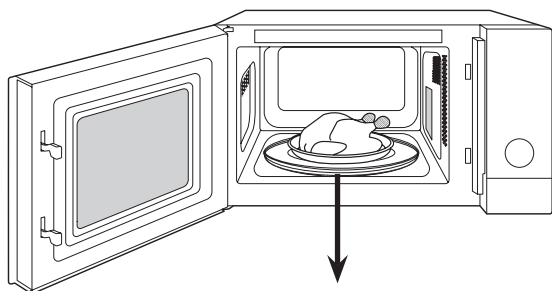
## 操作指南

- 烹調程序完成後，「Add」（追加）會出現在顯示屏上約1分鐘。顯示期間，您可以使用「追加烹調」功能，請參閱第17頁。要取消「追加烹調」功能，當「Add」（追加）顯示時按下任何鍵。
- 燒烤架適合用於「組合烹調」和「薄塊燒烤」模式。除了微波爐提供的金屬配件外，切勿使用其他金屬配件。將耐熱的微波安全碟子放置在下面收集脂肪或滴落物。
- 僅按照描述使用燒烤架。
- 若加工小於200克食物，請勿使用「組合烹調」。對於少量食物，請勿使用「組合烹調」模式，僅使用「薄塊燒烤」或「微波」模式即可獲得最佳效果。
- 使用「組合烹調」模式烹調時，切勿遮蓋食物。
- 使用「組合烹調」模式時，請勿預熱微波爐。
- 若使用食物重量不當、燒烤架受損，或金屬容器，則可能意外產生電弧。電弧是在微波爐中看到的藍色閃光。若電弧出現，立即關閉微波爐。
- 部分食物應在不使用燒烤架情況下採用「組合烹調」模式烹調，即：烤肉、烤焗類菜餚、餡餅和布甸。食物應放置於非金屬隔熱盤中，直接放置在玻璃轉盤。
- 請勿在「組合烹調」程式中使用塑膠微波容器（除非適合「組合烹調」烹調方法）。餐具必須可承受頂部燒烤的熱量，最好選擇耐熱玻璃或陶瓷。
- 請勿使用您自己的金屬餐具或烤模，微波可能無法均衡穿透食物。
- 烹調過程中可根據需要改變烹調時間。通過旋轉旋鈕以增加或減少烹調時間。時間以10秒為單位逐漸增加或減少，最長10分鐘。

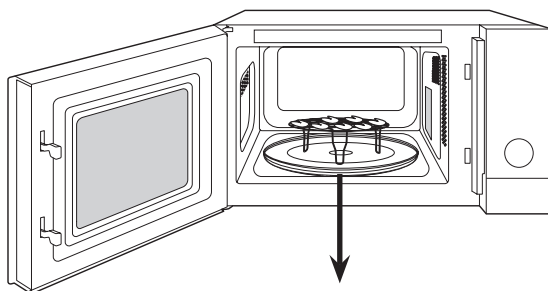


## 微波爐配件的使用

在使用「組合烹調」時，可以將食物放入一個耐熱的微波安全容器，然後將容器直接放在玻璃轉盤上。或者將食物放置在燒烤架上並在燒烤架下放置一個耐熱的微波安全碟子。



耐熱的微波安全容器



燒烤架下放置一個耐熱的微波安全碟子

## 追加烹調功能設定

此功能允許您在烹調結束時，用上階段的火力添加烹調時間。

Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定

料理結束後，旋轉旋鈕設定「追加烹調」功能。

最長設定時間：

「微波」：高火 (1000 W)：最長設定時間為30分鐘；其他微波火力：最長設定時間為95分鐘；

「薄塊燒烤」及「組合烹調」：最長設定時間為95分鐘。

按下開始/決定鍵。

時間已被追加。

顯示屏顯示烹調時間，並開始倒計時。

### ■ 註

1. 此功能僅適用於「微波」、「薄塊燒烤」及「組合烹調」功能，並不適用於「自動解凍」及「自動食譜」功能。
2. 烹調程序完成後，「Add」（追加）會出現在顯示屏上約1分鐘。顯示期間，您可以再次使用「追加烹調」功能。
3. 如您在完成烹調後1分鐘內沒有進行任何動作，或如您在「Add」（追加）顯示期間按下任何鍵，「追加烹調」功能將會取消。
4. 「追加烹調」功能可以用於「多段連動烹調」程序設定之後。  
「追加烹調」功能的火力與最後一個程序的火力一致。如果最後一個程序為放置時間，則無法使用「追加烹調」功能。

# 自動食譜設定

Auto Menu  
自動食譜



Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定



按下自動食譜鍵。

螢幕上顯示出「自動食譜」編號。

通過旋轉旋鈕選擇所需的「自動食譜」程式。  
(您亦可以重複按下自動食譜鍵以選擇「自動食譜」程式。)

按下開始/決定鍵以確認設定。

Quick Start / Add Time  
快速開始 / 追加烹調



Start/Set  
開始/決定

通過旋轉旋鈕選擇份數和數量。

(參考下表)

按下開始/決定鍵。  
顯示屏顯示烹調時間，並開始倒計時。

編號	食譜	重量				建議烹調器具及附屬件
1	饊菜翻熱	200克	400克	600克	800克	燉鍋(加蓋)
2	薄餅翻熱	200克	300克	400克	-	燒烤架
3	翻熱湯	1杯	2杯	3杯	4杯	微波安全杯
4	翻熱急凍食品 / 點心	50克	100克	150克	200克	微波安全碟加蓋或用保鮮膜蓋著
5	粥 / 稀飯	50克	100克	150克	-	燉鍋(加蓋)
6	即食麵	1人份	2人份	-	-	燉鍋(加蓋)
7	蔬菜	100克	200克	300克	400克	燉鍋(加蓋)
8	清燉	4-6人份	1-3人份	-	-	燉鍋(加蓋)
9	煲仔飯	100克	200克	300克	-	燉鍋(加蓋)
10	蒸魚	100克	200克	300克	400克	微波安全容器用保鮮膜蓋著
11	蒸雞	200克	400克	600克	800克	
12	烤(全)雞	600克	900克	1200克	-	微波安全碟
13	烤牛肉 / 羊肉	200克	400克	600克	-	燒烤架下面用盤子盛底
14	烤肉片	200克	400克	600克	-	燒烤架下面用盤子盛底
15	翻熱炒飯	50克	150克	350克	-	燒烤架下面用盤子盛底
16	爐腔清潔	-				-

