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English

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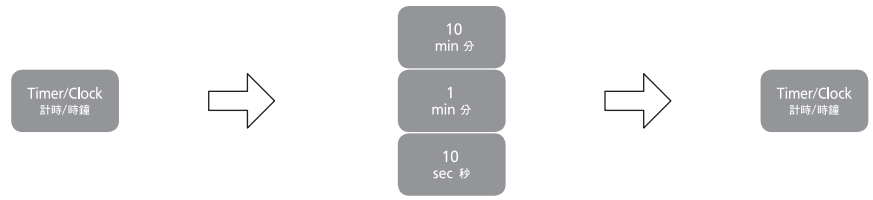
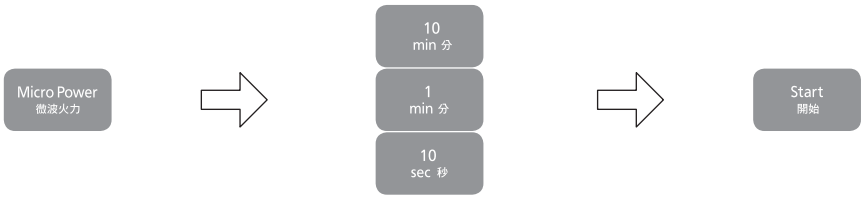
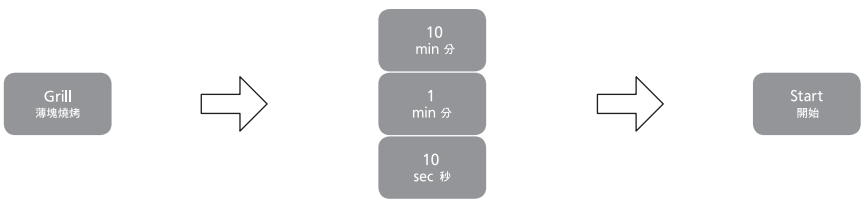
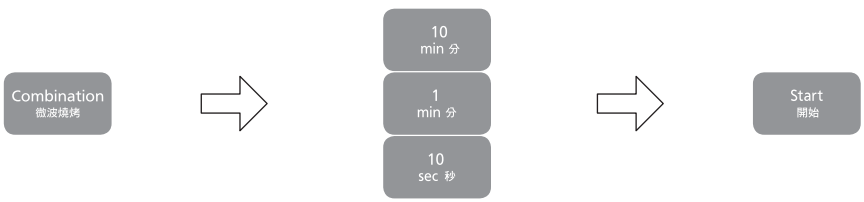
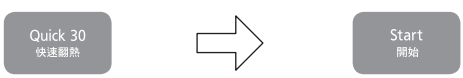
Quick Guide

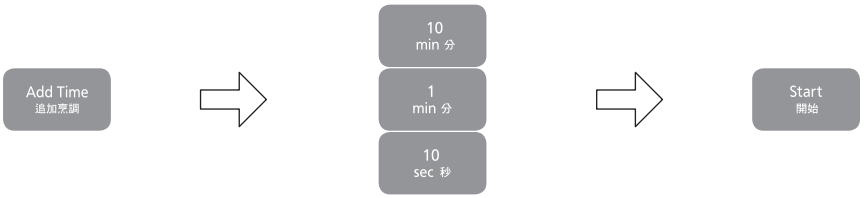
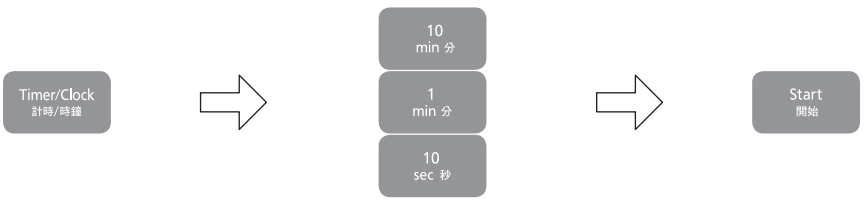
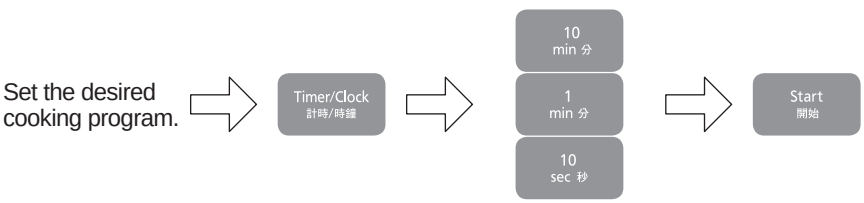
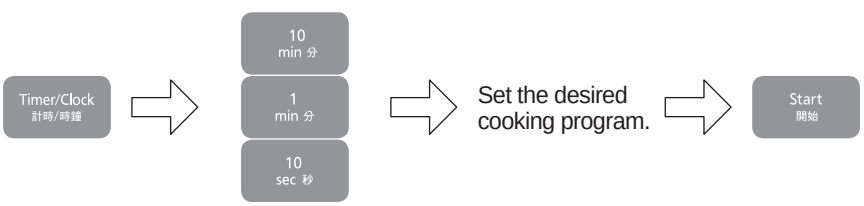
English

After plugging in, "8888" will appears in the display window, then you can start to operate.

Feature	How to Operate
To Set Clock (☞ page 11)	 Press twice. Set Time of day. Press once.
To Set / Cancel Child Safety Lock (☞ page 11)	**To Set:** Press 3 times. **To Cancel:** Press 3 times.
To Cook / Reheat / Defrost by Micro Power and Time Setting (☞ page 12)	 Select power. Set the cooking time. Press.
To Use Turbo Defrost Pad (☞ page 13)	Press. Select the weight of food. Press.
To Cook using Grill Pad (☞ page 14)	 Select power. Set the cooking time. Press.
To Cook using Combination Pad (☞ page 15)	 Select power. Set the cooking time. Press.
To Cook using Quick 30 Pad (☞ page 16)	 Press to set the desired cooking time. Press.

Quick Guide *(continued)*

English

Feature	How to Operate
To Use the Add Time Function (☞ page 16)	 After cooking, press this pad. Add Time by pressing the Time pads. Press.
To Cook using Sensor Cook pad (☞ page 18)	 Press to select the desired menu number. Press.
To Cook using Auto Cook Pads (☞ page 20)	eg: Press to select the desired menu number. Set the weight. Press.
To Use as a Kitchen Timer (☞ page 23)	 Press. Set the kitchen time. Press.
To Set Standing Time (☞ page 23)	 Press. Set the standing time. Press.
To Set Delay Start (☞ page 23)	 Press. Set the delay time. Press.

Important Safety Instructions

English

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Precautions to be taken when using Microwave Ovens for Heating Foodstuffs

Inspection for Damage:
A microwave oven should only be used if an inspection confirms all of the following conditions:
1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

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

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

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

Important Instructions

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

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

Important Safety Instructions *(continued)*

Practical Hints:

1. For initial use of GRILL and COMBINATION, if you see white smoke arise, it is not malfunction.
2. The oven has two grill heaters situated in the top of the oven. After using the GRILL and COMBINATION functions, the ceiling will be very hot.
3. Accessible parts may become hot during use. Young children should be kept away.
4. Before using GRILL and COMBINATION function for the first time operate the oven without food and accessories (including glass tray and roller ring) on **Grill 1** for 5 minutes. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated empty.
   Caution: All inside surfaces of the oven will be hot.
5. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during GRILL and COMBINATION. Use care when opening or closing door and when inserting or removing food and accessories.

Caution! Hot surfaces

WARNING

(a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.
(b) If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
(c) It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
(d) If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
(e) Before use, the user should check that whether the utensils are suitable for use in microwave ovens.
(f) Liquids and other foods must not be heated in sealed containers since they are liable to explode, at the same time it should avoid the boiling liquids splash.
(g) Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
(h) When the appliance is operated in the grill or combination modes, children should only use the oven under adult supervision due to the temperatures generated.
(I) Care should be taken not to displace the glass tray when removing containers from the appliance.

