



Operating Instructions (Original instructions)

使用說明書 (出廠說明翻譯)

Microwave Oven/Grill

微波/烤爐

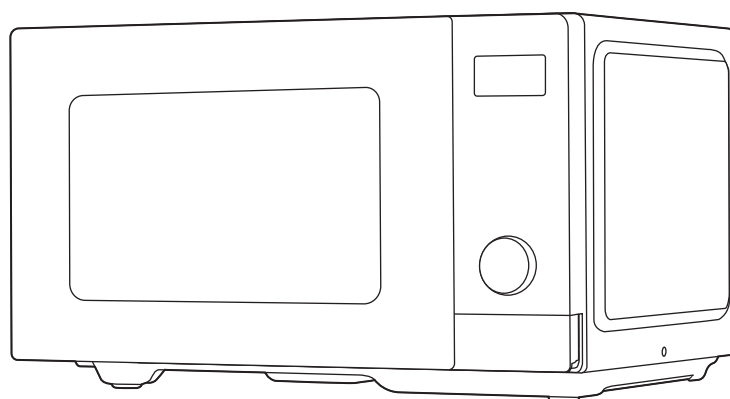
Household Use Only

家用

Model No.: NN-GD35QB

English

中文



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

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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	
To Set/Cancel Child Safety Lock (📖 page 12)	To set:  Press 3 times	To cancel:  Press 3 times
To Set Clock (📖 page 12)	 →  Press twice set hours  →  set minutes Press once	 → Press once
To Cook/Reheat/Defrost on Micro Power by Time Setting (📖 page 13)	 →  Press once Select power level  →  set cooking time Press once	 → Press once
To Use "Auto Menu" Pad (📖 page 18)	 →  Press once Select desired menu number  →  Select desired weight Press once	 → Press once
To Use the Quick Start Function (📖 page 13)	 →  Set cooking time Press once	
To Use "Auto Defrost" Pad (📖 page 14)	 →  Press once Select desired weight  →  Press once	 → Press once

<p>To Cook using "Grill" Pad (☞ page 15)</p>	<div> <div>Grill 薄塊燒烤</div> <div>→</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>→</div> <div>Start/Set 開始/決定</div> <div>→</div> </div> <p>Press once Select power level Press once</p> <div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>→</div> <div>Start/Set 開始/決定</div> </div> <p>set cooking time Press once</p>
<p>To Cook using "Combination" Pad (☞ page 16)</p>	<div> <div>Combination 組合烹調</div> <div>→</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>→</div> <div>Start/Set 開始/決定</div> <div>→</div> </div> <p>Press once Select power level Press once</p> <div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>→</div> <div>Start/Set 開始/決定</div> </div> <p>set cooking time Press once</p>
<p>To Use the Add Time Function (☞ page 17)</p>	<div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>→</div> <div>Start/Set 開始/決定</div> </div> <p>After cooking, turn dial to select Add Time Function Press once</p>
<p>To Use as a Kitchen Timer (☞ page 21)</p>	<div> <div>Timer/Clock 計時/時鐘</div> <div>→</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>→</div> <div>Start/Set 開始/決定</div> </div> <p>Press once Set the kitchen time Press once</p>
<p>To Set Standing Time (☞ page 21)</p>	<div> <div>Set the desired cooking programme</div> <div>→</div> <div>Timer/Clock 計時/時鐘</div> <div>→</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>→</div> </div> <p>Press once Set the standing time</p> <div> <div>Start/Set 開始/決定</div> </div> <p>Press once</p>
<p>To Set Delay Start (☞ page 21)</p>	<div> <div>Timer/Clock 計時/時鐘</div> <div>→</div> <div>Quick Start / Add Time 快速開始 / 追加烹調</div> <div>→</div> <div>Set the desired cooking programme</div> <div>→</div> </div> <p>Press once Set the delay time</p> <div> <div>Start/Set 開始/決定</div> </div> <p>Press once</p>

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. 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.
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. 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.

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 function for the first time operate the oven without food and accessories (including glass tray and roller ring) on **Grill 1** 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.