## ■ 註

- 當您選擇一個「自動食譜」程序時，食譜編號與「自動食譜」的指示燈將會出現在顯示屏上。
- 請僅烹調在描述重量範圍內的食物。
- 務必要自行磅重食物而不是倚賴包裝上的資訊。
- 放置時間對大部分食物都有幫助，在「自動食譜」程式烹調後，能繼續讓熱度傳導至食物的中心。

## 1. 餛飩翻熱

適用於翻熱預先煮熟的食物，您不需要選擇火力和翻熱時間，只要選擇適合的食物份量即可。食物必須處於冷藏的狀態 (5-7 °C)。選擇一個合適的微波爐安全燉鍋，根據需要加入3-5湯匙水。烹調時請加蓋。微波爐會發出蜂鳴聲響提示將食物攪拌。

## 2. 薄餅翻熱

適用於翻熱處於冷藏狀態 (5-7 °C) 的已熟薄餅。把薄餅放在燒烤架上後放在玻璃轉盤上，烹調時請勿加蓋。

## 3. 翻熱湯

適用於翻熱處於冷藏的狀態 (5-7 °C) 的湯。使用微波安全杯。烹調時請勿加蓋。食用前需要攪拌。

備註：1杯 = 180毫升

## 4. 翻熱急凍食品 / 點心

適用於翻熱急凍食品 / 點心，例如：蒸包，燒賣等。將急凍食品放在一個合適的微波爐安全碟上，略微灑水。烹調時加蓋或用保鮮膜蓋著。

## 5. 粥 / 稀飯

適用於烹調粥 / 稀飯。將米 / 稀飯放入一個合適的微波安全燉鍋中。注入水 (可參考下表)，水的容量不可超過器皿容量的二分之一，以防滾瀉。烹調時請加蓋。當微波爐發出第一次蜂鳴聲響時，請略微開蓋後繼續烹調，在第二次蜂鳴時，請對食物進行攪拌。烹調結束後，請加蓋放置5到10分鐘。

粥 / 稀飯	建議水量	建議容器大小
50克	250毫升	1.5 L
100克	650毫升	2 L
150克	850毫升	3 L

## 6. 即食麵

適用於烹調即食麵。把即食麵和所有調料一起放入一個合適的微波安全燉鍋中，注入熱水 (可參考下表)，水的容量不可超過器皿容量的一半，以防滾瀉。烹調時請加蓋。微波爐會發出蜂鳴聲響提示將食物攪拌。烹調結束後，請放置1到2分鐘。

份	建議加熱水量
1人份	450毫升
2人份	800毫升

## 7. 蔬菜

適用於烹調各種葉類、綠葉菜以及軟組織蔬菜，包括花椰菜、南瓜、花菜、捲心菜、蘆筍、蠶豆、芹菜、菠菜、辣椒或以上之混合物。將所有的蔬菜切成相同大小，放入一個合適的微波安全燉鍋中，如果你想讓蔬菜的口感更鬆軟請加入適量的水。牛油，香草可在烹調前加入，但是鹽要在烹調之後加入。烹調時請加蓋。微波爐會發出蜂鳴聲響提示將食物攪拌。

蔬菜	建議加水或調料的量
100克	3 湯匙水或調料
200克	4 湯匙水或調料
300克	5 湯匙水或調料
400克	7 湯匙水或調料

## 8. 清燉

適用於煮傳統例湯，如蔘茸湯、燕窩等，需要用「清燉」這方法使您的食物保持口感不破壞外形，也使您的食物保持原味。把所有的用料放入一個合適的微波安全燉鍋中，注入水 (可參考下表)，水的容量不可超過器皿容量的一半，以防滾瀉。烹調時請加蓋。當微波爐發出第一次蜂鳴聲響時，請略微開蓋後繼續烹調，在第二次蜂鳴時，請對食物進行攪拌。

份	肉	蔬菜	建議水量
4-6人份	400克	300克	800毫升
1-3人份	200克	150克	600毫升

## 9. 煲仔飯

適用於烹調白米飯，包括長米，短米，香米等。將米放入一個合適的微波安全燉鍋中。注入水（可參考下表），水的容量不可超過器皿容量的二分之一，以防滾瀉。烹調時請將蓋子略微打開。烹調結束後，請加蓋放置5分鐘。

米	建議水量	建議容器大小
100克	180毫升	1.5 L
200克	300毫升	2 L
300克	450毫升	3 L

如果使用的燉鍋太小，會發生滾瀉。此功能不適用於烹調糙米。

## 10. 蒸魚

適用於烹調整條魚和魚片。把準備好的魚放在合適的微波安全碟上。加入調料及水（可參考下表），烹調時請用保鮮膜蓋著。

魚	建議加水或調料的量
100克	2 湯匙水或調料
200克	3 湯匙水或調料
300克	4 湯匙水或調料
400克	5 湯匙水或調料

（可根據您的個人喜好調整水或調料的量）  
完成烹調大量魚後，請放置3到5分鐘才上菜。  
**備註：**魚片的厚度不能超過3厘米。

## 11. 蒸雞

適用於烹調雞塊，如雞翅，雞腿，雞胸等大塊雞肉。雞肉在烹調前需要完全解凍。烹調前，先用叉子刺穿，加肉汁或蔬菜醃過。將準備好的雞肉放在微波爐安全碟上。如果你想讓雞肉的口感更鬆軟請加入適量的油。烹調時請用保鮮膜蓋著。微波爐會發出蜂鳴聲響提示將食物翻轉。

雞塊	建議加油量
200克	3茶匙油
400克	4茶匙油
600克	5茶匙油
800克	6茶匙油

## 12. 烤(全)雞

適用於烤全雞。在烤雞之前用叉子把雞皮刺穿。把準備好的雞胸朝下放在合適的微波爐安全碟上。微波爐會發出蜂鳴聲響提示將食物翻轉。

## 13. 烤牛肉 / 羊肉

適用於烤牛肉及羊肉，也可以把肉混合著蔬菜和肉汁一起烤。把準備好的肉放在燒烤架上，下面用盤子盛底。微波爐會發出蜂鳴聲響提示將食物翻轉。

**備註：**肉需要完全解凍。肉的厚度不能超過2厘米。

## 14. 烤肉片

適用於烘烤肉片。將燜肉切塊。用叉子刺穿肉片，把肉混合著蔬菜和肉汁一起醃漬。將肉片擺放在燒烤架上，下面用盤子盛底。微波爐會發出蜂鳴聲響提示將食物翻轉。







## 15. 翻熱炒飯




適用於翻熱多種煎炸食品，例如炸雞，咖喱包，傳統春卷等。將煎炸食品擺放在燒烤架上，下面用盤子盛底。微波爐會發出蜂鳴聲響提示將食物翻轉。

## 16. 爐腔清潔

清潔程式。請參閱第25頁。

### ■ 註

第19-20頁上的圖示“”，“”，“”意在提示您烹調中所需用到的功能。“”，“”，“”圖示並不會在顯示屏上顯示。

: 「組合烹調」    : 「薄塊燒烤」    : 「微波」

# 計時設定 (廚房定時器 / 放置時間 / 延遲開始)

## 廚房定時器設定

按下計時/時鐘鍵。

通過旋轉旋鈕選擇所需的時間。  
(最多可長達95分鐘)