Installation and General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy. This can lead to damage to the microwave oven including arcing within the oven cavity.
2. If smoke is observed, press the **Stop/Reset** Pad and leave door closed order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
4. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
5. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
6. Do not use newspapers or paper bags for cooking.
7. Do not hit or strike control panel. Damage to controls may occur.
8. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
9. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
10. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)

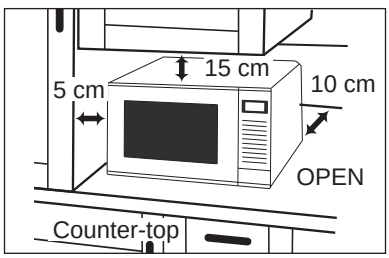
Installation and General Instructions *(continued)*

11. DO NOT use this oven to heat chemicals or other non-food products. DO NOT clean this oven with any product that is labeled as containing corrosive chemicals. The heating of corrosive chemicals in this oven may cause microwave radiation leaks.
12. If glass tray is hot, allow to cool before cleaning or placing in water.
13. When using the COMBINATION mode, never place any aluminum or metal container directly on the wire rack. Always insert a heat-proof, grass plate or dish between the wire rack and the aluminum container. This will prevent sparking that may damage the oven.
14. During cooking, some steam will condense inside and/or on the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
15. Metallic containers for food and beverages are not allowed during microwave cooking.
16. It is recommended not to use the Wire Rack when cooking in the MICROWAVE mode only.
17. Only use utensils that are suitable for use in microwave ovens.

Placement of Oven

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

1. The oven must be placed on a flat, stable surface. 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.

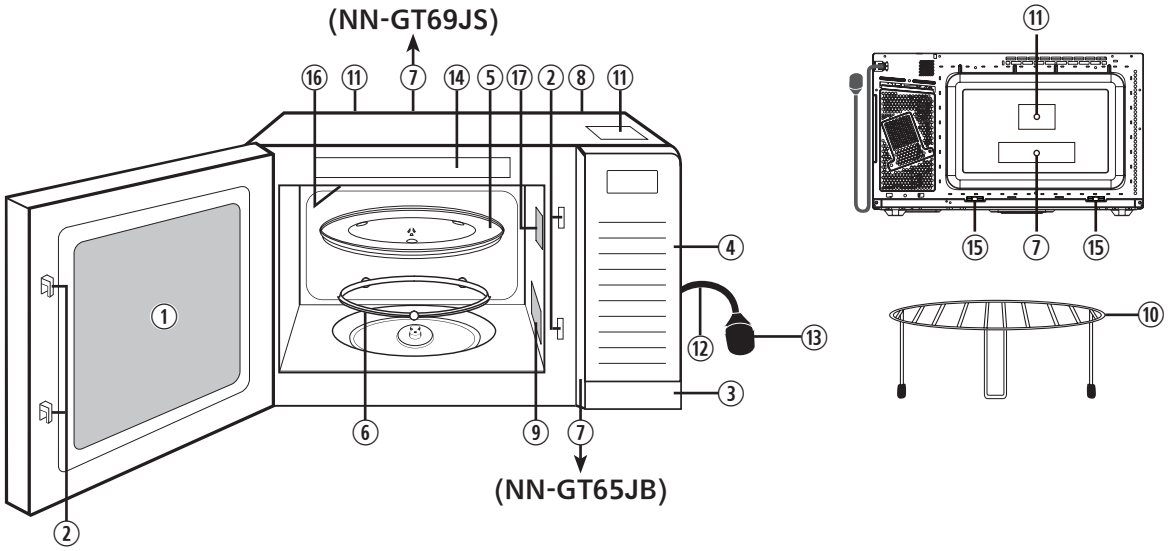


   (a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
   (b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
   (c) Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
3. If the oven is designed for installation into a wall cabinet, use the proper trim kit available from a local Panasonic dealer. Follow all instructions packed with the kit.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup. sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken.
   (a) Avoid using straight-sided containers with narrow necks.
   (b) Do not overheat.
   (c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
   (d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
   (e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the cookbook are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. It is better to **UNDERCOOK RATHER THAN OVERCOOK** foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
11. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Feature Diagram



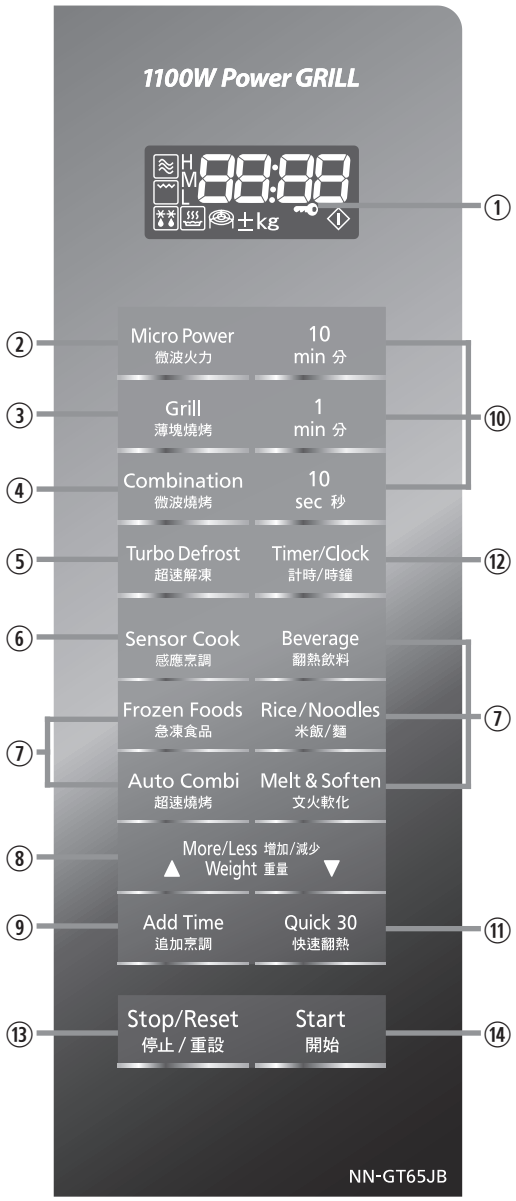
① **Oven Window**
② **Door Safety Lock System**
③ **Door Release Pad**
Push to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cook resumes as soon as the door is closed and **Start** Pad is pressed. It is quite safe to open the door at any time during a cooking program and there is no risk of Microwave exposure.
④ **Control Panel**
⑤ **Glass Tray**
a. **DO NOT** operate the oven without the Roller Ring and Glass Tray in place.
b. Only use the Glass Tray specifically designed for this oven. Do not substitute any other Glass Tray.
c. If the Glass Tray is hot, allow to cool before cleaning or placing in water.
d. **DO NOT** cook directly on the Glass Tray. Always place food on a microwave-safe dish, or on a rack set in a microwave-safe dish.
e. If food or utensil on the Glass Tray touches oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
f. Glass Tray can rotate in either direction.
⑥ **Roller Ring**
a. Roller Ring should be cleaned regularly to avoid excessive noise.
b. Roller Ring and Glass Tray should be used at the same time.
⑦ **Identification Plate**
⑧ **Oven Air Vent**
⑨ **Waveguide Cover** (do not remove)
⑩ **Wire Rack**
a. A Wire Rack is included with the oven in order to facilitate browning of small dishes.
b. Wire Rack should be cleaned regularly.
c. When using Wire Rack in the manual GRILL or COMBINATION cooking modes, be careful to choose heat-proof containers; containers made of plastic or paper may melt or burn when exposed to the heat radiating from the grill.
d. When using the COMBINATION mode, never place any aluminum or metal container directly on Wire Rack. Always insert a glass plate or dish between Wire Rack and the aluminum container. This will prevent sparking that may damage the oven.
e. Do not use Wire Rack when cooking in the MICROWAVE mode only.
⑪ **Warning Label**
⑫ **Power Supply Cord**
⑬ **Power Supply Plug**
⑭ **Menu Label**
⑮ **Stopper (irremovable)**
The stopper ensures sufficient space at the back of the oven to provide adequate ventilation.
⑯ **Grill Elements**
⑰ **Oven light**
Oven light will turn on during cooking and also when door is opened.

Note

1. The above illustration is for reference only.
2. The glass tray and wire rack are the only accessories with this oven. All other cooking utensils mentioned in this manual must be purchased separately.

English

Control Panel



*NN-GT65JB and NN-GT69JS – The design of your control panel may vary from the panel displayed, but the words on the pads will be the same.

