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English

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English

Important Safety Instructions

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs
INSPECTION FOR DAMAGE:

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

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

PRECAUTIONS:

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

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, 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. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass, since they can scratch the surface, which may result in shattering of the glass.
7. Always use the oven with the cookware recommended by the manufacturer.
8. 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.
9. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
10. 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.
11. 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.
12. Children should be supervised to ensure that they do not play with the appliance.
13. 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.
14. The surfaces are liable to get hot during use.
15. The appliance must not be installed behind a decorative door in order to avoid overheating.

Practical Hints:

1. For initial use of STEAM, GRILL, CONVECTION and COMBINATION, if you see white smoke arise, it is not a malfunction.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during STEAM, GRILL, CONVECTION and COMBINATION. Use care when opening or closing door and when inserting or removing food and accessories.

Caution! Hot surfaces

3. The oven has heating elements situated in the top of the oven, a steamer boiler situated in the left side of the oven and a convection heater situated in the back of the oven. After using the GRILL, CONVECTION and COMBINATION functions, the ceiling will be very hot.
4. During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
5. The accessible parts may become hot when STEAM, GRILL, CONVECTION and COMBINATION is in use. Children should be kept away.
6. Before using GRILL, CONVECTION and COMBINATION functions for the first time, operate the oven without food and accessories on CONVECTION 230 °C for 10 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 completely empty.

Important Safety Instructions (continued)

Important Instructions

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

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven. Refer to cookbook for more details.
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. This appliance is not intended to be operated by means of an external timer or separate remote control system.
13. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Circuits

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

Earthing Instructions

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

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

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 Safety Instructions (continued)

WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
b) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
c) It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.
d) 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.
e) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
f) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
g) Liquids or 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.
h) 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.
i) When the appliance is operated in the STEAM, GRILL, CONVECTION and COMBINATION modes, children should only use the oven under adult supervision due to the temperatures generated.

Installation and General Instructions

General Use

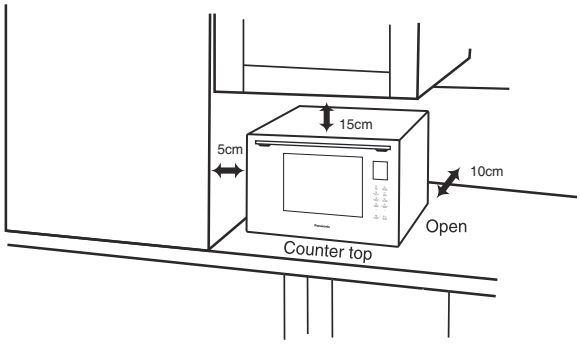
1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, touch **Stop/Reset** and leave door closed in order to stifle any flames. Disconnect the power cord, and/or shut off power at the fuse or circuit breaker panel.
3. 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 dry clothes, newspapers or other materials in oven. They may catch on fire.
5. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
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 oven. The oven 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 the base of oven 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 labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**
12. When using the COMBINATION with microwave mode, never place any aluminum or metal container directly on the wire shelf, grill tray or metal tray.
13. Do not use the wire shelf, grill tray or metal tray when cooking in the MICROWAVE mode only.
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. Do not leave the microwave unattended while reheating or cooking food in disposable containers made of plastic, paper or other combustible materials, as these types of containers can ignite if overheated.
16. Metallic containers for food and beverages are not allowed during microwave cooking.
17. Only use utensils that are suitable for use in microwave ovens.

Installation and General Instructions (continued)

Placement of the 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 oven was manufactured for household use only.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.

2. Do not attempt to deep fat fry in your microwave oven.

3. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.

4. Potatoes, apples, egg yolks, chicken wings, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.

5. When heating liquids, e.g. soup. sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of 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.

   (f) As a general rule, always cover wet foods,e.g. soups, casseroles and plated meals.

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.

Installation and General Instructions (continued)

7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for 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 are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.

Microwaves and How They Work

MICROWAVE COOKING

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 (turntable or stirrer fan) helps assure that the microwaves are well distributed within the oven cavity to 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 to 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.

MICROWAVE COOKING UTENSILS

Microwave cooking opens new possibilities in convenience and flexibility for cooking containers. Although new microwave accessories are constantly being introduced, many utensils readily available in most kitchens may also be used for microwave cooking and heating.

Glass, Ceramic and China
Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass measures, custard cups, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plate and round or square cake dishes.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces.
If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test.

Several types of glassware and dinnerware are not recommended for use in the microwave oven.
Remember these basic rules when using dinnerware and glassware. Do not use dishes with metallic trim or containers with metal parts. Arcing may occur and/or the dish may break.
Do not use ceramic mugs or cups with glued-on handles. The handles may fall off with continued heating.
Do not use delicate glassware.
Although the glassware may be transparent to microwave energy, the heat from the food may cause the glassware to crack.

HOW TO TEST A CONTAINER FOR SAFE MICROWAVE OVEN USE:

Fill a 300 ml (1/2 pt.) glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute at 1000 W, if the container is microwave oven safe, it should remain comfortable cool and the water should be hot. If the container is warm, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers which should be dishwasher safe.

Microwaves and How They Work (continued)

Jars and Bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Browning Dishes are used to sear chops, meat patties, steaks etc. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat dish according to manufacturer's directions. Add food to be seared and heat according to recipe or personal preference. Use pot holders to remove dish from microwave oven.
Do not use browning dish on Auto Cook. Check information included with browning dish for detailed instructions and heating chart.
Do not use browning dish for roasting or whole poultry.

Paper, Napkins, Paper Towels, Plates and Cups
All are handy utensils for microwave cooking. Use them for foods with short cooking times and low fat content. Avoid wax coated paper goods, since the wax may melt onto the food when the food reaches high temperatures. Waxed paper is suitable to use to prevent splatter. Disposable polyester coated paperboard pans are sturdy, come in a variety of sizes and are ideal for microwaving.
CAUTION: DO NOT use recycled paper products, such as brown paper bags, since they contain impurities which may cause arcing (blue sparks) and damage the oven.

Straw, Wicker and Wood
Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread.
Large wooden utensils such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

Plastic Dishes, Cups and Some Freezer Containers may be used in the microwave oven. Choose plastic containers carefully since some can become soft, distorted or pitted from the heat of the food. Check manufacturer's recommendations concerning microwave safety. Plastic dishes should not be used for cooking over an extended period of time or with foods having high fat and sugar content.

Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. Close cooking bag with nylon tie provided, otherwise, use a piece of cotton string, or a strip cut from the open end of the bag. Make six 1 cm ($^1/_2$ in.) slits in the top of bag to allow steam to escape. DO NOT use wire twist-tie to close bag. They can act as an antenna and cause arcing (blue sparks). Wire twist-ties could ignite and damage the oven. DO NOT cook in plastic food storage bags. They are not heat resistant and may melt. Do not use roaster bags on Auto Sensor programmes.

Plastic Wrap (cling film) can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur.
When using cling film "covers," as well as any glass lid, be careful to remove it away from you to avoid steam burns. After heating, loosen plastic but let dish stand covered.
For Auto Sensor Cooking do not turn back corners of cling film covers.

Metal containers or utensils, and those with metallic trim, should NOT be used in the microwave oven. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly.
There is also the possibility of "arcing". This is a static discharge or blue spark between gaps in the metal or between the metal and the interior of the oven. Arcing may cause damage to the oven walls. If arcing occurs, turn the unit off and transfer food to a non- metallic container.
Although metal utensils must be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminium Foil can be used safely if certain guidelines are followed.
Because it reflects microwave energy, foil can be used to an advantage in some recipes. It can be used to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Foil is used in these cases to slow or stop the cooking process and prevent overcooking.
Pieces of foil can be held in position with pieces of wooden cocktail sticks.

Foil Lined Containers, either cardboard or plastic, should NOT be used in the microwave oven. Foil lined milk cartons, frozen orange juice concentrate containers, or baking containers, included in some cake mixes are examples of things to be avoided.

Metal Skewers can be used if there is a large amount of food in proportion to the amount of metal. Take care in the placement of the skewers to avoid arcing between the skewers or between the skewers and the sides of the oven.
Wooden skewers are the best and can be easily purchased at your local market, grocery store, or in the housewares section of many department stores.

Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while heating in the microwave oven.
Metal Twist-Ties either paper or plastic coated, should NOT be used in the microwave oven.

Oven Accessories

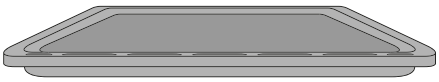
English

Accessories

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

Metal Tray

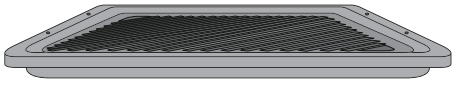
1. The metal tray is for cooking on **convection**, **grill** or **steam** mode only. Do not use on **microwave** or **combination** with microwave modes.
2. For 2 level **convection** cooking, the metal tray can be used as the lower level and the wire shelf can be used as the upper level.
3. The maximum weight that can be placed on the metal tray is 4 kg (this includes total weight of food and dish).



Metal tray

Grill Tray

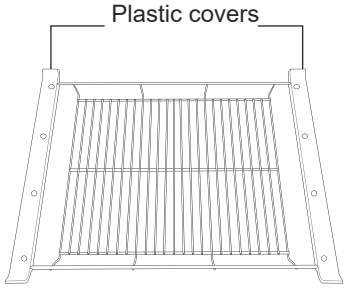
1. The grill tray is for cooking on **convection**, **grill**, **steam** mode or **combination 2-7** and **combination 10** only. Do not use on microwave modes.
2. Do not place it on the oven window. Otherwise, the oven window may be damaged.
3. Place it on the shelves when using.
4. When cooking food, place it in the middle of wavy range of the grill tray, avoiding letting the food into the groove around, so that food can't be completely baked.
5. The maximum weight that can be placed on the grill tray is 4 kg (this includes total weight of food and dish).



grill tray

Wire Shelf

1. The wire shelf can be used in the upper or middle shelf position for **grilling** or **steaming** foods. It can be used in the upper, middle or lower shelf positions for **convection** or **combination** cooking.
2. Do not use any metal container directly on the wire shelf in combination with microwave.
3. Do not use the wire shelf in **microwave** mode only.
4. The maximum weight that can be placed on the wire shelf is 4 kg (this includes total weight of food and dish).



Wire shelf

Important User Information

Please note the protective covers on the wire shelf are designed to remain on the shelf when in use. They are not packaging and must not be discarded.

Oven Accessories (continued)

The following chart shows correct use of the accessories in the oven or you can follow the recipe instruction.

	Wire shelf	Metal tray	Grill tray
Microwave	×	×	×
Grill	✓	✓	✓
Convection	✓	✓	✓
Steam	✓	✓	✓
Steam + Microwave (Combi 1)	✓*	×	×
Steam + Convection (Combi 2, 3, 4, 5)	✓	✓	✓
Steam + Grill (Combi 6)	✓	✓	✓
Grill + Convection (Combi 7)	✓	✓	✓
Convection + Microwave + Grill (Combi 8)	✓*	×	×
Convection + Microwave (Combi 9)	✓*	×	×
Grill + Microwave (Combi 10)	✓	×	✓*

*: Metal containers can not be placed directly on the accessory.

Either place food directly on the wire shelf or place a glass dish directly on the wire shelf.

Parts of Your Oven

1 **Door handle**

Pull the door handle downwards to open. When you open the oven door during cooking, the cooking is stopped temporarily without clearing the programmed settings. The cooking is resumed as soon as the door is closed and **Start/Set** is touched.

2 **Oven window**

3 **Door safety lock system**

To prevent injury, do not insert finger, knife, spoon or other object into the latch hole.

4 **Plug**

5 **Power supply cord**

6 **Bottom microwave feeding** (refer to page 22)

7 **Steam outlets**

8 **Warning symbol (hot surface)**

9 **Grill elements**

10 **Convection heater**

11 **LED lights**

The oven lamp lights as soon as the oven door is opened or during cooking.

12 **Shelf positions** (lower, middle or upper)

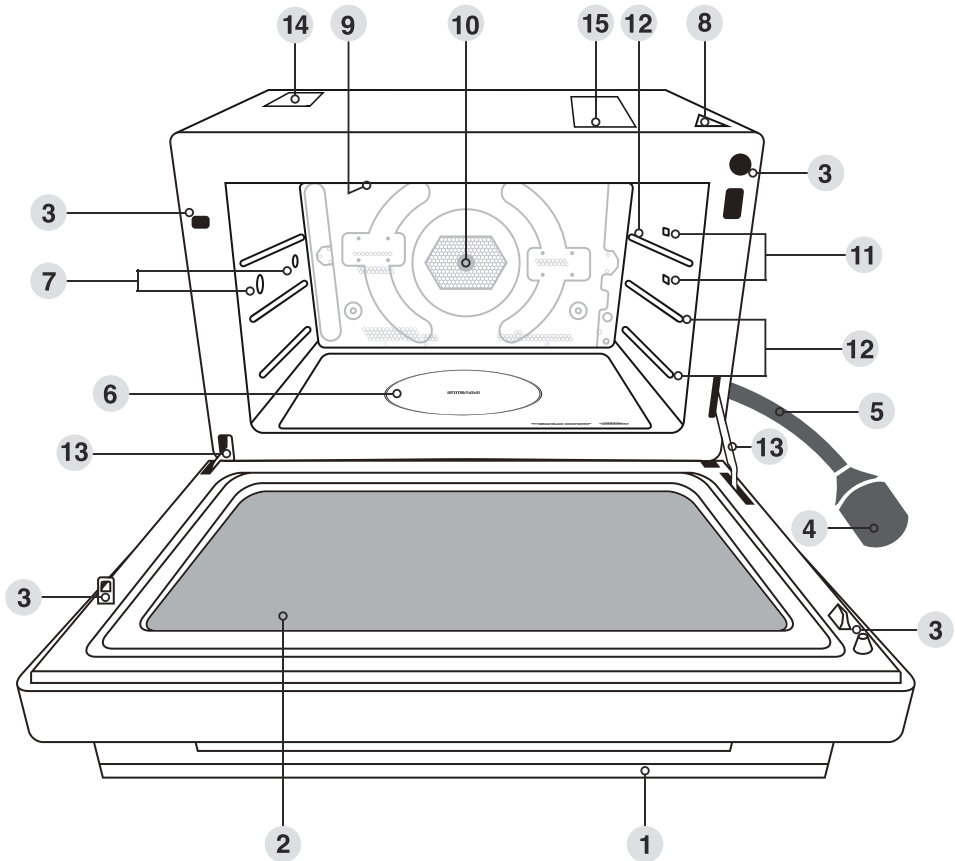
13 **Door hinges**

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

14 **Warning label**

15. **Menu label**

Position your supplied Menu Label.