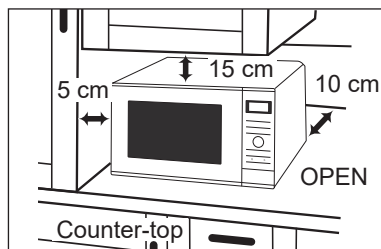
General Use

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. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
4. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
5. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
11. DO NOT use this oven to heat chemicals or other non-food products. DO NOT clean this oven with any product that is labeled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause microwave radiation leaks.
12. If glass tray is hot, allow to cool before cleaning or placing in water.
13. When using the COMBINATION mode, never place any aluminum or metallic container directly on the wire rack. Always insert a heat-proof, grass plate or dish between the wire rack and the aluminum container. This will prevent sparking that may damage the oven.
14. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
15. Metallic containers for food and beverages are not allowed during microwave cooking.
16. It is recommended not to use the Wire Rack when cooking in the MICROWAVE mode only.
17. 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 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.

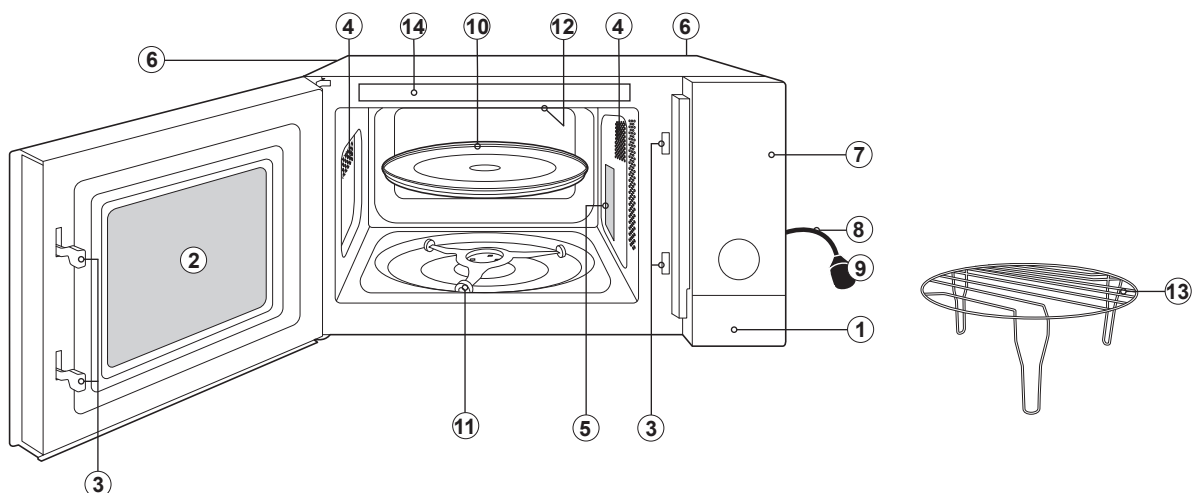
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken.
 - (a) Avoid using 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 cookbook are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. It is better to **UNDERCOOK RATHER THAN OVERCOOK** foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