1 **Display Window**
2 **Micro Power pad (page 12)**
3 **Grill pad (page 14)**
4 **Combination pad (page 15)**
5 **Turbo Defrost pad (page 13)**
6 **Sensor Cook pad (page 18)**
7 **Auto Cook pads (page 17, 20)**
8 **More/Less/Weight pads**
Set desired weight by pressing the ▲ / ▼ pads. ▲ / ▼ pads also can be used for Sensor Cook function to increase/decrease the cooking time. (see details on page 18)
9 **Add Time pad (page 16)**
10 **Time pads**
11 **Quick 30 pad (page 16)**
12 **Timer/Clock pad (page 11, 23)**
13 **Stop/Reset pad:**
Before cooking: One tap clears all your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and colon or time of day appears in the display window.
14 **Start pad**
After cooking program setting, one tap allows oven to begin functioning. If door is opened or **Stop/Reset** Pad is pressed once during oven operation, **Start** Pad must be pressed again to restart oven.

Note

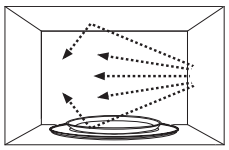
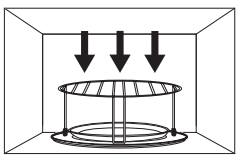
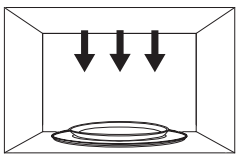
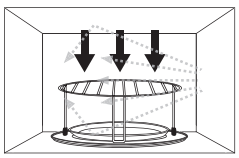
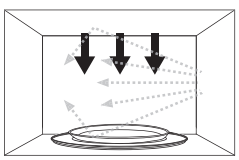
If an operation is set and **Start** Pad is not pressed, after 6 minutes, the oven will automatically cancel the operation. The display will revert back to clock or colon mode.

Beep Sound

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

Cooking Modes

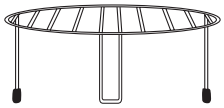
The diagrams shown below are examples of the accessories. It may vary depending on the recipe/dish used.

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. • Baking cakes without browning.	–	Microwaveable (e.g. Pyrex® dishes, plates or bowls) directly on the glass tray. No metal.
Grill 	• Grilling thin pieces of meat or fish. • Grilling toast	Wire rack	–
or 	• Browning of gratin dishes or meringue pies.	–	Metal or heatproof, directly on the glass tray.
Combination 	• Roasting meat steaks and chicken pieces.	Wire rack	No metal.
or 	• Cooking lasagne, meat, potato, or vegetable gratins. • Baking cakes and puddings with browning.	–	Microwaveable and heatproof, directly on the glass tray. No metal.

English

English

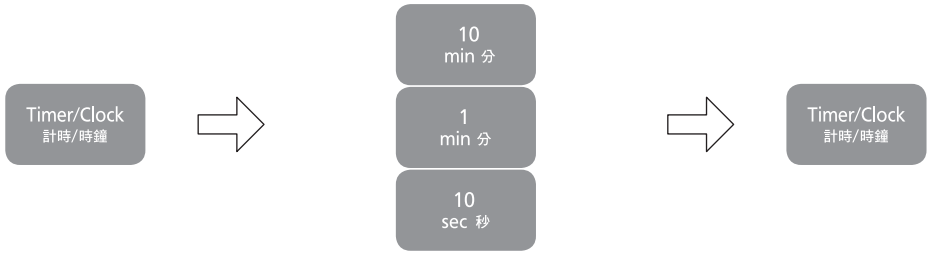
Cookware and Utensil Chart

	Microwave	Grill	Combination
Wire rack (oven accessories) 	no	yes	yes
Aluminium foil	for shielding	yes	for shielding
Ceramic Plate	yes	yes	yes
Browning Dish	yes	no	no
Brown paper bags	no	no	no
Dinnerware oven/microwave safe	yes	yes	yes
non-oven/microwave safe	no	no	no
Disposable paperboard containers	yes*	yes*	yes*
Glassware oven glassware & ceramic	yes	yes	yes
non-heat resistant	no	no	no
Metal cookware	no	yes	no
Metal twist-ties	no	yes	no
Oven cooking bag	yes	yes*	yes
Paper towels and napkins	yes	no	no
Plastic defrosting rack	yes	no	no
Plastic dishes microwave safe	yes	no	no
non microwave safe	no	no	no
Microwave safe plastic wrap	yes	no	no
Straw, wicker, wood	yes	no	no
Thermometers microwave safe	yes	no	no
conventional	no	yes	no
Waxed paper	yes	yes	yes
Silicon bakeware	yes*	yes*	yes*

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

Clock Setting

You can use the oven without setting the clock.



1. **Press twice.**
   Colon will blink in the display window.
2. **Set the time by pressing the Time pads.**
   Time appears in the display window; colon is blinking.
3. **Press once.**
   Colon stops blinking; time of day is entered and locked in the display window.
   Time counts up in minutes.

Note

1. To reset time of day, repeat steps 1-3.
2. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.
3. Clock is a 12-hour display.
4. Oven will not operate while colon is blinking.

Child Safety Lock Setting

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

To set:

Press Start three times.
Colon or time of day will disappear. Actual time will not be lost.
" " appears in the display window.

To cancel:

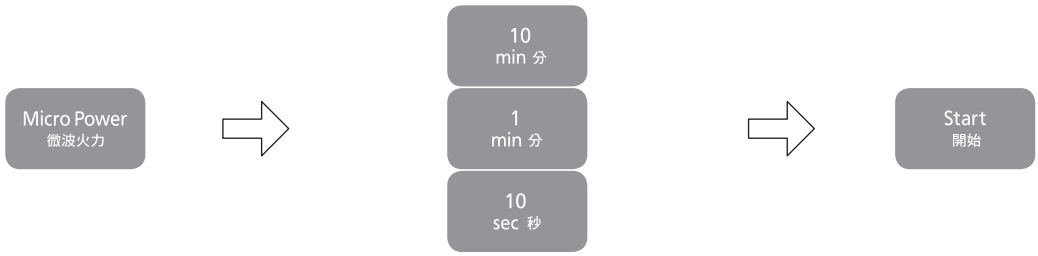
Press Stop/Reset three times.
Colon or time of day will reappear in the display window.

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

English

English

Micro Power Setting



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

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

Note

1. It is possible to programme no more than 3 stages cooking as one cooking set. For 2 or 3 stages cooking, repeat steps 1 and 2 above before pressing **Start** Pad. When operating, two beeps will be heard between each stage. (Please refer to page 24 for details).
2. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add Time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.
3. Do not use metal containers on microwave mode.
4. Stand time can be programmed after micro power and time setting. Refer to using the timer page 23.

Turbo Defrost Setting

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

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

1. **Press once.**
   (default weight is 0.1 kg)
2. **Select the weight of food by pressing Turbo Defrost pad or ▲/▼ pads.**
3. **Press Start.**
   Defrosting time appears in the display window and begins to count down.

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

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

Key to defrosting

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

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

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

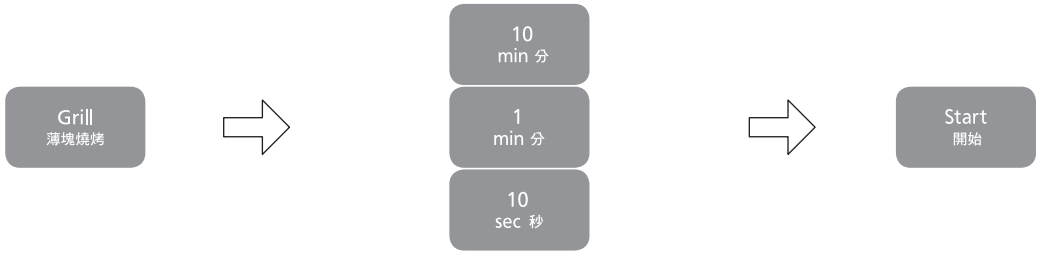
Shield the head and tail of the whole fish by using aluminum foil.

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

English

Grill Setting

There are three power levels for grill. When grilling, heat is radiated from the two heater. The oven door must be kept closed to prevent cooking odours from spreading in the kitchen and so as not to waste energy. The grill is especially suitable for thin slices of meat and seafood as well as bread and meals.
Select Grill setting, set the time and start the oven. The food being grilled should normally be turned over after half the grilling time. When the oven door is opened, the program is interrupted. Turn the food over, place it back the oven, close the door and restart oven. While grilling, the oven door can be opened at any time to check the food.