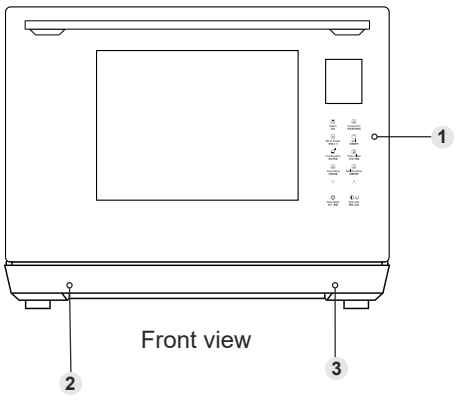


Note

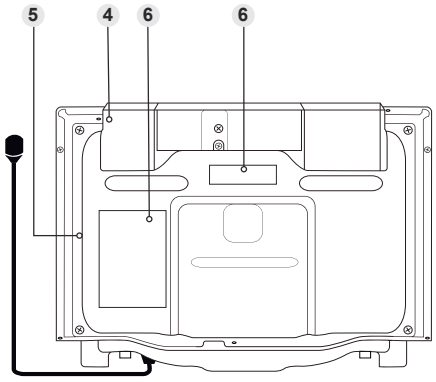
The illustration is for reference only.

Parts of Your Oven (continued)

1 **Control panel**
2 **Drip tray**
3 **Water tank (behind drip tray)**
4 **Air vent exhaust (do not remove)**
5 **Identification label**
6 **Warning label (Some areas may have two warning labels at the back of oven.)**



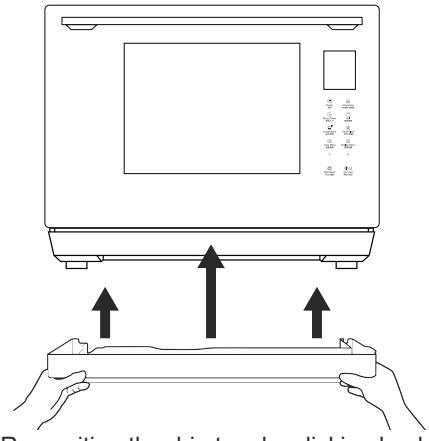
Front view



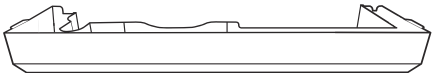
Rear view

Drip Tray

1. Before using the oven, the drip tray must be fitted as it collects excess water during cooking. The drip tray should be removed and cleaned on a regular basis.
2. Fit the drip tray by holding with both hands and clicking onto the front legs of the oven.
3. To remove the drip tray, hold with both hands and gently ease forward. Wash in warm soapy water. Reposition the drip tray by clicking back onto the legs.
4. **Do not use a dishwasher to clean the drip tray.**



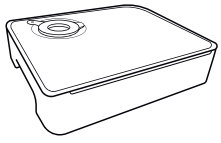
Re-position the drip tray by clicking back onto the legs.



Drip tray

Water Tank

Guidelines for water tank on page 27.

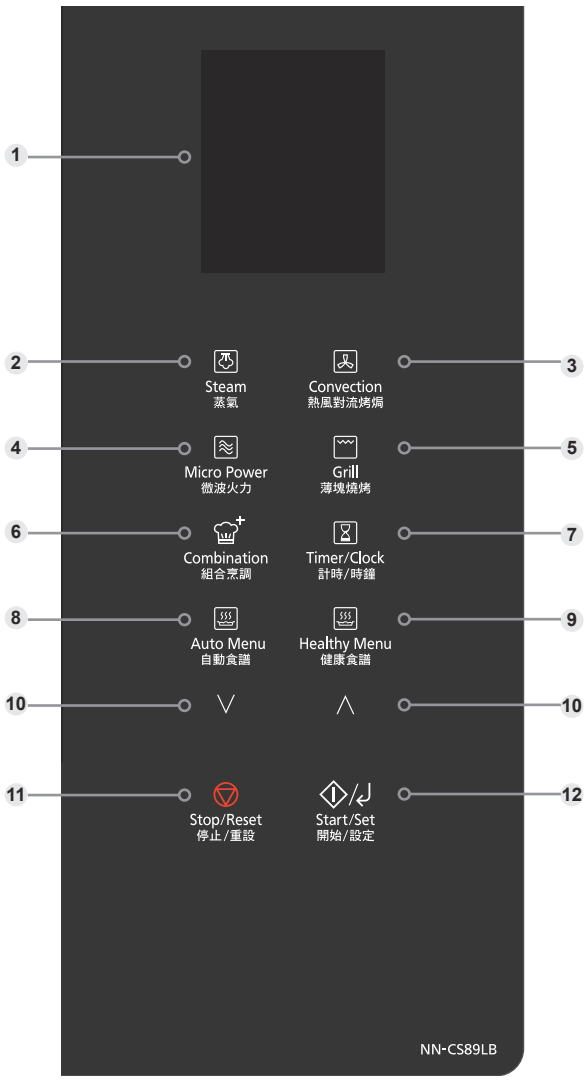


Water Tank

Note
The illustration is for reference only.

Control Panel

English



1 **Display Window**

2 **Steam** key (pages 26-28)

3 **Convection** key (pages 24-25)

4 **Micro Power** key (page 22)

5 **Grill** key (pages 23)

6 **Combination** key (pages 29-32)

7 **Timer/Clock** key (page 22, 33-34)

8 **Auto Menu** key (pages 38-53)

9 **Healthy Menu** key (pages 54-58)

10 **Up/Down Selection** (page 20)

Select the time, weight or auto menu by tapping " ∨ " " ∧ ".

11 **Stop/Reset** key

Before cooking:
One touch clears your instructions

During cooking:
One touch temporarily stops the cooking program. Another touch cancels all your instructions and the time of day or a colon will appear in the display.

12 **Start/Set** key

Touch to start operating the oven or confirm the setting. If during cooking the door is opened or **Stop/Reset** key is touched once, **Start/Set** key has to be touched again to continue cooking.

This oven is equipped with an energy saving function.

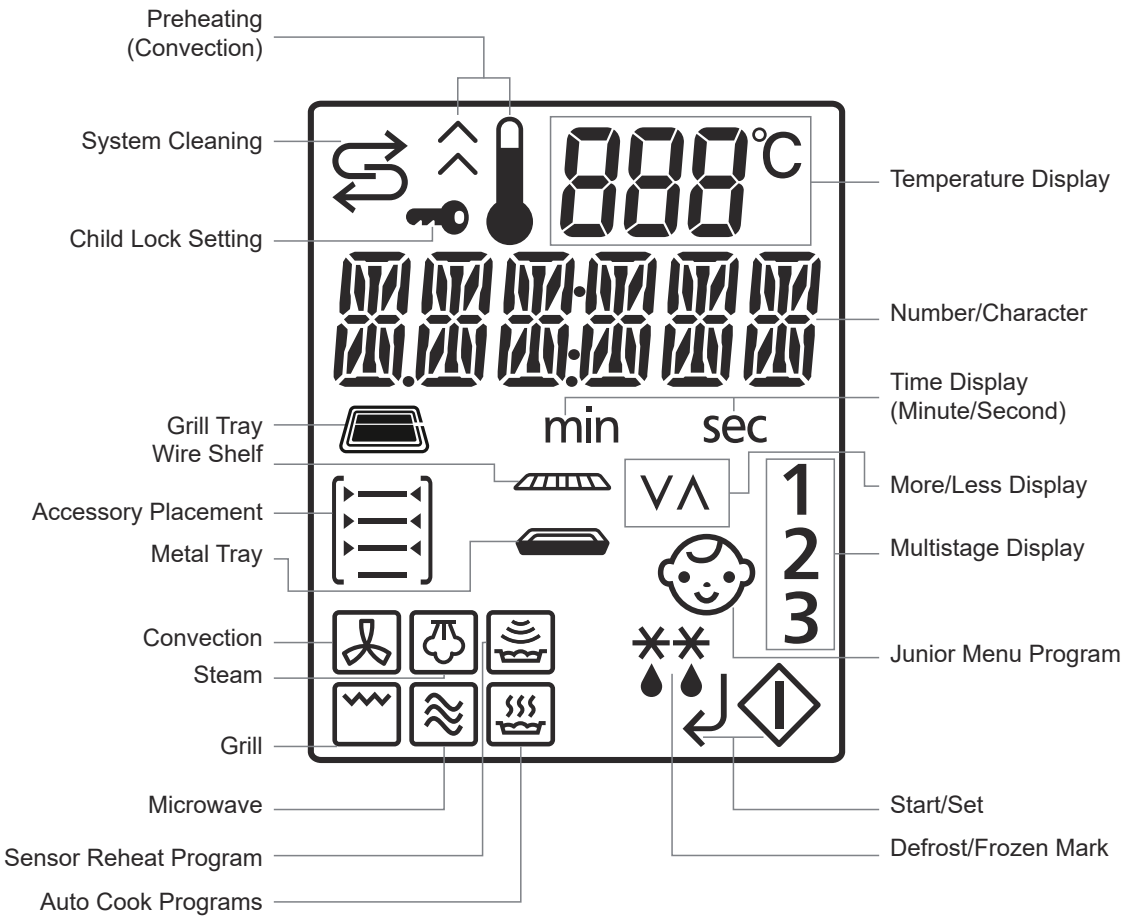
Note

1. The oven will enter stand-by mode after the last operation has completed. When in stand-by mode, the brightness of the display will be reduced.
2. When in stand-by mode, it is necessary to open and close the oven door before operating the oven.
3. If an operation is set and **Start/Set** key is not touched within 6 minutes, the oven will automatically cancel the operation. The display will revert back to colon or clock mode.

Beep Sound

A beep sounds when a key is touched. If this beep does not sound, the setting is incorrect. When the oven changes from one function to another or an auto program reminds you to stir or turn food, two beeps sound. After the completion of the preheating on **convection** or **combination** mode, three beeps sound. After completion of cooking, the oven will beep 5 times.

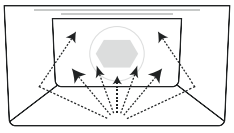
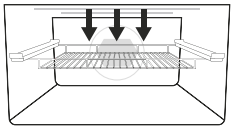
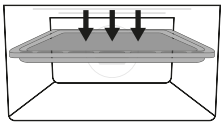
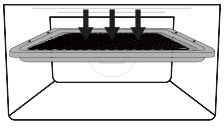
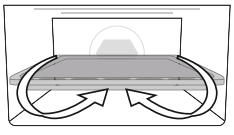
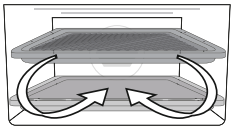
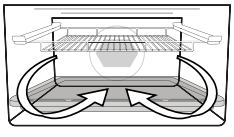
Display Window



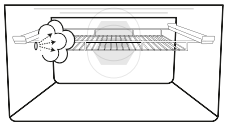
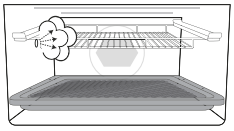
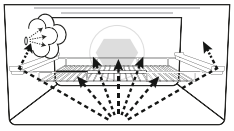
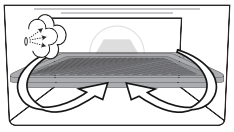
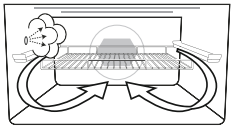
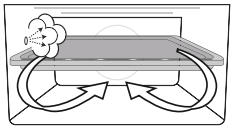
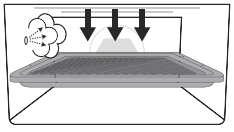
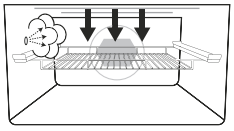
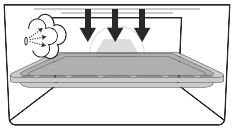
: Fill the water tank.

Cooking Modes

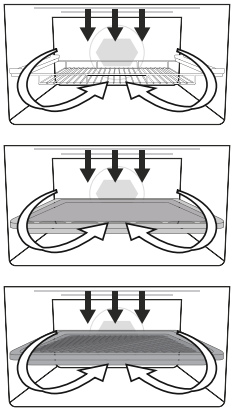
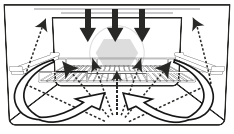
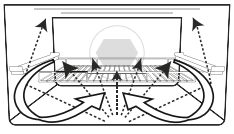
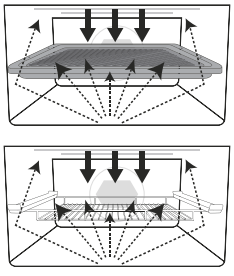
The diagrams shown below are examples of the accessories. It may vary depending on recipe/dish used.