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

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

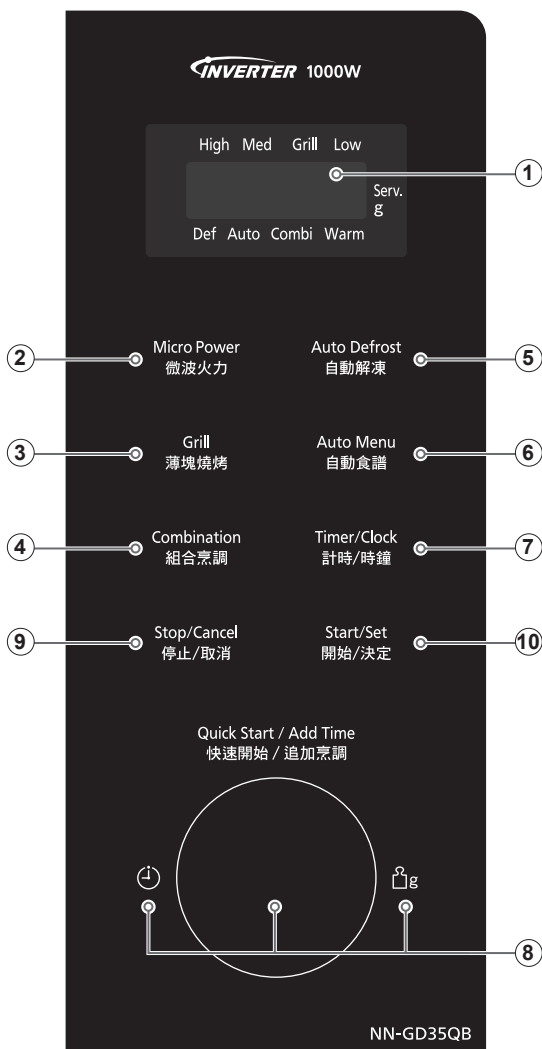
⑬ Wire rack

⑭ Menu Label

Identification and caution 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.



1. Display Window
2. Micro Power pad (page 13)
3. Grill pad (page 15)
4. Combi 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 programme 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.

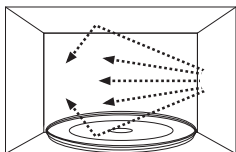
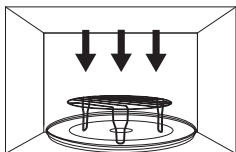
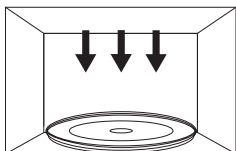
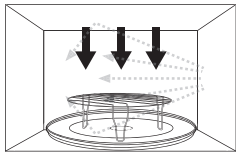
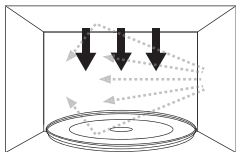
■ Beep Sound

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.

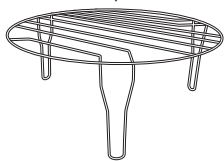
Cooking Modes

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

Cookware and Utensil Chart

	Microwave	Grill	Combination
Wire rack (oven accessories) 	no	yes	yes
Aluminium foil	no	yes	no
Ceramic Plate	yes	yes	yes
Browning Dish	yes	no	no
Brown paper bags	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes
non-oven/microwave safe	no	no	no
Disposable paperboard containers	yes*	yes*	yes*
Glassware oven glassware & ceramic	yes	yes	yes
non-heat resistant	no	no	no
Metallic cookware	no	yes	no
Metallic twist-ties	no	yes	no
Oven cooking bag	yes	yes*	yes
Paper towels and napkins	yes	no	no
Plastic defrosting rack	yes	no	no
Plastic dishes microwave safe	yes	no	no
non microwave safe	no	no	no
Microwave safe plastic wrap	yes	no	no
Straw, wicker, wood	yes	no	no
Thermometers microwave safe	yes	no	no
conventional	no	yes	no
Waxed paper	yes	yes	yes
Silicon bakeware	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.
Minute starts 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 time of day, repeat steps 1-3.
2. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
3. Clock is a 12-hour display.

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



Quick Start / Add Time
快速開始 / 追加烹調



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. If you press and hold the Auto Defrost, the weight changes quickly.

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 oven door must be kept closed to prevent cooking odours from spreading in the kitchen and so as not to waste energy. The grill is especially suitable for thin slices of meat and seafood as well as bread and meals.



Quick Start / Add Time
快速開始 / 追加烹調



Press Grill.

Grill level (3, 2 or 1) appears in the display.

Turn the dial to select the desired power level.

(You can also press Grill repeatedly to select the power level.)

Press Start/Set to confirm the setting.

Quick Start / Add Time
快速開始 / 追加烹調



Turn the dial to set the cooking time.

Press Start/Set.

The time in the display will count down.