1. **Press to select grill setting.** (see chart below)
2. **Set desired cooking time by pressing the Time pads.** (up to 99 minutes and 50 seconds)
3. **Press Start.** The cooking time appears in the display window and begins to count down.

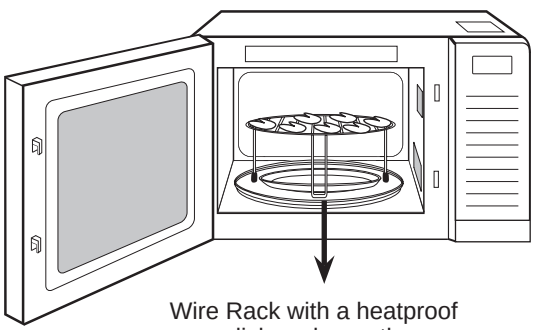
Press	Power Level	Example of Use
once	Grill 1 (HIGH)	Slice meat or poultry pieces
twice	Grill 2 (MEDIUM)	Seafood
3 times	Grill 3 (LOW)	Garlic bread, toast

Guidelines

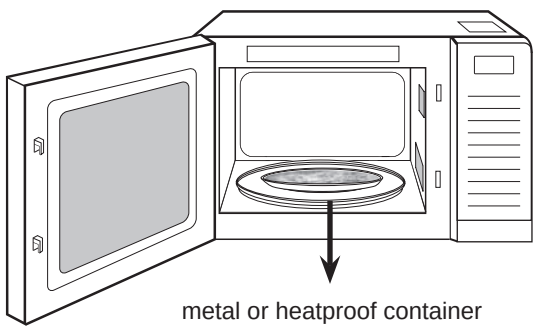
1. Use the Wire Rack provided.
2. Do not attempt to preheat the grill.
3. Most meat items e.g. sausages, chops can be cooked on the hottest setting **Grill 1**. This setting is also suitable for toasting bread, muffins and tea cakes etc.
4. **Grill 2** is used for those that require a longer grill time e.g. fish or chicken portions.
5. Never cover the food when grilling.
6. Always use oven gloves when removing the food and Wire Rack after grilling as they will be very hot.
7. After grilling it is important that the Wire Rack is removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.
8. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add Time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.

Accessories to use

When grilling, you can place foods directly on Wire Rack with a heatproof dish underneath. Or you can place food directly onto a metal or heatproof container, then placed on the glass tray.



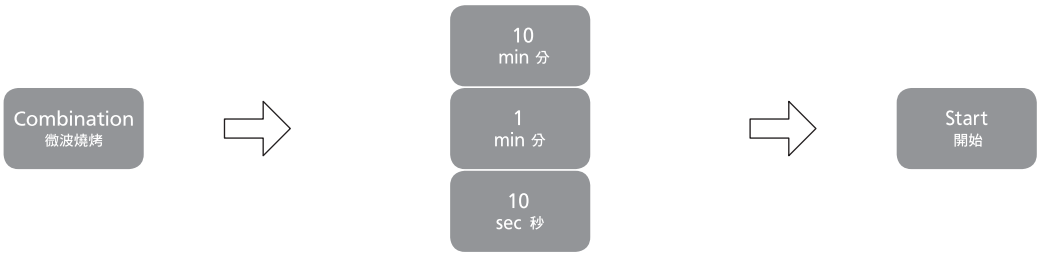
Wire Rack with a heatproof dish underneath



metal or heatproof container

Combination Setting

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



1. **Press to select combination setting.** (see chart below)
2. **Set desired cooking time by pressing the Time pads.** (up to 99 minutes and 50 seconds)
3. **Press Start.** The cooking time appears in the display window and begins to count down.

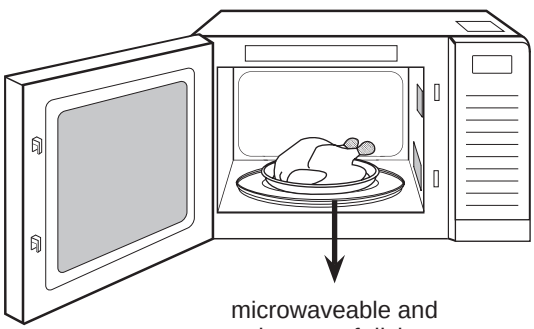
Press	Power Level	Example of Use
once	Combination 1 (HIGH)	Whole poultry
twice	Combination 2 (MEDIUM)	Beef, lamb, seafood
3 times	Combination 3 (LOW)	Baked potatoes, puddings

Guidelines

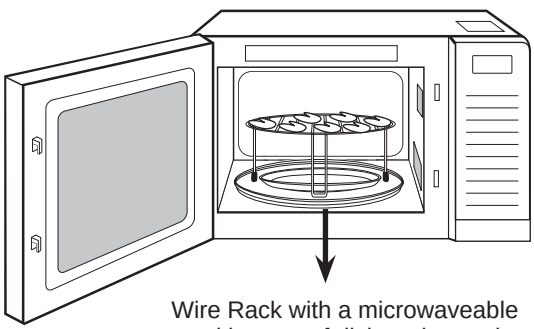
1. Never cover the food when cooking.
2. Always use oven gloves when taking out the food.
3. Do not use if operating the oven with less than 200 g of food on a manual program. For small quantities do not cook by combination mode, cook by grill only for best results.
4. Do not preheat on combination mode.
5. You can increase the cooking time during cooking if required. Time can be increased in 1 minute increments, up to 10 minutes. Press 'Add Time' pad once, then press '1 min' pad to a maximum of 10 minutes. After selecting 'Add Time' function, time should be added within a 5 second period. Cooking time can not be decreased during cooking.

Accessories to use

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



microwaveable and heatproof dish

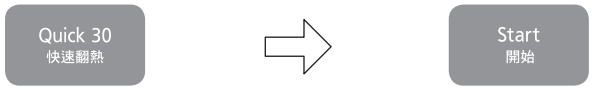


Wire Rack with a microwaveable and heatproof dish underneath

English

To Cook Using the Quick 30 Function

This function allows you to quickly set cooking time in 30 second increments.



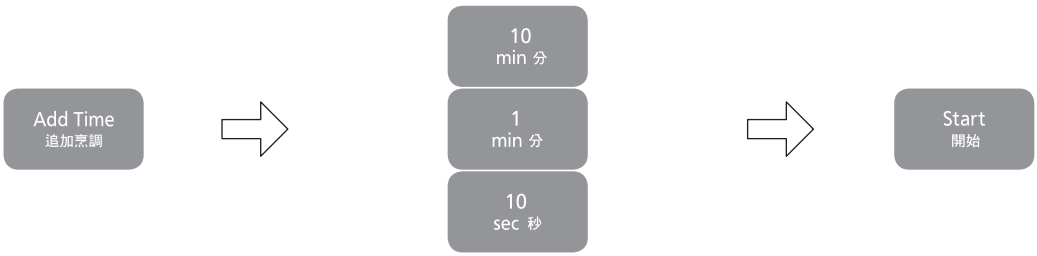
1. **Press Quick 30 to set the desired cooking time (up to 5 minutes).**
   Each press is 30 seconds.
   Time appears in the display. Power level is pre-set at 1000 W.
2. **Press Start.**
   The cooking will start and the time in the display will count down.
   At the end of cooking, five beeps will sound.

Note

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

Using the Add Time Function

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



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

Note

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

Auto Cook Setting — To Use Beverage

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

English

1. Put the beverage into the oven

2. Press Beverage Pad
Press once to reheat coffee. Press twice to reheat milk.

3. Select the Weight of beverage by pressing the ▲/▼ Pads
For example: To reheat 2 cups coffee press **Beverage** Pad once, then press "▲" Pad twice.

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

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

Note

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

English

Sensor Cook Setting

The Sensor Cooking features enable you to cook a variety of foods at Sensor of a pad. There is no need to select the power level or cooking time as the foods are automatically cooked by detecting a build-up of steam on the humidity sensor. As foods cook in a microwave, steam is produced. When foods are covered, the steam will build up and escape from the dish and burst. This burst of steam is detected by the humidity sensor and then the oven automatically calculate the remaining cooking time. All you need to do is to select the correct cooking category.