Cooking modes	Uses	Accessories to use	Containers
Microwave 	• Defrosting • Reheating • Melting : butter, chocolate, cheese. • Cooking fish, vegetables, fruits, eggs. • Preparing : stewed fruits, jam, sauces, custards, pastry, caramel, meat, fish or vegetarian loaves. • Baking cakes with eggs and baking powder without colour. **No Preheating**	Use your own dishes, plates or bowls, directly on the base of the oven.	Microwaveable, no metal.
Grill   	• Grilling of meat or fish. • Toast grilling. • Browning of gratin dishes or meringue pies. **No Preheating**	Wire shelf, metal tray or grill tray.	Heatproof, metal tin can be used.
Convection  (1 level)   (2 levels)	• Baking of small pastry items with short cooking times : puff pastry, cookies, choux, short pastry, roll cakes. • Special Roasting: steak, big joint lamb, whole chicken. • Baking of quiches, pizzas and tarts. **Preheating advised**	Metal tray, wire shelf and grill tray.	Heatproof, metal tin can be used.

Cooking Modes (continued)

Cooking modes	Uses	Accessories to use	Containers
Steam  (1 level)  (2 levels)	• Cooking fish, vegetables, chicken, rice, potatoes and sponge puddings. **No Preheating**	Wire shelf and grill tray.	Metal tin, or plastic containers suitable for steaming.
Steam + Microwave (Combi 1) 	• Cooking fish, vegetables, chicken, rice, and potatoes. **No Preheating**	Wire shelf or your own dishes on the base of the oven.	Microwaveable, no metal.
Convection + Steam (Combi 2, 3, 4, 5)    **Grill + Steam** (Combi 6)   	Cooking gratins • Kebabs • Fish fillets • Whole fish • Part baked bread **Preheating advised for Combi 2-5** **No Preheating for Combi 6**	Metal tray, wire shelf and grill tray.	Heatproof, metal tin can be used.

Cooking Modes (continued)

Cooking modes	Uses	Accessories to use	Containers
Grill + Convection (Combi 7) 	• Roasting red meats, thick steak (rib of beef, T bone steaks) • Cooking of fish. **Preheating advised**	Wire shelf, grill tray or metal tray.	Heatproof, metal tin can be used.
Grill + Convection + Microwave (Combi 8) 	• Roasting meat and poultry. • Defrosting and reheating crunchy foods (quiche, pizza, bread, viennoiserie, lasagne, gratin.) • Cooking lasagne, meat, potatoes or vegetable gratins. • Baking cakes and puddings with eggs or baking powder ingredients with browning, baking of quiches, pies and tarts. **Preheating advised**	Wire shelf.	Microwaveable & heatproof. No metal.
Convection + Microwave (Combi 9) 			
Grill + Microwave (Combi 10) 	• Roasting chicken wings, seafood, fried foods, meat skewers, frozen potato fries, pizza etc. **No Preheating**	Grill tray or wire shelf.	Microwaveable & heatproof. No metal.

Note

If using wire shelf only, your own glass dish can be placed on base of oven to catch fat and drippings.

Cookware and Utensil Chart

	Microwave	Grill	Convection	Steam	Combination	
					Combi 1 (Steam + Microwave)	Combi 2, 3, 4, 5 (Steam+ Convection)
Aluminium foil	for shielding	yes	yes	yes	for shielding	yes
Ceramic Plate	yes	yes	yes	yes	yes	yes
Browning Dish	yes	no	no	no	no	no
Brown paper bags	no	no	no	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes	yes	yes	yes
Non-oven/ microwave safe	no	no	no	no	no	no
Disposable paperboard containers	yes*1	yes*1	no	yes*1	yes*1	no
Glassware oven glassware & ceramic	yes	yes	yes	yes	yes	yes
Non-heat resistant	no	no	no	no	no	no
Metal cookware	no	yes	yes	yes	no	yes
Metal twist-ties	no	yes	yes	yes	no	yes
Oven cooking bag	yes	yes*1	yes	yes*1	yes	yes
Paper towels and napkins	yes	no	no	no	no	no
Plastic defrosting rack	yes	no	no	no	no	no
Plastic dishes microwave safe	yes	no	no	no	yes	no
Non-microwave safe	no	no	no	no	no	no
Microwave safe cling film	yes	no	no	not required	not required	no
Straw, wicker, wood	yes	no	no	no	yes	no
Thermometers microwave safe	yes	no	no	no	no	no
conventional	no	no	no	no	no	no
Waxed paper	yes	yes	yes	yes	yes	yes
Silicon bakeware	yes*1	yes*1	yes*1	yes*1	yes*1	yes*1

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

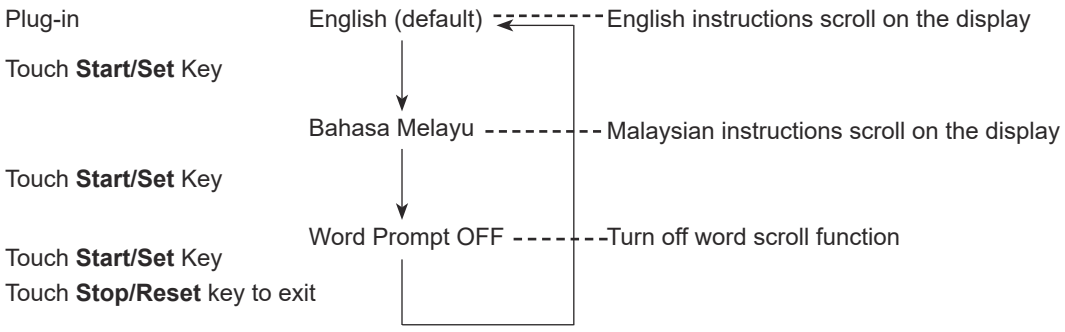
Cookware and Utensil Chart (continued)

	Combination				
	Combi 6 (Steam+ Grill)	Combi 7 (Convection + Grill)	Combi 8 (Convection + Grill + Microwave)	Combi 9 (Convection + Microwave)	Combi 10 (Grill + Microwave)
Aluminium foil	yes	yes	for shielding	for shielding	for shielding
Ceramic Plate	yes	yes	yes	yes	yes
Browning Dish	no	no	no	no	no
Brown paper bags	no	no	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes	yes	yes
Non-oven/ microwave safe	no	no	no	no	no
Disposable paperboard containers	yes*1	no	no	no	yes*1
Glassware oven glassware & ceramic	yes	yes	yes	yes	yes
Non-heat resistant	no	no	no	no	no
Metal cookware	yes	yes	no	no	no
Metal twist-ties	yes	yes	no	no	no
Oven cooking bag	yes	yes	yes	yes	yes
Paper towels and napkins	no	no	no	no	no
Plastic defrosting rack	no	no	no	no	no
Plastic dishes microwave safe	no	no	no	no	no
Non-microwave safe	no	no	no	no	no
Microwave safe cling film	no	no	no	no	no
Straw, wicker, wood	no	no	no	no	no
Thermometers microwave safe	no	no	no	no	no
conventional	no	no	no	no	no
Waxed paper	yes	yes	yes	yes	yes
Silicon bakeware	yes*1	yes*1	yes*1	yes*1	yes*1

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

Word Prompting

The oven has three different types of display. The default type of display is English prompting. You can select one of them just after plugging in and touching **Start/Set** key.



Note

1. English or Malay display has a special rolling form to prompt the next step, also for menu name, for example, "SET TIME" / "TENTUKAN MASA", "PRESS START" / "TEKAN MULA".
2. These functions must be operated only when you plug in the oven initially.
3. When you re-plug the mains, the oven will resume default mode and you need to reset.

Operation Guide in the Display Window

To assist you in programming your oven, the following operation will appear in the display window. When you become familiar with your oven, the Operation Guide can be turned off.

If the **Timer/Clock** is tapped 4 times, this will turn off the operation guide. To turn the operation guide back on, tap the **Timer/Clock** 4 times.

To turn off:

Tap Timer/Clock four times. Display window.

To turn on:

Tap Timer/Clock four times. Display window.

Up/Down Selection

Select the time, weight or auto menu by tapping "∨" / "∧". The time, weight or auto menu number appears in the display window. The time/weight can be adjusted quickly by holding "∨" / "∧" key.

- **Time Setting:**
  To set cooking time or clock. Use the key for the Add Time Function. (see page 35)
- **Weight Setting:**
  To set weight of food for auto menu programs. (see pages 40-58).
- **Auto Programs Setting:**
  To select auto menus.
- **More/Less Setting:**
  To set more/less for Sensor Reheat Program (see page 38-39).

Setting the Clock

When the oven is first plugged in, "WELCOME TO INVERTER COOKING" appears in display window.

Tap Timer/Clock twice.

Select the time by tapping "∨" / "∧"**.** The time appears in the display and the colon blinks.

Touch Timer/Clock.
The colon stops blinking and time of day is now locked into the display.

Note

1. To reset time of day, repeat step 1 through to step 3, as above.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. One tap will increase or decrease the time by 1 minute, you can also adjust the time quickly by holding "∨" / "∧".
4. This is a 12 hour clock, there isn't a.m. or p.m. setting.

Child Safety Lock

Using this system will make the oven controls inoperable; however, the door can be opened. Child Lock can be set when the display shows a colon or the time.

Tap Start/Set three times. The time of day will disappear. Actual time will not be lost. '🔑' is indicated in the display.

Tap Stop/Reset three times. The time of day will reappear in the display.

Note

To activate or cancel child lock, **Start/Set** or **Stop/Reset** must be tapped 3 times within a 10 second period.

Microwave Cooking and Defrosting

There are 6 different Micro Power levels available (see the chart below).

English

Tap Micro Power to select desired power level.

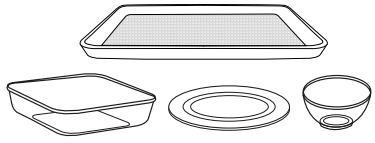
Select the cooking time by tapping "∨" / "∧".

Touch Start/Set.
The cooking program will start and the time in the display will count down

Taps	Display	Power	Example of use	Max time
1 tap	1000 W	High	Boil water. Cook fresh fruits, vegetables, preserved fruit and candies.	30 minutes
2 taps	800 W	Medium High	Cook fish and seafood, meat, poultry, eggs and cakes.	1 h 30 minutes
3 taps	600 W	Medium	Cook cakes, stew food, and melt butter and chocolate.	1 h 30 minutes
4 taps	440 W	Low	Cook tough meat, stew soup and soften butter.	1 h 30 minutes
5 taps	300 W	Defrost	Defrost meat, poultry or seafood.	1 h 30 minutes
6 taps	100 W	Warm	Keep food warm and soften ice cream.	1 h 30 minutes

Use of Dishes/Accessory:

Use your own Pyrex® dishes, plates or bowls covered with a lid or pierced cling film directly on the base of the oven. Do not place food directly on the base of the oven.



Note

1. For multi-stage cooking refer to page 36-37.
2. Stand time can be programmed after **Micro Power** and time setting. Delay start cooking can be programmed before **Micro Power** and time setting. Refer to using the timer page 33-34.
3. You can change the cooking time during cooking if required. Tap "∨" / "∧" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
4. Maximum time that can be set on High power is 30 minutes. On all other power levels the maximum time that can be set is 1 hour 30 minutes.
5. **Do not** attempt to use **microwave** only with any metal accessory in the oven.

Grilling

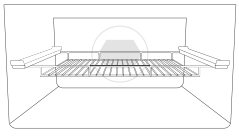
There are 3 different Grill settings available.

Tap Grill once, twice or three times to select the desired grill power.

Select the cooking time by tapping "∨" / "∧"**.** Maximum cooking time is 1 h 30 minutes.

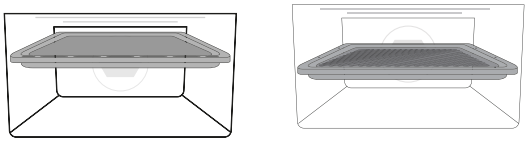
Touch Start/Set. Time in the display will count down.

Taps	Power Level	Example of use
1 tap	Grill 1 (high)	Gratin
2 taps	Grill 2 (medium)	Seafood
3 taps	Grill 3 (low)	Slice meat or poultry pieces



Place food on wire shelf on the upper or middle shelf position in the oven.

Place a glass dish on the base of the oven to catch fat and drippings.



For grilling small foods use the metal tray or grill tray on the upper or middle shelf positions.

Note

1. Never cover foods when grilling.
2. The grill will only operate with the oven door closed.
3. There is no **Micro Power** on the **grill** only program.
4. Most foods require turning halfway during cooking. When turning food, open oven door and **carefully** remove accessories using oven gloves.
5. After turning, return food to the oven and close door. After closing oven door, touch **Start/Set**. The oven display will continue to count down the remaining grilling time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.
6. Always clean the oven after using the Grill.
7. You can change the cooking time during cooking if required. Tap "∨" / "∧" to increase or decrease the cooking time. Time can be increased/decreased "∨" / "∧" in 1 minute increments, up to 10 minutes.

Caution

Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved.

Convection Cooking

English

This key offers a choice of **convection** temperatures 30-230 °C in 10 °C increments. For quick selection of the most commonly used cooking temperatures, the temperatures start at 150 °C and count up to 230 °C then 30 °C. The oven can not preheat at 30-60 °C.

Set the desired convection temperature.

Touch Start/Set to preheat. A “P” will appear in the display window. When the oven is preheated the oven will beep and the “P” will flash. Then open the door and place the food inside.

**** Skip this step when preheating is not required.***

After preheating, place the food in the oven.

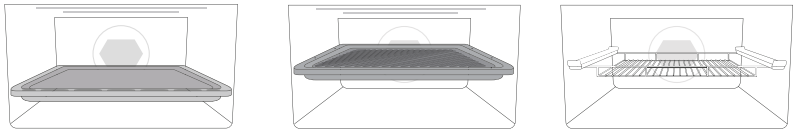
Select the cooking time by tapping “∨” / “∧” (up to 9 hours).

Touch Start/Set. Time in the display will count down.