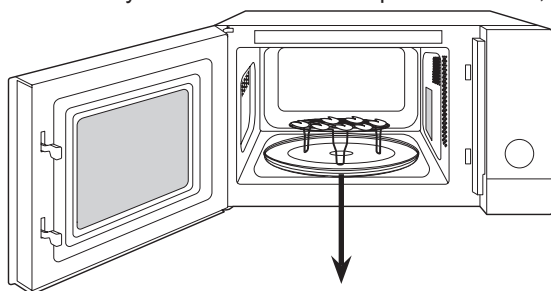
Press	Level		Example of Use	Max. time available
Once	Grill 3 (High)	1000 W	Meat, poultry (pieces), toast	95 minutes
Twice	Grill 2 (Medium)	850 W	Seafood, garlic bread	
3 times	Grill 1 (Low)	700 W	Slice meat, Thin seafood, Reheat bread	

Guidelines

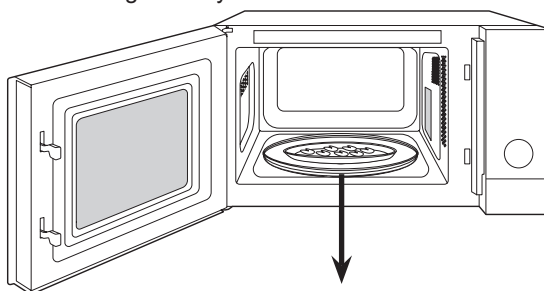
- After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use Add Time function, refer to page 17. To cancel Add Time function, press any pad when "Add" is displayed.
- Use the Wire Rack provided.
- Do not attempt to preheat the grill.
- The grill 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 1 minute 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.