按下開始/決定鍵。

微波爐不會運作，但顯示屏上將倒數計時。



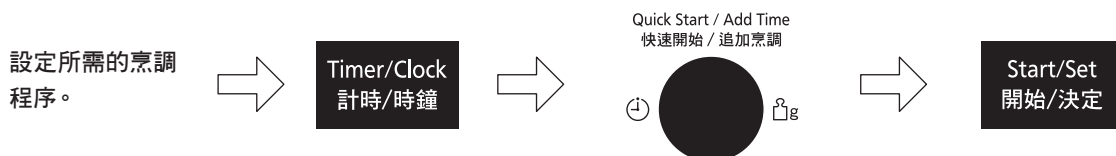
## 放置時間設定

按下計時/時鐘鍵。

通過旋轉旋鈕選擇所需的放置時間。  
(最多可長達95分鐘)

按下開始/決定鍵。

開始烹調。烹調完畢後，微波爐不會運轉，但顯示屏上將倒數計時。



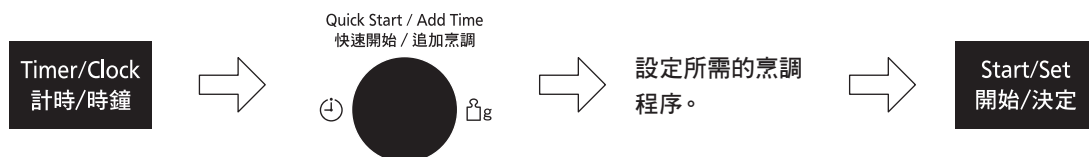
## 延遲開始設定

按下計時/時鐘鍵。

通過旋轉旋鈕選擇所需的延時時間。  
(最多可長達95分鐘)

按下開始/決定鍵。

開始倒數計時延時時間，然後烹調。

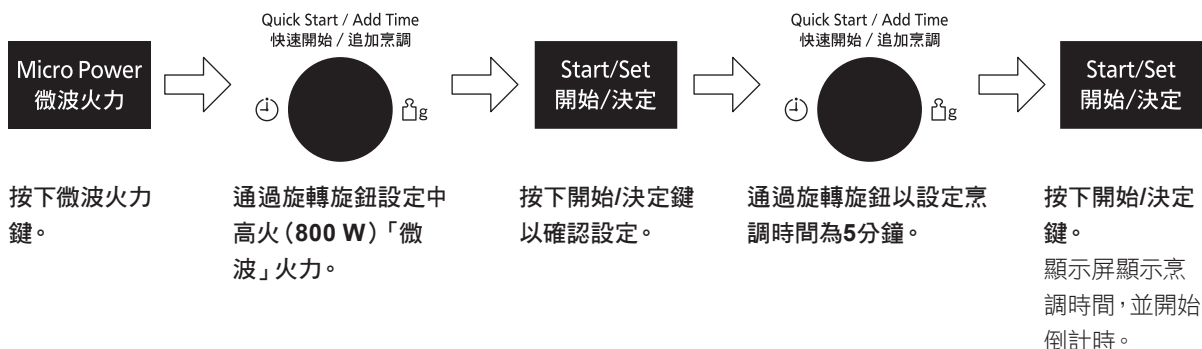
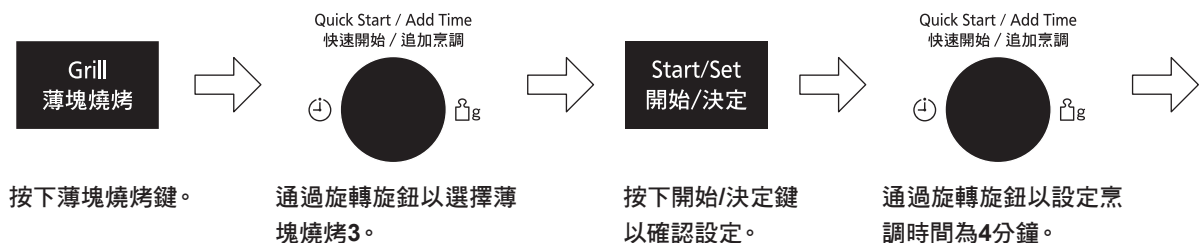


### ■ 註

1. 當使用廚房定時器、放置時間及延遲開始功能時，中途若開啟爐門，設定的時間仍會在顯示屏繼續倒數。
2. 延遲開始或放置時間不能與「自動解凍」及「自動食譜」功能同時使用。這是避免在開始烹調或解凍前，爐內食物的溫度有所改變而影響烹調效果。
3. 「多段連動烹調」可以與放置時間或延遲開始同時使用。

# 多段連動烹調

例如：以薄塊燒烤3「燒烤」4分鐘，然後以中高火（800 W）「微波」火力烹調食物5分鐘。



## ■ 註

1. 如要進行三階段連續烹調，在按開始/決定鍵前輸入另一烹調程式。
2. 烹調期間，按停止/取消鍵一次將停止程序。按開始/決定鍵將重新開始已設置的程序。按停止/取消鍵2次將停止並清除已設置的程序。
3. 「自動解凍」及「自動食譜」功能不可用於「多段連動烹調」。
4. 操作時，每一階段間會有2聲「嗶」提示，所有階段完成後會「嗶」5次。
5. 「多段連動烹調」時，只可設定高火（1000 W）「微波」火力1次。