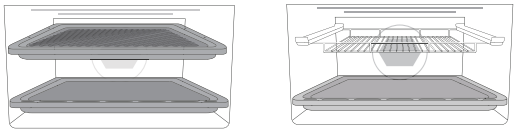
Note

1. The oven can not preheat at 30 °C - 60 °C.
2. If ‘HOT’ appears in the display window, the oven temperature is too high from previous use and 30 °C - 40 °C can not be set. Cooking mode and time may still be set manually

Use of Accessory:



*For 1 level **Convection** cooking use the metal tray, wire shelf or grill tray the middle or lower shelf position. Place a glass dish on the base of the oven to catch fat and drippings, if you use wire shelf.*



*For 2 levels **Convection** cooking, the metal tray can be used in the lower shelf position and the grill tray or wire shelf can be used as the upper shelf position.*

Note on Preheating

1. Do not open the door during preheating. After preheating 3 beeps will be heard and the “P” will flash in the display window. If the oven door is not opened after preheating, the oven will maintain the selected temperature. After 30 minutes, including preheating, the oven will shut off automatically and revert to a colon or time of day.
2. If you want to cook without preheating, after selecting the desired temperature, set the cooking time then touch **Start/Set**.

Convection Cooking (continued)

Note

1. When the selected cooking time is less than one hour, the time counts down second by second.
2. When the selected cooking time is over one hour, the time counts down minute by minute until only “1H 00” (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
3. You can change the cooking time during cooking if required. Tap “∨” / “∧” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
4. When preheating, the selected temperature can be recalled and changed. Touch **Convection** once to indicate the temperature in the display window. While the temperature is recalled in the display window, you can change the temperature by tapping **Convection**.
5. Depending on the recipe, you can preheat with or without the shelves in position. See individual recipes for details. The shelves are ideal for batch baking and when cooking in a large dish.
6. When preheating, the screen displays the actual temperature of the oven cavity. The current temperature is not displayed until more than 70 °C is reached. To change the temperature during cooking, touch **Convection**.
7. Turn the accessories 180° halfway during cooking to ensure a more even cooking result.

Caution

Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.

Guideline to Oven Temperatures

For best results always place food in a preheated oven. Don’t forget that for ease of programming of the most commonly used temperatures, your oven will start at 150 °C and count up in 10 °C stages to 230 °C, then back to down to 30 °C. Food is generally cooked uncovered - unless it is a casserole or if you wish to use roasting bags for joints.

Level	Temp °C	Use
Low	30 / 40 °C	Drying-oven temperature for bread or pizza dough torise, making yogurt.
	50 °C	Warming dishes.
	60 °C - 70 °C	Dried fruits, beef jerky.
	80 °C - 90 °C	Slow cooking.
	100 °C	Pavlova.
	110 °C	Meringues.
	140 °C	Rich fruit cake.
Medium	150 °C	Lemon meringue, meringue roulade, cheesecake.
	160/170 °C	Casseroles, gingerbread, small tarts, cookies.
	180 °C	Souffle, strudel, victoria sandwich, fairy cakes, meat joints.
High	190 °C	Filo pastry, quiche, gratins, lasagne, pastry pies, chicken.
	200 °C	Stuffed peppers, scones, eclairs, swiss roll, muffins.
	220 °C	Vegetable parcels, yorkshire puddings, bread.
	230 °C	Garlic bread, roast potatoes, baking pizza

Steam Cooking

The oven can be programmed as a steamer to cook vegetables, fish, chicken and rice. There are 2 different steam settings available.

English

Tap Steam until the power you require appears in the display window.

Select the cooking time by tapping "∨" / "∧"**.** Maximum cooking time is 30 minutes.

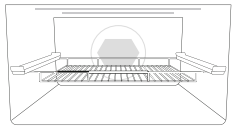
Touch Start/Set. The cooking program will start and the time in the display will count down.

Taps	Power Level	Example of use
1 tap	Steam 1 (Maximum)	Bun, Meat, Seafood, Chicken Breast
2 taps	Steam 2 (Low)	Soft-boiled egg, Prawn.

Oven Accessories to Use:

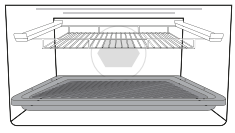
Steam 1 level

When steaming food, the wire shelf is placed in the middle shelf position.Place a glass dish on the base of the oven to catch fat and drippings.



Steam 2 level

For the first level, place food on the grill tray in the lower shelf position. For the second level, place food on the wire shelf in the upper shelf position.



Note

1. Fill the water tank before using the **steam** function.
2. The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
3. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, touch **Start/Set**. The oven will not continue cooking until the water tank has been re-filled and **Start/Set** touched.
4. You can change the cooking time during cooking if required. Tap "∨" / "∧" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill water tank at any time during cooking, without having to touch **Stop/Reset** first.
6. It is necessary to wipe the excess water in the cavity after Steam cooking.

Steam Cooking (continued)

Caution

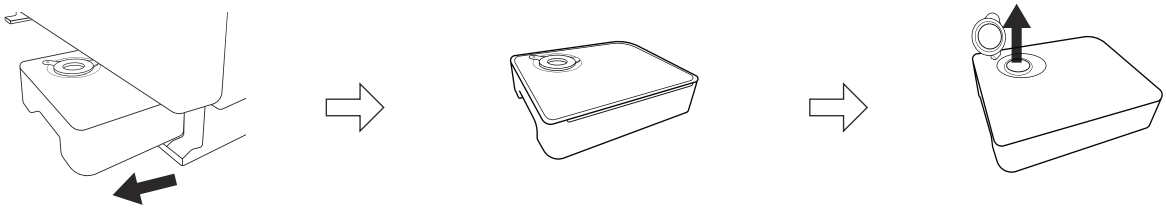
The accessories and surrounding oven will get very hot. Use oven gloves.

When removing the food or cooking accessories, hot water may drip from the oven top.

Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Take care when removing the drip tray. Wipe any water that drips from the inside of the oven. This is normal.

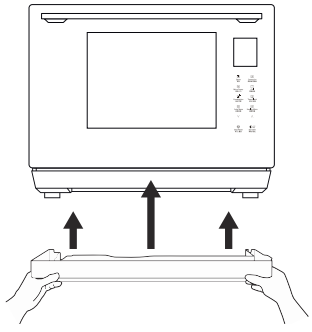
Guidelines for Water Tank



Carefully remove the water tank from the oven. Remove the lid and fill with tap water (do not use mineral water). Replace the lid and position back in the oven. Ensure the lid is closed tightly and securely positioned, otherwise leakage may occur. It is recommended to clean the water tank in warm water once a week.

Guidelines

1. There is no **Micro Power** on the **Steam** only program.
2. Use the accessories provided, as explained above.
3. The **Steam** will only operate with the oven door closed.
4. During and after cooking with **steam** function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.
5. Always use oven gloves when removing the food and accessories after steaming as the oven and accessories will be very hot.
6. After each steam operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs.



Re-position the drip tray by clicking back onto the legs.

Steam Shot

This feature allows you to add steam during cooking (up to 3 minutes). The following modes can use steam shot - microwave, grill, convection and combination 7-10. Adding steam during cooking enhances the heat distribution and aids the rising process of breads, cakes and pastries.

English

Set and operate the desired program.

As required during operation, hold **steam** for 2 seconds and 1 minute will be added.

Optional

If you want to add 2 or 3 minutes, tap **Steam** once or twice within 3 seconds after step 2. The remaining time displayed includes steam shot time.

Note

1. Steam shot is not available during preheating mode.
2. Fill the water tank before use.
3. The original program still counts down when operating steam shot.
4. The steam shot time can not exceed the remaining cooking time.
5. If adding 2 or 3 minutes, **steam** must be tapped once or twice within a 3 second time period.
6. It is not possible to change the convection temperature and cooking time during steam shot.

Cautions

The accessories and surrounding oven will get very hot. Use oven gloves.

When removing the food or cooking accessories, hot water may drip from the oven top.

Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Food	Cooking mode	Steam Shot
Pastries	Convection	²/₃ total time add 3 mins. Steam Shot
Breads	Convection	²/₃ total time add 3 mins. Steam Shot
Sponge cakes	Convection	¹/₂ total time add 3 mins. Steam Shot
Part baked rolls	Combi 7	²/₃ total time add 3 mins. Steam Shot

Combination Cooking with Steam

Steam can be used to cook foods simultaneously with microwave, grill or convection mode. This can often reduce traditional oven cooking times and keep the food moist.

Touch Combination. Tap **combination** until the level you require appears in the display window. (see chart below)

Touch if preheating
(only for Combi 2-5)
After preheating, place the food in the oven

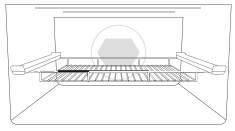
**** Skip this step when preheating is not required.***

Select the cooking time by tapping "∨" / "∧"**.**
Maximum cooking time is 30 minutes.

Touch Start/Set. The time counts down in the display.

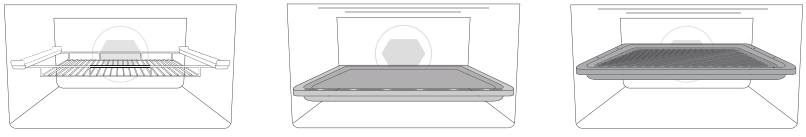
Tap	Combi Level	Max Time	Combination Type	Uses
Once	Combi 1	30 minutes	Steam 1 + 300 W (Defrost)	Fresh vegetables, frozen vegetables, fruits, mash, tinned vegetables, puddings.
Twice	Combi 2	30 minutes	Steam 1 + Convection 230 °C	Crusty bread.
3 times	Combi 3	30 minutes	Steam 1 + Convection 210 °C	Homemade bread and choux pastry
4 times	Combi 4	30 minutes	Steam 1 + Convection 190 °C	Brownie.
5 times	Combi 5	30 minutes	Steam 1 + Convection 170 °C	Stuffed mushroom.
6 times	Combi 6	30 minutes	Steam 1 + Grill 1 (High)	Fish and chicken with skin

Use of Accessory:



Combi 1

Wire shelf in middle shelf position.Place a glass dish on the base of the oven to catch fat and drippings.



Combi 2 -6

Use wire shelf in middle or lower shelf position. Place a glass dish on the base of the oven to catch fat and drippings.

For small food items, place them on metal tray or grill tray.

Combination Cooking with Steam (continued)

Note

1. Fill the water tank before use.The maximum time for cooking in this mode is 30 minutes. If required to cook for longer than this time, re-fill the water tank and repeat the above operation for the remaining time.
2. If during operation the water tank becomes empty, the oven will stop operation. The prompt in the display will ask you to re-fill the water tank. After re-filling the water tank and positioning back in the oven, touch **Start/Set**. The oven will not continue cooking until the water tank has been re-filled and **Start/Set** touched.
3. Preheating is not available with Combi 1 or Combi 6.
4. You can change the cooking time during cooking if required. Tap "∨" / "∧" to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.
5. It is possible to refill water tank at any time during cooking, without having to touch **Stop/Reset** first.
6. It is necessary to wipe the excess water in the cavity after **Steam** cooking.

Guidelines

1. **During and after cooking with steam function, do not open the oven door when your face is very close to the oven. Care must be taken when opening the door as steam may cause injury.**
2. **Always use oven gloves when removing the food and accessories after cooking as the oven and accessories will be very hot.**
3. **After each steam operation carefully remove the drip tray from the front of the oven. Gently ease forwards, holding with both hands. After emptying, wash in warm soapy water. To re-position, click back into position on the oven legs. (See page 11)**.

Cautions

The accessories and surrounding oven will get very hot. Use oven gloves.

When removing the food or cooking accessories, hot water may drip from the oven top.

Steam may billow out when you open the door. If there is steam in the oven, do not reach in with your bare hands! Risk of burns! Use oven gloves.

Combination Cooking without Steam

There are 4 combinations settings without steam. Combination cooking is ideal for many foods. The **Micro Power** cooks them quickly, whilst the convection or grill gives traditional browning and crispness. All this happens simultaneously resulting in most foods being cooked in 1/2 - 2/3 of the conventional cooking time.

Touch Combination.
Tap **combination** until the level you require appears in the display window (see chart below)

Touch if preheating.
(only for Combi 7-9)
After preheating, place the food in the oven.

**** Skip this step when preheating is not required.***

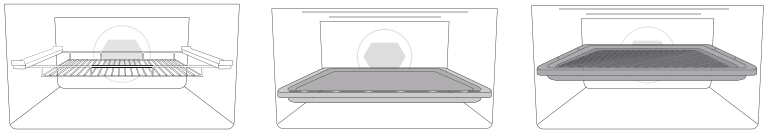
Select the cooking time by tapping "∨" / "∧"**.**

Touch Start/Set. The time counts down in the display.

Tap	Combi Level	Max Time	Combination Type	Uses
7 times	Combi 7	9 hours	Convection 230 °C + Grill 1 (High)	Part baked bread, potato products, chicken pieces, steaks, chops
8 times	Combi 8	9 hours	Convection 230 °C + Grill 2 (Medium) + 300 W (Defrost)	Meat pies and pastries
9 times	Combi 9	9 hours	Convection 190 °C + 300 W (Defrost)	Whole chicken, fish steaks, whole fish, whole turkey
10 times	Combi 10	1 hour and 30 minutes	Grill 1 (High) + MW 300 W (Defrost)	Slice meat, fish, poultry pieces, reheat fried foods, toast, potato fries, spring rolls, pizza etc.

Use of Accessory:

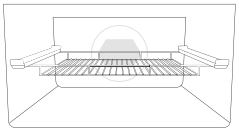
For combi 7:



Use wire shelf in middle or lower shelf position. Place a glass dish on the base of the oven to catch fat and drippings.

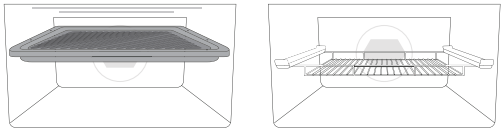
For small food items, place them on metal tray or grill tray.

For combi 8, 9:



Place food directly on wire shelf in either shelf position. Place a glass dish on the base of the oven to catch fat and drippings.

For combi 10:



Place food directly on grill tray or wire shelf in upper or middle shelf position.