Wire Rack with a heatproof dish underneath

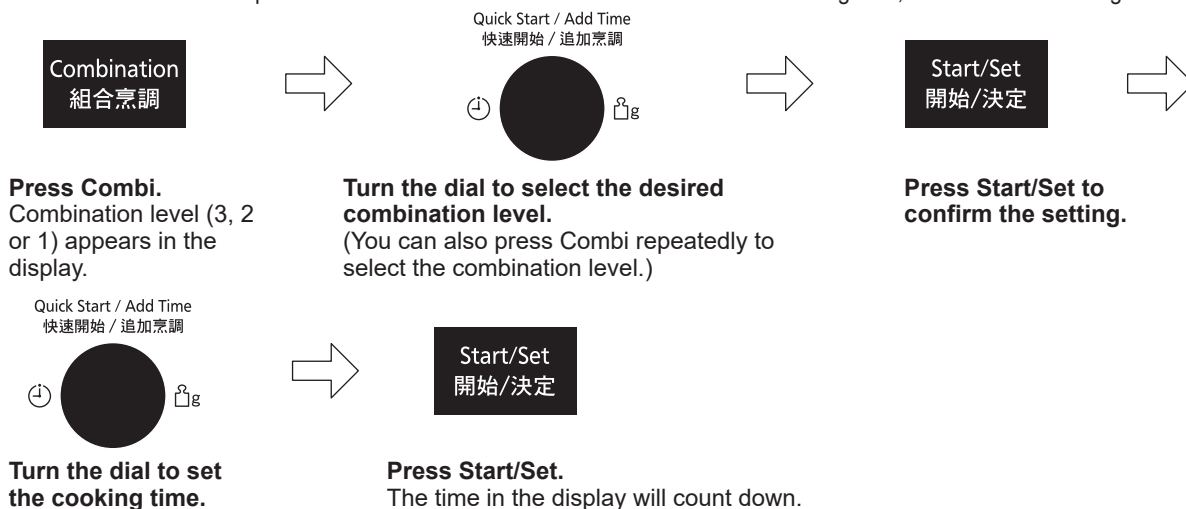


metallic or heatproof container

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



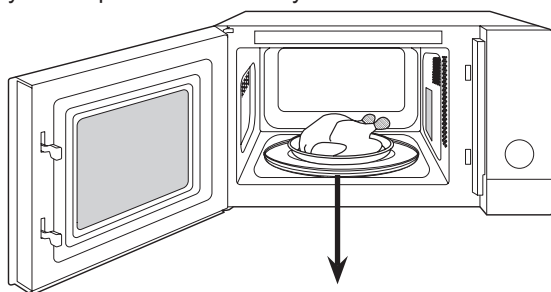
Level	Microwave	Grill	Example of Use	Max. time available
Combination 3	Med-Low (440 W)	High (1000 W)	Baked potatoes, Whole poultry	95 minutes
Combination 2	Low (300 W)	High (1000 W)	Beef, Lamb	
Combination 1	Low (300 W)	Medium (850 W)	Sea food, Puddings	

Guidelines

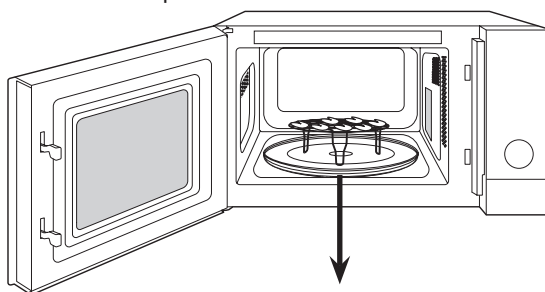
- After the operation is finished, "Add" is displayed for about 1 minute on the display. While displaying, you can use Add Time function, refer to page 17. To cancel Add Time function, press any pad when "Add" is displayed.
- The wire rack is designed to be used for COMBINATION and GRILLING. Never use any other metal accessory except the one provided with the oven. Place a heatproof dish underneath to catch any fat or drips.
- Use the wire rack only as described. DO NOT use if operating the oven with less than 200 g of food on a manual programme. 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 1 minute 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 programmes.
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 programme 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 Noodle	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 Noodle

It is suitable for cooking instant noodle. Place the instant noodle 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 vegetable 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

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 "", "", "", "", "", "", "", "", "", "", "", "", "", "", "", "", "", "", "

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

To Use as a Kitchen Timer

Press once.

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

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



To Set Standing Time

Press once.

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.

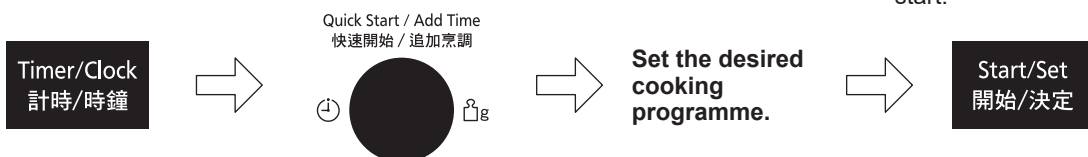


To Set Delay Start

Press once.