# 要求修理服務之前

## 下列情況均屬正常

微波爐干擾電視接收。	使用微波爐時，收音機，電視機，無線上網，無繩電話，嬰兒監視器，藍牙或其他無線設備可能會受到干擾。此等干擾類似一些小型電器，如攪拌機，吸塵器，電風扇等所引起之干擾。這並非表示微波爐發生故障。
蒸氣積聚於爐門和有熱風從排氣口排出。	烹調時，食物會有蒸氣散發，而大部分會從排氣口排出，但蒸氣會於較涼的地方如爐門上及 / 或爐門內少量凝聚，這是正常現象，微波爐仍可安全使用，冷卻後蒸氣將會自動消散。
未有擺放食物而不慎啟動微波爐。	短時間空爐工作，對於微波爐不會即時造成損害。但用戶應盡量避免這樣使用微波爐。
使用「組合烹調」時，微波爐有聲響發出。	這些聲響是因為微波爐自動開關「薄塊燒烤」的提示，故這屬正常現象。
當使用「薄塊燒烤」及「組合烹調」功能時，微波爐有白煙冒出及產生異味。	微波爐必須定期，清潔乾淨，特別在使用「薄塊燒烤」及「組合烹調」功能後。任何積聚在爐頂及爐壁的油污，都會引起白煙冒出。
首次使用「薄塊燒烤」及「組合烹調」功能時，通風口會有少量煙冒出。	這是由爐腔裏保護部件的過多的油脂引起的。

問題	起因	解決方法
微波爐不能啟動。	沒有接駁電源。	拔除插頭，待10秒鐘後再重新插上電源。
	保險絲或電源斷路器生熔斷。	聯絡指定維修中心進行維修。
	插座有問題。	用其他電器測試插座是否有問題。
微波爐無法開始烹調。	爐門未關妥。	小心關好爐門。
	未按 <b>開始/決定</b> 鍵。	按下 <b>開始/決定</b> 鍵。
	輸入其他程序。	按 <b>停止/取消</b> 鍵清除已輸入的程序，然後重新輸入烹調程序。
	烹調程序輸入錯誤。	參考說明書，使用正確的程序輸入烹調。
	不慎按下 <b>停止/取消</b> 鍵。	重新輸入烹調程式。
開動微波爐，玻璃轉盤處發出聲響。	轉盤圈及爐底骯髒。	請參考「微波爐的保養」（見下頁）清理骯髒部份。
「Child」（兒童）出現在顯示屏上。	按3次 <b>開始/決定</b> 鍵，兒童安全鎖被設定。	按3次 <b>停止/取消</b> 鍵即可取消。
微波爐停止工作並且顯示屏顯示“H00”，“H97”或“H98”。	微波爐發生系統故障。	聯絡代理商的維修部門。

若微波爐出現故障，請立即聯絡代理商的維修部門。



# 微波爐的保養

1. 清洗微波爐之前，須從插座上拔下插頭。
2. 保持爐腔清潔。如濺出的食物或溢出的液體積在爐腔內，請用濕布擦去。若爐內相當骯髒則可用軟性清潔劑。不可使用粗糙、磨損性的清潔劑。
3. 請用微濕的布來清洗微波爐表面，為防止損傷爐內操作部分，不要讓水滲入風口。
4. 如控制板面被弄濕。請用軟性濕布抹擦。不能用粗糙、磨損性的物品擦控制板面。清潔控制面板時，請打開微波爐門，以免意外啟動微波爐。擦完之後請按**停止/取消鍵**以清除顯示屏上的顯示。
5. 若蒸氣累積在內部或圍繞在爐門外部，用軟布擦拭。微波爐在濕度高的環境下運行時會出現這種情況，並不代表微波爐發生故障。
6. 必須經常清洗玻璃轉盤，可用暖肥皂水清洗或置於洗碗碟機內清洗。
7. 轉盤圈和爐腔底部應經常清潔，以防止噪音過大。只需用中性清潔劑和熱水簡單擦拭轉盤圈和爐腔底部，並以乾淨的布擦乾即可。烹調的水蒸氣會因重複使用而累積，但不會影響底面或轉盤圈底輪。請勿為了清潔而從爐腔底部取下轉盤圈。
8. 使用「薄塊燒烤」或「組合烹調」模式時，部分食物可能免不了會將油脂噴濺在爐壁上。如果沒有清潔微波爐，烹調過程中偶而可能會開始「冒煙」。這些痕跡以後會更難清理。
9. 當使用「薄塊燒烤」或「組合烹調」功能烹調後，必須使用溫和的清潔劑清洗爐的內壁，特別是要保持爐內腔體的清潔。如爐內藏有頑固的污漬，可使用少量的清潔劑或噴劑，沾在軟而濕的抹布上，塗在污漬部份，稍等一會，再抹乾便可。以上清洗方法不可使用於爐門，只須用布抹淨便可。  
注意：請勿將洗劑或噴劑直接噴在爐壁上。  
不可用蒸氣清潔劑進行清潔。
10. 如需要更換爐燈，請向有關廠商查詢。
11. 只能請合格人員維修微波爐。有關微波爐的維修問題，請聯絡鄰近的授權經銷商。
12. 無法保持微波爐的清潔可能導致表面變質，從而導致電器使用壽命縮短，還可能導致危險情況的出現。
13. 請維持通風口的清潔。請檢查有沒有灰塵或其他物品堵住任何通風口。如果通風口堵塞，可能導致過熱，影響微波爐的運行，還可能造成危險情況。

# 使用爐腔清潔程式

此程式用於清潔爐腔並從微波爐去除任何食物氣味。

把200毫升自來水及1湯匙  
檸檬汁放入微波安全容器  
(如Pyrex® 壺或碗)。使用  
容量至少500毫升的壺或  
碗。



Auto Menu  
自動食譜



Quick Start / Add Time  
快速開始 / 追加烹調



按下自動食譜鍵。

通過旋轉旋鈕選擇「自動食譜」程式16。

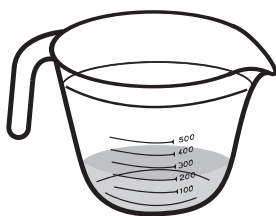
(您亦可以重複按下自動食譜鍵以選擇程式16。)

Start/Set  
開始/決定



程式完成後，微波爐「嗶」5次。打開爐  
門並用軟布擦拭爐腔及爐門部分。

按下開始/決定鍵。  
此程式持續20分鐘。



或



## ■ 註

1. 此程式運行期間，請勿取去玻璃轉盤及轉盤圈。
2. 要清潔玻璃轉盤及轉盤圈，請參閱第24頁。
3. 按需要重複以上步驟。

## 規格

電源：		230 - 240 V 50 Hz	220 V 50 Hz
消耗功率：	微波	1550 W	
	薄塊燒烤	1000 W	
	組合烹調	1550 W	
輸出功率：	微波	1000 W (IEC-60705)	
	薄塊燒烤	1000 W	
爐身體積：		495 mm (寬) × 378 mm (深) × 292 mm (高)	
爐內體積：		330 mm (寬) × 347 mm (深) × 251 mm (高)	
爐腔總容積：		29 L	
轉盤直徑：		288 mm	
操作頻率：		2450 MHz	
淨重：		11公斤	