Place a glass dish on the base of the oven to catch fat and drippings, if you use wire shelf.

Combination Cooking without Steam (continued)

Note on Preheating

The oven can be preheated on Combination with **Convection** or **Grill**/**Convection** cooking. Touch **Start/Set** before setting the cooking time and follow the **note on preheating** on page 24.

No microwaves are emitted during combination preheating.

Note

1. When the selected cooking time is less than one hour, the time counts down second by second.
2. When the selected cooking time is over one hour, the time counts down minute by minute until only “1H 00” (1 hour) remains. The display then indicates minutes and seconds and counts down second by second.
3. You can change the cooking time during cooking if required. Tap “∨” / “∧” to increase or decrease the cooking time. Time can be increased/decreased in 1 minute increments, up to 10 minutes.

Caution!

Use oven gloves when removing accessories. Never touch the outside window or inside metal parts of the door or oven when taking food in or out due to the high temperatures involved.

Using the Timer

This feature allows you to program the oven as a kitchen timer. It can be also used to program a standing time after cooking is completed or to program a delay start.

1. Delay Start Cooking

By using the Timer, you are able to program Delay Start cooking.

Touch Timer/Clock once.

Set the delay time by tapping "∨" / "∧"
(1 hour and 30 minutes).

Set the desired cooking program and cooking time
(up to 2 stages).

Touch Start/Set.
The time counts down in the display.

Note

1. Three stage cooking can be programmed including Delay Start cooking.
2. If the programmed delay time exceeds one hour, the time will count down in units of minutes. If less than one hour, the time will count down in units of seconds.
3. Delay Start cannot be programmed before an auto program.

Example:

Delay Start:
1 hour

High Power (1000 W):
10 minutes

Defrost Power (300 W):
20 minutes

Using the Timer (continued)

English

2. Stand Time

By using the Timer, you can program Stand Time after cooking is completed or use to program the oven as a minute timer.

Set the desired cooking program and cooking time (up to 2 stages).

Touch Timer/Clock once.

Set the stand time by tapping "∨" / "∧". (1 hour and 30 minutes).

Touch Start/Set. The time counts down in the display.

Note

1. Three stage cooking can be programmed including stand time.
2. If the oven door is opened during the Stand Time Delay Start or Kitchen Timer, the time in the display window will continue to count down.
3. Stand time cannot be programmed after an auto program.

Example:

High Power (1000 W): 4 minutes → **High Power (1000 W):** 2 minutes → **Stand Time:** 10 minutes

3. Kitchen Timer

Touch Timer/ Clock once.

Set the time by tapping "∨" / "∧". (1 hour and 30 minutes).

Touch Start/Set. The time counts down in the display.

Using the Add Time Function

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

After cooking, tap "∧" to select Add Time function. Maximum cooking time:

Micro Power 1000 W	30 minutes
Steam	30 minutes
Combi 1-6	30 minutes
Grill, Combi 10 **Other microwave powers (100 W - 800 W)**	1 hour and 30 minutes
Convection	9 hours
Combi 7-9	9 hours
Timer	1 hour and 30 minutes

Touch Start/Set.
Time will be added. The time in the display window will count down.

Note

1. This function is only available for **Micro Power**, **Grill**, **Convection**, **Steam**, **Combination** and **Timer** functions and it is not available for Auto programs.
2. The Add Time function will not operate after 2 minutes cooking.
3. The Add Time function can be used after the multi-stage cooking. The power level is the same as the last stage.

English

Multi-stage Cooking

English

2 or 3 Stage Cooking

Select desired power level.

Set the cooking time by tapping "∨" / "∧".

Select desired power level.

Set the cooking time by tapping "∨" / "∧".

Touch Start/Set.
The cooking program will start and the time in the display will count down.

Example

To defrost (300 W) for 2 minutes and cook food on high power (1000 W) for 3 minutes.

Tap Micro Power 5 times to select defrost power (300 W).

Set the cooking time to 2 minutes by tapping "∨" / "∧".

Tap Micro Power once to select high power (1000 W).

Set the cooking time to 3 minutes by tapping "∨" / "∧".

Touch Start/Set.
The cooking program will start and the time in the display will count down.

Multi-stage Cooking (continued)

Example

To grill at low (Grill 3) for 4 minutes and cook food on low power (440 W) for 5 minutes.

Tap Grill Power 3 times to select Grill 3 (low).

Set the cooking time to 4 minutes by tapping "∨" / "∧".

Tap Micro Power four times to select low power (440 W).

Set the cooking time to 5 minutes by tapping "∨" / "∧".

Touch Start/Set.
The cooking program will start and the time in the display will count down.

Note

1. For 3 stage cooking, enter another cooking program before touching **Start/Set**.
2. During operation, touching **Stop/Reset** once will stop the operation. Touching **Start/Set** will re-start the programmed operation. Tapping **Stop/Reset** twice will stop and clear the programmed operation.
3. Whilst not operating, touching **Stop/Reset** will clear the selected program.
4. Auto programs cannot be used with multi-stage cooking.

Sensor Reheat Program

the Genius sensor

English

Tap Auto Menu key once

Touch Start/Set.

Program	Weight *	Accessory/ Placement	Instructions
1. Sensor Reheat	200 g - 1000 g		To reheat a fresh pre-cooked meal. All foods must be pre-cooked. Foods should be at refrigerator temperature approx. + 5 °C. Reheat in container as purchased. Pierce covering film with a sharp knife once in the centre and four times around the edge. If transferring food to dish, cover with pierced cling film. Place container on base of oven. Select program number 1, Sensor Reheat. Touch **Start/Set**. Stir at beeps. Stir again at end of program and allow a few minutes standing time. Large pieces of meat/ fish in a thin sauce may require longer cooking. This program is not suitable for starchy food such as rice, noodles or potatoes. Meals in irregular bowl shaped containers may need longer cooking.

Microwave Placement Sensor Reheat Program

* Recommend weight range

Sensor Reheat Programs (continued)

How it works

Once the Sensor Reheat Program has been selected and **Start/Set** is touched the food heats up. As food begins to get hot, steam is emitted. When the food reaches a certain temperature and begins to cook, an even greater amount of steam is released. The increase in steam emission is detected by a humidity sensor in the oven. This acts as a signal for the oven to calculate how much longer the food needs to reheat.

The remaining cooking time will appear in the display window after two beeps.

Whilst the Sensor Reheat Program is still in the display window the oven door **should not be opened**. Wait until the cooking time appears in the window, and then open the door if required, to stir or turn the food.

More / Less Control

The Sensor Reheat Program reheats a chilled meal for average tastes. You are able to adjust the Sensor Reheat Program to your own taste. After touching **Start/Set**, "∨" / "∧" symbol appears in the display, touch "∧" for more time or "∨" for less time. This operation should be completed within 14 seconds. Default mode is normal.

Note

1. This feature is not suitable for foods that cannot be stirred eg. lasagne / macaroni cheese.
2. The oven automatically calculates the reheating time or the remaining reheating time.
3. The door should not be opened before the time appears in the display window.
4. To prevent any mistakes during Sensor Reheat Program ensure that base of oven and the container are dry.
5. The room temperature should not be more than 35 °C and not less than 0 °C.
6. If the oven has previously been used and it is too hot to be used on Sensor Reheat Program, 'HOT' will appear in the display window. After the 'HOT' disappears, the Sensor Reheat Program may be used. If in a hurry, cook food manually by selecting the correct cooking mode and cooking time yourself.

English

Auto Reheat Programs

Tap Auto Menu key once

Select desired menu by tapping "∨" / "∧".

Touch to confirm the program.

Select the weight of the food by tapping "∨" / "∧" **.** The weight will count up in 10 g steps.

Touch Start/Set. The display reminds you which accessory to use and which cooking modes are in use.

Program	Weight *	Accessory/ Placement	Instructions
2 Reheat Fried Foods Auto Menu 自動食譜 ≋ + 風	200 g - 600 g		To reheat fried foods. This program is suitable for reheating fried food, including fried chicken pieces, curry buns, deep-fried spring rolls. Place the food on wire shelf in middle shelf position. Select program number 2, Reheat Fried Foods. Touch **Start/Set** to confirm the program. Select the weight. Touch **Start/Set**. Do not use cling film or lid.
3. Steam Chilled Foods Auto Menu 自動食譜	200 g - 500 g		Suitable for steaming chilled foods such as chilled fried rice as Kuih,rice cake,sticky rice dishes. Fill water tank. Place food with lined baking paper on wire shelf in middle shelf position and grill tray in lower shelf position to catch residual water. Select program number 3, Steam Chilled Foods. Touch **Start/Set** to confirm the program. Select the weight. Touch **Start/Set**.
4. Steam Frozen Foods Auto Menu 自動食譜	200 g - 500 g		Suitable for steaming some frozen dessert such as buns, Siu Mai. It's not suitable for big size food and all kinds of frozen dumpling. Fill water tank. Place foods with lined baking paper on wire shelf in middle shelf position and grill tray in lower shelf position to catch residual water. Select program number 4, Steam Frozen Foods. Touch **Start/Set** to confirm the program. Select the weight. Touch **Start/Set**.

≋ Microwave　風 Convection　Steam　Frozen

Wire Shelf　Grill Tray　Placement

* Recommend weight range

Re-Bake Bread Programs

Tap Auto Menu key once

Select desired menu by tapping "∨" / "∧" **.**

Touch to confirm the program.

Select the weight of the food by tapping "∨" / "∧"**.** The weight will count up in 10 g steps.

Touch Start/Set. The display reminds you which accessory to use and which cooking modes are in use.

Program	Weight *	Accessory/ Placement	Instructions
5. Baguette/ Crusty Rolls Auto Menu 自動食譜 +	100 g - 500 g		To re-bake baguettes and crusty rolls. This program is suitable for reheating, browning and crisping prepurchased baguettes and rolls from room temperature. Ensure height of baguette/rolls is no more than 5 cm. Place baguette/crusty rolls on wire shelf in middle shelf position. Select program number 5, Baguette/Crusty Rolls. Touch **Start/Set** to confirm the program. Select the weight and touch **Start/Set**. After cooking place on a rack for a few minutes.
6. Croissants Auto Menu 自動食譜 +	50 g - 350 g		To re-bake croissants. This program is suitable for reheating, browning and crisping pre-purchased croissants from room temperature. Place croissants on wire shelf in middle shelf position. Select program number 6, Croissants. Touch **Start/Set** to confirm the program. Select the weight and touch **Start/Set**. After cooking place on a rack for a few minutes.

Microwave Grill Wire Shelf Placement

* Recommend weight range

English

Turbo Defrost Program

With this feature you can defrost frozen food according to the weight. The weight is programmed in grams. The weight starts from the minimum weight for each category.

English

Tap Auto Menu key once.

Select desired menu by tapping "∨" / "∧" **.**

Touch to confirm the program.

Select the weight of the food by tapping "∨" / "∧" **.** The weight will count up in 10 g steps.

Touch Start/Set. The display reminds you which cooking modes are in use. Remember to turn or shield the food during defrosting.

Program	Weight *	Accessory/ Placement	Instructions
7. Turbo Defrost	100 g - 3000 g		To defrost many cuts of meat, poultry and fish. Place container on base of oven. Select program number 7, Turbo Defrost. Touch **Start/Set** to confirm the program. Select the weight and touch **Start/Set**. Turn over the food, remove defrosted food and shield thin ends/fat bones of roast with foil at beeps.

Microwave Defrost Placement

* Recommend weight range

Note

1. The shape and size of the food will determine the maximum weight the oven can accommodate.
2. Allow standing time to ensure the food is completely defrosted.
3. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.

Auto Cook Programs

Tap Auto Menu key once.

Select desired menu by tapping "∨" / "∧"**.**

Touch to confirm the program. For menu No. 15&16, oven will start to preheat after this step, Do not put any food or accessory in the oven before it's preheated. Skip this step for No.17.

Select the weight of the food by tapping "∨" / "∧" skip this step for No.15&17.

Touch Start/Set. The display reminds you which accessory to use and which cooking modes are in use.

English

Program	Weight *	Accessory/ Placement	Instructions
8. Teriyaki Chicken ≋ + ▭	1 serv - 4 serv		To roast chicken pieces such as chicken legs, food can get golden-brown and crispy effect without turning over. Wash and pat dry boneless chicken legs and marinate in the sauce for half an hour. Add the following quantities of sauce: **Light soy sauce / Water / Sugar** **1 serv**: 0.5 T / 0.5 T / 0.5 t **2 serv**: 1 T / 1 T / 1 t **3 serv**: 1.5 T / 1.5 T / 1.5 t **4 serv**: 2 T / 2 T / 2 t Place the chicken on grill tray in upper shelf position with skin side up. Select program number 8, Teriyaki Chicken. Touch **Start/Set** to confirm the program. Select the weight of the food. Touch **Start/Set**. After cooking allow to stand for 10 minutes.
9. Roast Chicken ≋ + ⁂	900 g - 1500 g		This program is suitable for roasting a whole chicken. Clean the chicken and marinate for about 1 hour with seasonings you prefer. Place it on wire shelf in lower shelf position with breast side down, put a microwaveable & heatproof dish to catch fat and drippings. Select program number 9, Roast Chicken. Touch **Start/Set** to confirm the program. Select the weight of the food. Touch **Start/Set**. Turn at beeps. After cooking allow to stand for 10 minutes.
10. Roast Beef/ Lamb ⁂	500 g - 2000 g		This program is suitable for roasting joints of beef or lamb. Make the beef or lamb clean, brush with oil and seasoning. Place the beef or lamb on metal tray in lower shelf position. Select program number 10, Roast Beef/Lamb. Touch **Start/Set** to confirm the program. Select the weight of the food. Touch **Start/Set**. Turn at beeps. After cooking allow to stand for 10 minutes.