1. **Select desired menu number by pressing this pad.**
2. **▲ / ▼ (More/Less) Pads (Optional*):** Preferences for food doneness vary with each individual. After having using Sensor Cook a few times, you may decide you would prefer your food cooked to a different doneness. By using the **▲ / ▼ (More/Less)** pads, the programs can be adjusted to cook food for a longer or shorter time. *If you are satisfied with the result of the Sensor program, you don't have to use this pad.
3. **Press Start.**

Note

1. The room temperature surrounding the oven should be below 35 °C.
2. Be sure the glass tray, the outside of the cooking containers and the inside of the microwave are dry before placing food in the oven. Residual beads of moisture turning into steam can mislead the sensor.
3. Food should always be covered loosely, but completely, with plastic warp. (Do not use any snap closing lids.)
4. DO NOT open the oven door until 2 beeps sound and cooking time appears in the display Window. Doing so will cause inaccurate cooking since the steam from food is no longer contained within the oven cavity. Once the cooking time begins to count down, the oven door may be opened to stir, turn, or rearrange foods.
5. All food should have a covered stand time of at least 3 to 5 minutes.
6. If cavity is overheated, "HOt" appears in the display window, then cannot use this function. Operate again after "HOt" disappear.
7. Food being reheated should weigh between 125 g and 1.0 kg. For foods weighing less than 125 g and more than 1.0 kg, use a manual micro power setting.

Press

Menu No.	Menu Category	Recommended Weight Range
3	Sensor Reheat	125 g - 1.0 kg
4	Vegetables	125 g - 500 g
5	Root Vegetables	125 g - 1.0 kg
6	Fish	125 g - 500 g
7	Chicken	400 g - 1.0 kg

Sensor Cook Setting *(continued)*

3. Sensor Reheat

All foods must be pre-cooked. Suitable for casseroles, plate dinners, stews, pasta dishes (except lasagne). Foods should be stored in refrigerator or at room temperature. Do not reheat frozen foods on this setting. Do not reheat in foil or plastic containers. All foods should be covered with lid or plastic wrap. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

4. Vegetables

It is suitable for cooking all types of leaf, green and soft varieties, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these. Cut all vegetables into the same size pieces. Place vegetable in a suitable size microwave safe casserole. Add 1 tablespoon to ¼ cup water if you prefer a softer cooked texture. Butter, herbs etc. may be added before heating, but do not add salt until serving. Cover with lid or plastic wrap. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

5. Root Vegetables

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

6. Fish

It is suitable for cooking whole fish and fish fillets. Put the prepared fish in a microwave safe dish. Add sauce and water. Cover with plastic wrap. After cooking large portions of fish, allow the fish to stand 3 to 5 minutes before serving.
(It may be necessary to adjust the amount of water or sauce to your personal preference.)
Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking.
Note: Thickness of fish should not be more than 3 cm.

7. Chicken

It is suitable for cooking chicken pieces, such as wings, drumsticks, thighs, half breasts etc. Chicken pieces should be thawed completely before cooking. Pierce the chicken pieces and marinate with gravy or vegetables if needed. Put the prepared chicken pieces in a microwave safe casserole. Add oil if you prefer a softer cooked texture. Cover dish securely with lid or plastic wrap. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

English

Auto Cook Setting — Others

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

Press Frozen Foods 急凍食品

Menu No.	Menu Category	Weight				Recommended containers or accessory
8	Bread	50 g	100 g	150 g	200 g	Microwave safe dish
9	Chinese Bun	70 g	100 g	150 g	200 g	Microwave safe dish with plastic wrap
10	Sausages	50 g	100 g	150 g	200 g	Microwave safe dish with plastic wrap
11	Frozen Vegetables	120 g	180 g	250 g	370 g	Casserole with lid or plastic wrap

Press Rice/Noodles 米飯/麵

Menu No.	Menu Category	Weight			Recommended containers or accessory
12	Casserole Rice	100 g	200 g	300 g	Casserole with lid
13	Congee	100 g	200 g	300 g	Casserole with lid
14	Instant Noodles	1 serv.	2 servs.	-	Casserole with lid
15	Double Boil	4-6 serv.	1-3 servs.	-	Casserole with lid

Press Auto Combi 超速燒烤

Menu No.	Menu Category	Weight				Recommended containers or accessory
16	Roast Chicken	600 g	900 g	1200 g	1500 g	Microwave safe container with upturned dish
17	Roast Beef/Lamb	200 g	400 g	600 g	800 g	Wire rack with dish underneath
18	BBQ Meat Pieces	200 g	400 g	600 g	800 g	Wire rack with dish underneath
19	Reheat Fried Foods	50 g	150 g	350 g	500 g	Wire rack with dish underneath

Auto Cook Setting — Others *(continued)*

English

Press Melt & Soften 文火軟化

Menu No.	Menu Category	Weight						Recommended containers or accessory
20	Cream Cheese	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish with plastic wrap
21	Chocolate	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish
22	Butter	50 g	100 g	150 g	200 g	250 g	300 g	Microwave safe dish with plastic wrap
23	Ice Cream	300 g	600 g	900 g	1200 g	-	-	-

Note

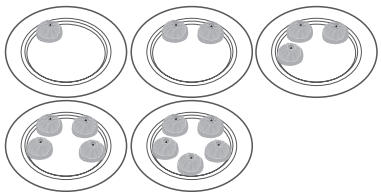
1. When you select an Auto Cook program, the auto and cooking function indicators light and menu number appear in the display.
2. Only cook foods within the weight ranges described.
3. Always weigh the food rather than relying on the package information.
4. Most foods benefit from a standing time, after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

8. Bread

It is suitable for reheating bread at freezing temperature (-18 °C). Put the bread on a suitable size microwave safe dish on glass tray. Cook without cover. Select the program and weight then press **Start**.
Note: 50 g = one standard slice of bread.

9. Chinese Bun

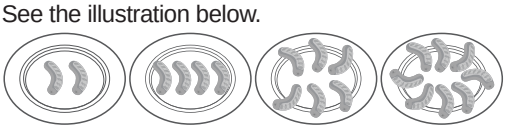
It is suitable for reheating buns such as frozen creamy custard bun, etc., Place food on a microwave safe dish in a radial pattern, sprinkle with some water. Put the food on a suitable size microwave safe dish on glass tray, Cover with plastic wrap. Select the program and weight then press **Start**.
See the chart below.



Note: 35- 40 g= one standard piece of bun.

10. Sausages

It is suitable for reheating frozen sausages, put the food on a microwave safe dish in a radial pattern, without cover. Select the program and weight then press **Start**.
See the illustration below.



11. Frozen Vegetables

Suitable for all types of frozen vegetables, like frozen peas, sweet corn or mixed vegetables. Place prepared vegetables into a container, add 1 tbsp. of water per 100 g of vegetables, and cover with lid or plastic wrap. Do not add salt/butter until after cooking. (Not suitable for vegetables in butter or sauce.) Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

12. Casserole Rice

It is suitable for cooking white rice including short, long grain, jasmine and basmati. Place rice in a suitable size microwave safe casserole. Add recommended water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Partially cover with lid. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. Stand 5 minutes covered after cooking.
Rice will boil over if the casserole is too small. This setting is not suitable for cooking brown rice.

Rice	Recommended Water	Recommended casserole volume
100 g	250 ml	2.25 L
200 g	400 ml	3 L
300 g	600 ml	4 L

Auto Cook Setting — Others *(continued)*

13. Congee

It is suitable for cooking congee/porridge. Place the rice in a suitable size microwave safe casserole. Add recommended water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Partially cover with lid. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. Stand 5-10 minutes covered after cooking.

Congee	Recommended Water	Recommended casserole volume
100 g	750 ml	2.25 L
200 g	1100 ml	3 L
300 g	1700 ml	4 L

14. Instant Noodles

It is suitable for cooking instant noodles. Place the instant noodles and seasonings in a suitable size microwave safe casserole. Add recommended boiling tap water listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover with lid. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue. Stand 1-2 minutes after cooking.

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

15. Double Boil

It is suitable for cooking traditional soups; herbal soup, bird nest soup, etc., that requires slow simmer or "double boil". This method ensures food remains tender without losing its shape. It also extracts and retains the aromatic flavor of the food. Place all ingredients in a microwave safe casserole. Add recommended ingredients listed below. Allow at least ½ depth of volume for evaporation to prevent boiling over. Cover with lid. Select the program and weight then press **Start**. Open the door to **STIR WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue, add salt at the end of cooking.