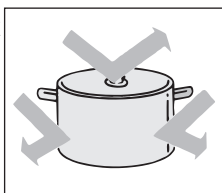
- 顯示重量和尺寸為近似值。
- 技術規格如有變更，恕不另行通知。
- 關於所需電壓，生產日期，國家和編號，請查閱微波爐的產品標籤。

# 微波爐的原理

微波是一種高頻率的電磁波（波長約12厘米），和無線電採用的電波相似，電流是通過磁控管而變為微波，電磁控管發射的微波被傳送到微波爐內的四周，然後反射，傳導及被吸收。

## 反射

微波會被金屬反射，正如打中牆壁的球會反彈一樣，一個固定（內壁）和旋轉的金屬（玻璃轉盤或攪動天線）組合，幫助將爐內的微波分佈至每個角落，而發揮均勻的烹調效能。



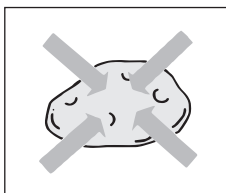
## 傳導

微波能夠透過一些物質，如紙、玻璃和塑膠，就好像太陽光能透射門窗一樣，由於這些物質不會吸收或反射微波能，所以是理想的微波烹調廚具。



## 吸收

微波能被食物吸收，所滲入的深度約2至4厘米，微波能刺激食物的分子（尤其是水、脂肪和糖的分子），而引起它們很快速的振動。



此振動引起磨擦，進而產生熱能。對於大塊的食物，經由磨擦而產生的熱能傳導至中心，而將食物煮熟。

# 食物的特徵

## 食物的特徵

食物的特徵影響普通烹調法的話，那麼在微波烹調法下，它會更加的明顯。

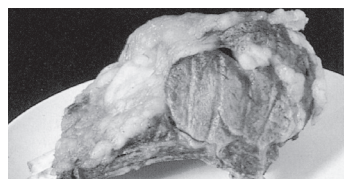
**體積與數量**—小份的食物比大的快熟。

**形狀**—體積相同的食物比較容易均勻的燒熟。為了補償大小不同的形狀，將薄的放在盤中間而厚的放向盤邊。



**開始的溫度**—煮或加熱室內溫度的食物比冷藏的食物時間較短。

**骨頭和脂肪**—以上兩種都影響熱度。骨頭將會造成食物的溫度不平均。原因是太多的脂肪能夠更快速的吸收微波能而使附近的肉過度熟透。



**密度**—煮或加熱多孔又鬆軟的食物比實心又沉重的食物時間較短。



# 烹調的方法

## 時間

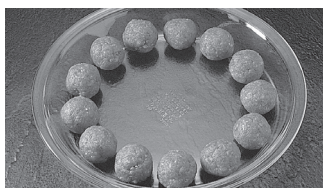
每份食譜都有提供烹調時間。食物的形狀，開始烹調溫度和位置的相差都必須在時間上補償差距。常依照食譜上所指示最短的烹調時間，然後試看食物的煮熟程度，如果食物還沒有熟，繼續再煮。這樣比較容易多加時間再煮。若是食物過度煮熟，那就無藥可救了。

## 空間距離

假如將一個完整的食物如烘馬鈴薯、杯形蛋糕等排放相等的距離，將會烘得比較平均。如果可能的話，把食物排成為圓形。



同樣的，將食物順著烘盤的外形排列，而不是一個接著一個排列，不要將食物疊放在一起。



## 穿刺

在微波烹調期間，有些食物的表皮或膜會阻止蒸氣向外流。在沒有烹調之前，將這些食物的皮剝掉，或穿刺些洞和切縫，以便讓蒸氣蒸發。

## 蛋

用牙籤穿刺蛋黃兩次，蛋白數次。



## 蜆和蠔：

用牙籤穿刺數次。

**馬鈴薯和蔬菜：**用叉刺穿。

**法國香腸和臘腸：**將熏過的香腸和臘腸劃痕。用叉刺穿新鮮的香腸。

## 食物上色

食物不會產生如同用傳統方法燒或烤相同的顏色效果。肉類和家禽可以在未燒之前用深色醬油、辣醬油、燒烤沙司或棕色沙司搽過。在烹調前，可先在食物表面抹上棕色沙司與融化牛油或人造牛油的混合調料。

做快熟麵包或松餅時，用黃糖代替糖粒，或者在烘之前撒些深色的香料於表面上。

## 遮蓋

當採用微波烹調時，水份會蒸發。因為微波烹調法是採用時間而不是直接燒熱的，所以蒸發速度不容易控制。但是只要利用不同的物質來遮蓋廚具，這個缺點將會容易的改正過來。可是除非指明，全部食譜無需加蓋烹調。砂鍋蓋或保鮮膜可用於更好的密封。利用蠟紙或紙巾可以保持某種程度食物的水份。

## 攪動

採用微波烹調期間，通常需要將食物攪動。如果我們需要攪動食物，常用這些詞如一次、二次、時常或偶而來形容攪動的次數。通常將外面熟的部分攪向中心，而比較不熟的向外面攪。

## 轉動和重新放置

有時候不可能將食物攪動以重新分散熱力。這個時候微波能是集中在食物的其中一部分。為了得到平均的烹調，將食物轉移或重新放置。將大塊的食物如烤肉或火雞翻轉。通常在烹調半途翻轉食物。

小塊的食物如雞肉、小蝦、漢堡包卻需要移動位置，將盤外面的肉塊向中央移而將中央的移向外面。

## 放置時間

微波爐停止工作之後，利用導熱法，食物還可以繼續烹調。煮肉類時，假如加蓋放置10至20分鐘，內熱將會上升5°C。

蒸鍋和蔬菜需要比較短的放置時間，但這只是讓食物在邊緣沒有過度煮熟的情況下中央充分的熟透。

## 測試食物的煮熟程度

普通烹調法試熟度的方法，也可以用於微波烹調法。

糕類好了之後，它將不會黏著插進去的木條，也不會黏著盤邊。

雞肉好了之後，它的汁是清黃的而它的腿骨會較容易轉動。

肉類好了之後，可以用叉弄碎或分開纖維。

魚好了之後，它的肉會成片且顏色變為不透明的。

## 更改喜愛的食譜

選些容易更改為微波烹調的食譜，如蒸鍋，燉，烘雞，魚和蔬菜，用微波料理蛋奶酥及雙殼餡餅的效果將不會很理想。不可用微波爐煎炸食物。一個基本的規則，那就是當將普通的食譜更改為微波食譜時，只需減至1/4的時間。同時，尋找一個同樣的微波食譜，適應固定的時間和熱力，在烹調之前，應該先用香菜或香料醃食物，可是加鹽卻在烹調之後。