≋ Microwave ▭ Grill ⁂ Convection Wire Shelf

Metal Tray Grill Tray Placement

* Recommend weight range

Auto Cook Programs (continued)

<table>
<tr><th>Program</th><th>Weight *</th><th>Accessory/ Placement</th><th>Instructions</th></tr>
<tr><td>11. Meat Skewers
Auto Menu 自動食譜
+</td><td>200 g - 800 g</td><td> </td><td>This program is suitable for roasting meat skewers and chicken pieces. Place skewers on grill tray in middle shelf position. Select program number 11, Meat Skewers. Touch Start/Set to confirm the program. Select the weight of the food. Touch Start/Set. Turn at beeps. After cooking allow to stand for 10 minutes.</td></tr>
<tr><td>12. Casserole Rice
Auto Menu 自動食譜</td><td>150 g
300 g
450 g</td><td> </td><td>It is suitable for cooking plain rice. Always use a high microwave safe casserole and cover loosely with a lid or microwave safe cling film. When cover, always allow at least ½ depth of volume for evaporation to prevent boiling over. Add the following quantities of tap water:
<table><tr><td>Rice</td><td>150 g</td><td>300 g</td><td>450 g</td></tr><tr><td>Tap water</td><td>225 ml</td><td>400 ml</td><td>550 ml</td></tr></table>Place dish on base of oven. Select program number 12, Casserole rice. Touch Start/Set to confirm the program. Select the weight of the food. Touch Start/Set. Allow rice to stand for 5-10 minutes after cooking.</td></tr>
<tr><td>13. Congee/ Porridge
Auto Menu 自動食譜</td><td>100 g
150 g
200 g</td><td> </td><td>It is suitable for cooking congee/porridge. Soak the rice for about 30 minutes. Always use a high microwave safe container. Keep the vent of container opening. If no vent or the vent is not large enough, do no close the container securely to prevent boiling. Add the following quantities of tap water:
<table><tr><td>Rice</td><td>100 g</td><td>150 g</td><td>200 g</td></tr><tr><td>Tap water</td><td>750 ml</td><td>1000 ml</td><td>1300 ml</td></tr></table>Place dish on base of oven. Select program number 13, Congee/Porridge. Touch Start/Set to confirm the program. Select the weight of the food. Touch Start/Set. Stir at beeps, allow to stand for 5-10 minutes after cooking.</td></tr>
</table>

Microwave Grill Convection Grill Tray

Placement

* Recommend weight range

Auto Cook Programs (continued)

<table>
<tr><th>Program</th><th>Weight *</th><th>Accessory/ Placement</th><th>Instructions</th></tr>
<tr><td>14. Stew

Auto Menu 自動食譜

≋</td><td>4-6 serv
1-3 serv</td><td> </td><td>Suitable for cooking meat/poultry stews or tougher cuts of meat/poultry. Place all ingredients and liquid in a high microwave safe and heat proof casserole. Allow at least 1/2 depth of volume for evaporation to prevent boiling over. Cook covered with a lid. Measure tap water and ingredients as the below chart for reference.
<table>
<tr><th>Serving</th><th>Meat</th><th>Vegetables</th><th>Tap water</th></tr>
<tr><td>4-6 serv</td><td>1200 g</td><td>400 g</td><td>600 ml</td></tr>
<tr><td>1-3 serv</td><td>600 g</td><td>200 g</td><td>300 ml</td></tr>
</table>
Place dish on base of oven. Select program number 14 Stew. Touch Start/Set to confirm the program. Select the weight of the food. Touch Start/Set. Stir at beeps, allow to stand for 5-10 minutes after cooking.</td></tr>
<tr><td>15. Cake

Auto Menu 自動食譜

P</td><td>-</td><td> </td><td>To bake cakes from raw ingredients. Use smooth and preferably seamless, metal cake tins. Select program number 15, Cake. Touch Start/Set to start preheating. After preheating, Place tin directly on metal tray in lower shelf position. Touch Start/Set. See below method for making the cake.</td></tr>
<tr><td colspan="2">Ingredients (9"):
200 g beaten eggs
170 g plain flour
5 g baking powder
170 g castor sugar
1 tablespoon milk
20 g butter</td><td colspan="2">Method:
1. Beat eggs and castor sugar into a container and stir with an eggbeater at low speed until the sugar is dissolved completely. Adjust to high speed until the beaten eggs are completely foamed and the footprint of the eggbeater keeps for a while. Readjust to low speed to make the bubbles uniformly.
2. Select the program and touch Start/Set to preheat.
3. Gradually add the sifted flour into the mixture. Mix them with a wooden spoon from bottom to top. Add the melt butter and milk into the mixture and stir evenly. Cover the baking paper at the bottom and edges of the mold and pour in the mixture. Put the mold on the metal tray. After preheating. Put the metal tray in the lower shelf position quickly and touch Start/Set.
Note:
1. The mixing method will affect the cooking result directly. After adding the flour, do not mix excessively.
2. Put the metal tray in the lower shelf position quickly at the completion of preheating. If the door is opened too long, it can affect the cooking result.
3. Insert a toothpick in the center. Cake is cooked if the toothpick comes out clean.</td></tr>
</table>

≋ Microwave Convection Metal Tray Placement

* Recommend weight range

Auto Cook Programs (continued)

English

Program	Weight *	Accessory/ Placement	Instructions
16. Cookies Auto Menu 自動食譜 P	1 level (20 pcs)		To bake 1 level cookies. Select program number 16, Cookies. Touch **Start/Set** to start preheating. After preheating, Place food lined with aluminum foil on metal tray lined with aluminum foil in lower shelf position. Select the weight of the food. Touch **Start/Set**. See below method for making the cookie.
	2 levels (40 pcs)		To bake 2 level cookies. Select program number 16, Cookies. Touch **Start/Set** to start preheating. After preheating, place half cookie lined with aluminum foil on metal tray in lower shelf position and remaining half cookies lined with aluminum foil on grill tray in upper shelf position. Select the weight of the food. Touch **Start/Set**. See below method for making the cookie.

Ingredients (1 level):	Method:
35 g beaten eggs 120 g plain flour 60 g butter 60 g castor sugar A drop of vanilla essence	Whisk the butter and sugar to be softened and creamy with egg beater. Add beaten eggs and vanilla essence and stir evenly. Gradually add sifted plain flour and stir evenly with wooden spoon. Select the program and touch **Start/Set** to preheat. Place the aluminum foil on metal tray. Cut the mixture to cookie shape with 5 mm height and 13 g each and arrange into 4×5. Put metal tray in lower shelf position. Select the weight of the food. Touch **Start/Set**. Note: 1. Ensure the butter be soft under room temperature in advance. 2. Put the ingredients in a deep container to avoid splash when whisking. 3. Arrange the cookies equidistantly and under specified volume for a better performance. 4. After preheating, place the accessories in position immediately. If the door is opened too long, it will affect the cooking result. 5. The ingredients listed is for 1 level cookies, please double all the ingredients for 2 levels.

Convection Metal Tray Grill Tray Placement

* Recommend weight range

Auto Cook Programs (continued)

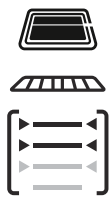
Program	Weight *	Accessory/ Placement	Instructions
17. Yoghurt Auto Menu 自動食譜 Convection	-		For making yoghurt, prepare as in the following recipe. Select program number 17, Yoghurt.Touch **Start/Set**.
Ingredients (12 cups): 1400 ml milk 180 g nature yoghurt Dish: 1 x large bowl 12 x small cups		Method: 1. Pour milk in a casserole and heat up to 45 °C, add nature yoghurt and mix well, then pour into a cup evenly about 130 g per cup. 2. Cover each cup with cling film then put on metal tray in lower shelf position. Touch **Start/Set**. 3. Cover the dishes and store in a refrigerator overnight. 4. If “HOT” appears in the display window, the oven temperature is too high from previous use. Please wait until the cavity cook down and start fermenting. Tips:The ingredients listed is for 12 cups yoghurt. For 6 cups, just half the ingredients.	
18. Frozen Pizza Auto Menu 自動食譜 Microwave + Convection + Frozen	200 g - 430 g		For reheating and browning pre-purchased frozen pizza. Remove all packaging and place the pizza directly on wire shelf in the middle shelf position. Select program number 18, Frozen Pizza. Touch **Start/Set** to confirm the program. Select the weight of the food and touch **Start/Set**. This program is not suitable for deep pan pizza.
19. Frozen Chinese Bun Auto Menu 自動食譜 Steam + Frozen	2 pcs 4 pcs 6 pcs		To steam frozen Chinese bun, the weight is 100 g - 120 g per piece. Food can be directly steamed by microwave oven from the fridge. Fill water tank. Place food with lined baking paper on wire shelf in middle shelf position and grill tray in lower shelf position to catch residual water. Select program number 19, Frozen Chinese Bun. Touch **Start/Set** to confirm the program. Select the weight of the food and touch **Start/Set**.

Microwave | Convection | Steam | Frozen

Wire Shelf | Grill Tray | Metal Tray | Placement

* Recommend weight range

Auto Cook Programs (continued)

Program	Weight *	Accessory/ Placement	Instructions
20. Raw Chinese Bun Auto Menu 自動食譜 +	1 level (6 pcs)		To steam raw Chinese bun, Fill water tank. Place food with lined baking paper on wire shelf in middle shelf position and grill tray in lower shelf position to catch residual water. select program number 20. Raw Chinese Bun. Touch **Start/Set** to confirm the program. Select the weight of the food and touch **Start/Set**.
	2 levels (12 pcs)		To steam raw Chinese bun, Fill water tank. Place half food with lined baking paper on grill tray in upper shelf position and wire shelf in middle shelf position. Select program number 20. Raw Chinese Bun. Touch **Start/ Set** to confirm the program. Select the weight of the food and touch **Start/Set**.
Ingredients (2 levels): Wrapper: 300 g all-purpose flour 15 g castor sugar 4 g yeast 160 ml warm water (40 °C) 6 g oil Fillings: 220 g ground beef 6 g salt 1 g white pepper powder 15 g light soy sauce 65 g green onion and ginger juice 5 g castor sugar 10 g curry powder 5 g sesame oil 70 g minced onion 130 g chopped cabbage 15 g oil			Filling: 1. Heat oil in a pan and add the onions and fry on a low heat, then add the cabbage and fry until soft, remove and cool. 2. Add salt to the ground beef, white pepper powder, light soy sauce and sugar, add green onion and ginger juice into ground beef gradually, stirring in one direction until the mixture thickness. Then add the minced onions and chopped cabbage in step 1, add curry powder and sesame oil, stir well. Wrapper: 1. Mix and stir yeast with warm water, and wait 5 minutes. 2. Pour flour, castor sugar, yeast water and oil into a bowl, and stir evenly and knead the dough until smooth. Then, cover with a cling film and wait for 5 minutes. 3. Divide the dough into 12 equal parts and roll into small round pieces with relatively thick rims for easy stuffing. Package into around 35 g meat into the dough. 4. Place half dough on grill tray in upper shelf position and remaining half on wire shelf in middle shelf position line with baking paper. 5. Fill water tank. 6. Select program and Touch **Start/Set** to confirm the program. Select the weight of the food and touch **Start/Set**. Note: 1. To make knife-cut steamed buns: roll the fermented dough squarely and roll up along the longer edge and cut into 12 parts. 2. The ingredients listed is for 2 levels, please half all the ingredients for 1 level. 3. If “HOT” appears in the display window, the oven temperature is too high from previous use. Please wait until the cavity cook down and start fermenting.	
21. Salmon Fillets Auto Menu 自動食譜 +	250 g - 500 g		To steam and grill salmon fillets to give moist juicy fish and crispy skin. Each salmon fillet should weigh 125 g. Fill water tank. Place salmon fillets skin side down on wire shelf in the middle shelf position. Place grill tray in the lower shelf position for dropping water. Select program number 21, Salmon Fillets. Touch **Start/Set** to confirm the program. Select the weight of the salmon fillets. Touch **Start/Set**.

Steam Grill Convection Wire Shelf

Grill Tray Placement

* Recommend weight range

Junior Menu Programs

The Junior Menu offers a range of programs catering for babies, toddlers and older children - great for time saving and convenience. For operation refer to top of page 43.

<table>
<tr><th>Program</th><th>Weight *</th><th>Accessory/ Placement</th><th>Instructions</th></tr>
<tr><td>22. Junior Pasta Bake

Auto Menu 自動食譜

+ +

250 g
500 g

+

800 g

 </td><td></td><td>
 </td><td>For cooking fresh pasta bake using fresh pasta (penne, spaghetti, fusilli), cheese or tomato based sauce and grated mild cheddar cheese. Use a suitable square, shallow Pyrex® container. Use the following quantities:
<table><tr><th></th><th>250 g</th><th>500 g</th><th>800 g</th></tr><tr><td>Pasta</td><td>90 g</td><td>180 g</td><td>300 g</td></tr><tr><td>Sauce</td><td>120 g</td><td>270 g</td><td>440 g</td></tr><tr><td>Cheese</td><td>40 g</td><td>50 g</td><td>60 g</td></tr></table>
Other ingredients may be added such as ham, tuna and sweetcorn. In this case substitute some of the sauce for the chosen added ingredients. Place wire shelf in middle shelf position. Select program number 22, Junior Pasta Bake. Touch Start/Set to confirm the program. Select the weight - 250 g, 500 g or 800 g. Touch Start/Set.</td></tr>
<tr><td>23. Vegetable Purée

Auto Menu 自動食譜

 </td><td>100 g - 400 g</td><td> </td><td>This program is suitable for cooking parsnips, potatoes, butternut squash, carrots, sweet potato and swede. The cooked vegetables are then puréed and suitable when weaning babies. Peel and chop the vegetables into even sized pieces. Place in a Pyrex® dish. Add the following quantities of water:
100 g - 150 g vegetables 75 ml water.
160 g - 300 g vegetables 100 ml water.
310 g - 400 g vegetables 150 ml water.
Cover with lid and place dish on base of oven. Select program number 23, Vegetable Purée. Touch Start/Set to confirm the program. Select the weight of the vegetables. Touch Start/Set. Stir halfway during cooking at beeps. After cooking allow to stand for 10 minutes. Purée the vegetables with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.</td></tr>
</table>

Microwave Grill Convection Junior Menu program

Wire Shelf Placement

* Recommend weight range

Junior Menu Programs (continued)

Program	Weight *	Accessory/ Placement	Instructions
24. Fruit Purée Auto Menu 自動食譜 Microwave Junior Menu program	100 g - 400 g		This program is suitable for cooking apples, pears, peaches, papaya and mango. The cooked fruit is then puréed and suitable when weaning babies. Peel and chop the fruit into even sized pieces. Place in a Pyrex® dish on the base of the oven. Add the following quantities of water: 100 g -150 g fruit 50 ml water. 160 g - 300 g fruit 75 ml water. 310 g - 400 g fruit 125 ml water. Cover with lid. Select program number 24, Fruits Purée. Touch **Start/Set** to confirm the program. Select the weight of the fruit. Touch **Start/Set**. Stir halfway during cooking at beeps. After cooking allow to stand for 10 minutes. Purée the fruit with the cooking liquid using a blender. If necessary adjust the consistency with a little water to thin or baby rice to thicken. Check the temperature before feeding.