Serving	Recommended tap water	Meat	Vegetables
4-6 servs.	1000 ml	500 g	400 g
1-3 servs.	700 ml	250 g	200 g

16. Roast Chicken

It is suitable for roasting whole chicken. Pierce and marinate the chicken before roasting. Put the prepared chicken onto an upturned saucer in a microwave safe dish with chicken breast side down. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

17. Roast Beef/Lamb

It is suitable for cooking beef and lamb. Meat may be cooked with gravy and vegetables. Place prepared beef/lamb on a wire rack with dish underneath. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.
Note: Meat should be thawed completely. Thickness of meat should not be more than 2 cm.

18. BBQ Meat Piece

It is suitable for cooking meat pieces. Cut the meat into thin pieces. Pierce the meat pieces and marinate with gravy or vegetables if needed. Place prepared meat pieces on a wire rack with dish underneath. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

19. Reheat Fried Foods

It is suitable for reheating most kinds of fried foods, like fried chicken, curry puffs, fried spring rolls and etc. Arrange fried foods on a wire rack with dish underneath. Select the program and weight then press **Start**. Open the door to **TURN OVER WHEN TWO BEEPS HEARD** during cooking, press **Start** Pad to continue.

20. Cream Cheese

Remove wrapper, cut cheese into 3 cm cube, and place in a microwave safe bowl/dish. Cover with plastic wrap. Select the program and weight then press **Start**. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

21. Chocolate

Remove wrapper, separate chocolate into small pieces, and place into a microwave safe dish. Cook without cover. Select the program and weight then press **Start**. After heating, stir until completely melted. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.
Note: Chocolate holds its shape even when softened.

22. Butter

Remove wrapper, cut butter into 3 cm cube, and place into a microwave safe dish. Melt with plastic wrap. Select the program and weight then press **Start**. Stir after cooking. If food needs more time cooking or weight exceeds range, cook using Defrost for melting.

23. Ice Cream

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

Note

The Symbols "", "", "" on page 19, 21-22 are intended to prompt you which features are used during cooking. "" will not be display on the display window.

: Combination : Grill : Microwave

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

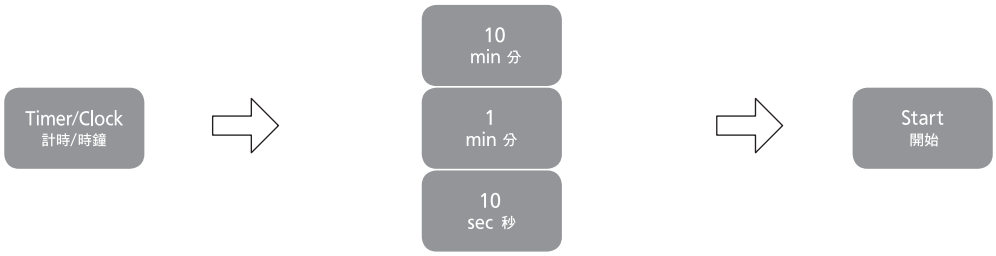
English

To Use as a Kitchen Timer

Press once.

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

Press Start.
Time will count down without oven operating.



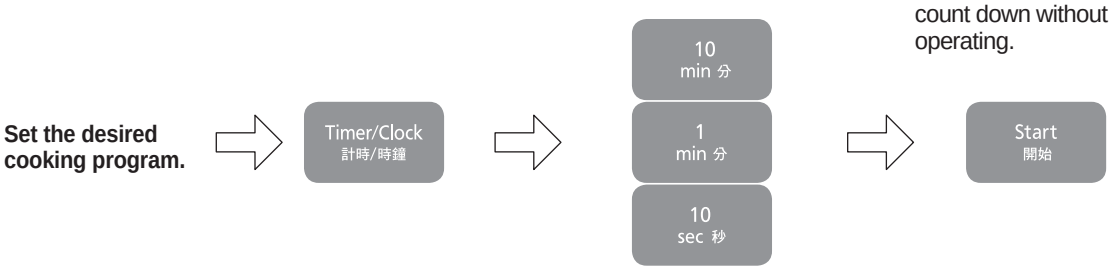
To Set Standing Time

Set the desired cooking program.

Press once.

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

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



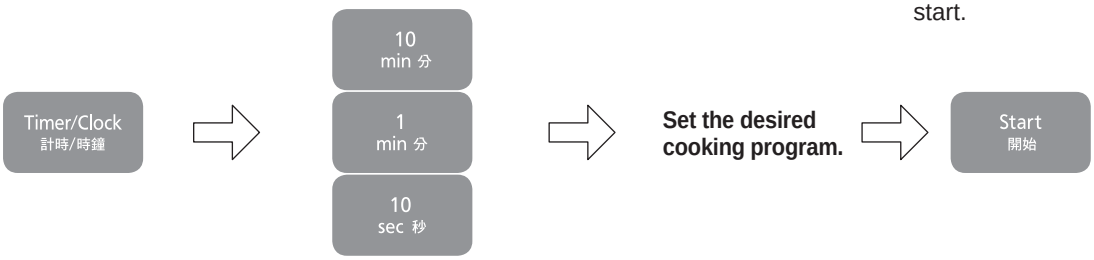
To Set Delay Start

Press once.

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

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

Set the desired cooking program.



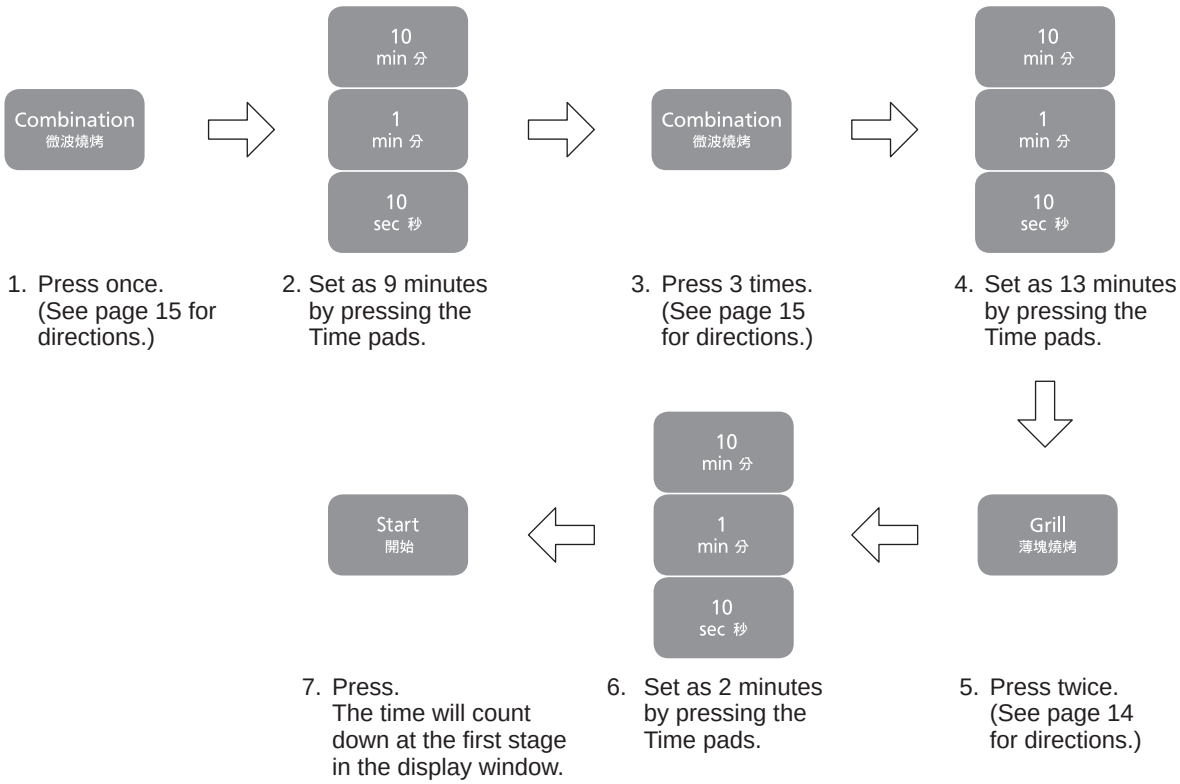
Note

1. If oven door is opened while Standing Time, Delay Start or Kitchen Timer has been set, the time in the display window will continue to count down.
2. Delay Start and Standing Time can not be programmed together with Turbo Defrost and Auto Cook. This is to prevent the standing temperature of the food from rising before defrosting or cooking begins. A change in the starting temperature could cause in accurate results.
3. When using Standing Time or Delay Start, it's up to 2 Power stages.