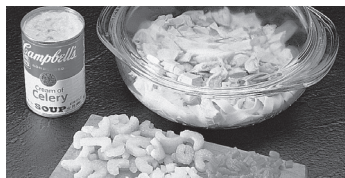
燜的食物是不必在烹調之前預先煎黃。假如有煎的話，應該先把多余的油或脂肪倒掉。將燜肉切成2.5公分(1寸)一塊。將紅蘿蔔，馬鈴薯和其它堅硬的蔬菜切成小塊。紅蘿蔔應該切成薄片，馬鈴薯切丁。

用玻璃蓋蓋住後用高火(1000 W)煮至水沸，然後轉向保溫(100 W)直至柔軟，偶而攪動一次。備註：放一個小碟在肉類或蔬菜上，能夠避免過度煮熟。



微波爐可以把湯類的食譜烹調得很好，將食物切成平均的體積加入湯裏，高湯是很好的底料。

選擇比較大的盤以方便攪動。使用玻璃蓋或特製塑膠蓋，可以減少烹調時間。烹調時偶爾攪拌。要保持上層碎片脆爽，最好是放置之前撒下。



## 加熱急凍食品

大多數急凍食品的包裝後面列明瞭微波加熱法，請參閱所推薦的電力，加熱時間及一般的說明。

## 加熱急凍食品的一般方法說明

用一支叉或刀將包裝的蔬菜或小菜戳穿，將包裝置在一個碟上然後加熱。

使用超過2厘米深的金屬容器裝盛的冷凍食品，例如意大利千層麵或烤釀馬鈴薯，必須由金屬容器內取出，而置入大小適當的微波安全容器裏，加蓋或用保鮮膜蓋著然後加熱。

備註：如食物難以從容器內取出，可用熱水燙容器的底部。

欲加熱鋁箔容器內的冷凍晚餐，先取出容器內的晚餐食品，如有鋁箔包裹也應除去。一些食物，例如麵包、薯條或朱古力方餅等甜品，使用微波功能不大適宜。由盤中取出這幾種食品之後，用保鮮膜蓋著。除甜品外，烹調時請用保鮮膜蓋著。依照廠家說明的方法加熱。



## 解凍

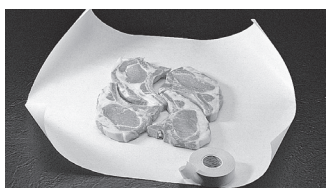
### 準備食物以便冷藏至凍結

煮好的食物質量將根據凍結之前原有的質量，在凍結的過程中處理的方法及所採用的解凍技巧和時間而定。所選購的食物務求鮮美和質優，並於購買後快速冷藏至凍結。

重型的塑膠膜和袋子，與冰凍膜都適用於冰凍庫，有商店原來包裝的肉類可冷藏至凍結一個短時期。

備註：如包裝是使用鋁箔，於解凍之前須除去所有的鋁箔，以預防產生電弧。

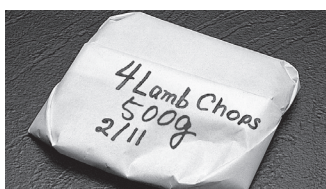
當要將食物打包以備冷藏至凍結時，應將肉塊、雞、魚及海鮮排好，並使其厚薄一致。肉碎應包成2.5至5厘米的長方形、方形或圓形。



全隻雞應首先取出內臟，（內臟可隨意分別冷藏至凍結），將雞洗淨及瀝乾水分，用繩子將腿和翼綁著。



清除所有氣體，然後封密塑膠袋。在袋上加標籤注明肉類，日期及重量。



在冰凍庫內的食物應保持攝氏零下18度或以下，第30頁的圖表注明的解凍時間是針對已徹底凍結的食物。（即解凍之前已凍結至少24小時的食物。）

## 解凍

其用法是選擇解凍（160 W），並調校解凍的時間。請遵照這一節列明的解凍時間及說明。請參閱第30頁。

### 解凍方法

- 1) 食物應使用防濕和防蒸發的物質包裹冷藏至凍結。小塊的肉類如肉排、漢堡包肉餅、魚肉片、雞塊等應分為1或2塊包裹而冷藏至凍結。



- 2) 首先將肉的包裝袋或紙除去，將一個微波烤肉架安置在一個碟上，將除去包裝袋或紙的肉放在架上，根據第30頁的圖表說明選擇解凍（160 W）及加熱的時間。
- 3) 於解凍時將肉或雞翻轉兩或三次。
- 4) 在解凍的半途中，弄散絞碎的牛肉、蝦、扇貝或蟹肉。分開肉排或雞塊，並取出已解凍的肉類。



- 5) 大塊的烤肉，或全隻雞的中心可能仍然結冰，讓它擱置一段時間。



# 微波解凍建議時間

以下圖表提供的時間只作為參考。在烹調途中請時常打開爐門確認食物的料理情況然後按開始鍵繼續烹調。大份量的食物需要調整時間。解凍時無需加蓋。

食物	重量 / 數量	參考時間及火力檔	說明
牛肉 / 羊肉 / 大塊肉 (1) (3)	450克	160 W 9到11分鐘	放置時間30分鐘
牛排 (1) (3)	2個250克	160 W 4分30秒到5分30秒	放置時間3分鐘
牛肉碎 (1) (3)	450克	160 W 9到10分鐘	放置時間5分鐘
燉牛排 (1) (3)	450克	160 W 9到11分鐘	放置時間10分鐘
整雞 (1) (3)	450克	160 W 8到10分鐘	放置時間10分鐘
雞肉 (1) (3)	450克	160 W 9到11分鐘	放置時間5分鐘
整魚 (1) (3)	450克	160 W 9到11分鐘	放置時間5分鐘
魚塊 (2) (3)	450克	160 W 8到10分鐘	放置時間5分鐘
蝦 (2) (3)	450克	160 W 7到9分鐘	放置時間5分鐘
水果，軟的 (1)	250克	160 W 5到6分鐘	放置時間2分鐘
人造牛油 (3)	250克	160 W 1到2分鐘	放置時間2分鐘
芝士 (3)	450克	160 W 5到6分鐘	放置時間2分鐘
成人份量的膳食 (2)	350克	160 W 7到8分鐘	放置時間3到5分鐘
煮熟的水果 (2)	540克	160 W 7到8分鐘	放置時間3到5分鐘
熟肉 (2)	520克	160 W 9到11分鐘	放置時間3到5分鐘
乳蛋餅 (3)	1個65克	160 W 4到5分鐘	放置時間2分鐘
砂鍋 (1)	750克	1000 W 6到7分鐘	放置時間3到5分鐘
麵包卷 (1)	1個85克	1000 W 20到30秒	放置時間5分鐘
布里歐修 (1) (3) (4)	1個400克	組合烹調2 3分30秒	放置時間5分鐘
牛角包 (1) (4)	2個100克	組合烹調2 1分到1分30秒	追加1分鐘薄塊燒烤3可使表面更加鬆脆。
泡芙 (1) (3)	1個375克	160 W 5分到5分30秒	放入冰箱放置20分鐘
糕點酥皮 (1) (3)	1個500克	160 W 7到8分鐘	放入冰箱放置20分鐘
薄餅麵團 (1) (3)	1個240克	160 W 4分30秒到5分鐘	放置時間10分鐘
甜甜圈 (1) (4)	2個100克	組合烹調2 1分到1分30秒	在微波爐內放置3分鐘
華夫餅 (1) (4)	2個40克	組合烹調2 1分到1分30秒	追加1分鐘薄塊燒烤3可使表面更加鬆脆。
水果批 (3)	470克	160 W 6到7分鐘	放置時間5分鐘