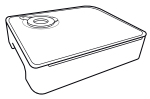
Microwave Junior Menu program Placement

* Recommend weight range

Cleaning Programs

F1. Drain Water

Water is pumped through the system to clean the pipes. The water is drained into the drip tray.



Add 100 ml of water to the water tank. Ensure drip tray is empty.

Tap Auto Menu key once.

Select F1 (Drain Water) by tapping "∨" / "∧"**.**

Touch Start/Set. Empty the drip tray after the program has finished.

Note

1. Only run this program with 100 g of water in the tank.
2. Do not remove the drip tray during the drain water program.
3. Empty the drip tray and rinse with running water after the program has finished.

Caution!

If the Drain Water program is used directly after a steam cooking program, hot water may be drained into the drip tray.

F2. System Cleaning

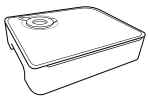
The first stage of this program cleans the system with a citric acid solution. The second stage runs water through the system to rinse the pipes.

Make a solution of 20 g citric acid and 250 ml of water, add the solution to the water tank. Ensure drip tray is empty.

Tap Auto Menu key once.

Select F2 (System Cleaning) by tapping "∨" / "∧"**.**

Touch Start/Set. The program will run for 29 minutes.



After the program has paused, fill the water tank with water (to max level).

Touch Start/Set. The program will run for approx. 1 minute. Empty the drip tray after the program has finished.

Note

1. When is displayed, run the 'system cleaning' program.
2. If the system cleaning program is not used regularly, the pipe will get blocked and the steaming performance will be less effective.
3. Do not remove the drip tray during the drain program.
4. Empty the drip tray and rinse with running water after the program has finished.

Cleaning Programs (continued)

F3. Deodorization

This feature is recommended for eliminating any odours from the oven.

Tap Auto Menu key once.

Select F3 (Deodorization) by tapping "∨" / "∧"**.**

Touch Start/Set. The program time appears in the display window and begins to count down. The program will run for 30 minutes.

F4. Cavity Cleaning

This feature is suitable for removing the build up of fat or grease in the cavity.

Tap Auto Menu key once.

Select F4 (Cavity Cleaning) by tapping "∨" / "∧"**.**

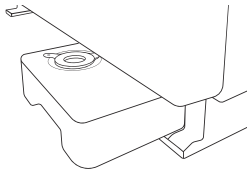
Touch Start/Set. The program time appears in the display window and begins to count down. The program will run for 20 minutes.

Note

1. Fill the tank with water before using.
2. After cleaning, open the door, wipe with a damp cloth and empty the drip tray.

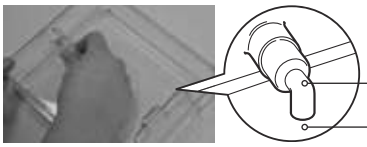
Cleaning the Water Tank

Clean with a soft sponge in water.



Remove the water tank and clean the compartment where the water tank is inserted.

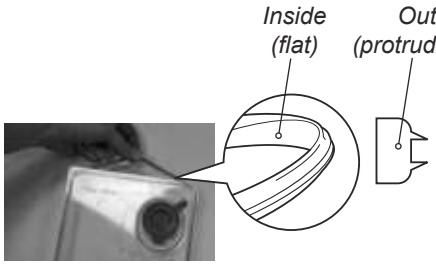
Open the water supply cap, remove the lid and pipe cap and clean.



If the pipe cap is difficult to remove, wiggle from side to side.
When re-fitting, make sure that the pipe faces down (see diagram).

The rubber seal of the tank can also be removed for cleaning.

Removing the Rubber Seal



Ensure that the rubber seal is not inside out when re-fitting. If the seal is not fitted correctly the lid will not close securely and it will leak.

Note

1. Clean the water tank at least once a week to prevent build up of limescale.
2. Do not use a dishwasher to clean the water tank or parts of the water tank.

English

Healthy Menu Programs

This feature allows you to steam fish or vegetables to give moist juicy texture or cook foods like fries with little or no oil. This is more healthy than traditional deep-frying methods.

English

Tap Healthy Menu key once

Select desired menu by tapping "∨" / "∧".

Touch to confirm the program. (skip this step for programs No. 27, 28)

Select the weight of the food by tapping "∨" / "∧" . The weight will count up in 10 g steps. Except NO.30&31 (skip this step for programs No. 27, 28)

Touch Start/Set. The display reminds you which accessory to use and which cooking modes are in use.

Healthy Menu Programs (continued)

Program	Weight *	Accessory/ Placement	Instructions
25. Fresh Vegetables	1 Level 200 g - 500 g		**To steam fresh vegetables like broccoli, cabbage.** Fill water tank. Place cleaned vegetables onto wire shelf in middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 25, Fresh Vegetables. Touch **Start/Set** to confirm the program. Select the weight of the fresh vegetables. Touch **Start/Set**.
	2 Levels 510 g - 1000 g		**To steam fresh vegetables like broccoli, cabbage.** Fill water tank. Place half of cleaned vegetables onto wire shelf in upper shelf position. Place remaining half of cleaned vegetables on grill tray in lower shelf position. Small vegetables are not suitable for 2 level cooking. Select program number 25, Fresh Vegetables. Touch **Start/Set** to confirm the program. Select the weight of the fresh vegetables. Touch **Start/Set**.
26. Fish Fillets	200 g - 600 g		**To cook fresh fish fillets.** Fill water tank. Place fresh fish onto wire shelf in middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 26, Fish Fillets. Touch **Start/Set** to confirm the program. Select the weight of the fresh fish. Touch **Start/Set**.
27. Fish Fillets and Green Vegetables	approx. 210 g - 250 g fish fillets and 200 g green vegetables		**To steam fresh fish fillets (salmon, cod) and green vegetables (broccoli, green beans or asparagus) at the same time.** Fill the water tank. Place 2 fish fillets approximately 210 g - 250 g (for 2 fillets) on grill tray in lower shelf position. Prepare the green vegetables and place approximately 200 g on wire shelf in the upper shelf position. Select program number 27, Fish Fillets and Green Vegetables. Touch **Start/Set** to start the program.
28. Whole Fish and Green Vegetables	approx. 200 g - 300 g whole fish and 200 g green vegetables		**To steam fresh whole fish (Sea bass or Mackerel) and green vegetables (broccoli, green beans or asparagus) at the same time.** Fill the water tank. Oil the grill tray to prevent the fish sticking. Place whole fish approximately 200-300 g on grill tray in lower shelf position. Prepare the green vegetables and place approximately 200 g on wire shelf in upper shelf position. Select program number 28, Whole Fish and Green Vegetables. Touch **Start/Set** to start the program.

Steam Wire Shelf Grill Tray Placement

* Recommend weight range

Healthy Menu Programs (continued)

Program	Weight *	Accessory/ Placement	Instructions
29. Chicken Breasts Healthy Menu 健康食譜 +	300 g - 800 g		**To steam and grill chicken breasts to give moist juicy meat and brown crispy skin.** Each chicken breast should be 150 g - 200 g. Fill water tank. Place chicken breasts on wire shelf in the middle shelf position. Place grill tray in lower shelf position for dropping water. Select program number 29, Chicken Breasts. Touch **Start/Set** to confirm the program. Select the weight of the chicken breasts. Touch **Start/Set**.
30. Chawanmushi/ Steamed egg Healthy Menu 健康食譜 	2 serv 4 serv 6 serv		To steam beaten eggs. Use fresh beaten eggs with a certain portion of water and seasonings sift and fill 80% full of the mixture in individual cups. Fill water tank. Cover with cling film or lid.Place the cups on grill tray in middle shelf position close to left side of the oven. Select program number 30, Chawanmushi/Steamed egg. Touch **Start/Set** to confirm the program. Select the weight of the food. Touch **Start/Set**.

Ingredients (2 serv): 100 g beaten eggs 180 ml warm water (40°C) 2 g light soy sauce 2 g salt 2 x small cups	Method: 1. Beat up the eggs, whisk with salt and light soy sauce and then stir the mixture uniformly. 2. Add warm water into the beaten eggs at a certain ration and stir uniformly, pour sifted mixture into the container and remove the foam for later use, with cling film or lid. 3. Fill water tank. 4. Add in 80% full mixture in the cups. 5. Place the container on grill tray in middle shelf position close to left side of the oven. 6. Select program. Touch **Start/Set** to confirm the program. Select the weight of the food. Touch **Start/Set**. Note: The ingredients listed is for 2 serv, for multiple servings, calculate the ingredients according to the proportion.

Steam Grill Wire Shelf Grill Tray

Placement

* Recommend weight range

Healthy Menu Programs (continued)

Program	Weight *	Accessory/ Placement	Instructions
31. Fried Chicken Healthy Menu 健康食譜 +	1 serv 2 serv 3 serv 4 serv		To deep fry chicken pieces 120 g – 500 g such as boneless chicken leg to give juicy meat. Each chicken piece should weigh between 30 g -35 g each. Marinate 4-16 cleaned chicken leg pieces in 15 g – 45 g fried chicken powder and marinate for half an hour. Place them on grill tray with skin side up in upper shelf position. Select program number 31, Fried Chicken. Touch **Start/Set** to confirm the program. Select the weight of the food. Touch **Start/Set**.
32. Fresh Vegetable Fries Healthy Menu 健康食譜 + +	100 g - 500 g		For preparing fresh vegetable fries such as sweet potato, white potato, carrots, parsnips and courgettes. Peel and cut the vegetables into baton shapes. Toss in a tablespoon of vegetable oil. Place vegetable fries on grill tray in middle shelf position. Select program number 32, Fresh Vegetable Fries. Touch **Start/Set** to confirm the program. Select the weight. Touch **Start/Set**. Turn/Stir at beeps.
33. Chilled Breaded Products Healthy Menu 健康食譜 + +	200 g – 800 g		For preparing chilled breaded products such as breaded chicken strips, fish goujons, popcorn chicken, chicken bites or breaded chicken fillets. Remove all packaging and place the chilled breaded products on grill tray in middle shelf position. Select program number 33, Chilled Breaded Products.Touch **Start/Set** to confirm the program. Select the weight. Touch **Start/Set**.

Microwave Grill Convection Grill Tray

Placement

* Recommend weight range

Healthy Menu Programs (continued)

Program	Weight *	Accessory/ Placement	Instructions
34. Frozen Breaded Products Healthy Menu 健康食譜 + +	200 g - 800 g		For preparing frozen breaded products such as frozen popcorn chicken, frozen chicken nuggets, frozen turkey drummers, frozen fish fingers, frozen scampi. Remove all packaging and place the frozen breaded products on the grill tray in middle shelf position. Select program number 34, Frozen Breaded Products. Touch **Start/Set** to confirm the program. Select the weight of the food. Touch **Start/Set**.
35. Fresh Potato Fries Healthy Menu 健康食譜 + +	200 g – 500 g		For preparing fresh potato fries. Peel and cut the potatoes into baton shapes. Wash potatoes in cold water, till no starch in cold water. Soak the potatoes in cold water and place into the cold re-fridge. After at least 2 hours later, get potatoes out, and dry it used kitchen paper. Toss in a tablespoon of vegetable oil. spread them out on grill tray in middle shelf position. Select program number 35, Fresh Potato Fries. Touch **Start/Set** to confirm the program. Select the weight of the food and touch **Start/Set**. Turn/Stir at beeps. For best results cook in a single layer.
36. Frozen Potato Fries Healthy Menu 健康食譜 + +	200 g - 500 g		For cooking frozen pre-purchased potato products that are suitable for grilling eg. French fries, home fries, croquettes, hash browns, potato waffles. Remove all packaging and spread potato products out on grill tray in middle shelf position. Select program number 36, Frozen Potato Fries. Touch **Start/Set** to confirm the program. Select the weight of the food and touch **Start/Set**. Turn/Stir at beeps. For best results cook in a single layer.

Microwave Grill Convection Frozen

Grill Tray Placement

* Recommend weight range

Note

1. Potato products vary considerably. We suggest checking a few minutes before the end of cooking to assess levels of browning.

Tip for Auto/Healthy Menu Programs

Note

1. The auto/healthy menu programs must **only** be used for foods described.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package weight information.
4. Only use the accessories as indicated on pages 38-58.
5. Do not cover foods on the auto steam programs.
6. Most foods benefit from a **standing** time after cooking on an auto program, to allow heat to continue conducting to the centre.
7. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
8. If 'HOT' appears in the display window, the oven temperature is too high from previous use and an auto program can not be set. Cooking mode and time may still be set manually.
9. If ♦♦ flash, please fill the water tank.