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

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



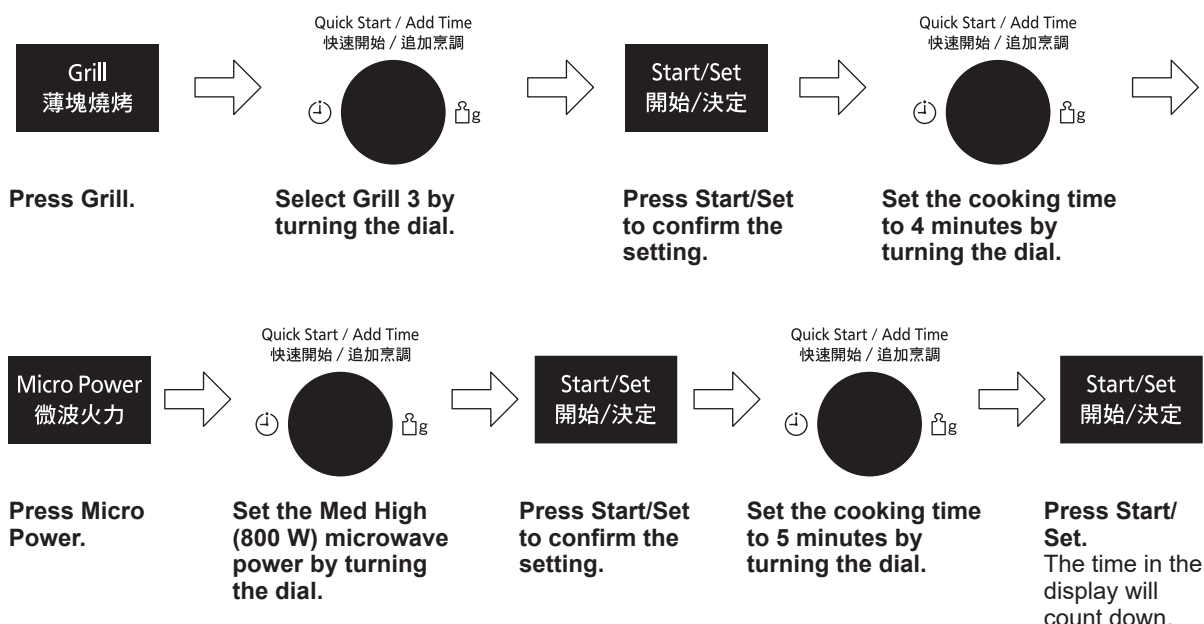
■ Notes

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 programmes 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.
	Start/Set Pad was not pressed after programming.	Press Start/Set Pad.
	Another programme has already been entered into the oven.	Press Stop/Cancel 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.	Stop/Cancel 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 Start/Set Pad 3 times.	Deactivate Lock by pressing Stop/Cancel Pad 3 times.

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.)

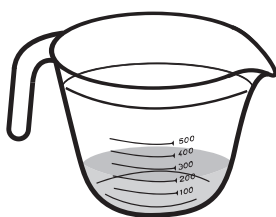
Start/Set
開始/決定



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:		486 mm (W) × 405 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	

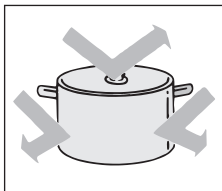
- Weight and Dimensions shown are approximate.
- Specifications subject to change without notice.
- As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.

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.



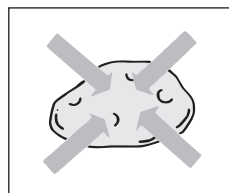
Transmission

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

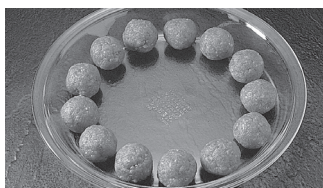
A range in heating time is given in each recipe. The time range compensates for the uncontrollable differences in food shapes, starting temperature and regional preferences. Always cook food for the minimum cooking time given in the recipe and check for doneness. If the food is undercooked, continue 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.

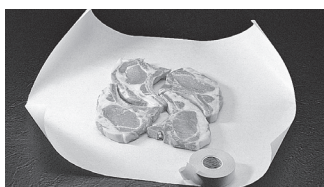
DEFROST

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 aluminum foil is used for wrapping, all pieces of foil must be removed before defrosting prevent arcing.

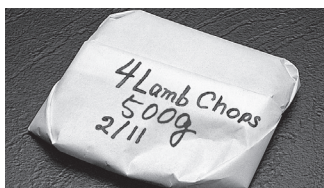
When WRAPPING FOR FREEZING, arrange meat, poultry, fish and seafood in thin uniform layers. Package minced meat in 2.5-5 cm thick rectangular, square or round shapes.



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. Set 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 1 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 1 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 1; 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 1; 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 1; 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
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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 1 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

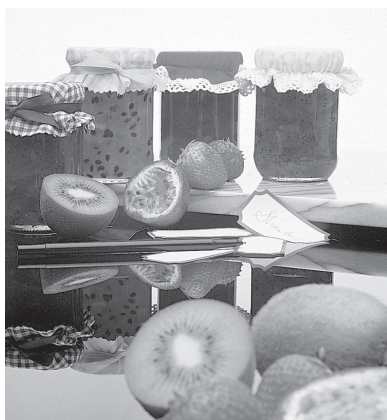
Ingredients:

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 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