1000 W：高火，800 W：中高火，600 W：中火，440 W：中低火，300 W：低火，160 W：解凍，100 W：保溫

- (1) 中途需要攪拌或翻轉。
- (2) 在燒烤途中分離已經解凍的部份並且翻轉。
- (3) 拆除所有包裝並放入一個耐熱碟中。
- (4) 放在燒烤架上，如果需要可在下面放個耐熱碟子。



# 翻熱食譜建議時間

以下圖表提供的時間只作為參考，實際烹調效果會根據食物的起始溫度、大小及數量發生變化。

食物	重量 / 數量	參考時間及火力檔	說明
飲料 / 咖啡 / 牛奶			
咖啡	1杯 (250 ml)	1000 W 1分30秒	加熱前後需攪拌。
咖啡	2杯 (500 ml)	1000 W 2分30秒到3分鐘	
牛奶	1杯 (250 ml)	1000 W 1分20秒到1分30秒	
麵包			
牛角包	2個200克	1000 W 10到20秒或 薄塊燒烤3 3分到3分30秒	把食物放入微波安全碟後再 放在玻璃轉盤上。無需加 蓋。如果使用「薄塊燒烤」 模式，請使用燒烤架或耐熱 碟。中途翻轉。
	4個400克	1000 W 30到40秒或 薄塊燒烤3 4分鐘	
麵包卷	1個	1000 W 10到20秒或 薄塊燒烤3 3分到3分30秒	
	4個	1000 W 30到40秒或 薄塊燒烤3 4到5分鐘	
烤餅麵包	225克	1000 W 30到40秒	無需加蓋。中途翻轉。
比得包	2個	1000 W 20到30秒	
膳食 (自製)			
蔬菜 (熟的)	300克	1000 W 2分鐘	加蓋。中途攪拌。
	700克	1000 W 5分到5分30秒	
馬鈴薯泥	500克	1000 W 3到4分鐘	
米飯 / 藜麥 / 蒸粗麥粉	300克	1000 W 2分到2分20秒	
嬰兒食品	120克	600 W 30到40秒	
罐頭食品			
烤豆	225克	1000 W 1分30秒到2分鐘	把食物放入微波安全碗後 再放在玻璃轉盤上。加蓋。 中途攪拌。
番茄醬意粉	200克	1000 W 1分30秒	
番茄奶油湯	400克	1000 W 2分30秒	
雞湯	425克	1000 W 3分30秒	
糕點			
乳蛋餅	400克	1000 W 2到3分鐘或 組合烹調2 4到6分鐘	把食物放入微波安全碟後再 放在玻璃轉盤上。無需加 蓋。如果使用「組合烹調」模 式，請使用耐熱碟。
咖哩角 / 春捲	4個240克	1000 W 1分到1分30秒或 組合烹調2 5到6分鐘	
便利食品			
薯仔餡餅 (冷藏)	450克	1000 W 5到6分鐘或 組合烹調2 12到15分鐘	把食物放入微波安全碟後再 放在玻璃轉盤上。無需加 蓋。如果使用「組合烹調」模 式，請使用耐熱碟。
千層面 (冷藏)	400克	1000 W 7到8分鐘或 組合烹調2 10到12分鐘	
牧羊人派 (冷凍)	450克	1000 W 3到4分鐘或 組合烹調2 22到25分鐘	

1000 W：高火，800 W：中高火，600 W：中火，440 W：中低火，300 W：低火，160 W：解凍，100 W：保溫

# 常用食譜烹調建議時間

食物	重量 / 數量	參考時間及火力檔	說明
豆類 — 需要浸泡 (扁豆除外)			
鷹嘴豆	225克	1000 W 8分鐘然後 440 W 35到45分鐘	在一個大碗中加入600 ml沸水。 加蓋。中途攪拌。
扁豆	225克	440 W 35到40分鐘	
紅腰豆	225克	1000 W 15分鐘然後 440 W 35到45分鐘	
新鮮的蔬菜，切片，切成均勻的碎片。			
蘆筍	200克	1000 W 4到5分鐘	加入30毫升 (2湯匙) 水。加蓋。中途攪拌。
西蘭花	250克	1000 W 3到4分鐘	
馬鈴薯	250克	1000 W 4到5分鐘	
羔羊 / 牛肉 - 生的 - 小心：很燙！拿出容器時應當小心。			
羊扒	450克	組合烹調2 10分鐘	將食物直接放在燒烤架上，並在燒烤架下放置一個耐熱的碟子。 中途翻轉。
大塊的羊肉	450克	600 W 10到13分鐘然後 組合烹調3 6到10分鐘	在微波安全碟中放入一個架子或者上翹的碗後放入羊肉，然後放在玻璃轉盤上。加蓋並且中途翻轉。在烹調過程中會有油脂排出。在「組合烹調」模式下切勿加蓋。
意大利麵—放置在一個3升微波安全燉鍋中			
通心粉	225克	1000 W 13到15分鐘	加入1升沸水。加蓋。中途攪拌。
意大利麵條，意大利乾麵條	225克	1000 W 11到12分鐘	
新鮮冷藏薄餅—備註：烹調前需要拆除所有包裝。加熱後的薄餅底面會相對較軟。			
薄脆薄餅	300克	1000 W 2到3分鐘或 組合烹調2 10到12分鐘	把食物放入耐熱碟後再放在玻璃轉盤上。無需加蓋。
深盤薄餅	400克	1000 W 4到6分鐘或 組合烹調2 10到12分鐘	在「組合烹調」模式下，請使用燒烤架。
熟制冷凍食品			
炸肉餅	300克	組合烹調2 12到13分鐘	把食物放放燒烤架上，然後在玻璃轉盤上。中途翻轉。
華夫餅	2個120克	薄塊燒烤3 16到17分鐘	
香腸—一生的一注意很燙！拿出容器時應當小心。			
厚的	4個240克	1000 W 2到3分鐘或 組合烹調2 8到10分鐘	把食物放入微波安全碟後再放在玻璃轉盤上。加蓋。在「組合烹調」/「薄塊燒烤」模式下，請使用燒烤架。無需加蓋。中途翻轉。
薄的	4個120克	1000 W 1分30秒到2分30秒或 薄塊燒烤3 16到17分鐘	