English

INGREDIENT CONVERSION CHART

1/4 cup	60 ml	1/4 teaspoon	1 ml
1/3 cup	85 ml	1/2 teaspoon	2 ml
1/2 cup	125 ml	1 teaspoon	5 ml
2/3 cup	165 ml	2 teaspoons	10 ml
3/4 cup	190 ml	3 teaspoons	15 ml
1 cup	250 ml	1 tablespoon	15 ml
1 1/4 cups	310 ml	1 1/2 tablespoons	23 ml
1 1/2 cups	375 ml	2 tablespoons	30 ml
2 cups	500 ml	3 tablespoons	45 ml
3 cups	750 ml	4 tablespoons	60 ml
3 1/2 cups	875 ml		
4 cups	1 litre		
6 cups	1.5 litre		
8 cups	2 litre		

All recipes are tested using standard measurement that appear in the above chart.

Defrosting Tips and Techniques

Preparation for Freezing

The quality of the cooked foods comes from the foods before freezing, freezing ways and defrosting tips and times. So it is important to purchase fresh and high quality foods and freeze them immediately. Thick cling film, package, freezing wrap and the meat which has been sealed before selling are all able to be kept in the refrigerator for some time.

Note

1. Please remove the aluminum foil if the package is made of aluminum to prevent arcing.
2. The foods in the refrigerator should be kept under -18 ˚C. (At least 24 hours in freezer before defrosting.)
3. When freezing meats, poultry and fish or seafood, the foods should be arranged evenly and wrap as 2.5 cm - 5 cm square or a round shape.
4. Please clean the whole chicken before freezing. (The intestines can be frozen individually.) Clean the whole chicken and make it dry. Binding the leg and thigh.
5. Remove all air and seal securely. Label package with type and cut of meat, date and weight.

Turbo Defrost

The Turbo defrost function is operated based on the weight of foods. Most cut foods such as chicken, meat and fish can be defrosted by using this function easily. Set weight based on the real weight of foods, and the microwave oven will set the power and time automatically. The display window will display the time of defrost after setting. The foods listed in the below table are the most suitable for using defrost function. The minimize weight is 100 g and the maximum is 3000 g for getting the best result.

Foods	The maximum weight for the foods
Meat loaf, whole chicken, rib	3000 g
Beef, lamb, chicken portions	2000 g
Whole fish, shellfish, prawn and fish fillet	1000 g

Tips for Turbo defrost

Boneless meat always demands longer time to defrost than meat with bones, as to meat with bones, we recommend to subtract 500 g from total weight when it exceeds 2000 g, subtract 200 g - 300 g from total when it weights under 2000 g.

Two buzz beeps

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

Key to defrosting

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

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

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

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

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

Defrosting Chart

English

Preparation for Freezing:

1. Heavy-duty cling film, bags and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18 °C or lower).

Defrosting Technique:

Remove from wrapper and set on a defrosting rack in a dish on base of oven.

On Turbo Defrost, the oven will beep during the defrosting time. At “beep”, turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.

Throughout the defrosting time, remove any defrosted portions of mince or cubed meat, etc.

After defrosting, large roasts may still be icy in the centre. Let stand, 15 to 30 minutes, in refrigerator to complete defrosting.

Defrosting Chart (by setting **Micro Power** at Defrost):

FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
Meat		
Beef		Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted. Turn meat over two to three times during defrosting. Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle. Large roasts may still be icy in centre. Let stand.
Minced Beef	6 - 8	
Roast: Topside	7 - 9	
Roast: Beef Tenderloin	7 - 9	
Roast: Chuck or Rump	6 - 8	
Roast: Sirloin, rolled	7 - 9	
Steak	6 - 7	
Miscellaneous	6 - 8	
Lamb		
Roast	6 - 8	
Chops	5 - 7	
Ribs	5 - 7	
Poultry		
Chicken/whole	7 - 9	Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones and ends of poultry with foil. Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces. Rinse poultry under cold water to remove ice crystals. Let stand 5 to 10 minutes, before cooking.
Chicken/pieces	6 - 8	
Chicken/fillets	6 - 8	
Duck	6 - 8	
Turkey	7 - 9	
Fish & shellfish		
Fish Fillets	6 - 8	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted. Let stand, 5 to 10 minutes, before cooking.
Whole Fish	6 - 8	
Crabmeat	5 - 7	
Lobster Tails	5 - 7	
Sea Scallops	4 - 6	
Green Prawns	5 - 7	

Reheating Charts

The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, dish size and quantity. Pastry or bread items reheated by microwave will be soft, not crisp.

Food	Weight / Quantity	Power Level	Time to Select (approx)	Instructions /Guidelines
Canned vegetables				
Baked beans	200 g	1000 W	1 min 30 secs	Place in a heatproof bowl and cover. Place on base and stir halfway. Uncovered when cooking at Combi 1.
	415 g		2 mins 30 secs	
Baked beans with sausages	415 g		2 mins 30 secs	
Broad beans	300 g		2 mins	
Butter beans	210 g		1 min 30 secs	
Carrots, baby	300 g	Combi 1	4 mins	
Green beans	400 g		5 mins	
Mushrooms	285 g	1000 W	2 mins	
Peas, mushy	300 g		2 mins	
Peas, petit pois	290 g		2 mins	
Peas, garden	290 g		2 mins	
Peas, marrowfat	300 g	Combi 1	6 mins	
Sweetcorn	200 g		3 mins	
	330 g		5 mins	
Tomatoes	400 g		5 mins	
Plated meal - Chilled				
Small - child portion	1	Combi 1	4-5 mins	Uncovered and place on base.
Large - adult portion			7 mins	
Drinks				
1 Mug cold milk	235 ml	1000 W	2 mins 30 secs	Place in a heatproof mug/jug on base. Stir halfway and after reheating.
1 Jug cold milk	568 ml		4 mins	
1 Mug cold coffee/ tea / milky coffee	235 ml		1 min 20 secs	
Savoury pastry products - precooked pastries reheated by microwave will have a soft base.				
Pasties/slices	150 g	1000 W	1 min 30 secs	Place in glass dish on base.
	150 g	Combi 6	7-8 mins	Place on wire shelf in lower shelf position.
	300 g (2)	Combi 5		

Points for Checking

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

Cooking Charts

Food	Weight / Quantity	Power Level	Time to Select (approx.)	Instructions
Meat				
Lamb joint	450 g	180 °C	Medium: 25 mins per 450 g plus 15 mins or Well done: 30 mins per 450 g plus 20-25 mins.	Preheat oven. Place joint on metal tray in lower shelf position. Once cooked allow the joint to stand for 10 minutes - this will make the joint easier to carve.
Chops/cutlets	340 g (4)	Grill 1	Medium: 10-12 mins Well Done: 14-16 mins	Place on metal tray in upper shelf position. Turn halfway.
Beef Joint	-	230 °C followed by 180 °C	20 mins per 450 g followed by Rare: 15 mins Medium: 25 mins Well done: 35-40 mins	Preheat oven. Place on metal tray in lower shelf position. Turn halfway.
Rump/sirloin	100 g	Grill 1	Medium: 15 mins Well done: 25 mins	Place on metal tray in upper shelf position. Turn halfway.
Fish- fresh from raw				
Fillets	280 g	600 W	7 mins	Place in glass dish. Add 1 tablespoon (15 ml) water. Cover with pierced cling film and place on base of oven
	700 g	600 W	8-9 mins	
Steaks	300 g (4)	Combi 9	10 mins	Place on wire shelf in lower shelf position.
Whole x 1	225 g - 300 g	1000 W	4 mins	Place in glass dish and pierce skin. Add 30 ml of liquid. Cover with pierced cling film and place on base of oven.
Fish - frozen from raw.				
Breaded fillets	220 g (2)	Combi 8	10 mins	Place on wire shelf in lower shelf position. Turn halfway.
Boil in the bag	150 g	1000 W	6 mins	Place bag sauce side down in a glass dish. Pierce top. Shake bag halfway through.
Poultry				
Chicken breasts (boneless and skinless)	250 g	Steam 1	30 mins	**Fill the water tank.** Place on Grill Tray in middle shelf position.
Chicken legs	1.0 kg	Combi 7	35-40 mins	Place on metal tray in lower shelf position. Turn halfway.
Whole chicken	-	Combi 9	14-15 mins per 450 g	Place chicken breast side down on an upturned saucer in glass dish on base of oven. Turn halfway.
Fresh vegetables - Steamed				
Broccoli	250 g	Steam 1	12 mins	**Fill the water tank.** Place on grill tray in middle shelf position.
Peas	200 g		5-6 mins	
Potatoes-boiled	500 g		25 mins	
Spinach	200 g		5-6 mins	
Rice				
Long grain white	250 g	1000 W	12-13 mins	Use 550 ml boiling water. Stir halfway.
Pasta				
Fusilli	200 g	1000 W	12 mins	Use 550 ml boiling water. Add 15 ml oil. Cover. Stir halfway.
Spaghetti	250 g	1000 W	8-10 mins	Use 700 ml boiling water. Add 15 ml oil. Cover. Stir halfway.

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, blow 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 inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cooled 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.
The oven has an odour 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.
The fan motor continue operating after cooking is over.	After using the microwave oven, the fan motor will operate for several minutes to cool the electric compenents.
Some smoke will be given off from the cavity when using grill, combination or convection for the first time.	It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.
There are humming and clicking noises from my oven when I cook by combination.	The noises occur as the oven automatically switches from one power to another to create the combination setting. This is normal.

Before Requesting Service (continued)

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit Breaker or fuse is tripped or blown.	Contact the specified service 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 key was not touched after programming.	Touch **Start/Set** key.
	Another program has already been entered into the oven.	Touch **Stop/Reset** key to cancel the previous program and program again.
	The program has not been entered correctly.	Program again according to the Operating Instructions.
	Stop/Reset key has been touched accidentally.	Program oven again.
"HOT" appears in the display window.	The cavity is overheated.	Operate again after it cools down.
The "🔑" appears in the display Window.	The Child Lock was activated by tapping **Start/Set** key 3 times.	Deactivate Lock by tapping **Stop/Reset** key 3 times.
"H97", "H98" or "H00" appears in the display window.	This display indicates a problem with the microwave generation system.	Contact the authorised service center.
"DEMO MODE PRESS ANY KEY" or "D" appears in the display window.	The oven is under demonstration mode.	Tap **Micro Power** key once, **Start/Set** key 4 times, **Stop/Reset** key 4 times.
The control panel keys do not respond when tapped.	The oven may be in stand-by mode.	Ensure the oven is plugged in. Open and close the door to activate.
"U14" appears in the display window only.	The water tank is empty.	Full it with water and tap **Stop/Reset** to reset.

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

Care of your Microwave Oven

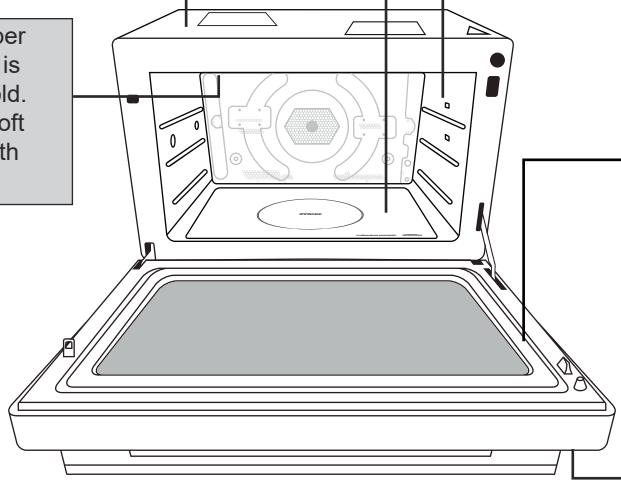
Turn the oven off and remove the power plug from the wall socket before cleaning.

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.

Always clean the Ceramic Plate after cooling down with a mild detergent and wipe to dry.

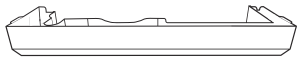
Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

Clean the upper heater after it is completely cold. Wipe with a soft and damp cloth carefully.



If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.

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. After cleaning touch **Stop/Reset** key to clear display window.



Drip Tray

Always keep the drip tray clean. Clean and wipe dry after use. After cleaning, re-connect the drip tray to the plastic feet.
DO NOT USE A DISHWASHER TO CLEAN THE DRIP TRAY.

After using, clean it with a mild detergent.

Wire Shelf **Grill Tray** **Metal Tray**

Notes:

1. When using the **Grill**, **Combination**, **Convection** 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.
2. After **Grill**, **Combination** or **Convection** 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, 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. This method can not be used to clean the oven door.

   DO NOT SPRAY DIRECTLY INSIDE THE OVEN.

   Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass, since they can scratch the surface, which may result in shattering of the glass. A steam cleaner is not to be used.
3. 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.
4. When it becomes necessary to replace the oven light, please consult the service center specified by Panasonic.

English

Technical Specifications

Model:		NN-CS89LB	
Power Supply:		220 V, 50 Hz	230 - 240 V, 50 Hz
Power Consumption*:	Microwave	4.5 A, 960 W	4.2 A, 960 W
	Heater (Grill)	6.2 A, 1350 W	5.7 A, 1350 A
	Heater (Convection)	6.3 A, 1380 W	5.8 A, 1380 W
	Heater (Steam)	6.0 A, 1330 W	5.6 A, 1330 W
	Combination (Maximum)	8.9 A, 1960 W	8.1 A, 1960 W
Output:	Microwave*	1000 W	
	Heater (Grill)	1300 W	
	Heater (Convection)	1350 W	
	Heater (Steam)	1300 W	
Outside Dimensions (W x H x D):		500 mm x 391 mm x 437 (480)** mm	
Oven Cavity Dimensions (W x H x D):		410 mm x 240 mm x 320 mm	
Overall Cavity Volume:		31 L	
Operating Frequency:		2450 MHz	
Net Weight:		Approx. 21.5 kg	

** 437 mm is the dimension without handle
480 mm is the dimension with handle

* IEC Test Procedure

Specifications subject to change without notice.

As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.