English

3-Stage Setting

Example: Continually set [Combination 1] 9 minutes, [Combination 3] 13 minutes and [Grill 2] 2 minutes.



1. Press once. (See page 15 for directions.)
2. Set as 9 minutes by pressing the Time pads.
3. Press 3 times. (See page 15 for directions.)
4. Set as 13 minutes by pressing the Time pads.
5. Press twice. (See page 14 for directions.)
6. Set as 2 minutes by pressing the Time pads.
7. Press. The time will count down at the first stage in the display window.

Example to use

	Cook 300 g fish fillets	**Roast 1 kg whole chicken**
1-stage	600 W 3'00"	Combination 1 9'00"
2-stage	440 W 2'00"	Combination 3 13'00"
3-stage	300 W 2'00"	Grill 2 2'00"

Note

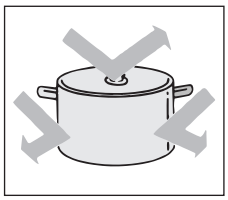
1. When operating, two beeps sound will be heard between each stage.
2. This feature is not available for Turbo Defrost and Auto Cook.

Microwaves and How They Work

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

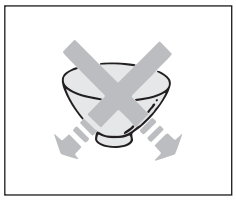
Reflection

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



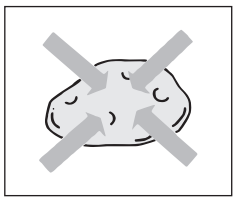
Transmission

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



Absorption

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



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

English

Food Characteristics

FOOD CHARACTERISTICS

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

Size — Small portions cook faster than large ones.

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

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

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

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

Cooking Techniques

English

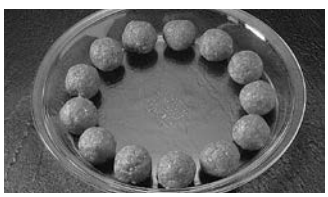
Timing

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

Spacing

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

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



Piercing

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

Eggs:

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

Whole Clams and Oyster:

Pierce several times with a toothpick.
Whole Potatoes and Vegetables: Pierce with a fork.
Frankfurters and Sausages: Score smoked polish sausage and frankfurters. Pierce fresh sausage with a fork.

Browning

Foods will not have the same brown appearance as conventionally cooked foods or those foods which are cooked utilizing a browning feature. Meats and poultry may be coated with browning sauce, Worcestershire sauce, barbecue sauce or shake-on browning sauce. To use, combine browning sauce with melted butter or margarine; brush on before cooking.
For quick breads or muffins, brown sugar can be used in the recipe in place of granulated sugar, or the surface can be sprinkled with dark spices before baking.

Covering

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

Stirring

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

Turning and Rearranging

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

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

Standing Time

Most foods will continue to cook by conduction after the microwave oven is turned off. In meat cookery, the internal temperature will rise 5 °C if allowed to stand, covered, for 10-20 minutes.
Casseroles and vegetables need a shorter amount of standing time, but this standing time is necessary to allow foods to complete cooking in the center without overcooking on the edges.

Testing for Results

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

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

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

Meat is done when fork tender or splits at fibres.

Fish is done when it flakes and is opaque.

Converting Favorite Recipes

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

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

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

Casseroles microwave cook well. Cut foods into uniform pieces. Condensed soup makes a good base for casseroles.
Select a dish that is large enough to allow for stirring. Cooking covered with a glass lid or cling film reduces cooking time. Stir occasionally during cooking. To keep crumb topping crisp sprinkle on before stand time.

Heating Frozen Foods

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

General Directions for Heating Frozen Convenience Foods

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

Frozen foods in **metal containers deeper than 2 cm** such as lasagna or baked stuffed potatoes, must be removed from the foil container and placed in an appropriately sized microwave-safe container. Heat covered with a lid or plastic wrap.
NOTE: If food is difficult to be removed from container, rinse the bottom of the container with hot water.

To heat frozen dinner in foil containers, remove dinner from box, if there is a foil cover, remove it. Some foods, such as bread, French fries or batter type desserts such as brownies, do not microwave well. Remove these types of food from tray. Cover tray except desserts with plastic wrap. Heat according to manufacturers' directions. Place foil tray in the center of the oven. Foil tray should not touch oven walls or other metals. Leave at least 2-3 cm space between foil tray and oven walls. Heat only 1 foil tray in the oven at a time.

English

DEFROST
Preparing Foods for Freezing

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

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

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

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

FREEZE foods in a freezer which is maintained at -18 °C or lower. Defrosting time given in the charts on page 29 are for thoroughly frozen foods. (i.e. foods should be frozen at least 24 hours before defrosting)

DEFROST

To use, select 300 W and program the defrosting time. Follow defrosting times and directions given in this section and page 29.

Techniques for Defrosting

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

2) Remove original wrapper. Set meat on a microwave roasting rack placed in a dish. Set 300 W and heat for the time recommended in the chart on page 29.
3) Turn over meat or poultry two or three times during defrost. Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
4) Halfway through the defrost cycle, break apart ground beef, shrimp, scallops or crab meat. Separate chops or poultry pieces and remove meat that is defrosted.

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

Defrosting Chart

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

Food	Weight/Quantity	Time & Mode	Method
Beef/Lamb/Joint (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 30 mins
Steaks (1) (3)	2 pcs 250 g	300 W 3-4 mins	standing 3 mins
Minced beef (1) (3)	450 g (1 lb)	300 W 6-7 mins	standing 5 mins
Stewing steak (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 10 mins
Whole chicken (1) (3)	450 g (1 lb)	300 W 5-7 mins	standing 10 mins
Chicken portions (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 5 mins
Whole Fish (1) (3)	450 g (1 lb)	300 W 6-8 mins	standing 5 mins
Fish Fillets (2) (3)	450 g (1 lb)	300 W 5-7 mins	standing 5 mins
Prawns (2) (3)	450 g (1 lb)	300 W 4-6 mins	standing 5 mins
Fruits, Soft (1)	250 g	300 W 2-3 mins	standing 2 mins
Margarine (3)	250 g	300 W 1-2 mins	standing 2 mins
Cheese (3)	450 g (1 lb)	300 W 2-4 mins	standing 2 mins
Plated Meals Homemade Adult Size (2)	350 g	300 W 5-6 mins	standing 3-5 mins
Cooked Fruit (2)	540 g	300 W 4-5 mins	standing 3-5 mins
Cooked Meat (2)	520 g	300 W 6-8 mins	standing 3-5 mins
Quiche (3)	1 pc 65 g	300 W 1-2 mins	standing 2 mins
Casseroles (1)	750 g	1000 W 6-7 mins	standing 3-5 mins
Bread rolls (1)	1 pc 85 g	1000 W 20-30 secs	standing 5 mins
Brioche large (1) (3) (4)	1 pc 400 g	Combination 2; 3 mins 30 secs	standing 5 mins
Croissants (1) (4)	2 pcs 100 g	Combination 2; 1 min-1 min 30 secs	Add 1 min grill 1 for more crispness
Pastry puff (1) (3)	1 roll 375 g	300 W 2 mins-2 mins 30 secs	Stand time 20 mins in refrigerator
Pastry shortcrust (1) (3)	1 roll 500 g	300 W 4-5 mins	Stand time 20 mins in refrigerator
Pizza dough (1) (3)	1 ball 240 g	300 W 2 mins-2 mins 30 secs	standing 10 mins
Doughnuts (1) (4)	2 pcs 100 g	Combination 2; 1 min-1 min 30 secs	Stand 3 mins in oven
Waffles (1) (4)	2 pcs 40 g	Combination 2; 1 min-1 min 30 secs	Add 1 min grill 1 for more crispness
Fruit tarte (3)	470 g	300 W 4-5 mins	standing 5 mins

(1) Turn or stir at half time.
(2) Separate and turn several times.
(3) Remove packaging and place on a heat resistant plate.
(4) Place on wire rack, if required in a heatproof dish.