1000 W：高火，800 W：中高火，600 W：中火，440 W：中低火，300 W：低火，160 W：解凍，100 W：保溫

## ■ 註

在微波爐中加熱後，請務必檢查食物是否熱的。如果不確定，請放回爐腔重新加熱。不能攪拌的食物，在料理結束後需要放置一段時間。食物越多所需的放置時間就越長。

## 備註：

本食譜所提供的烹調火力及時間僅供參考。



## 黃梨燜雞

### 材料：

600克	雞塊	
1湯匙	玉米澱粉	} 混和
2湯匙	清水	
5克	生葱用於拌飾（切成細絲）	
A：1湯匙	胡椒粉	
10克	嫩薑（剁幼）	
2湯匙	蕃茄醬	
2湯匙	蠔油	
2湯匙	魚露	
B：200克	黃梨（切成½厘米楔狀）	
5克	鮮辣椒（去核及切幼絲）	
½湯匙	鹽	

### 操作方法：

1. 將雞塊放進一個燉鍋裡，以混合的A調味料醃約1小時。
2. 加進B用料。
3. 加蓋並以中高火（800 W）烹調13到15分鐘。
4. 拌入玉米澱粉漿，放置5分鐘。
5. 趁熱送飯。

食用份量：4-6 份



## 脆皮烤雞

600克 雞，切塊

### 醃料：

½湯匙	食油
½湯匙	蜜糖
A：2湯匙	蘑菇蠔油
1湯匙	蜜糖
1湯匙	食油
¼湯匙	蘑菇蠔油

### 操作方法：

1. 洗淨雞塊，用叉穿刺和用紙巾拍乾。
2. 以A用料醃雞至過夜或最少半個小時。
3. 把醃好的雞塊放置在燒烤架上，然後放在一個微波安全碟在下面。
4. 烤雞之前搽上油。
5. 以組合烹調3烹調14到15分鐘，中途翻轉。
6. 在最後5-10分鐘，搽上蜜糖。
7. 把雞切成塊狀排入一精美碟上，趁熱上桌。

食用份量：4-6 份



## 蒸蝦

### 材料：

300克	大蝦（連殼）
100克	蕃茄（切片）
A：1/3杯	清水
1/4茶匙	鹽
1/4茶匙	糖
10克	生薑（切絲）
1茶匙	檸檬汁

### 操作方法：

1. 修剪蝦鬚，用牙籤由蝦尾穿入直至蝦頭。
2. 在一個餐碟上將蕃茄和蝦排成一個圓圈，將材料A混合後淋在蝦上。
3. 用保鮮膜蓋著，以中高火（800 W）烹調約5到6分鐘。
4. 趁熱上桌。

食用份量：4-6 份



## 香辣燜魚

### 材料：

1條	鯧魚（350克切成4塊）
1/3杯	乳酪
1/3杯	清水
1/4茶匙	鹽
A：1湯匙	酥油
10克	芫荽葉（切成4厘米長度）
10克	生薑（切絲）
50克	大蒜頭（切片）
5克	咖喱葉
1厘米	肉桂皮
2粒	丁香
B：（以下用料加1/4杯食油研幼）	
1湯匙	小茴香
20克	辣椒干（浸軟）
10克	蒜頭
50克	小葱頭

### 操作方法：

1. 將A用料置入燉鍋裡混和，以高火（1000 W）爆香約2到3分鐘（無需加蓋）。
2. 拌入B用料，再以高火（1000 W）爆香約3到4分鐘。
3. 加進魚，乳酪，清水和鹽。
4. 加蓋並以中火（600 W）烹調7到8分鐘。中途翻轉。
5. 趁熱送飯。

食用份量：4-6 份



## 炒飯

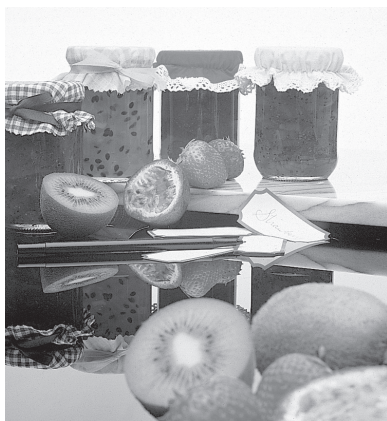
### 材料：

400克	白飯
150克	雜菜
2湯匙	豉油
2湯匙	麻油
A：150克	小蝦（去殼及脈絡）
50克	蟹肉
1茶匙	豉油
½茶匙	糖
B：10克	蒜頭（剁幼）
20克	小蔥頭（剁幼）
3湯匙	食油

### 操作方法：

1. 混和A用料，留後用。
2. 將B用料置入22厘米燉鍋裡混和，以高火（1000 W）爆香約1分30秒到2分鐘（無需加蓋）。
3. 拌入醃好的A用料，再中火（600 W）烹調約2到3分鐘（無需加蓋）。
4. 加進其餘的用料，並以高火（1000 W）再烹調9到10分鐘（無需加蓋）。每隔3分鐘攪拌一次。
5. 立即上桌。

食用份量：3-4 份



## 果醬

### 材料：

200克	水果（例如草莓，蘋果，葡萄，奇異果等）
100克	細白砂糖
2茶匙	檸檬汁

### 操作方法：

1. 削皮後將水果切成小塊（1-2厘米）大小，並放入2升的微波爐適用的焙盤內。加入細白砂糖及檸檬汁。混合。
2. 以中火（600 W）烹調13到14分鐘。每隔3分鐘攪拌一次。烹調後攪拌並冷卻。

**備註：** 您不可煮橙醬。保鮮於雪櫃內。您可隨意調整糖的份量。少糖將縮短保鮮期限。

**備註：** 雙份用料可制2杯果醬。

食用份量：約1杯