Reheating Chart

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

Food	Weight/Quantity	Time & Mode	Method
Drinks-Coffee-Milk			
Coffee	1 mug 235 ml	1000 W 1 min 30 secs	Stir before, and after reheating.
Coffee	2 mugs 470 ml	1000 W 2 mins 30 secs-3 mins	
Milk	1 mug 235 ml	1000 W 1 min 20 secs-1 min 30 secs	
Breads			
Croissants	1 pc 50 g	1000 W 10-20 secs or Grill 1; 3 mins-3 mins 30 secs	Place on microwave safe plate on glass tray. Do not cover. If using grill mode, use wire rack or heatproof plate. Turn at half time.
	2 pcs 100 g	1000 W 30-40 secs or Grill 1; 4 mins	
Rolls	1 pc	1000 W 10-20 secs or Grill 1; 3 mins-3 mins 30 secs	
	4 pcs	1000 W 30-40 secs or Grill 1; 4-5 mins	
Naan Bread	225 g	1000 W 30-40 secs	Do not cover. Turn at half time.
Pitta Bread	2 pcs	1000 W 20-30 secs	
Plated meals-Homemade			
Vegetables (cooked)	300 g	1000 W 2 mins-2 min 30 secs	Cover. Stir at half time.
	700 g	1000 W 5 min-5 mins 30 secs	
Potato puree	500 g	1000 W 3-4 mins	
Rice, quinoa, couscous	300 g	1000 W 2 mins-2 mins 20 secs	
Babyfood	120 g	600 W 30-40 secs	
Canned Food			
Baked Beans	225 g	1000 W 1 min 30 secs-2 min	Place in a microwave safe bowl on glass tray. Cover. Stir halfway.
Spaghetti in tomato sauce	200 g	1000 W 1 min 30 secs	
Cream of tomato soup	400 g	1000 W 2 mins 30 secs	
Chicken soup	425 g	1000 W 3 mins 30 secs	
Pastry Products			
Quiche	400 g	1000 W 2-3 mins or Combination 2; 4-6 mins	Place on microwave safe plate on glass tray. Do not cover. If using combination mode, use heatproof plate.
Samosas/spring rolls	4 pcs 240 g	1000 W 1-1 min 30 secs or Combination 2; 5-6 mins	
Purchased Convenience Foods			
Cottage pie (chilled)	450 g	1000 W 5-6 mins or Combination 2; 12-15 mins	Place on microwave safe plate on glass tray. Do not cover. If using combination mode, use heatproof plate.
Lasagne (chilled)	400 g	1000 W 7-8 mins or Combination 2; 10-12 mins	
Shepherd's pie (Frozen)	450 g	1000 W 3-4 mins then Combination 2; 22-25 mins	

Cooking Chart

Food	Weight/Quantity	Time & Mode	Method
Beans & Pulses-should be pre-soaked (except lentils)			
Chick peas	225 g	1000 W 8 mins then 440 W 35-40 mins	Use 600 ml (1 pt) boiling water in a large bowl. Cover. Stir halfway.
Lentils	225 g	440 W 15-20 mins	
Red kidney beans	225 g	1000 W 15 mins then 440 W 35-40 mins	
Fresh vegetable, slice, chop into even sized pieces. Place in microwave safe dish.			
Asparagus	200 g	1000 W 4-5 mins	Add 30 ml (2 tbsp) of water, cover. Stir halfway.
Broccoli	250 g	1000 W 3-4 mins	
Potatoes	250 g	1000 W 4-5 mins	
Lamb/Beef-from raw-Caution: Hot Fat! Remove dish with care.			
Chops	450 g (1 lb)	Combination 2; 10 mins	Place on wire rack with heatproof plate underneath. Turn halfway.
Joint	450 g (1 lb)	600 W 10-13 mins then Combination 1; 6-10 mins	Place on upturned saucer in microwave safe dish or rack on glass tray. Cover and turn joint over halfway. Drain off fat during cooking. Uncover when using Combination mode.
Pasta-Place in a large 3 litre (6 pints) microwave safe bowl			
Macaroni	225 g	1000 W 13-15 mins	Use 1 litre (1¾ pints) boiling water. Cover. Stir halfway.
Spaghetti, Tagliatellie	225 g	1000 W 11-12 mins	
Pizza-Fresh chilled- N.B. Remove all packaging. Pizza will have a soft base.			
Thin & Crispy	300 g	1000 W 2-3 mins or Combination 2; 10-12 mins	Place on heatproof plate on glass tray. Do not cover. If using combination mode, please use wire rack.
Deep Pan	400 g	1000 W 4-6 mins or Combination 2; 10-12 mins	
Potato Products Part Cooked-Frozen			
Croquettes	300 g	Combination 2; 12-13 mins	Place on wire rack on glass tray. Turn halfway.
Waffles	2 pcs 120 g	Grill 1; 14 mins	
Sausages-from raw-Caution: Hot Fat! Remove dish with care.			
Thick	4 pcs 240 g	1000 W 2-3 mins or Combination 2; 8-10 mins	Place on microwave safe plate on glass tray. Cover. If using combination/grill mode, use wire rack. Do not cover. Turn halfway.
Thin	4 pcs 120 g	1000 W 1 min 30 secs-2 mins 30 secs or Grill 1; 7-8 mins	

Note

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

Before Requesting Service

ALL THESE THINGS ARE NORMAL:	
The oven causes interference with my TV.	Some radio, TV, Wi-Fi, cordless telephone, baby monitor, blue tooth or other wireless equipment interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal and safe. Steam will disappear after the oven is cool down.
I accidentally operate my microwave oven without any food in it.	Operating the oven empty for a short time will not damage the oven. However, we do not recommend this to be done.
There are humming and clicking noises from my oven when I cook by Combination.	These noise occur as the oven automatically switch the Grill. This is normal.
The oven has an odor and generates smoke when using Combination and Grill function.	It is essential that your oven is wiped out regularly particularly after cooking by Combination or Grill. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned.
Some smoke will be given off from the cavity when using Grill, Combination, for the first time.	It caused by the excessive oil in the cavity and oil used for rust protection volatilizing.

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

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

Care of your Microwave Oven

1. Turn the oven off and remove the power plug from the wall socket before cleaning, if possible.
2. Keep the oven cavity clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.
3. The outside oven surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Do not allow the Control Panel to become wet. Clean with a soft, damp cloth. Do not use detergents, abrasives or spray-on cleaners on the Control Panel. When cleaning the Control Panel, leave oven door open to prevent oven from accidentally turning on. After cleaning press **Stop/ Reset** Pad to clear display window.
5. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.
6. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
7. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent, water or window cleaner and dry. The roller ring may be washed in mild sudsy water or dish washer. Cooking vapors collect during repeated use but in no way affect the bottom surface or roller ring wheels. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
8. When using the GRILL or cooking in the COMBINATION mode, some foods may inevitably splatter grease on to the oven walls. If the oven is not cleaned, occasionally it may start to “smoke” during use. These marks will be more difficult to clean later.
9. After GRILL or COMBINATION cooking the ceiling and walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by GRILL or COMBINATION. Stubborn spots inside the oven can be removed by using a small amount of microwave oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. Avoid cleaning oven door and the microwave feed guide area situated on the right hand side of the cavity wall.
   DO NOT SPRAY DIRECTLY INSIDE THE OVEN. A steam cleaner is not to be used for cleaning.
10. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
11. The oven should be cleaned regularly and any food deposits removed.

English

Technical Specifications

Model name:		NN-GT65JB	NN-GT69JS
Power Supply:		220 V 50 Hz	230 - 240 V 50 Hz
Power Consumption:	Microwave	4.8 A 1050 W	4.5 A 1050 W
	Grill	5.3 A 1160 W	4.9 A 1160 W
	Combination	8.8 A 1920 W	8.2 A 1950 W
Cooking Power:	Microwave*	1000 W	
	Grill	1100 W	
Outside Dimensions (W × H × D):		525 mm × 310 mm × 414 mm	
Oven Cavity Dimensions (W × H × D):		359 mm × 247 mm × 362 mm	
Overall Cavity Volume:		31 L	
Glass Tray Diameter:		Ø340 mm	
Operating Frequency:		2450 MHz	
Uncrated Weight:		Approx. 13.2 kg	

Trim Kit

Model Number:	NN-TK612GSQP
Outside Dimensions (W × H):	596 mm (W) × 410 mm (H)
Cabinet Opening (W × H × D):	562 mm (W) × 395 mm (H) × 480 mm (D)

* 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.